

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

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