

EXERCISE & SPEECH CLASSES

Monday

- 9:30am **EXERCISE & VOICE W/ TAMMY**
SOUTH GARLAND BAPTIST
- 9:45am **ZOOM EXERCISE W/ ANGIE**
- 10:30am **EXERCISE W/ TAMMY**
SOUTH GARLAND BAPTIST
- 2:00pm **EXERCISE W/ JONATHAN**
FIRST UMC DUNCANVILLE
NO CLASS ON APRIL 8
- 3:00pm
SPEECH W/ DANIELLE
FIRST UMC DUNCANVILLE
NO CLASS ON APRIL 8

Wednesday

- 9:30am **EXERCISE W/ TAMMY**
LAKEPOINTE AT WHITE ROCK
- 10:00am **ZOOM EXERCISE W/ DIANA**
- 11:15am **SPEECH W/ LYNN (HYBRID)**
GRACE LUTHERAN CARROLLTON
- 1:00pm **ZOOM EXERCISE W/ TAMMY**

Tuesday

- 9:15am **ZOOM EXERCISE W/ BARB**
- 10:15am **EXERCISE W/ AMANDA**
ST. MICHAEL MCKINNEY
- 10:30am **EXERCISE W/ TAMMY**
PRESTON HOLLOW UMC
- 11:30am **SPEECH W/ LYNN (HYBRID)**
PRESTON HOLLOW UMC
- 1:00pm **ZOOM SPEECH W/ PAT**



Thursday

- 9:30am **EXERCISE & VOICE W/ BARB**
SOUTH GARLAND BAPTIST
- 9:45am **EXERCISE W/ ERIKA**
HUNTER'S GLEN PLANO
- 10:30am **EXERCISE W/ BARB**
SOUTH GARLAND BAPTIST
- 12:30pm **EXERCISE W/ BARB**
SEMONES YMCA
- 2:00pm **EXERCISE W/ JONATHAN**
FIRST UMC DUNCANVILLE

Friday

- 10:00am **EXERCISE W/ SKILA**
ST. MICHAEL MCKINNEY
- 11:00am **SPEECH W/ LYNN**
ST. MICHAEL MCKINNEY

Zoom Meeting IDs



EXERCISE W/ ANGIE

Meeting ID: 556-087-4938

EXERCISE W/ BARB

Meeting ID: 556-087-4938

EXERCISE W/ DIANA

Meeting ID: 556-087-4938

SPEECH W/ LYNN

Meeting ID: 783-578-3790

SPEECH W/ PAT

Meeting ID: 740-850-5274

EXERCISE W/ TAMMY

Meeting ID: 556-087-4938

NUTRITION W/ FAYE

Meeting ID: 556-087-4938

SUPPORT GROUP W/ GAIL

Meeting ID: 556-087-4938



**PASSWORD
LOUD**

SUPPORT GROUPS

Monday

- 10:00am** **PARKINSON'S SUPPORT**
PRESTON HOLLOW UMC
2nd Monday of the Month
Resumes in May
- 10:00am** **CARE PARTNER SUPPORT**
PRESTON HOLLOW UMC
2nd Monday of the Month
Resumes in May
- 3:00pm** **CARE PARTNER SUPPORT**
FIRST UMC DUNCANVILLE
1st & 3rd Monday of the Month

Thursday

- 10:30am** **CARE PARTNER SUPPORT**
W/ ZEE
SOUTH GARLAND BAPTIST
Weekly

Tuesday

- 10:30am** **ZOOM PARKINSON'S SUPPORT**
W/ GAIL
1st Tuesday of the Month

Friday

- 11:00am** **CARE PARTNER SUPPORT**
W/ GAIL
ST. MICHAEL MCKINNEY
1st & 3rd Friday of the Month



Locations

CARROLLTON

Grace Lutheran
1200 E Hebron Parkway
972.492.4474

DALLAS

Semones YMCA
4332 Northaven Road
214.357.8431

GARLAND

South Garland Baptist
1330 E Centerville Road
972.271.5428

DALLAS

Lakepointe at White Rock
9150 Garland Road
214.324.1425

DENTON

Denton Senior Center
509 N Bell Ave
940.349.8720

MCKINNEY

St. Michael the Archangel
411 Paula Road
972.542.4667

DALLAS

Preston Hollow UMC
6315 Walnut Hill Lane
214.363.4393

DUNCANVILLE

First UMC
427 Avenue C
972.298.6121

PLANO

Hunters Glen Baptist
4001 Custer Road
972.867.1610

Please click on [this link](#) for directions.