

# December 2025

| Sun       | Mon                                                                                                  | Tue                                                                                                                  | Wed                                                                                                                                                                       | Thu                                                                                                                                                                                                                                                                   | Fri                                                                                                                                     | Sat                                                 |
|-----------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|
|           | <b>1</b> Exercise Class & Video 9:00 am<br>Rock Steady Boxing<br>Activities at the PAC 1:00-3:30 pm  | <b>2</b> Pole Walking Sahuarita Lake 9 am<br>PAC 1:00-3:30 pm                                                        | <b>3</b> Golfing<br>Exercise Class & Video 9:00 am<br>Rock Steady Boxing 11:30 am                                                                                         | <b>4</b> Weekly Get Together 9:00 am<br><b>HOLIDAY LUNCHEON Noon</b>                                                                                                                                                                                                  | <b>5</b> Exercise Class & Video 9:00 am<br>Rock Steady Boxing 11:30 am<br>Activities at the PAC 1:00-3:30 pm                            | <b>6</b> Pole Walking Historic Canoa Ranch 9:00 am  |
| <b>7</b>  | <b>8</b> Exercise Class & Video 9:00 am<br>Rock Steady Boxing<br>Activities at the PAC 1:00-3:30 pm  | <b>9</b> Pole Walking Sahuarita Lake 9:00 am<br>Senior Cardio 11:00 am<br>PAC 1:00-3:30 pm<br>Book Club Zoom—3:30 pm | <b>10</b> Golfing<br>Exercise Class & Video 9:00 am<br>Women with PD Zoom—10:30 am<br>Rock Steady Boxing 11:30 am                                                         | <b>11</b> Weekly Get Together 9:00 am<br>Senior Cardio 11:00 am<br>Readers Theater 2:15 pm<br>Loud Crowd 3:30 pm                                                                                                                                                      | <b>12</b> Exercise Class & Video 9:00 am<br>Rock Steady Boxing 11:30 am<br>Activities at the PAC 1:00-3:30 pm                           | <b>13</b> Pole Walking Historic Canoa Ranch 9:00 am |
| <b>14</b> | <b>15</b> Exercise Class & Video 9:00 am<br>Rock Steady Boxing<br>Activities at the PAC 1:00-3:30 pm | <b>16</b> Pole Walking Sahuarita Lake 9 am<br>Senior Cardio 11:00 am<br>SACK Class 1:30 pm<br>PAC 1:00-3:30 pm       | <b>17</b> Golfing<br>Exercise Class & Video 9:00 am<br>Rock Steady Boxing 11:30 am<br>Group Sharing Meeting FID—1:30 pm                                                   | <b>18</b> Weekly Get Together 9:00 am<br>Senior Cardio 11:00 am<br>Readers Theater 2:15 pm<br>Loud Crowd 3:30 pm                                                                                                                                                      | <b>19</b> Exercise Class & Video 9:00 am<br>Board Meeting 10:30 am<br>Rock Steady Boxing 11:30 am<br>Activities at the PAC 1:00-3:30 pm | <b>20</b> Pole Walking Historic Canoa Ranch 9:00 am |
| <b>21</b> | <b>22</b> Exercise Class & Video 9:00 am<br>Activities at the PAC 1:00-3:30 pm                       | <b>23</b> Pole Walking Sahuarita Lake 9:00 am<br>Senior Cardio 11:00 am<br>Lunch Bunch 12:15 pm<br>PAC 1:00-3:30 pm  | <b>24</b> Golfing<br>Exercise Class & Video 9:00 am<br>Rock Steady Boxing 11:30 am<br>Women with PD Zoom—3:00 pm                                                          | <b>25</b>                                                                                                                                                                         | <b>26</b> Exercise Class & Video 9:00 am<br>Rock Steady Boxing 11:30 am<br>Activities at the PAC 1:00-3:30 pm                           | <b>27</b> Pole Walking Historic Canoa Ranch 9:00 am |
| <b>28</b> | <b>29</b> Exercise Class & Video 9:00 am<br>Rock Steady Boxing<br>Activities at the PAC 1:00-3:30 pm | <b>30</b> Pole Walking Sahuarita Lake 9:00 am<br>Senior Cardio 11:00 am<br>PAC 1:00-3:30 pm                          | <b>31</b> Golfing<br>Exercise Class & Video 9:00 am<br>Rock Steady Boxing 11:30 am<br> | <div> <b>PARKINSON'S</b><br/> <b>Support Group</b><br/> <small>of Green Valley</small> </div> <div>                         All highlighted activities take place at the Parkinson's Activity Center (555 N La Canada Drive, Green Valley)                     </div> |                                                                                                                                         |                                                     |