

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	<b>3</b> <b>Unidos con el Parkinson (en español)</b> Support and education, in Spanish. With Lisbeth Garces 10-11:00am PT <b>Register:</b> <a href="http://bit.ly/unidospcla">bit.ly/unidospcla</a>  <small>This program is supported by a community grant from the Parkinson's Foundation.</small>	<b>4</b> <b>Women with PD</b> <i>For women with PD</i> With Juanita Thompson, LCSW 7:00pm-8:30pm PT <b>Register:</b> <a href="http://bit.ly/womenwithpd">bit.ly/womenwithpd</a>	<b>5</b> <b>Bailando Unidos (en español) *NEW GROUP*</b> <i>Weekly dance exercise class, in Spanish.</i> With Lisbeth Garces. 9:30-10:30 am PT <b>Join:</b> <a href="http://bit.ly/bailandounidos">bit.ly/bailandounidos</a>  <b>Caregiver Cafe</b> <i>For family caregivers</i> With Juanita Thompson, LCSW. 11 am-12:30pm PT <b>Sign-Up:</b> <a href="http://bit.ly/PCLAevents">bit.ly/PCLAevents</a>	6	7	8
9	<b>10</b> <b>2nd Monday PD Support Group</b> With Nessa Weinman 10:30am-11:30am PT <b>Sign-Up:</b> <a href="http://bit.ly/PCLAevents">bit.ly/PCLAevents</a>	<b>11</b> <b>Weekly Tuesday PD Support Group</b> With Judy Yaras 11:00am-12:30pm PT <b>Sign-Up:</b> <a href="http://bit.ly/PCLAevents">bit.ly/PCLAevents</a>	<b>12</b> <b>Bailando Unidos (en español)</b> <i>Weekly dance exercise class, in Spanish.</i> With Lisbeth Garces. 9:30-10:30 am PT <a href="http://bit.ly/bailandounidos">bit.ly/bailandounidos</a>  <b>Children of PD</b> <i>For adult children of a parent with PD</i> 7:30pm-8:30pm PT <b>Register:</b> <a href="http://bit.ly/ChildofPD">bit.ly/ChildofPD</a>	13	14	15
16	<b>17</b> <b>Caregiver Cafe</b> <i>For care partners &amp; family caregivers</i> With Judy Yaras 7:30-8:30 pm PT <b>Sign-Up:</b> <a href="http://bit.ly/PCLAevents">bit.ly/PCLAevents</a>	<b>18</b> <b>Weekly Tuesday PD Support Group</b> With Judy Yaras 11:00am-12:30pm PT <b>Sign-Up:</b> <a href="http://bit.ly/PCLAevents">bit.ly/PCLAevents</a>	<b>19</b> <b>Bailando Unidos (en español)</b> <i>Weekly dance exercise class, in Spanish,</i> with Lisbeth Garces. 9:30-10:30 am PT <a href="http://bit.ly/bailandounidos">bit.ly/bailandounidos</a>  <b>Living with Loss</b> <i>For bereavement support</i> With Juanita Thompson, 7:00pm-8:30 pm PT <a href="http://bit.ly/PCLAevents">bit.ly/PCLAevents</a>	<b>20</b> <b>**ONLINE EVENT**</b> <b>Let's Talk Parkinson's: Essential Puree</b> <i>Tips and tricks for successful meal prep for the soft foods diet</i> 11:00am-12:00pm PT <b>Register:</b> <a href="http://bit.ly/EssentialPuree">bit.ly/EssentialPuree</a>	21	22
23	<b>24</b> <b>Children of PD</b> <i>For adult children of a parent with PD</i> 9:00am-10 am PT <b>Register:</b> <a href="http://bit.ly/ChildofPD">bit.ly/ChildofPD</a>	<b>25</b> <b>Weekly Tuesday PD Support Group</b> With Judy Yaras 11:00am-12:30pm PT <b>Sign-Up:</b> <a href="http://bit.ly/PCLAevents">bit.ly/PCLAevents</a>	<b>26</b> <b>Bailando Unidos (en español)</b> <i>Weekly dance exercise class with Lisbeth Garces.</i> 9:30-10:30 am PT <a href="http://bit.ly/bailandounidos">bit.ly/bailandounidos</a>  <b>Young Onset support group</b> 7:30-9 pm PT with Mike & Nessa Weinman <a href="http://bit.ly/PCLAevents">bit.ly/PCLAevents</a>	<b>27</b>      	<b>28</b> <b>**NEW SERIES**</b> <b>Strictly Business</b> <i>Financial Planning for Long Term Illness</i> 11:00am-12:00pm PT <b>Register:</b> <a href="http://bit.ly/PCLAplanning">bit.ly/PCLAplanning</a>	29
30	31					