

PD ACTIVE ACTIVITIES OF INTEREST FOR PEOPLE WITH PARKINSON'S DISEASE 2017- Check monthly calendar for meeting times.

PROGRAMS	DESCRIPTION	CONTACT INFO	DAY
Dance for PD® Danspace, 473 Hudson St., Oakland	Classes combine elements of modern dance, ballet, social dancing & improvisation to create an enjoyable, stimulating non-pressured artistic experience. Presented in association with Mark Morris Dance Group. Open to all; no dance experience is necessary.	dance4pd@pdactive.org 510-479-6119	Thu
Hula for PD North Berkeley Senior Center, Rm C, 2 nd Flr., 1901 Hearst Ave. Berkeley	Hawaiian Hula dance class for PWPs involves, calm, gentle movements of the arms & hands, legs & hips, and is danced to the rhythms of traditional, flowing music. Taught by master teacher Kumu Analu.	hula@pdactive.org Lonnie McAllister 510-654-1949	Mon
The Tremolos Piedmont Gardens, 110 41 st St. at Piedmont Ave., Oakland	Come join our PD Active chorus, The Tremolos, led by Oakland music teacher and director Lauren Carley. Learn breath control, pronunciation and new songs; improve your speaking and sing! We have a lot of fun. Open to all.	chorus@pdactive.org	Wed 3x/mo
Yoga for PD You and the Mat (Mondays) Oakland The Yoga Room (Wednesdays) Berkeley	There is a wait list. Use email to get on the wait list. Yoga for people with PD. Advanced registration required. Monday classes are at You and the Mat, and Wednesday at the Yoga Room.	administrator@pdactive.org	Mon & Wed
PD Active Forum Berkeley Unitarian Fellowship Hall, 1924 Cedar St.(at Bonita), Berkeley	PD Active Forum hosts programs on Saturday mornings, 4 times/year. Guest speakers present informational and educational topics relevant to the PD community. PD Forum is open to anyone impacted by PD. Reservation requested.	pdaforum@pdactive.org Ann 510-832-8029	Sat 4x/yr
PD Active Café Café Leila, 1724 San Pablo Av., Berkeley 2 nd Tuesday of each month	A no-host social gathering /coffee klatch. Get to know others affected by PD. Order your goodies in the front and look for the "PD Active" sign on our table – on the patio out back if possible. Stay for 10 minutes or the whole 2 hours. Family & friends are welcome.	cafe@pdactive.org	Tue
PD Support Groups 1 st Thursday: 3431 Foothill Blvd., Oakland 3 rd Thursday: 1125 University Ave. (at San Pablo) Berkeley	Spaces to share our experiences in a safe setting to learn from each other & become stronger. On 1 st Thursdays of the month, we meet at Mercy Retirement & Care Center's Rose Room. Parking lot entrance on 34 th Ave., and street parking available in the area. On 3 rd Thursdays we meet at Berkeley Public Library WEST BRANCH where there is street parking. Facilitated by Roslyn Kleinsinger, LCSW. Open to anyone with PD.	support@pdactive.org 510-479-6119	Thu
Care Partners Support Group 2 nd Thursday North Berkeley Senior Center, Rm C, 2 nd Flr., 1901 Hearst Ave. Berkeley	This is a gathering where participants speak frankly about concerns and challenges in caring for loved ones with PD. Open to family caregivers and care partners only. RSVP if attending for the first time.	carepartners@pdactive.org 510-479-6119	2 nd Thu
Heart Circle 1914 Oregon St., Berkeley	The relief and sweetness of sharing our lives with PD. We join together in a guided meditation, followed by a topic of mutual interest, a social tea & goodies, and then, in friendship, we speak from our hearts. Open to anyone with PD.	heart@pdactive.org Scott Holloway 510-967-5414	1 st Sat of month
PD Salon Please contact for location	An opportunity for those in the PD community to informally share writing, other art forms, and information about living with Parkinson's Disease in a mutually supportive environment. Hosted in a Berkeley private home with refreshments provided. Open to all.	salonhost@pdactive.org 510-684-4846	2 nd Sun every other month