

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Heart Circle 10:00am-Noon
3	4 <b>LABOR DAY</b>  <b>NO HULA</b>  <b>NO YOGA</b>	5	6 <b>Yoga for PD</b> <i>Yoga Room</i> 1-2:15pm	7 <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	8	9 <b>Forum:</b> <b>Dr. Maxwell Merkow</b> 10:30am-12:00pm <i>Berkeley Fellowship Hall</i> 1924 Cedar St. at Bonita, Berkeley
10	11  <b>NO HULA</b>  <b>Yoga for PD</b> <i>You &amp; the Mat</i> 2-3:15pm	12 <b>PD Active Café</b> <i>Café Leila</i> 2pm-4pm	13 <b>The Tremolos</b> <i>Piedmont Gardens, Oakland</i> 10:30am-noon <b>Yoga for PD</b> <i>Yoga Room</i> 1-2:15pm	14 <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	15	16
17	18  <b>NO HULA</b>  <b>Yoga for PD</b> <i>You &amp; the Mat</i> 2-3:15pm	19	20 <b>The Tremolos</b> <i>Piedmont Gardens, Oakland</i> 10:30am-noon <b>Yoga for PD</b> <i>Yoga Room</i> 1-2:15pm	21 <b>Dance for PD</b> <i>Danspace</i> 10:30-11:45am <b>Berkeley Support Group</b> <i>W. Branch Library</i> 2-4pm	22	23
24  <b>PD Active Picnic</b> 12:30pm-3:30pm <i>Live Oak Park</i> <i>Berkeley</i>	25  <b>NO HULA</b>  <b>Yoga for PD</b> <i>You &amp; the Mat</i> 2-3:15pm	26	27 <b>The Tremolos</b> <i>Piedmont Gardens, Oakland</i> 10:30am-noon <b>Yoga for PD</b> <i>Yoga Room</i> 1-2:15pm	28 <b>Dance for PD</b> <i>Danspace</i> 10:30-11:45am	29	30