

Activities/Events

October 2026

Book Club



Zoom

3:30 pm, 2nd Tuesday

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

November: *The Kitchen Front* by Jennifer Ryan

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

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

February: *Theo of Golden* by Allen Levi

Boxing



Rock Steady Boxing Sahuarita

Posada Life Community Center at La Posada

(780 S Park Centre Ave)

1:00 pm, Mondays and Wednesdays

Fee required.

Chair Exercise Class



Valley Presbyterian Church

(2800 S Camino del Sol)

9:00 – 9:45 am, MWF

Partners are welcome to exercise, too.

Free!

Coffee & Donuts



Parkinson's Activity Center (PAC)

(555 N La Canada Drive)

10:15 am on Mondays

Coffee Gathering



Posada Java

(665 S Park Centre Ave.)

9:00 am on Thursdays



Group Sharing Meetings

Friends in Deed

(301 W Camino Casa Verde)

1:30 pm on the 3rd Wednesday

Come. Share. Learn.

PWP, PD Partners, & New Members



LOUD Crowd

Parkinson's Activity Center or online

11:00 am Mondays

3:30 pm Thursdays

Voice exercises led by Midwestern University Speech Pathology Students



PAC Activities

Parkinson's Activity Center (PAC)

(555 N La Canada Drive)

1 pm on selected Tuesdays

October 6: Halloween Wreaths

October 13: Beaded Corn Cobs

October 27: Decorating Totes



Pole Walking

Tuesdays at Sahuarita Lake

Saturdays at Historic Canoa Ranch Lake

9:00 am

Circle the lakes with or without poles.



Readers' Theater

Parkinson's Activity Center (PAC)

(555 N La Canada Drive)

2:15 pm on Thursdays

Exercise your voice by reading old-time radio scripts.



SACK Class

Become increasingly knowledgeable about PD

Parkinson's Activity Center (PAC)

(555 N La Canada Drive)

Wed., Oct 14, 1:30 pm

Zoom Program

Topic: *Parkinson Voice Project for Partners of People with Mild Cognitive Changes.*

Tue., Oct. 20, 1:30 pm

Topic: Hallucinations and Delusions in Parkinson's

In-person presenter: Meagan McCluskey, Patient Educator from Acadia Pharmaceuticals Inc.



SOLO (Surviving Our Loved Ones)

12:00 pm, Saturday, October 3

Parkinson's Activity Center (PAC)



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.