



SUPPORT GROUPS

Tuesdays

In Person Transitions Support Group

11:00 am at a private home
Contact Lynda at 805-705-1006
or email: lyndafairly@yahoo.com

In Person Caregiver Support Group

1:00 pm
St. Andrews Presbyterian Church
4575 Auhay Drive
Santa Barbara, CA 93110

Online Caregiver Support Group

2:30 pm
Zoom Meeting
ID: 851 5157 2569
Passcode: 212037

Thursday

In Person Parkinson's Chat Group

(Monthly on the FIRST Thursday)
*For those with Parkinson's, caregivers,
& those who want make connections.*
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)

For ONLY those Persons with 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*
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