

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

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