

Parkinson's Post



*Supporting people
with Parkinson's
since 1991*

Parkinson's Activity Center

555 N La Canada Drive, Green Valley, AZ

Open Monday, Tuesday, & Friday

1:00 PM to 3:30 PM

520-372-2368

February 2026

Message from the President



*Charlene Ostlund
President*

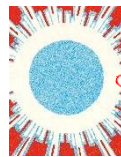
It had been a tough week that ended with a trip at sunset to the grocery store. Anyone who knows me well knows that I despise cooking, which includes grocery shopping. Later when I unloaded my groceries at home, I realized that I was missing three items that I needed for the lunch I had planned for the

next day. The sales slip proved that I had purchased those items so where were they?

I couldn't bear going back out in the dark on what was probably the coldest night in January to either solve the mystery of the missing items or replace them. So, I waited until the next morning knowing that the extra hours that had passed meant less chance of finding my pur-

chases. Just in case, I took my receipt and stopped at the customer service counter. After listening to my story, the worker checked the shelves filled with items behind her-- apparently, I'm not the only scatter-brained shopper that had left purchases at the checkout lane or in their carts. I wasn't surprised when her search turned up nothing that belonged to me. In a last-ditch effort, I asked her to check the bags in a basket on the floor. She was as surprised as I when she found the missing bag. How it got there is still a mystery.

This bit of good fortune not only made my day but put some sunshine into a difficult week. It



doesn't take much to brighten our lives—we just need to notice those moments and let them out-shine the challenging ones.

~Charlene



SACK Class

Tuesday, February 17

1:30 pm at the PAC

Topic: Laughter Yoga

Since this class is on Mardi Gras, let's do something light-hearted. Yes, there really is something called laughter yoga, and yes, it is a healthy practice. Come to the class to find out what makes it healthy and learn the exercises that will make you LOL (Laugh Out Loud).



Did You Miss It?



In January we had...

13 Chair Exercise Classes
Ted & Linda's pill dispenser demo
4 Bonnie's Art Classes
9 Pole Walking Sessions
Swipe (AKA) Swoop at the PAC
8 Senior Cardio Classes
4 Readers' Theater
4 LOUD Crowd sessions
SACK Class
Group Sharing Meetings at Friends in Deed
4 Gatherings at Posada Java
Book Club
2 Virtual Meetings of Women with PD
Valentine Making

Don't miss out in February!



It's not too Late!

In the video presented at the January SACK class, Dr. Nicole Reidy, clinical social worker, explained the uncertainty (ambiguous loss) experienced by people with progressive diseases and their care partners and grief caused by loss.

The cultural view on loss and grief is to have mastery over natural feelings. People expect one to "get over" it. We want to know what will happen, and we want it to happen our way. These are unrealistic expectations.

Instead of trying to get over the feelings that come with grief and loss, we should learn to live with them; learn to cope with them.

Dr. Reidy explained that we need a psychological family; not necessarily people who share our DNA, but anyone who supports us, including pets.

Our traditional support groups that meet monthly on the third Wednesday at Friends in Deed could be your psychological family.

The video used in class can be viewed at <https://www.youtube.com/watch?v=ByGJELuy068>



Bonnie G.'s Demonstration
Art Class at the PAC
January 2026



Swipe (AKA) Swoop at the PAC
January 2026

February 2026

Sun

Mon

Tue

Wed

Thu

Fri

Sat

PARKINSON'S Support Group of Green Valley

All highlighted activities take place
at the Parkinson's Activity Center
(555 N La Canada Drive, Green Valley)



1	2 Exercise Class & Video 9:00 am Coffee & Donuts at the PAC 10:30-11:30 am Rock Steady Boxing	3 Pole Walking Sahuarita Lake 9:30 am Senior Cardio 11:00 am PAC 1:00-3:30 pm Bonnie's Art Class 1:00-2:00 pm	4 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 12:30 pm	5 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	6 Exercise Class & Video 9:00 am Rock Steady Boxing 12:30 pm Activities at the PAC 1:00-3:30 pm	7 SOLO Pole Walking Historic Canoa Ranch 9:30 am
8	9 Exercise Class & Video 9:00 am Coffee & Donuts at the PAC 10:30-11:30 am Rock Steady Boxing 12:30 pm	10 Pole Walking Sahuarita Lake 9:30 am Senior Cardio 11:00 am PAC 1:00-3:30 pm Bonnie's Art Class 1:00-2:00 pm Book Club Zoom—3:30 pm	11 Golfing Exercise Class & Video 9:00 am Women with PD Zoom—10:30 am Rock Steady Boxing 12:30 pm	12 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	13 Exercise Class & Video 9:00 am Rock Steady Boxing 12:30 pm Activities at the PAC 1:00-3:30 pm	14 Pole Walking Historic Canoa Ranch 9:30 am VALENTINE'S DAY PARTY NOON
15	16 Exercise Class & Video 9:00 am Coffee & Donuts at the PAC 10:30-11:30 am Rock Steady Boxing	17 Pole Walking Sahuarita Lake 9:30 am Senior Cardio 11:00 am SACK Class 1:30 pm PAC 1:00-3:30 pm	18 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 12:30 pm Group Sharing Meeting FID—1:30 pm	19 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	20 Exercise Class & Video 9:00 am Board Meeting 10:30 am Rock Steady Boxing 12:30 pm Activities at the PAC 1:00-3:30 pm	21 Pole Walking Historic Canoa Ranch 9:30 am
22	23 Exercise Class & Video 9:00 am Coffee & Donuts at the PAC 10:30-11:30 am Rock Steady Boxing 12:30 pm	24 Pole Walking Sahuarita Lake 9:30 am Senior Cardio 11:00 am Lunch Bunch 12:15 pm PAC 1:00-3:30 pm	25 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 12:30 pm Women with PD Zoom—3:00 pm	26 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	27 Exercise Class & Video 9:00 am Rock Steady Boxing 12:30 pm Activities at the PAC 1:00-3:30 pm	28 Pole Walking Historic Canoa Ranch 9:30 am



“There's no business like show business.”

By Michael J. Fox

Residents in southern Arizona wished to have a local venue for entertainment. In 2009 the Community Performance and Art Center (CPAC) granted those wishes using county bonds and was opened.

The original design was to build a 500-seat theatre, but the recession held it up according to Executive Director Chris Ashcraft. “We are 100 percent successful because of community support; the theatre belongs to the community.”

Today the Center has highly attended shows and events... almost 250 shows with 40,000 to 50,000 tickets sold each year. Typically, most shows are sold out well in advance,

filling the 200-seat theatre. CPAC hopes to make the 500-seat theatre a reality one day.

The shows appeal to patrons with many tastes such as tribute of singers Neil Diamond, Gladys Knight, the Lettermen, Janis Joplin, and Neil Sedaka. Magicians, tenors, guitarist Esteban, opera, western performers, School of Dance, and talks about the Arizona Frontier, are also presented.

Tickets may be purchased in groups of 12 to obtain a 20% discount; groups of six have a 15% discount. There is a convenience fee of \$2 per ticket for a non-season tickets order if

made online. Tickets may be purchased at 520-399-1750, online at www.performingartscenter.org, or at the CPAC office. Summer shows may be previewed online February 2, and sales may take place starting February 9. Winter season shows may be previewed starting May 24, and sales open June 1.

There is no ticket discount for the senior-oriented audience. Ashcraft kiddingly said, “We would have to discount everyone if seniors got a discount.”

Community patrons contribute to the CPAC success.

One way is by giving tax deductible donations. Another way, which about 100 sen-

iors do, is by serving as a volunteer usher.

“PAC is a great venue that everybody can enjoy. I am certainly glad we have CPAC here,” said House Manager, usher Nancy Smith.

The CPAC accommodates many cultural programs and exhibits. Visual arts presentations, art displays, community events, and private events are held in various rooms.

“When putting together a season, we attempt to showcase many different cultures and genre of performance,” said Ashcraft, “and we hope that patrons challenge themselves to try something new.”

“We are 100 percent successful because of community support; the theatre belongs to the community.”

~Executive Director Chris Ashcraft

Restaurant Dinners to Delight

By Michael J. Fox

If you are new to this area, or wish to dine at a new restaurant, enjoy the two dinner menu choices mostly requested at these restaurants...

Melio's Trattoria... Eggplant Parmesan, or Meat Lasagna... I-19 N. & E. Frontage Rd., Tubac... 520-398-8494.

Arizona Family... All types of Hamburgers, or Reuben... 80 W. Esperanza Blvd., GV... 520-625-3680.

Brindis Mediterranean... Lamb Shank, or Lamb Shish Kabab ... 180 W. Continental Rd... GV... 520-849-6188.

The Grill at Quail Creek... Pot Roast, or Salmon 1490 N. Quail Range Loop... GV... 520-393-5806... tell gate guard you are going to the restaurant.

Panda House... Lo Mein, or Tso Chicken... 230 W. Continental... GV... 520-399-3373.

Ragazzi Italian... Meat Lasagna, or Chicken Parmesan... 101 S. La Canada Dr., GV... 520-399-2040.

19th Hole...Cajun Pasta, or Rosemary Pork Loin... 111 La Canada Dr... GV... 520-399-4653.

Triple Play... Crispy Chicken Salad, or Bacon Cheeseburger... 1570 W. Duval Mine Rd... GV... 520-625-7888.

Coyote Grill at San Ignacio Golf Club... Apricot Chicken, or Morgans Mushroom Steak... 4201 S. Camino Del Sol... GV... 520-207-8002.

The Garage Restaurant... Smashburger, or Brisket... 19221 S. Alpha Ave...GV... 520-625-9698.

Longhorn... 16oz Ribeye, or Memphis Ribs... 28851 S. Nogales Highway... Amado... 520-398-0700.

(Restaurants are listed in no particular order)

Spirit of Mardi Gras

Beneath the beads and bright parade,
Where colors swirl and music's played,
The laughter rises in the air—
A joyful promise everywhere.
Masks conceal but eyes reveal
The playful mirth that people feel,
Each jest and joke a secret shared,
In crowded streets, all burdens spared.
The drums resound, the dancers spin,
Confetti flutters on the wind,
And strangers, friends for just one night,
Find kinship in the pure delight.
So let the laughter echo free
Down Bourbon's heart, to every tree,
For Mardi Gras is joy unfurled—
A festival to light the world.

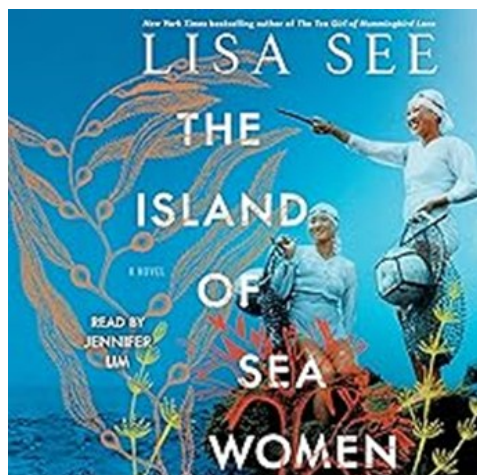
Book List for our Book Club

All members (people with PD, care partners, and past care partners) are welcome to join our book club. The meetings are being held on Zoom at 3:30 pm on the second Tuesday of the month. Watch the daily emails for the link.

February: *Island of the Sea Women* by Lisa See

March: *The Berry Pickers* by Amanda Peters

April: *Buckeye* by Patrick Ryan



DEEP THOUGHTS

Well friends, we finally left our FALFA (floating assisted living facility) and have come back to the realities of daily life with Mr. P and his friends, Carbie and Levi who come to visit every 3 hours. Oh and then the wonders of children! They'll ask me anything, because I'm old and look silly. Case in point. I had breakfast in a diner in town, and a 4 year old who'd asked me weird questions in the past came over to my table. I almost choked when she said,

"Where does poo come from?"

Oh, friends, admit it. If there is one bodily function we know about, is... poo. I have so much I could say about the topic. But to make it simple, I said: "You just had breakfast?"

"Yes," she replied.

"Well, the food goes in your mouth down into your tummy. Our body takes all the good stuff it needs out of the food and then what's left goes down to your bottom - and when you go to the toilet, that comes out as poo."

She looked confused and stared at me in stunned silence for a few seconds.

Then she asked:

"And Tigger?"

~~Stay hydrated and keep laughing!

It confuses the heck out of everyone! -Curt

THANK YOU TO OUR SPONSORS



Fry's Community Rewards
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Parkinson's Post Publication

Thanks to these volunteers who made this publication possible.

Curt Ackley
Bonna Cunningham
Michael J. Fox

Charlene Ostlund
Larry Westfall
Lucinda White



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Smoke Alarm Battery Program - 520-393-7505
Lock Box Program - 520-625-9400
Desert Pest Removal - 520-629-9200
Chirping Smoke Detector - 520-629-9200