



## 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

\*Meets at the same time and place as the Support Group

\*\*Meets following Exercise Class at St. Andrew's