



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

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 (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

Parkinson Association Santa Barbara

PO Box 6254 Santa Barbara, CA 93160

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

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

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