

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 Yoga for PD Yoga Room 1-2:15pm	7 Dance for PD Danspace 10:30-11:45am  Oakland Support Group Rose Room, Mercy Ctr. 2-4pm	8	9 <b>Forum:</b> <b>Dr. Maxwell Merkow</b> 10:30am-12:00pm Berkeley Fellowship Hall 1924 Cedar St. at Bonita, Berkeley
10	11 <b>NO HULA</b>  Yoga for PD You & the Mat 2-3:15pm	12 PD Active Café Café Leila 2pm-4pm	13 The Tremolos Piedmont Gardens, Oakland 10:30am-noon Yoga for PD Yoga Room 1-2:15pm	14 Dance for PD Danspace 10:30-11:45am  Care Partners Group North Berkeley Sr. Ctr. 3-4:45pm	15	16
17	18 <b>NO HULA</b>  Yoga for PD You & the Mat 2-3:15pm	19	20 The Tremolos Piedmont Gardens, Oakland 10:30am-noon Yoga for PD Yoga Room 1-2:15pm	21 Dance for PD Danspace 10:30-11:45am Berkeley Support Group W. Branch Library 2-4pm	22	23
24 PD Active Picnic 12:30pm-3:30pm Live Oak Park Berkeley	25 <b>NO HULA</b>  Yoga for PD You & the Mat 2-3:15pm	26	27 The Tremolos Piedmont Gardens, Oakland 10:30am-noon Yoga for PD Yoga Room 1-2:15pm	28 Dance for PD Danspace 10:30-11:45am	29	30