

ACTIVITIES CALENDAR JUNE 2026



Highlands Park Senior & Community Center







Office hours

Mon: 10–3:30pm
 Tues: 10–3:30pm
 Wed: 10–3:30pm
 Thur: 10–1pm
 Frid: 10 –1pm



June is a great month to explore our parks!



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SUNDAY
 Aerobic Exercise class 10-11 am  Meals on Wheels Dining 11am - 1pm  Bridge Club 11:30am - 2:30pm  Social Mixer June 29th 1:30-3:30pm	 Exercise class 10-11 am  Meals on Wheels Dining 11am - 1pm  1-on-1 Financial Planning Sessions 1st & 3rd Tuesdays 1-4pm (Not available in July)	 Aerobic Exercise class 10-11 am  Meals on Wheels Dining 11am - 1pm  Circle Dance 3-4pm	 Exercise class 10-11 am  Meals on Wheels Dining 11am-1pm  SLV Caregiver Support Group 2-3:30pm June 4th BINGO 1 st & 3 rd Thursdays 1 - 3:30pm	 Grey Bears Grocery Pickup 9:30 - 10:30am  Ukulele Class 10:30 - 11:30am  Meals on Wheels Dining 11am - 1pm  'The Center Band' Jam 12:30 - 2:30pm  June Tenth Closed 19th	Singing Bowl Sunday June 7th  7pm ----- June 21st  HAPPY FATHER'S DAY and  Pancake Breakfast 8:30am -12 +  BAKE SALE

EXERCISE CLASS SCHEDULE

Tues & Thur 10-11am Class

Includes:
 FULL BODY weight bearing exercise
every session
 plus

Tuesdays
 2nd - Yoga
 9th - Surprise
 16th - Yoga
 23rd - Balance & Line Dance
 29th - Yoga

Thursdays
 Qi Gong

FREE PRESENTATION

Thurs, June 25th
 What's New in Medicare for 2026
 12 - 1pm

8500 Hwy 9, Ben Lomond, CA 95005 831-336-8900 831-278-0611

www.highlandsparkseniorcenter.org seniorcenterslv8500@gmail.com

