

**PD ACTIVE Activities of Interest to People With Parkinson's Disease (PWP) January 2018**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>New Year's Day</b>	2	3 <b>The Tremolos</b> <i>Piedmont Gardens, Oakland</i> 10:30am-noon <b>Yoga for PD</b> <i>Yoga Room</i> 1-2:15pm	4 <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	5	6 <b>Heart Circle</b> 10:00am-Noon
7	8 <b>Yoga for PD</b> <i>You &amp; the Mat</i> 2-3:15pm	9	10 <b>The Tremolos</b> <i>Piedmont Gardens, Oakland</i> 10:30am-noon <b>Yoga for PD</b> <i>Yoga Room</i> 1-2:15pm	11 <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	12	13
14 <b>Salon</b> 2-4pm	15 <b>Martin Luther King</b>  <b>Yoga for PD</b> <i>You &amp; the Mat</i> 2-3:15pm	16	17 <b>The Tremolos</b> <i>Piedmont Gardens, Oakland</i> 10:30am-noon <b>Yoga for PD</b> <i>Yoga Room</i> 1-2:15pm	18 <b>Dance for PD®</b> <i>Danspace</i> 10:30-11:45am  <b>Berkeley Support Group</b> <i>W. Branch Library</i> 2-4pm	19	20 <b>Forum:</b> <b>Dr. Andreea L. Seritan</b> 10:30am-12:00pm <i>Berkeley Fellowship Hall</i> 1924 Cedar St. at Bonita, Berkeley
21	22 <b>Yoga for PD</b> <i>You &amp; the Mat</i> 2-3:15pm	23	24 <b>Yoga for PD</b> <i>Yoga Room</i> 1-2:15pm	25 <b>Dance for PD®</b> <i>Danspace</i> 10:30-11:45am	26	27
28	29 <b>Yoga for PD</b> <i>You &amp; the Mat</i> 2-3:15pm	30	31			