

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 <i>Yoga Room</i> 1-2:15pm **RSB® Performance Fitness 12-1:30pm	3 Dance for PD® <i>Danspace</i> 10:30-11:45am Oakland Support Grp <i>Rose Room, Mercy Ctr.</i> 2-4pm **Be Heard - JCC <i>Berkeley 12-1pm</i>	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 <i>You & the Mat</i> 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 <i>Piedmont Gardens,</i> 10:30am-12pm Yoga for PD <i>Yoga Room</i> 1-2:15pm **RSB® Performance Fitness 12-1:30pm	10 Dance for PD® <i>Danspace</i> 10:30-11:45am Care Partners Grp <i>North Berkeley Sr. Ctr.</i> 3-4:45ppm **Be Heard - JCC <i>Berkeley 12-1pm</i>	11 **RSB® Performance Fitness 9:30-11:00am	12
13	14 Yoga for PD <i>You & the Mat</i> 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 <i>Piedmont Gardens,</i> 10:30am-12pm Yoga for PD <i>Yoga Room</i> 1-2:15pm **RSB® Performance Fitness 12-1:30pm	17 Dance for PD® <i>Danspace</i> 10:30-11:45am Berkeley Support Grp <i>W. Branch Library</i> 2-4pm **Be Heard - JCC <i>Berkeley 12-1pm</i>	18 **RSB® Performance Fitness 9:30-11:00am	19 **RSB® Performance Fitness 9:00-10:30am
20	21 Yoga for PD <i>You & the Mat</i> 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 <i>Piedmont Gardens,</i> 10:30am-12pm Yoga for PD <i>Yoga Room</i> 1-2:15pm **RSB® Performance Fitness 12-1:30pm	24 Dance for PD® <i>Danspace</i> 10:30-11:45am **Be Heard - JCC <i>Berkeley 12-1pm</i>	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 <i>Yoga Room</i> 1-2:15pm **RSB® Performance Fitness 12-1:30pm	31 Dance for PD® <i>Danspace</i> 10:30-11:45am **Be Heard - JCC <i>Berkeley 12-1pm</i>	**FEE-BASED CLASSES **PWR!Moves® **ChairYoga for PD	**FEE-BASED CLASSES **RSB® **Be Heard