

PD ACTIVE Activities of Interest to People With Parkinson's Disease (PWP) March 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 ** These 2 classes are fee-based. Contact instructor Murthy murthy.yt@gmail.com	7 The Tremolos <i>Piedmont Gardens, Oakland</i> 10:30am-noon 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 PD Peer Connect (the mentoring project) 10:30am-12:00pm North Berkeley Public Library - Community Room 1170 The Alameda (at Hopkins), Berkeley
11 Daylight Saving Time Begins	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 ** These 2 classes are fee-based. Contact instructor Murthy murthy.yt@gmail.com	14 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 Salon 2-4pm	19 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 ** These 2 classes are fee-based. Contact instructor Murthy murthy.yt@gmail.com	21 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 ** These 2 classes are fee-based. Contact instructor Murthy murthy.yt@gmail.com	28 The Tremolos <i>Piedmont Gardens, Oakland</i> 10:30am-noon Yoga for PD <i>Yoga Room</i> 1-2:15pm	29 Dance for PD® <i>Danspace</i> 10:30-11:45am	30	31