

# HAPS PD EXERCISE & SUPPORT GROUPS-MARCH 2019

ALL GROUPS ARE FREE OF CHARGE. PLEASE CALL THE HAPS OFFICE TO CONFIRM GROUP TIMES AND LOCATIONS AT 713-626-7114 OR 713-313-1652.

## CENTRAL

### DANCE

Mondays 12:30-1:30 pm  
Houston Ballet Center for Dance  
601 Preston  
Houston, TX 77002  
Text HAPS001 to 51555

*Presented in partnership with Houston Ballet*

### SINGING

2<sup>nd</sup> and 4<sup>th</sup> Mondays 1:45-2:45 pm  
Houston Ballet Center for Dance  
601 Preston  
Houston, TX 77002  
Text HAPS002 to 51555

*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  
Text HAPS003 to 51555

### MUSIC THERAPY & EXERCISE

Tuesdays 1:30-3:30 pm  
Crosspoint Church  
4601 Bellaire Blvd. - Loft  
Bellaire, TX 77401  
Text HAPS004 to 51555

### BOXING

Wednesdays  
Class 1 - 9:45-10:45 am  
Class 2 - 11:00 am-12:00 pm  
Metropolitan Multi-Service Center  
1475 West Gray - The Gym  
Houston, TX 77019

*Paperwork and assessment are required.  
Both classes are currently full. Contact  
HAPS for more information.  
Text HAPS005 to 51555*

## CENTRAL

### TANGO

Wednesdays 1:00-2:15 pm  
Metropolitan Multi-Service Center  
1475 West Gray - Gym  
Houston, TX 77019  
Text HAPS006 to 51555

### EXERCISE

Thursdays 9:45-10:45 am  
Metropolitan Multi-Service Center  
1475 West Gray - Gym  
Houston, TX 77019  
Text HAPS007 to 51555

## CENTRAL WEST

### YOGA

Mondays 11:00 am-12:00 pm  
St. Stephen's United Methodist Church  
2003 West 43<sup>rd</sup> Street - Rm 101  
Houston, TX 77018  
Text HAPS040 to 51555

### MUSIC THERAPY & EXERCISE

Tuesdays 10:00 am-12:00 pm  
Memorial Drive Presbyterian Church  
11612 Memorial Drive - Room 102  
Houston, TX 77024  
Text HAPS022 to 51555

### SPEECH & EXERCISE

Wednesdays 2:30-4:00 pm  
Memorial Drive Presbyterian Church  
11612 Memorial Drive - Room 102  
Houston, TX 77024  
Text HAPS023 to 51555

### MUSIC THERAPY & TAI CHI

Fridays 10:00 am-12:00 pm  
Memorial Drive Presbyterian Church  
11612 Memorial Drive - Room 102  
Houston, TX 77024  
Text HAPS024 to 51555

## SOUTHWEST

### EXERCISE

Mondays 10:00 am-11:00 pm  
First United Methodist Church  
3900 Lexington Blvd. at FM 1092  
Missouri City, TX 77459  
Text HAPS012 to 51555

### BRAIN & BODY CLASS

Tuesdays 10:00-11:00 am  
Class content changes weekly.  
Call for more information.  
St. John's United Methodist Church  
400 Jackson Street - Wendt Hall  
Richmond, TX 77469  
Text HAPS008 to 51555

### TAI CHI

Thursdays 10:00-11:00 am  
St. Martin's Lutheran Church  
1123 Burney Road  
Sugar Land, TX 77498  
Text HAPS014 to 51555

### EXERCISE

Fridays 10:00-11:00 am  
Sugar Land Baptist Church  
16755 SW Freeway - Room 107  
Sugar Land, TX 77479  
Text HAPS015 to 51555

### CAREGIVER WELLNESS CLASS

Fridays 10:00-11:00 am  
Sugar Land Baptist Church  
16755 SW Freeway - Room 106  
Sugar Land, TX 77479  
Text HAPS016 to 51555



## SOUTH

### EXERCISE

Tuesdays 1:30-2:30 pm  
 Alvin Lutheran Church  
 1800 FM 1462  
 Alvin, TX 77511  
 Text HAPS018 to 51555

### EXERCISE & SPEECH

Wednesdays 1:00-3:00 pm  
 Gloria Dei Lutheran Church  
 18220 Upper Bay Road - Life Center  
 Houston, TX 77058  
 Text HAPS039 to 51555

### EXERCISE

Wednesdays 4:00-5:00 pm  
 St. Andrew's Episcopal Church  
 2535 E. Broadway, FM 518  
 Pearland, TX 77598  
 Text HAPS019 to 51555

### EXERCISE

3<sup>rd</sup> Thursday 2:00-3:00 pm  
 First United Methodist Church  
 200 W Highway 517 - Gym  
 Dickinson, TX 77539  
 Text HAPS020 to 51555

## SOUTHEAST

### SPEECH & EXERCISE

Speech - Tuesdays only 2:45-3:45 pm  
 Exercise - Tuesdays & Thursdays  
 3:45-4:45 pm  
 Kindred Hospital Bay Area  
 4801 E. Sam Houston Parkway South  
 Pasadena, TX 77505  
 Text HAPS010 to 51555 (Tue)  
 Text HAPS011 to 51555 (Thu)

## EAST

### WATER EXERCISE

Tuesdays and Thursdays 9:00-10:00 am  
 Bay Area Rehabilitation Center  
 5313 Decker Drive  
 Baytown, TX 77520  
 Text HAPS009 to 51555

*Call the HAPS office. Paperwork required.*

## WEST

### TAI CHI

Mondays 11:00 am-12:00 pm  
 Tracy Gee Community Center  
 3599 Westcenter Drive  
 Houston, TX 77042  
 Text HAPS021 to 51555

### SPEECH & EXERCISE

Tuesdays 4:30-6:00 pm  
 First United Methodist Church of Katy  
 5601 5<sup>th</sup> Street at Ave. A - Fellowship Hall  
 Katy, TX 77493  
 Text HAPS025 to 51555

### MUSIC THERAPY

Thursdays 1:00-2:00 pm  
 Living Word Lutheran Church  
 3700 South Mason Road - Micah Room  
 Katy, TX 77450  
 Text HAPS026 to 51555

## NORTH

### EXERCISE

**NOT CURRENTLY MEETING**  
 First Baptist Church  
 18525 N 6th Street/Buddy Riley Blvd  
 Magnolia, TX 77354  
 Text HAPS031 to 51555

### SPEECH & EXERCISE

Mondays 1:00-2:45 pm  
 CHI St. Luke's Hospital  
 17200 St. Luke's Way - Lakeview A  
 The Woodlands, TX 77384  
 Text HAPS027 to 51555

### WATER EXERCISE

Wednesdays 12:00-1:00 pm  
 Mansion Villas  
 15223 Scenic Forest  
 Conroe, TX 77384  
 Text HAPS028 to 51555

*Call the HAPS office. Paperwork required.*

### EXERCISE

Thursdays 1:30-2:30 pm  
 Woodlands United Methodist Church  
 2200 Lake Woodlands Drive  
 The Woodlands, TX 77380  
 Text HAPS029 to 51555

## NORTHWEST

### EXERCISE

Mondays 10:00-11:00 am  
 Lakewood United Methodist Church  
 11330 Louetta Road  
 Houston, TX 77070  
 Text HAPS032 to 51555

### EXERCISE

Tuesdays 1:45-2:45 pm  
 Encompass Rehab Hospital of Cypress  
 13031 Wortham Center Drive  
 Houston, TX 77065  
*Please call, class space is limited.*  
 Text HAPS033 to 51555

### EXERCISE

Wednesdays 10:00-11:00 am  
 Richard & Meg Weekley  
 Community Center  
 8440 Greenhouse Road - Room 200  
 Cypress, TX 77433  
 Text HAPS034 to 51555

### SPEECH

Thursdays 10:30-11:30 am  
 John Wesley United Methodist Church  
 5803 Bermuda Dunes  
 Houston, TX 77069  
 Text HAPS035 to 51555

### TAI CHI

Fridays 11:00 am-12:00 pm  
 Tomball United Methodist Church  
 1603 Baker Drive - Faith Building  
 Tomball, TX 77375  
 Text HAPS036 to 51555



## NORTHEAST

### EXERCISE

Wednesdays 1:00-2:00 pm  
 The Luke Church  
 2380 S. Houston Ave. - Room D  
 Humble, TX 77396  
 Text HAPS038 to 51555

# SUPPORT GROUPS

PLEASE CONTACT THE HAPS OFFICE FOR MARCH SUPPORT GROUP SCHEDULES

To help you find the most appropriate support group, contact a HAPS social worker prior to attending a support group at 713-626-7114, 713-313-1706 or [info@hapsonline.org](mailto:info@hapsonline.org).

## CAREGIVER SUPPORT GROUP CLEAR LAKE

1<sup>st</sup> Wednesday 1:00-2:30 pm  
Gloria Dei Lutheran Church  
18220 Upper Bay Road - Kid Zone  
Houston, TX 77058  
Text *HAPS212* to 51555

## PD SUPPORT GROUP CHAMPIONS

1<sup>st</sup> Wednesday 2:30-4:00 pm  
John Wesley United Methodist Church  
5830 Bermuda Dunes  
Houston, TX 77069  
Text *HAPS200* to 51555

## PD SUPPORT GROUP WILLOWBROOK

1<sup>st</sup> Wednesday 6:00-7:30 pm  
Methodist Willowbrook Hospital  
18200 Tomball Parkway - Aspen Room  
Houston, TX 77070  
Text *HAPS201* to 51555

## PD SUPPORT GROUP KATY

1<sup>st</sup> Thursday 10:00-11:30 am  
Memorial Hermann Hospital  
23900 Katy Freeway - Ram Room  
Katy, TX 77494  
Text *HAPS202* to 51555

## CAREGIVER SUPPORT GROUP CHAMPIONS

2<sup>nd</sup> Thursday 10:30-11:30 am  
John Wesley United Methodist Church  
5830 Bermuda Dunes - 2<sup>nd</sup> floor Board Rm  
Houston, TX 77069  
Text *HAPS203* to 51555

## SUPPORT GROUPS THE WOODLANDS

2<sup>nd</sup> Thursday  
**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  
Text *HAPS204* to 51555

## NEWLY DIAGNOSED SUPPORT GROUP

3<sup>rd</sup> Monday  
For those diagnosed with PD within the last three years. Please call for details.

## PD SUPPORT GROUP CENTRAL AM

3<sup>rd</sup> Tuesday 10:00-11:30 am  
American Red Cross  
2700 SW Freeway  
Houston, TX 77098  
Text *HAPS207* to 51555

## PD SUPPORT GROUP SUGAR LAND

3<sup>rd</sup> Tuesday 6:00-7:30 pm  
Houston Methodist Sugar Land Hospital  
16655 SW Freeway - Main Conf. Rm B  
Sugar Land, TX 77479  
Text *HAPS208* to 51555

## CAREGIVER SUPPORT GROUP CENTRAL

3<sup>rd</sup> Wednesday 2:30-4:00 pm  
Memorial Drive Presbyterian Church  
11612 Memorial Drive  
Houston, TX 77024  
Text *HAPS209* to 51555

## ATYPICAL PARKINSON'S SUPPORT GROUP

3<sup>rd</sup> Thursday 10:00-11:00 am  
American Red Cross  
2700 SW Freeway  
Houston, TX 77098  
Text *HAPS216* to 51555

## PD SUPPORT GROUP KINGWOOD

3<sup>rd</sup> Thursday 1:00-2:30 pm  
Kingwood United Methodist Church  
1799 Woodland Hills Drive - Room K105  
Kingwood, TX 77339  
Text *HAPS205* to 51555

## CAREGIVER SUPPORT SUGAR LAND

3<sup>rd</sup> Friday 10:00-11:00 am  
Sugar Land Baptist Church  
16755 SW Freeway - Room 106  
Sugar Land, TX 77479  
Text *HAPS210* to 51555

## PD & DEMENTIA/LEWY BODY CAREGIVER SUPPORT GROUP

4<sup>th</sup> Monday 10:00-11:30 am  
For caregivers of those with PD and dementia or Dementia with Lewy Bodies.

## PD SUPPORT GROUP MAGNOLIA

**ON HOLD UNTIL FURTHER NOTICE**  
after exercise  
First Baptist Church  
18525 N 6th Street/Buddy Riley Blvd  
Magnolia, TX 77354  
Text *HAPS213* to 51555

## PD SUPPORT GROUP PEARLAND

4<sup>th</sup> Wednesday 2:30-3:45 pm  
St. Andrew's Episcopal Church  
2535 E. Broadway, FM 518  
Pearland, TX 77598  
Text *HAPS214* to 51555