

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

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