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August 2026

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Parkinson's Support Group of Green Valley

Activities/Events



Book Club

Zoom

3:30 pm, 2nd Tuesday

The link will come in the daily email.

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

Nov: *The Kitchen Front* by Jennifer Ryan

Dec: *The Lion Women of Tehran* by Marjan Kamali

Jan: *The Book Club for Troublesome Women* by Marie Bostwick

Feb: *Theo of Golden* by Allen Levi



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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Parkinson's Activity Center (PAC)
 (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



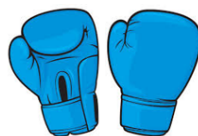
LOUD Crowd

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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