

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
- 1:00pm SPEECH W/ ROSY
FIRST UMC DUNCANVILLE
- 2:00pm EXERCISE W/ JONATHAN
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/ ANGIE
- 2:30pm NONCONTACT BOXING W/ TAMMY
PRESTON HOLLOW UMC
Class canceled March 12

Tuesday

- 9:15am ZOOM EXERCISE W/ BARB
- 10:15am EXERCISE W/ AMANDA
ST. MICHAEL MCKINNEY
- 10:30am EXERCISE W/ TAMMY
PRESTON HOLLOW UMC
Class canceled March 11
- 11:30am SPEECH W/ LYNN (HYBRID)
PRESTON HOLLOW UMC
No in-person class on March 11; Zoom only
- 12:30pm EXERCISE W/ BARB & AMANDA
(ALTERNATE)
SEMONES YMCA

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

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

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SUPPORT GROUPS

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Monday

- 10:00am **PARKINSON'S SUPPORT**
NORTH DALLAS BANK & TRUST TOWER
2nd Monday of the Month
- 10:00am **CARE PARTNER SUPPORT**
NORTH DALLAS BANK & TRUST TOWER
2nd Monday of the Month
- 1:00pm **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

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

Lakepointe at White Rock
9150 Garland Road
214.324.1425

DALLAS

Westminster Presbyterian
8200 Devonshire Drive
214.351.3251

GARLAND

South Garland Baptist
1330 E Centerville Road
972.271.5428

DALLAS

Preston Hollow UMC
6315 Walnut Hill Lane
214.363.4393

DALLAS*

North Dallas Bank & Trust Tower
12900 Preston Rd., Ste. 210
972.716.7100

MCKINNEY*

St. Michael the Archangel
411 Paula Road
972.542.4667

DENTON

Denton Senior Center
509 N Bell Ave
940.349.8720

PLANO*

Hunters Glen Baptist
4001 Custer Road
972.867.1610

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