

September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 PAC Activities 1 nm	2 Golfing Exercise Class & Video 9:00 am Boxing 1 pm	3 Coffee Gathering 9 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	4 Exercise Class & Video 9:00 am Potluck 11:30 am FID	5
6	7 Exercise Class & Video 9:00 am Coffee & Donuts 10:15 am Loud Crowd 11:00 am Boxing 1 pm	8 PAC Activities 1 nm Book Club Zoom 3:30 pm	9 Golfing Exercise Class & Video 9:00 am Women with PD Google Meet 10:30 am Boxing 1 pm	10 Coffee Gathering 9 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	11 Exercise Class & Video 9:00 am PAC 1:00—3:30 pm	12
13	14 Exercise Class & Video 9:00 am Coffee & Donuts 10:15 am Loud Crowd 11:00 am Boxing 1 pm	15 SACK Class 1:30 pm	16 Golfing Exercise Class & Video 9:00 am Boxing 1 pm Group Sharing Meeting FID—1:30 pm	17 Coffee Gathering 9 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	18 Exercise Class & Video 9:00 am Board Meeting 10:30 am PAC 1:00—3:30 pm	19
20	21 Exercise Class & Video 9:00 am Coffee & Donuts 10:15 am Loud Crowd 11:00 am Boxing 1 pm	22 PAC Activities 1 nm	23 Golfing Exercise Class & Video 9:00 am Boxing 1 pm Women with PD Google Meet 3 pm	24 Coffee Gathering 9 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	25 Exercise Class & Video 9:00 am PAC 1:00—3:30 pm	26
27	28 Exercise Class & Video 9:00 am Coffee & Donuts 10:15 am Loud Crowd 11:00 am Boxing 1 pm	29 PAC Activities 1 nm	30 Golfing Exercise Class & Video 9:00 am Boxing 1 pm	 PARKINSON'S Support Group of Green Valley All highlighted activities take place at the Parkinson's Activity Center (555 N La Canada Drive, Green Valley)		