

PD ACTIVE Activities of Interest to People With Parkinson's Disease (PWP) October 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Yoga for PD <i>You & the Mat</i> 2-3:15pm	3	4 The Tremolos <i>Piedmont Gardens, Oakland</i> 10:30am-noon Yoga for PD <i>Yoga Room</i> 1-2:15pm	5 Dance for PD <i>Danspace</i> 10:30-11:45am Oakland Support Group <i>Rose Room, Mercy Ctr.</i> 2-4pm	6	7 Heart Circle 10:00am-Noon
8	9 Columbus Day Yoga for PD <i>You & the Mat</i> 2-3:15pm	10 ** PD Active Café will return in the Spring	11 The Tremolos <i>Piedmont Gardens, Oakland</i> 10:30am-noon Yoga for PD <i>Yoga Room</i> 1-2:15pm	12 Dance for PD <i>Danspace</i> 10:30-11:45am Care Partners Group <i>North Berkeley Sr. Ctr.</i> 3-4:45pm	13	14
15 Salon 2pm-4pm	16 Yoga for PD <i>You & the Mat</i> 2-3:15pm	17	18 The Tremolos <i>Piedmont Gardens, Oakland</i> 10:30am-noon Yoga for PD <i>Yoga Room</i> 1-2:15pm	19 Dance for PD <i>Danspace</i> 10:30-11:45am Berkeley Support Group <i>W. Branch Library</i> 2-4pm	20	21
22	23 Yoga for PD <i>You & the Mat</i> 2-3:15pm	24	25 Yoga for PD <i>Yoga Room</i> 1-2:15pm	26 Dance for PD <i>Danspace</i> 10:30-11:45am	27	28
29	30 Yoga for PD <i>You & the Mat</i> 2-3:15pm	31				