

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
**FEE-BASED CLASSES **PWR!Moves® **ChairYoga for PD	**FEE-BASED CLASSES **Rock Steady Boxing (RSB)® **Be Heard!				1 **RSB® <i>Performance Fitness</i> 9:30-11:00am	2 **RSB® <i>Performance Fitness</i> 9:00-10:30am Heart Circle 10:00am-12pm
3	4 **RSB® <i>Performance Fitness</i> 12-1:30pm Yoga for PD <i>You & the Mat</i> 2-3:15pm	5 **RSB® <i>Performance Fitness</i> 9:30am-11:00am **PWR!Moves® 11:15am-12:30pm **ChairYoga for PD 1-2pm	6 The Tremolos <i>Piedmont Gardens,</i> 10:30am-12pm **RSB® <i>Performance Fitness</i> 12-1:30pm Yoga for PD <i>Yoga Room</i> 1-2:15pm	7 Dance for PD® <i>Danspace</i> 10:30-11:45am **Be Heard! - JCC <i>Berkeley</i> 12-1pm Oakland Support Grp <i>Rose Room, Mercy Ctr.</i> 2-4pm	8 **RSB® <i>Performance Fitness</i> 9:30-11:00am	9 TOWN HALL 10:30am-12:30pm <i>Berkeley Unitarian Fellowship Hall</i> 1924 Cedar St. at Bonita, Berkeley
10	11 **RSB® <i>Performance Fitness</i> 12-1:30pm Yoga for PD <i>You & the Mat</i> 2-3:15pm	12 **RSB® <i>Performance Fitness</i> 9:30am-11:00am **PWR!Moves® 11:15am-12:30pm **ChairYoga for PD 1-2pm	13 The Tremolos <i>Piedmont Gardens,</i> 10:30am-12pm **RSB® <i>Performance Fitness</i> 12-1:30pm Yoga for PD <i>Yoga Room</i> 1-2:15pm	14 Dance for PD® <i>Danspace</i> 10:30-11:45am **Be Heard! - JCC <i>Berkeley</i> 12-1pm Care Partners Grp <i>North Berkeley Sr. Ctr.</i> 3-4:45pm	15 **RSB® <i>Performance Fitness</i> 9:30-11:00am	16 **RSB® <i>Performance Fitness</i> 9:30-11:00am
17	18 **RSB® <i>Performance Fitness</i> 12-1:30pm Yoga for PD <i>You & the Mat</i> 2-3:15pm	19 **RSB® <i>Performance Fitness</i> 9:30am-11:00am **PWR!Moves® 11:15am-12:30pm **ChairYoga for PD 1-2pm	20 **RSB® <i>Performance Fitness</i> 12-1:30pm Yoga for PD <i>Yoga Room</i> 1-2:15pm	21 Dance for PD® <i>Danspace</i> 10:30-11:45am **Be Heard! - JCC <i>Berkeley</i> 12-1pm Berkeley Support Grp <i>W. Branch Library</i> 2-4pm	22 **RSB® <i>Performance Fitness</i> 9:30-11:00am	23
24	25 **RSB® <i>Performance Fitness</i> 12-1:30pm Yoga for PD <i>You & the Mat</i> 2-3:15pm	26 **RSB® <i>Performance Fitness</i> 9:30am-11:00am **PWR!Moves® 11:15am-12:30pm **ChairYoga for PD 1-2pm	27 **RSB® <i>Performance Fitness</i> 12-1:30pm Yoga for PD <i>Yoga Room</i> 1-2:15pm	28 Dance for PD® <i>Danspace</i> 10:30-11:45am **Be Heard! - JCC <i>Berkeley</i> 12-1pm	29 **RSB® <i>Performance Fitness</i> 9:30-11:00am	30