

**PD ACTIVE Activities of Interest to People With Parkinson's Disease (PWP) March 2018**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> <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	<b>2</b>	<b>3</b> <b>Heart Circle</b> 10:00am-Noon
<b>4</b>	<b>5</b> <b>Yoga for PD</b> <i>You &amp; the Mat</i> 2-3:15pm	<b>6</b> <b>PWR!Moves®</b> 11:15am-12:30pm <b>Chair Yoga for People with PD</b> 1-2pm ** These 2 classes are fee-based. Contact instructor Murthy <a href="mailto:murthy.yt@gmail.com">murthy.yt@gmail.com</a>	<b>7</b> <b>The Tremolos</b> <i>Piedmont Gardens, Oakland</i> 10:30am-noon <b>Yoga for PD</b> <i>Yoga Room</i> 1-2:15pm	<b>8</b> <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	<b>9</b>	<b>10</b> <b>PD Peer Connect (the mentoring project)</b> 10:30am-12:00pm <b>North Berkeley Public Library - Community Room</b> <b>1170 The Alameda (at Hopkins), Berkeley</b>
<b>11</b> Daylight Saving Time Begins	<b>12</b> <b>Yoga for PD</b> <i>You &amp; the Mat</i> 2-3:15pm	<b>13</b> <b>PWR!Moves®</b> 11:15am-12:30pm <b>Chair Yoga for People with PD</b> 1-2pm ** These 2 classes are fee-based. Contact instructor Murthy <a href="mailto:murthy.yt@gmail.com">murthy.yt@gmail.com</a>	<b>14</b> <b>Yoga for PD</b> <i>Yoga Room</i> 1-2:15pm	<b>15</b> <b>Dance for PD®</b> <i>Danspace</i> 10:30-11:45am <b>Berkeley Support Group</b> <i>W. Branch Library</i> 2-4pm	<b>16</b>	<b>17</b>
<b>18</b> <b>Salon</b> 2-4pm	<b>19</b> <b>Yoga for PD</b> <i>You &amp; the Mat</i> 2-3:15pm	<b>20</b> <b>PWR!Moves®</b> 11:15am-12:30pm <b>Chair Yoga for People with PD</b> 1-2pm ** These 2 classes are fee-based. Contact instructor Murthy <a href="mailto:murthy.yt@gmail.com">murthy.yt@gmail.com</a>	<b>21</b> <b>Yoga for PD</b> <i>Yoga Room</i> 1-2:15pm	<b>22</b> <b>Dance for PD®</b> <i>Danspace</i> 10:30-11:45am	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> <b>Yoga for PD</b> <i>You &amp; the Mat</i> 2-3:15pm	<b>27</b> <b>PWR!Moves®</b> 11:15am-12:30pm <b>Chair Yoga for People with PD</b> 1-2pm ** These 2 classes are fee-based. Contact instructor Murthy <a href="mailto:murthy.yt@gmail.com">murthy.yt@gmail.com</a>	<b>28</b> <b>The Tremolos</b> <i>Piedmont Gardens, Oakland</i> 10:30am-noon <b>Yoga for PD</b> <i>Yoga Room</i> 1-2:15pm	<b>29</b> <b>Dance for PD®</b> <i>Danspace</i> 10:30-11:45am	<b>30</b>	<b>31</b>