November 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Exercise Class & Video 9:00 am Coffee & Donuts 10:15 am Loud Crowd 11:00 am	3 Pole Walking 9 am PAC Activities 1 pm	4 Golfing Exercise Class & Video 9:00 am	5 Coffee Gathering 9 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	6 PAC 1:00—3:30 pm	7 Pole Walking 9 am
8	9 Exercise Class & Video 9:00 am Coffee & Donuts 10:15 am Loud Crowd 11:00 am Boxing 1 pm	10 PAC Activities 1 pm Pole Walking 9 am Book Club Zoom 3:30 pm	11 VETERANS DAY Golfing Exercise Class & Video 9:00 am Women with PD Google Meet 10:30 am Boxing 1 pm	12 Coffee Gathering 9 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	13 Exercise Class & Video 9:00 am PAC 1:00—3:30 pm	14 Pole Walking 9 am
15	16 Exercise Class & Video 9:00 am Coffee & Donuts 10:15 am Loud Crowd 11:00 am Boxing 1 pm	17 Pole Walking 9 am SACK Class 1:30 pm	18 Golfing Exercise Class & Video 9:00 am Boxing 1 pm Group Sharing Meeting FID—1:30 pm	19 Coffee Gathering 9 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	20 Exercise Class & Video 9:00 am Board Meeting 10:30 am PAC 1:00—3:30 pm	21 Pole Walking 9 am
22	23 Exercise Class & Video 9:00 am Coffee & Donuts 10:15 am Loud Crowd 11:00 am Boxing 1 pm	24 Pole Walking 9 am PAC Activities 1 pm	25 Golfing Exercise Class & Video 9:00 am Boxing 1 pm Women with PD Google Meet 3 pm	26 HAPPY THANKS GIVING	27	26 Pole Walking 9 am
29	30 Exercise Class & Video 9:00 am Coffee & Donuts 10:15 am Loud Crowd 11:00 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)*