

# HAPS HAPPENINGS

MAY 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.

PLEASE NOTE THAT ALL CLASSES ARE CANCELED MONDAY, MAY 27<sup>TH</sup> IN OBSERVANCE OF MEMORIAL DAY.

## + 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  
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 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 am  
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  
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

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  
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

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 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

## + NORTH +

### EXERCISE

NOT CURRENTLY MEETING  
First Baptist Church  
18525 N 6<sup>th</sup> 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  
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 – Room 151  
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](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

ON HOLD IN MAY  
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  
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 6:00-7:30 pm  
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.  
Please call for details.

## PD SUPPORT GROUP MAGNOLIA

ON HOLD UNTIL FURTHER NOTICE  
First Baptist Church  
18525 N 6<sup>th</sup> 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