

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

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