

FOR THE MOST UP-TO-DATE CANCELLATIONS,
PLEASE CLICK [HERE](#).

EXERCISE & SPEECH CLASSES

New to DAPS? Contact us at daps@daps.org or 972-620-7600

Monday

- 9:30am EXERCISE & VOICE W/ TAMMY
SOUTH GARLAND BAPTIST
- 9:45 am ZOOM EXERCISE W/ ANGIE
- 10:30am EXERCISE W/ TAMMY
SOUTH GARLAND BAPTIST
- 12:30pm DANCE FOR PD
WESTMINISTER PRESBYTERIAN
- 2:00pm EXERCISE W/ JONATHAN
FIRST UMC DUNCANVILLE
- 3:00pm SPEECH W/ DANIELLE
FIRST UMC DUNCANVILLE

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
- 12:15pm EXERCISE W/ SKILA
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
- 12:30pm EXERCISE W/ BARB & AMANDA
(ALTERNATE)
SEMONES YMCA
- 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/ TAMI
ST. MICHAEL MCKINNEY

Zoom Meeting IDs

EXERCISE W/ ANGIE

Meeting ID: 556-087-4938

SPEECH W/ LYNN

Meeting ID: 783-578-3790

NUTRITION W/ FAYE

Meeting ID: 556-087-4938

EXERCISE W/ BARB

Meeting ID: 556-087-4938

SPEECH W/ PAT

Meeting ID: 740-850-5274

SUPPORT GROUP W/ GAIL

Meeting ID: 556-087-4938

EXERCISE W/ DIANA

Meeting ID: 556-087-4938

EXERCISE W/ TAMMY

Meeting ID: 556-087-4938



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SUPPORT GROUPS

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Monday

- 10:00am **PARKINSON'S SUPPORT**
NORTHPARK PRESBYTERIAN
2nd Monday of the Month
- 10:00am **CARE PARTNER SUPPORT**
NORTHPARK PRESBYTERIAN
2nd Monday of the Month
- 3:00pm **CARE PARTNER SUPPORT W/ ANGELA**
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 **ZOOM CARE PARTNER SUPPORT W/ GAIL**
1st & 3rd Friday of the Month

HOLIDAY CLASSES CANCELED

Duncanville
Mon. Dec. 23 - Jan 2

Preston Hollow UMC
Tues. Dec. 24 - Tues. Dec. 31

Hunters Glen
Thurs. Dec. 26 - Thurs. Jan 2

Carrollton
Wed. Dec. 25 - Wed. Jan 1

McKinney
Tues. Dec. 24 - Fri. Jan 3

South Garland
Thurs. Dec. 26

Locations

CARROLLTON

Grace Lutheran
1200 E Hebron Parkway
972.492.4474

DALLAS

Semones YMCA
4332 Northaven Road
214.357.8431

DENTON

Denton Senior Center
509 N Bell Ave
940.349.8720

DALLAS

Lakepointe at White Rock
9150 Garland Road
214.324.1425

DALLAS

Northpark Presbyterian Church
9555 N. Central Expy
214.363.5457

DUNCANVILLE

First UMC
427 Avenue C
972.298.6121

DALLAS

Preston Hollow UMC
6315 Walnut Hill Lane
214.363.4393

DALLAS

Westminster Presbyterian
8200 Devonshire Drive
214.351.3251

GARLAND

South Garland Baptist
1330 E Centerville Road
972.271.5428

MCKINNEY

St. Michael the Archangel
411 Paula Road
972.542.4667

PLANO

Hunters Glen Baptist
4001 Custer Road
972.867.1610

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