

PD ACTIVE Activities of Interest to People With Parkinson's Disease February 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Dance for PD® <i>Danspace</i> 10:30-11:45am Oakland Support Group <i>Rose Room, Mercy Ctr.</i> 2-4pm	2	3 Heart Circle 10:00am-Noon
4	5 Yoga for PD <i>You & the Mat</i> 2-3:15pm	6 PWR!Moves® 11:15am-12:30pm Chair Yoga for People with PD 1-2pm <i>** These 2 classes are fee-based. Contact instructor Murthy murthy.yt@gmail.com</i>	7 Yoga for PD <i>Yoga Room</i> 1-2:15pm	8 Dance for PD® <i>Danspace</i> 10:30-11:45am Care Partners Group <i>North Berkeley Sr. Ctr.</i> 3-4:45pm	9	10 Post Holiday Party & Mini-Info Fair 2:30pm-4:30pm <i>Berkeley Unitarian Fellowship Hall</i> 1924 Cedar St. at Bonita, Berkeley
11	12 Yoga for PD <i>You & the Mat</i> 2-3:15pm	13 PWR!Moves® 11:15am-12:30pm Chair Yoga for People with PD 1-2pm <i>** These 2 classes are fee-based. Contact instructor Murthy murthy.yt@gmail.com</i>	14 The Tremolos <i>Piedmont Gardens, Oakland</i> 10:30am-noon Yoga for PD <i>Yoga Room</i> 1-2:15pm	15 Dance for PD® <i>Danspace</i> 10:30-11:45am Berkeley Support Group <i>W. Branch Library</i> 2-4pm	16	17
18	19 President's Day Yoga for PD <i>You & the Mat</i> 2-3:15pm	20 PWR!Moves® 11:15am-12:30pm Chair Yoga for People with PD 1-2pm <i>** These 2 classes are fee-based. Contact instructor Murthy murthy.yt@gmail.com</i>	21 The Tremolos <i>Piedmont Gardens, Oakland</i> 10:30am-noon Yoga for PD <i>Yoga Room</i> 1-2:15pm	22 Dance for PD® <i>Danspace</i> 10:30-11:45am	23	24
25	26 Yoga for PD <i>You & the Mat</i> 2-3:15pm	27 PWR!Moves® 11:15am-12:30pm Chair Yoga for People with PD 1-2pm <i>** These 2 classes are fee-based. Contact instructor Murthy murthy.yt@gmail.com</i>	28 The Tremolos <i>Piedmont Gardens, Oakland</i> 10:30am-noon Yoga for PD <i>Yoga Room</i> 1-2:15pm			