

EXERCISE & SPEECH CLASSES

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

Monday		Wednesday	
9:30am	EXERCISE W/ BARB SOUTH GARLAND BAPTIST	10:00am	ZOOM EXERCISE W/ DIANA
10:00am	ZOOM EXERCISE W/ ANGIE	11:15am	SPEECH W/ LYNN (HYBRID) GRACE LUTHERAN CARROLLTON
10:30am	SPEECH W/ TAMI SOUTH GARLAND BAPTIST	12:15pm	EXERCISE W/ MARINA GRACE LUTHERAN CARROLLTON
12:30pm	DANCE FOR PD W/ DOMINGO WESTMINISTER PRESBYTERIAN	2:30pm	NONCONTACT BOXING W/ AMANDA PRESTON HOLLOW CHURCH
1:00pm	SPEECH W/ ROSY FIRST UMC DUNCANVILLE		
2:00pm	EXERCISE W/ JONATHAN FIRST UMC DUNCANVILLE		
Tuesday		Thursday	
9:15am	ZOOM EXERCISE W/ BARB	9:30am	EXERCISE & VOICE W/ BARB SOUTH GARLAND BAPTIST
10:15am	EXERCISE W/ AMANDA ST. MICHAEL MCKINNEY	9:45am	EXERCISE W/ ERIKA SETON FAITH FORMATION CENTER
10:30am	EXERCISE W/ BARB PRESTON HOLLOW CHURCH	10:30am	EXERCISE W/ BARB SOUTH GARLAND BAPTIST
11:30am	SPEECH W/ LYNN (HYBRID) PRESTON HOLLOW CHURCH	12:30pm	EXERCISE W/ BARB SEMONES YMCA
12:30pm	EXERCISE W/ BARB & AMANDA (ALTERNATE) SEMONES YMCA	2:00pm	EXERCISE W/ JONATHAN FIRST UMC DUNCANVILLE
1:00pm	ZOOM SPEECH W/ PAT		
Friday			
10:00am	ZOOM EXERCISE W/ ANGIE	11:00am	SPEECH W/ TAMI ST. MICHAEL MCKINNEY <i>Class canceled on October 10</i>
10:00am	EXERCISE W/ AMANDA ST. MICHAEL MCKINNEY <i>Class canceled on October 10</i>		

Zoom Meeting IDs		
	EXERCISE W/ ANGIE Meeting ID: 556-087-4938	SPEECH W/ LYNN Meeting ID: 783-578-3790
	EXERCISE W/ BARB Meeting ID: 556-087-4938	SPEECH W/ PAT Meeting ID: 740-850-5274
	EXERCISE W/ DIANA Meeting ID: 556-087-4938	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

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Monday		Thursday	
10:00am	PARKINSON'S SUPPORT NORTH DALLAS BANK & TRUST Monday, October 13	10:30am	CARE PARTNER SUPPORT W/ ZEE SOUTH GARLAND BAPTIST Weekly
10:00am	CARE PARTNER SUPPORT NORTH DALLAS BANK & TRUST Monday, October 13	1:00pm	PARKINSON'S SUPPORT W/ ANGELA FIRST UMC DUNCANVILLE Thursday, October 2
1:00pm	CARE PARTNER SUPPORT W/ ANGELA FIRST UMC DUNCANVILLE Monday, October 6 Monday, October 20		
Tuesday		Friday	
10:30am	ZOOM PARKINSON'S SUPPORT W/ GAIL Tuesday, October 7	11:00am	CARE PARTNER SUPPORT W/ GAIL ST. MICHAEL MCKINNEY Friday, October 17

Locations

CARROLLTON Grace Lutheran 1200 E Hebron Parkway 972.492.4474	DALLAS Semones YMCA 4332 Northaven Road 214.357.8431	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
DALLAS North Dallas Bank & Trust Tower 12900 Preston Rd. Suite 210 972.620.7600	DENTON Denton Senior Center 509 N Bell Ave 940.349.8720	MCKINNEY* St. Michael the Archangel 411 Paula Road 972.542.4667
PLANO* Seton Faith Formation Center 3100 W Spring Creek Pkwy 972.596.5505		

*Click [here](#) for detailed instructions on where to park/enter.