

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

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