

PD ACTIVE Activities of Interest to People With Parkinson's Disease (PWP) May 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 **PWR!Moves® 11:15am-12:30pm **ChairYoga for PD 1-2pm **RSB® Performance Fitness 9:30am-11:00am	2 Yoga for PD Yoga Room 1-2:15pm **RSB® Performance Fitness 12-1:30pm	3 Dance for PD® Danspace 10:30-11:45am Oakland Support Grp Rose Room, Mercy Ctr. 2-4pm **Be Heard - JCC Berkeley 12-1pm	4 **RSB® Performance Fitness 9:30-11:00am	5 Heart Circle 10:00am-12pm **RSB® Performance Fitness 9:00-10:30am
6	7 Yoga for PD You & the Mat 2-3:15pm **RSB® Performance Fitness 12-1:30pm	8 **PWR!Moves® 11:15am-12:30pm **ChairYoga for PD 1-2pm **RSB® Performance Fitness 9:30am-11:00am	9 The Tremolos Piedmont Gardens, 10:30am-12pm Yoga for PD Yoga Room 1-2:15pm **RSB® Performance Fitness 12-1:30pm	10 Dance for PD® Danspace 10:30-11:45am Care Partners Grp North Berkeley Sr. Ctr. 3-4:45pm **Be Heard - JCC Berkeley 12-1pm	11 **RSB® Performance Fitness 9:30-11:00am	12
13	14 Yoga for PD You & the Mat 2-3:15pm **RSB® Performance Fitness 12-1:30pm	15 **PWR!Moves® 11:15am-12:30pm **ChairYoga for PD 1-2pm **RSB® Performance Fitness 9:30am-11:00am	16 The Tremolos Piedmont Gardens, 10:30am-12pm Yoga for PD Yoga Room 1-2:15pm **RSB® Performance Fitness 12-1:30pm	17 Dance for PD® Danspace 10:30-11:45am Berkeley Support Grp W. Branch Library 2-4pm **Be Heard - JCC Berkeley 12-1pm	18 **RSB® Performance Fitness 9:30-11:00am	19 **RSB® Performance Fitness 9:00-10:30am
20	21 Yoga for PD You & the Mat 2-3:15pm **RSB® Performance Fitness 12-1:30pm	22 **PWR!Moves® 11:15am-12:30pm **ChairYoga for PD 1-2pm **RSB® Performance Fitness 9:30am-11:00am	23 The Tremolos Piedmont Gardens, 10:30am-12pm Yoga for PD Yoga Room 1-2:15pm **RSB® Performance Fitness 12-1:30pm	24 Dance for PD® Danspace 10:30-11:45am **Be Heard - JCC Berkeley 12-1pm	25 **RSB® Performance Fitness 9:30-11:00am	26
27	28 Memorial Day	29 **PWR!Moves® 11:15am-12:30pm **ChairYoga for PD 1-2pm **RSB® Performance Fitness 9:30am-11:00am	30 Yoga for PD Yoga Room 1-2:15pm **RSB® Performance Fitness 12-1:30pm	31 Dance for PD® Danspace 10:30-11:45am **Be Heard - JCC Berkeley 12-1pm	**FEE-BASED CLASSES **PWR!Moves® **ChairYoga for PD	**FEE-BASED CLASSES **RSB® **Be Heard