

# ACTIVITIES CALENDAR JANUARY 2026



Highlands  
Park Senior &  
Community  
Center

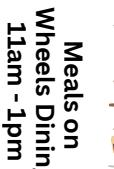
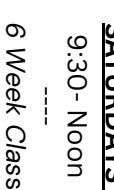
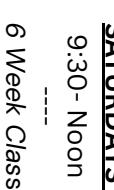
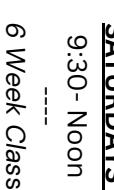
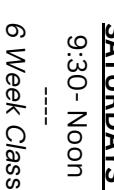
## Office hours

Mon: 10-3:30  
Tues: 10-3:30  
Wed: 10-3:30  
Thur: 10-1  
Frid: 10-1



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We're a cozy & active location for you during our open hours when your power is out.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
 Meals on Wheels Dining 11am - 1pm	 Exercise class 10-11 am	 Meals on Wheels Dining 11am - 1pm	 Exercise class 10-11 am <small>No Class Jan. 1<sup>st</sup> New Years Day</small>	 Grey Bears Grocery Pickup 9:30 - 10:30am	 Beginning Watercolor Class
 Bridge Club 11:30am - 2:30pm	 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am-1pm <small>No Service Jan. 1<sup>st</sup> New Years Day</small>	 Ukulele Class 10:30 - 11:30am	 Cooking with Colly	 6 <sup>th</sup> - Balance/Line Dance
 Martin Luther King Jr. Day Jan. 19th Closed	 Binge a Series: 'Ted Lasso' 1-3pm	 Meals on Wheels Dining 11am - 1pm	 Ukulele Class 10:30 - 11:30am	 13 <sup>th</sup> - Yoga	 13 <sup>th</sup> - Yoga
 Tech Class 10:15-11:45	 Circle Dance 'Be Uplifted' 3-4pm	 Meals on Wheels Dining 11am - 1pm	 Ukulele Class 10:30 - 11:30am	 Cooking with Colly	 20 <sup>th</sup> - Surprise
 Art + Tech Class 1:30-3pm	 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am - 1pm <small>CLOSED NEW YEARS DAY! Blessings to you in 2026</small>	 Ukulele Class 10:30 - 11:30am	 Make Chille Rellenos!	 27 <sup>th</sup> - Yoga
 Free Financial Seminar "Estate Planning Essentials" Jan. 26th 1:30-2:50 pm	 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am - 1pm <small>Thurs, January 22<sup>nd</sup> HICAP Presentation</small>	 Ukulele Class 10:30 - 11:30am	 Cooking with Colly	 Qi Gong
					 EVENTS
					 Medicare How Medicare works in Santa Cruz County for 2026

EXERCISE CLASS SCHEDULE

Weight bearing exercise every session plus:

Tuesdays

13<sup>th</sup> - Yoga  
20<sup>th</sup> - Surprise  
27<sup>th</sup> - Yoga

9:30- Noon  
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6 Week Class  
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Starts  
January 24th  
+

Thursdays  
Qi Gong

Meals on Wheels Reservations:  
Arrange lunch the day before by calling 831-336-5366

Suggested donation: \$3.50

12 - 1pm

 8500 Hwy 9, Ben Lomond, CA 95005  
[www.highlandssparkseniorcenter.org](http://www.highlandssparkseniorcenter.org)

 831-336-8900  
 seniorcenterslv8500@gmail.com

