

# HAPS PD EXERCISE & SUPPORT GROUPS—OCTOBER 2018

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

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

### SPEECH

CLASS ON HOLD.  
PLEASE CALL FOR INFORMATION.  
Sugar Land Baptist Church  
16755 SW Freeway - Room 106  
Sugar Land, TX 77479  
Text HAPS013 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

### 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

## 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 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 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

Mondays 12:00-1:00 pm  
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

### MUSIC THERAPY

CLASS ON HOLD.  
PLEASE CALL FOR INFORMATION.  
Tomball United Methodist Church  
1603 Baker Drive - Faith Building  
Tomball, TX 77375  
Text HAPS037 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 SEPTEMBER 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 - Life Center  
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 10:30-11:30 am in October  
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 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

NO OCTOBER MEETING  
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 10:00-11:45 am  
For caregivers of those with PD and dementia or Dementia with Lewy Bodies.

## PD SUPPORT GROUP MAGNOLIA

4<sup>th</sup> Tuesday 10:00-11:00 am  
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

## PD SUPPORT GROUP CENTRAL PM

PLEASE CALL FOR INFORMATION  
American Red Cross  
2700 SW Freeway  
Houston, TX 77098  
Text **HAPS215** to 51555