



SUPPORT GROUPS

Tuesday

In Person Transitions Support Group
*Weekly on **SECOND & FOURTH** Tuesdays*
11:00 am
Center for Successful Aging office
232 E. Anapamu St., Suite 102
Contact Lynda: lyndafairly@yahoo.com

In Person Caregiver Support Group
1:00 pm
St. Andrews Presbyterian Church
4575 Auhay Drive
Santa Barbara, CA 93110

Thursday

Online Caregiver Support Group
2:30 pm
[Zoom Meeting](#)
Meeting ID: 879 8043 0570
Passcode: 146961

In Person Parkinson's Chat Group
*Monthly on the **FIRST** Thursday*
*For those with Parkinson's, caregivers,
& those who want make connection*
10:00 am
Valle Verde Retirement Community
900 Calle de Los Amigos
Santa Barbara, CA 93105

In Person Living with Parkinson's
*Monthly on the **THIRD** Thursday***
Only for those who have PD
2:15 pm (after exercise class)
St. Andrews Presbyterian Church
4575 Auhay Drive
Santa Barbara, CA 93110

Sunday

Online Early-Stage Parkinson Support Group
*Monthly on the **THIRD** Sunday*
3:00 pm
[Zoom Meeting](#)
Meeting ID: 824 3532 2594
Passcode: 675769

EXERCISE CLASS

Tuesday

In Person Exercise Class*
1:00 pm
St. Andrews Presbyterian Church
4575 Auhay Drive
Santa Barbara, CA 93110

Thursday

In Person Exercise Class*
1:00 pm
St. Andrews Presbyterian Church
4575 Auhay Drive
Santa Barbara, CA 93110

GOLF

Wednesday

In Person Golfing with Parkinson's (GWP)
Tee Time: 2:06 pm
Santa Barbara Golf Club (Muni)
3500 McCaw Avenue
Santa Barbara, CA 93105

EDUCATIONAL PROGRAMS

Tuesday

In Person Various Topics
*Monthly on the **SECOND** Tuesday***
2:15 pm
St. Andrews Presbyterian Church
4575 Auhay Drive
Santa Barbara, CA 93110

GROUP VOICE WORKSHOP

Tuesday

In Person Interactive Speech Practice Workshop
*Monthly on the **THIRD** Tuesday***
2:15 pm
Learn to be heard in a group setting
St. Andrews Presbyterian Church
4575 Auhay Drive
Santa Barbara, CA 93110