

# CLASS INFORMATION

## WHAT TO KNOW



We can help you stay active and connected with our exercise, speech, and support groups.

Here is the schedule of classes Dallas Area Parkinson Society (DAPS) offers each week in-person and via Zoom. For more details, visit our calendar at [www.daps.org/calendar](http://www.daps.org/calendar). See class locations on the next page.

Watch pre-recorded videos on our YouTube channel 24/7!

<https://bit.ly/DAPSYoutubeChannel>.

### MONDAY

- 9:30 AM EXERCISE & VOICE SUPPORT W/ TAMMY  
*South Garland Baptist Church*
- 9:45 AM EXERCISE W/ ANGIE via ZOOM  
<https://us02web.zoom.us/j/5560874938>
- 10:00 AM PARKINSON & CARE PARTNER SUPPORT  
*Preston Hollow United Methodist Church in Dallas*  
2ND MONDAY OF THE MONTH
- 10:30 AM EXERCISE W/ TAMMY  
*South Garland Baptist Church*
- 2:00 PM EXERCISE W/ JONATHAN  
*First United Methodist Church in Duncanville*
- 3:00 PM SPEECH W/ DANIELLE  
*First United Methodist Church in Duncanville*
- 3:00 PM CARE PARTNER SUPPORT  
*First United Methodist Church in Duncanville*  
1ST AND 3RD MONDAY OF THE MONTH

### TUESDAY

- 9:15 AM EXERCISE W/ BARB via ZOOM  
<https://us02web.zoom.us/j/5560874938>
- 10:15 AM EXERCISE W/ AMANDA  
*St. Michael the Archangel Church in McKinney*
- 10:30 AM EXERCISE W/ TAMMY  
*Preston Hollow United Methodist Church in Dallas*
- 10:30 AM PARKINSONS SUPPORT via ZOOM  
<https://us02web.zoom.us/j/5560874938>  
1ST TUESDAY OF THE MONTH
- 11:15 AM PARKINSONS SUPPORT GROUP  
*St. Michael the Archangel Church in McKinney*  
1ST TUESDAY OF THE MONTH
- 11:30 AM SPEECH W/ LYNN (HYBRID)  
*Preston Hollow United Methodist Church in Dallas*
- 12:30 PM EXERCISE W/ BARB  
*Semones YMCA in Dallas*
- 1:00 PM SPEECH W/ PAT via ZOOM  
<https://us04web.zoom.us/j/7408505274>
- 2:00 PM DANCE FOR PD W/ MISTY via ZOOM  
*Email Misty danceforpd.dallas@gmail.com*

### WEDNESDAY

- 9:30 AM EXERCISE W/ TAMMY  
*Lakepointe Church at White Rock in Dallas*
- 10:00 AM EXERCISE W/ DIANA via ZOOM  
<https://us02web.zoom.us/j/5560874938>

### WEDNESDAY (cont)

- 10:30 AM PARKINSON & CARE PARTNER SUPPORT  
*Lakepointe Church at White Rock in Dallas*  
1ST AND 3RD WEDNESDAY OF THE MONTH
- 11:15 AM SPEECH W/ LYNN (HYBRID)  
*Grace Lutheran Church in Carrollton*
- 1:00 PM EXERCISE W/ TAMMY via ZOOM  
<https://us02web.zoom.us/j/5560874938>

### THURSDAY

- 9:30 AM EXERCISE & VOICE SUPPORT W/ BARB  
*South Garland Baptist Church*
- 9:45 AM EXERCISE W/ ERIKA  
*Hunters Glen Baptist Church in Plano*
- 10:30 AM EXERCISE W/ BARB  
*South Garland Baptist Church*
- 10:30 AM CARE PARTNER SUPPORT W/ ZEE  
*South Garland Baptist Church*
- 12:30 PM EXERCISE W/ BARB  
*Semones YMCA in Dallas*
- 2:00 PM DANCE FOR PD W/ MISTY via ZOOM  
*Email Misty danceforpd.dallas@gmail.com*
- 2:00 PM EXERCISE W/ JONATHAN  
*First United Methodist Church in Duncanville*

### FRIDAY

- 10:00 AM EXERCISE W/ TAMMY  
*St. Michael the Archangel Church in McKinney*
- 11:15 AM SPEECH W/ LESLIE  
*St. Michael the Archangel Church in McKinney*
- 11:15 AM CARE PARTNER SUPPORT  
*St. Michael the Archangel Church in McKinney*  
1ST FRIDAY OF THE MONTH
- 2:00 PM ASK THE NUTRITIONIST W/ FAYE  
<https://us02web.zoom.us/j/5560874938>  
2ND FRIDAY OF THE MONTH

### SATURDAY

- 10:00 AM EXERCISE W/ DIANA via ZOOM  
<https://us02web.zoom.us/j/5560874938>

