

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <b>Yoga for PD</b> <i>You &amp; the Mat</i> 2-3:15pm	3 <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>	4 <b>The Tremolos</b> <i>Piedmont Gardens, Oakland</i> 10:30am-noon <b>Yoga for PD</b> <i>Yoga Room</i> 1-2:15pm	5 <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	6	7 <b>Heart Circle</b> 10:00am-Noon
8	9 <b>Yoga for PD</b> <i>You &amp; the Mat</i> 2-3:15pm	10 <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>	11 <b>The Tremolos</b> <i>Piedmont Gardens, Oakland</i> 10:30am-noon <b>Yoga for PD</b> <i>Yoga Room</i> 1-2:15pm	12 <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	13	14 <b>Forum: Dr. Anthony Santiago</b> 10:30am-12:30pm <i>Berkeley Unitarian Fellowship Hall</i> 1924 Cedar St. at Bonita, Berkeley
15	16 <b>Salon</b> 2-4pm <b>Yoga for PD</b> <i>You &amp; the Mat</i> 2-3:15pm	17 <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>	18 <b>The Tremolos</b> <i>Piedmont Gardens, Oakland</i> 10:30am-noon <b>Yoga for PD</b> <i>Yoga Room</i> 1-2:15pm	19 <b>Dance for PD®</b> <i>Danspace</i> 10:30-11:45am <b>Berkeley Support Group</b> <i>W. Branch Library</i> 2-4pm	20	21
22	23 <b>Yoga for PD</b> <i>You &amp; the Mat</i> 2-3:15pm	24 <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>	25 <b>Yoga for PD</b> <i>Yoga Room</i> 1-2:15pm	26 <b>Dance for PD®</b> <i>Danspace</i> 10:30-11:45am	27	28
29	30 <b>Yoga for PD</b> <i>You &amp; the Mat</i> 2-3:15pm					