


April 2026

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