



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

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