

# May 2026

Sun

Mon

Tue

Wed

Thu

Fri

Sat



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

1  
Exercise Class & Video 9:00 am  
**Annual Meeting & Luncheon Noon**

2

3

4

Exercise Class & Video 9:00 am  
Coffee & Donuts at the PAC 10:15 am

5

PAC 1:00-3:30 pm

6

Golfing  
Exercise Class & Video 9:00 am

7

Weekly Get Together 9:00 am  
Readers Theater 2:15 pm  
Loud Crowd 3:30 pm

8

Exercise Class & Video 9:00 am  
Activities at the PAC 1:00-3:30 pm

9

10



11

Exercise Class & Video  
Coffee & Donuts at the PAC 10:15 am

12

PAC 1:00-3:30 pm  
Book Club 3:30 pm

13

Golfing  
Exercise Class & Video 9:00 am  
Women with PD Zoom—10:30 am

14

Weekly Get Together 9:00 am  
Readers Theater 2:15 pm  
Loud Crowd 3:30 pm

15

Exercise Class & Video 9:00 am  
Board Meeting 10:30 am  
Activities at the PAC 1:00-3:30 pm

16

17

18

Exercise Class & Video 9:00 am  
Coffee & Donuts at the PAC 10:15 am

19

PAC 1:00-3:30 pm  
SACK Class 1:30 pm

20

Golfing  
Exercise Class & Video 9:00 am  
Group Sharing Meeting FID—1:30 pm

21

Weekly Get Together 9:00 am  
Readers Theater 2:15 pm  
Loud Crowd 3:30 pm

22

Exercise Class & Video 9:00 am  
Activities at the PAC 1:00-3:30 pm

23

24/1

25

Exercise Class & Video 9:00 am  
 Coffee & Donuts at the PAC 10:15 am

26

PAC 1:00-3:30 pm

27

Golfing  
Exercise Class & Video 9:00 am  
Women with PD Zoom—3:00 pm

28

Weekly Get Together 9:00 am  
Readers Theater 2:15 pm  
Loud Crowd 3:30 pm

29

Exercise Class & Video 9:00 am  
Activities at the PAC 1:00-3:30 pm

30