

HAPS PD EXERCISE AND SUPPORT GROUPS—APRIL 2017

Please call to confirm groups times and locations at 713-626-7114 or 713-313-1652, as the Easter holiday has impacted the availability of the facilities on Friday, April 14th and Monday, April 17th.

CENTRAL

DANCE

Mondays 12:30-1:30 pm

Houston Ballet Center for Dance
601 Preston
Houston, TX 77002

Presented in partnership with Houston Ballet

SINGING

2nd & 4th Mondays 1:45-2:45 pm

Houston Ballet Center for Dance
601 Preston
Houston, TX 77002

Presented in partnership with Houston Ballet

TAI CHI

Tuesdays 10:30-11:30 am

Metropolitan Multi-Service Center
1475 West Gray - Room 2
Houston, TX 77019

SPEECH & EXERCISE

Tuesdays 1:30-3:15 pm

Crosspoint Church
4601 Bellaire Blvd. - Rm 204 and Loft
Bellaire, TX 77401

TANGO

Wednesdays 1:00-2:15 pm

West University Community Building
6104 Auden at Rice Blvd.
Houston, TX 77005

EXERCISE

Thursdays 9:45-10:45 am

American Red Cross
2700 SW Freeway
Houston, TX 77098

MUSIC THERAPY

Fridays 10:00-11:00 am

Metropolitan Multi-Service Center
1475 West Gray - Room 1
Houston, TX 77019

NORTHWEST

EXERCISE

Mondays 10:00-11:00 am

Lakewood United Methodist Church
11330 Louetta Road - Gym
Houston, TX 77070

EXERCISE

Tuesdays 1:45-2:45 pm
please call, class space is limited

HealthSouth Rehab Hospital of Cypress
13031 Wortham Center Drive
Houston, TX 77065

SPEECH

Thursdays 10:30-11:30 am

John Wesley United Methodist Church
5803 Bermuda Dunes
Houston, TX 77069

TAI CHI

Fridays 11:00 am-12:00 pm

Tomball United Methodist Church
1603 Baker Drive - Faith Building
Tomball, TX 77375

NORTH

WATER EXERCISE

Mondays & Wednesdays 12:00-1:00 pm

HealthSouth Vision Park
117 Vision Park Blvd.
Shenandoah, TX 77384
Paperwork required

SPEECH

Tuesdays 1:00-1:45 pm

HealthSouth Vision Park
117 Vision Park Blvd. - Cafeteria
Shenandoah, TX 77384

EXERCISE & MUSIC THERAPY

Exercise - 1st, 3rd & 5th Thursdays
Music Therapy - 2nd & 4th Thursdays
1:30-2:30 pm

Woodlands United Methodist Church
2200 Lake Woodlands Drive
The Woodlands, TX 77380

NORTHEAST

EXERCISE

Wednesdays 12:00-1:00 pm

Kindred Rehabilitation Hospital
18839 McKay
Humble, TX 77338

MUSIC THERAPY

1st, 3rd & 5th Thursdays 1:30-2:30 pm

First United Methodist Church of Humble
800 East Main Street - Choir Room
Humble, TX 77338

WEST

TAI CHI

Mondays 11:00 am-12:00 pm

Tracy Gee Community Center
3599 Westcenter Drive
Houston, TX 77042

MUSIC THERAPY & EXERCISE

Tuesdays 10:00 am-12:00 pm

Memorial Drive Lutheran Church
12211 Memorial Drive - Fellowship Hall
Houston, TX 77024

SPEECH & EXERCISE

Wednesdays 2:30-4:00 pm

Memorial Drive Presbyterian Church
11612 Memorial Drive - Room 102
Houston, TX 77024

TAI CHI

Fridays 11:00 am-12:00 pm

Memorial Drive Presbyterian Church
11612 Memorial Drive - Room 102
Houston, TX 77024

SPEECH & EXERCISE

Tuesdays 4:30-6:00 pm

First United Methodist Church of Katy
5601 5th Street at Ave. A - Fellowship Hall
Katy, TX 77493

MUSIC THERAPY

Thursdays 1:00-2:00 pm

Living Word Lutheran Church
3700 South Mason Road - Micah Room
Katy, TX 77450

EAST

WATER EXERCISE

Tuesdays & Thursdays 2:00-3:00 pm

Bay Area Rehabilitation Center
3513 Decker Drive
Baytown, TX 77520

SOUTH

SPEECH & EXERCISE

Mondays 3:15-4:45 pm

Kindred Hospital Clear Lake
655 E. Medical Center Blvd. - Cafeteria
Webster, TX 77598

EXERCISE

Tuesdays 1:30-2:30 pm

Alvin Lutheran Church
1800 FM 1462
Alvin, TX 77511

EXERCISE

Wednesdays 4:00-5:00 pm

St. Andrew's Episcopal Church
2535 E. Broadway, FM 518
Pearland, TX 77598

EXERCISE

3rd Thursday 2:00-3:00 pm

First United Methodist Church
200 W Highway 517 - Gym
Dickinson, TX 77539

Presented in partnership with Gulf Parkinson's Source

SOUTHWEST

EXERCISE

Mondays 10:00-11:00 am

First United Methodist Church
3900 Lexington Blvd. at FM 1092
Missouri City, TX 77459

YOGA

Thursdays 1:00-2:00 pm

St. Martin's Lutheran Church
1123 Burney Road - Room 123A
Sugar Land, TX 77498

EXERCISE

Fridays 10:00-11:00 am

Sugar Land Baptist Church
16755 SW Freeway - Room 107
Sugar Land, TX 77479

SOUTHEAST

EXERCISE

Tuesdays & Thursdays 3:45-4:45 pm

Kindred Hospital Bay Area
4801 E. Sam Houston Parkway South
Pasadena, TX 77505

SUPPORT GROUPS

To help make sure you find the support group that is most appropriate, please contact a HAPS social worker prior to attending a support group at 713-626-7114 or info@hapsonline.org.

PD SUPPORT GROUP CHAMPIONS

1st Wednesday in March 2:30-4:00 pm

John Wesley United Methodist Church
5830 Bermuda Dunes
Houston, TX 77069

PD SUPPORT GROUP WILLOWBROOK

1st Wednesday in March 6:00-7:30 pm

Methodist Willowbrook Hospital
18200 Tomball Parkway - Aspen Room
Houston, TX 77070

CAREGIVER SUPPORT GROUP CHAMPIONS

1st Thursday 10:30-11:30 am

John Wesley United Methodist Church
5830 Bermuda Dunes - The Library
Houston, TX 77069

PD SUPPORT GROUP KATY

1st Thursday 10:00-11:30 am

Memorial Hermann Hospital
23900 Katy Freeway - Ram Room
Katy, TX 77494

SUPPORT GROUPS THE WOODLANDS

1st Thursday in March

Patient Group 12:15-1:15 pm
Caregiver Group 1:30-2:30 pm

Woodlands United Methodist Church
2200 Lake Woodlands Drive
The Woodlands, TX 77380

PD SUPPORT GROUP KINGWOOD

3rd Monday 10:00-11:30 am

Kingwood United Methodist Church
1799 Woodland Hills Drive - Room K104
Kingwood, TX 77339

NEWLY DIAGNOSED SUPPORT GROUP

3rd Monday 6:00-7:30 pm

For those diagnosed with PD within the last three years. Please call for details.

PD SUPPORT GROUP SUGAR LAND

3rd Tuesday 6:00-7:30 pm

Houston Methodist Sugar Land Hospital
16655 SW Freeway - Conference Room D
Sugar Land, TX 77479

PD SUPPORT GROUP CENTRAL AM

3rd Tuesday 10:00-11:30 am

American Red Cross
2700 SW Freeway
Houston, TX 77098

CAREGIVER SUPPORT GROUP CENTRAL

3rd Wednesday 2:30-4:00 pm

Memorial Drive Presbyterian Church
11612 Memorial Drive
Houston, TX 77024

PD & DEMENTIA/ LEWY BODY CAREGIVER SUPPORT GROUP

4th Monday 10:00-11:30 am

For caregivers of those with Parkinson's and dementia or Dementia with Lewy Bodies.

CAREGIVER SUPPORT GROUP CLEAR LAKE

4th Monday 3:15-4:45 pm

Kindred Hospital Clear Lake
655 E. Medical Center Blvd.
Webster, TX 77598

PD SUPPORT GROUP PEARLAND

4th Wednesday 2:45-3:45 pm

St. Andrew's Episcopal Church
2535 E. Broadway, FM 518
Pearland, TX 77598

PD SUPPORT GROUP CENTRAL PM

4th Wednesday 6:00-7:30 pm

American Red Cross
2700 SW Freeway
Houston, TX 77098