

# 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
- 10:00am**    **CARE PARTNER SUPPORT**  
PRESTON HOLLOW UMC  
2nd Monday of the Month
- 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.