



SUPPORT GROUPS

Tuesdays

In Person Transitions Support Group

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

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

Tuesdays

In Person Exercise Class*

1:00 pm

St. Andrews Presbyterian Church
4575 Auhay Drive
Santa Barbara, CA 93110

GOLF

Tuesdays

In Person Golfing with Parkinson's (GWP)

*For men and women who like to play
9 holes of golf and enjoy fellowship*

Tee Time: 2:15 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 the same place

Parkinson Association Santa Barbara

PO Box 6254 Santa Barbara, CA 93160

mypasb@gmail.com - www.mypasb.org - 805-683-1326