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## July 2026

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### Parkinson's Support Group of Green Valley

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## Activities/Events

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### Book Club

Zoom

3:30 pm, 2nd Tuesday

The link will come in the daily email.

Jul: *We the Women* by Nora O'Donald

Aug: *The Correspondent* by Virginia Evansnet Skes

Sept: *Miss Morgan's Book Brigade* by Jalien Charles

Oct: *How to Read a Book* by Monica Wood



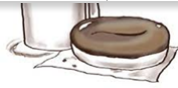
### Chair Exercise Class

Valley Presbyterian Church

(2800 S Camino del Sol, Green Valley, AZ)

9:00 – 9:45 am, MWF

Partners are welcome to exercise, too.

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(555 N La Canada Drive, Green Valley, AZ)  
10:15 am on Mondays



### Coffee Gathering

Posada Java  
(665 S Park Centre Avenue, Green Valley, AZ)  
9:00 am on Thursdays



### Group Sharing Meetings

Friends in Deed  
(301 W Camino Casa Verde, Green Valley, AZ)  
1:30 pm on the 3rd Wednesday  
Vent. Ask. Learn.  
PWP, PD Partners, & New Members



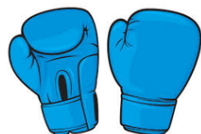
### LOUD Crowd

Parkinson's Activity Center (PAC) or online  
(555 N La Canada Drive, Green Valley, AZ)  
11:00 am Mondays  
3:30 pm Thursdays  
Voice exercises led by speech pathology students  
from Midwestern University



### Readers' Theater

Parkinson's Activity Center (PAC)  
(555 N La Canada Drive, Green Valley, AZ)  
2:15 pm on Thursdays  
Exercise your voice by reading old-time radio scripts.



### Rock Steady Boxing Sahuarita (RSBS)

Posada Life Community Center  
(780 S Park Centre Avenue, Green Valley, AZ)  
1:00 pm, Mondays and Wednesdays  
Fee required.

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Parkinson's Activity Center (PAC)  
(555 N La Canada Drive, Green Valley, AZ)



### SOLO

Those who have lost spouses—share a table at our summer potlucks.



### Summer Potlucks

Friends in Deed  
(301 W Camino Casa Verde, Green Valley, AZ)  
11:30 am on the 1st Friday—July & August



### Women with PD Meetings

Google Meet  
10:30 am on the 2nd Wednesday  
3:00 pm on the 4th Wednesday  
The link will come in the daily email.

### THANK YOU TO OUR SPONSORS



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### Our Contact information:

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