

October 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 Coffee Gathering 9 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	2 Exercise Class & Video 9:00 am	3 Pole Walking 9 am SOLO 12 pm
4	5 Exercise Class & Video 9:00 am Coffee & Donuts 10:15 am Loud Crowd 11:00 am Boxing 1 pm	6 PAC Activities 1 nm Pole Walking 9 am	7 Golfing Exercise Class & Video 9:00 am Boxing 1 pm	8 Coffee Gathering 9 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	9 Exercise Class & Video 9:00 am PAC 1:00—3:30 pm	10 Pole Walking 9 am
11	12 Exercise Class & Video 9:00 am Coffee & Donuts 10:15 am Loud Crowd 11:00 am Boxing 1 pm	13 Pole Walking 9 am PAC Activities 1 nm Book Club Zoom 3:30 pm	1 Golfing Exercise Class & Video 9:00 am Women with PD Google Meet 10:30 am Boxing 1 pm SACK Class 1:30 pm	15 Coffee Gathering 9 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	16 Exercise Class & Video 9:00 am Board Meeting 10:30 am PAC 1:00—3:30 pm	17 Pole Walking 9 am
18	19 Exercise Class & Video 9:00 am Coffee & Donuts 10:15 am Loud Crowd 11:00 am Boxing 1 pm	20 Pole Walking 9 am SACK Class 1:30 pm	21 Golfing Exercise Class & Video 9:00 am Boxing 1 pm Group Sharing Meeting FID—1:30 pm	22 Coffee Gathering 9 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	23 Exercise Class & Video 9:00 am PAC 1:00—3:30 pm	24 Pole Walking 9 am
25	26 Exercise Class & Video 9:00 am Coffee & Donuts 10:15 am Loud Crowd 11:00 am Boxing 1 pm	27 Pole Walking 9 am PAC Activities 1 nm	28 Golfing Exercise Class & Video 9:00 am Boxing 1 pm Women with PD Google Meet 3 pm	29 Coffee Gathering 9 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	30 Exercise Class & Video 9:00 am HALLOWEEN PARTY	31 Pole Walking 9 am 