



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







**We have  
STARLINK High-  
speed Internet  
& a Generator!**

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



# ACTIVITIES CALENDAR JANUARY 2026

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 <b>No Class Jan. 1<sup>st</sup> New Years Day</b>	 Grey Bears Grocery Pickup 9:30 - 10:30am	 <b>Beginning Watercolor Class</b>
 Bridge Club 11:30am - 2:30pm	 Meals on Wheels Dining 11am - 1pm	 Binge a Series: 'Ted Lasso' 1-3pm	 Meals on Wheels Dining 11am-1pm <b>No Service Jan. 1<sup>st</sup> New Years Day</b>	 Ukulele Class 10:30 - 11:30am	<b>SATURDAYS</b> 9:30 - Noon ---- 6 Week Class ----- Starts January 24th +
 <b>Martin Luther King Jr. Day Jan. 19th Closed</b>	 Tech Class 10:15-11:45 ----- Art + Tech Class 1:30-3pm	 Circle Dance 'Be Uplifted' 3-4pm	 3 <sup>rd</sup> Thursday 1 - 3:30pm	 Meals on Wheels Dining 11am - 1pm	 <b>Cooking with Colly</b> ----- Make Chille Rellenos! ----- January 17 <sup>th</sup> 11-2pm
<b>Free Financial Seminar</b> "Estate Planning Essentials" Jan. 26th 1:30-2:50 pm			 <b>CLOSED</b> <b>NEW YEARS DAY!</b> <i>Blessings to you in 2026</i>		

Meals on Wheels Reservations:  
Arrange lunch the day before by calling 831-336-5366  
Suggested donation: \$3.50



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



831-336-8900



831-278-0611  
[seniorcenterslv8500@gmail.com](mailto:seniorcenterslv8500@gmail.com)

## EXERCISE CLASS SCHEDULE

Weight bearing  
exercise every  
session plus:

### Tuesdays

6<sup>th</sup> - Balance/Line Dance

13<sup>th</sup> - Yoga

20<sup>rd</sup> - Surprise

27<sup>th</sup> - Yoga

### Thursdays

Qi Gong

## EVENTS

**Thurs, January 22<sup>nd</sup>**

**HICAP Presentation**

Medicare How  
Medicare works in  
Santa Cruz County  
for 2026

12 - 1pm

