

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

# EXERCISE & SPEECH CLASSES

New to DAPS? Contact us at [daps@daps.org](mailto: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

### 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

New to DAPS? Contact us at [daps@daps.org](mailto:daps@daps.org) or 972-620-7600

## Monday

10:00am **PARKINSON'S SUPPORT**  
NORTHPARK PRESBYTERIAN CHURCH  
2nd Monday of the Month (*for October only*)

10:00am **CARE PARTNER SUPPORT**  
NORTHPARK PRESBYTERIAN CHURCH  
2nd Monday of the Month (*for October only*)

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

## Locations

### CARROLLTON

Grace Lutheran  
1200 E Hebron Parkway  
972.492.4474

### DALLAS

Lakepointe at White Rock  
9150 Garland Road  
214.324.1425

### DALLAS

Preston Hollow UMC  
6315 Walnut Hill Lane  
214.363.4393

### DALLAS

Semones YMCA  
4332 Northaven Road  
214.357.8431

### DALLAS

Westminster Presbyterian  
8200 Devonshire Drive  
214.351.3251

### DALLAS \*October only

Northpark Presbyterian Church  
9555 N. Central Expy.  
214.363.5457

### DENTON

Denton Senior Center  
509 N Bell Ave  
940.349.8720

### DUNCANVILLE

First UMC  
427 Avenue C  
972.298.6121

### 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.