

HAPS HAPPENINGS

MARCH 2020

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. 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

Call for more information
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 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
Perry Abernathy Recreation Center
402 Eldridge Road
Sugar Land, TX 77478
Text HAPS014 to 51555

EXERCISE & MUSIC THERAPY

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 (music)

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

PWR EXERCISE CLASS

Wednesdays 12:15-1:15 pm
TW Davis Family YMCA
911 Thompson Road – Room MP1
Richmond, TX 77469
Text HAPS039 to 51555

+ SOUTHWEST +

BOXING

Tuesdays

Class 1 – 9:45-10:45 am

Class 2 – 11:00 am-12:00 pm

Perry Abernathy Recreation Center

402 Eldridge Road

Sugar Land, TX 77478

Text HAPS031 to 51555

Paperwork and assessment required.

+ 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

+ SOUTHEAST +

EXERCISE

Tuesdays & Thursdays

3:45-4:45 pm

Parkgate Community Church

3715 Preston Road - Back Building

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

Paperwork required.

+ WEST +

YOGA

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 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

16600 Pine Forest Lane – Room 2

Houston, TX 77084

Text HAPS037 to 51555

+ NORTH +

EXERCISE

Mondays 2:30-3:30 pm

First Baptist Church Conroe

600 N. Main St. - Herrington Hall

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

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

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 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
Houston, TX 77070
Text HAPS201 to 51555

CAREGIVER SUPPORT GROUP CENTRAL

2nd Monday 1:00-2:30 pm
American Red Cross
2700 SW Freeway
Houston, TX 77098
Text HAPS209 to 51555

PD SUPPORT GROUP WEST

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

PD SUPPORT GROUP SUGAR LAND

2nd 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 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

2nd Monday in MARCH 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

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 K103
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
For caregivers of those with PD
and dementia or Dementia with
Lewy Bodies.
Please call for details.

PD SUPPORT GROUP CENTRAL PM

4th Monday 6:00-7:30 pm
American Red Cross
2700 SW Freeway
Houston, TX 77098
Text HAPS217 to 51555

NEW PD SUPPORT GROUP GALVESTON

4th Wednesday 11:30 am-12:30 pm
OLLI Center
4700 Broadway Avenue J, Suite B101
Galveston, TX 77551
Text HAPS218 to 51555

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