

HAPS HAPPENINGS

JULY 2019

All groups are free of charge. **PLEASE NOTE THAT ALL CLASSES ARE CLOSED FOR THE JULY 4TH HOLIDAY.**

Please call the HAPS office to confirm group times and locations at 713.626.7114 or 713.313.1652.

Use the text codes to receive updates about class schedule. Please note they do not register you for a class.

+ 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

2nd and 4th 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
Text HAPS005 to 51555

Paperwork and assessment are required. Both classes are currently full. Contact HAPS for more information.

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 43rd 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 2:15-4:00 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 & SPEECH

Mondays 10:00 am-12:00 pm
First United Methodist Church
3900 Lexington Blvd. at FM 1092 -
Choir Room
Missouri City, TX 77459
Text HAPS012 to 51555 (exercise)
Text HAPS041 to 51555 (speech)

BRAIN & BODY CLASS

Tuesdays 10:00-11:00 am
St. John's United Methodist Church
400 Jackson Street – Wendt Hall
Richmond, TX 77469
Text HAPS008 to 51555

Class content changes weekly.
Call for more information.

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 & SPEECH

Fridays 10:00 am-12:00 pm
Sugar Land Baptist Church
16755 SW Freeway – Room 107
Sugar Land, TX 77479
Text HAPS015 to 51555 (exercise)
Text HAPS013 to 51555 (speech)

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 & MUSIC THERAPY

Wednesdays 1:00-3:00 pm
Gloria Dei Lutheran Church
18220 Upper Bay Road
Houston, TX 77058
Text HAPS017 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

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

+ SOUTHEAST +

MUSIC THERAPY & EXERCISE

Music – 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
2:00-3:00 pm
Bay Area Rehabilitation Center
5313 Decker Drive
Baytown, TX 77520
Text HAPS009 to 51555
Call the HAPS office.
Paperwork required.

+ WEST +

TAI CHI

Mondays 12:00-1:00 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 5th 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

SPEECH

Tuesday 1:00-2:00 pm
Thomas A. Glazier Senior Education
Center – Room 2
16600 Pine Forest Lane
Houston, TX 77084
Text HAPS037 to 51555

+ NORTH +

EXERCISE

Mondays 2:30-3:30 pm
First Baptist Church Conroe
600 N. Main St. - Herrington North
Conroe, TX 77301
Text HAPS030 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 2:30-3:30 pm
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
Text HAPS033 to 51555

Please call, class space is limited.

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
Strawbridge United Methodist Church
5629 Kingwood Drive – Great Hall
Kingwood, TX 77345
Text HAPS038 to 51555

HAPS SUPPORT GROUPS

PLEASE CONTACT THE HAPS OFFICE FOR MAY 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.

CAREGIVER SUPPORT GROUP CLEAR LAKE

1st 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

1st 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

1st 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

ON HOLD
Memorial Hermann Hospital
23900 Katy Freeway – Ram Room
Katy, TX 77494
Text HAPS202 to 51555

PD SUPPORT GROUP WEST

2nd Tuesday 11:45 am-12:45 pm
Thomas A. Glazier Senior Education
Center – Room 2
16600 Pine Forest Lane
Houston, TX 77084
Text HAPS211 to 51555

CAREGIVER SUPPORT GROUP CHAMPIONS

2nd Thursday 10:30-11:30 am
John Wesley United Methodist Church
5830 Bermuda Dunes – 2nd floor
Houston, TX 77069
Text HAPS203 to 51555

SUPPORT GROUPS THE WOODLANDS

2nd 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

SUPPORT GROUPS CONROE

3rd Monday
Patient Group 1:15-2:15 pm
Caregiver Group 2:30-3:30 pm
First Baptist Church Conroe
600 N. Main Street
Conroe, TX 77301
Text HAPS215 to 51555

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 CENTRAL AM

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

PD SUPPORT GROUP SUGAR LAND

3rd 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

3rd 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

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

PD SUPPORT GROUP KINGWOOD

3rd 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

3rd 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

4th Monday 10:00-11:30 am
For caregivers of those with PD
and dementia or Dementia with
Lewy Bodies.
Please call for details.

PD SUPPORT GROUP PEARLAND

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