



## SUPPORT GROUPS

### Tuesday

In Person Transitions Support Group  
**11:00 am**  
Center for Successful Aging office  
232 E. Anapamu St., Suite 102  
Contact Lynda: [lyndafairly@yahoo.com](mailto: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*  
**3:00 pm**  
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 (starting Jan 8, 2026)

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 Group Practice  
**(Monthly on the THIRD Tuesday)\*\***  
**2:15 pm**  
*Learn helpful voice & speech exercises in  
an interactive group setting*  
St. Andrews Presbyterian Church  
4575 Auhay Drive  
Santa Barbara, CA 93110