

March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 GV Health Fair 9 am-12 pm 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 PAC 1:00-3:30 pm	4 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 12:30 pm	5 Weekly Get Together 9:00 am Readers Theater 2:15 pm	6 Exercise Class & Video 9:00 am Rock Steady Boxing 12:30 pm Activities at the PAC 1:00-3:30 pm	7 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 PAC 1:00-3:30 pm	11 Golfing Exercise Class & Video 9:00 am Women with PD Zoom—10:30 am Rock Steady Boxing 12:30 pm	12 VPC Patio Sale Weekly Get Together 9:00 am Readers Theater 2:15 pm	13 VPC Patio Sale Exercise Class & Video 9:00 am Rock Steady Boxing 12:30 pm Activities at the PAC 1:00-3:30 pm	14 VPC Patio Sale Pole Walking Historic Canoa Ranch 9:30 am
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 Parkinson's Awareness Day 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 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 SOLO Noon Desert Meadows Park
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 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 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
29	30 Exercise Class & Video 9:00 am Coffee & Donuts at the PAC 10:30-11:30 am Rock Steady Boxing 12:30 pm	 All highlighted activities take place at the Parkinson's Activity Center (555 N La Canada Drive, Green Valley)				