Highlands Park Senior & Community Center

Office hours

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







ACTIVITIES CALENDAR OCTOBER 2025

OCTOBER 19th 8:30am -12

SUNDAY

"Halloween

Pancakes in

the Park!"

FREE

Halloween

Gift for Kids

&

Inside Scavenger

Hunt!

Meals on **Wheels Dining** 11am-1pm

MONDAYS



Bridge Club 11:30am-2:30pm



Oct. 13th **Grief Support** Group 1-2:30pm



Oct. 20th **Expert Speaker Flder Financial** Abuse 1-2:30 pm



TUESDAYS

Exercise class 10-11 am



Home Arts 10am-2pm



Meals on Wheels Dining 11am-1pm



Cyber-Sepiors **Tech Class** 1:30-3pm



WEDNESDAYS

Meals on Wheels Dining 11am-1pm



Movie Day Resumes 1-3pm



Circle Dance 'Be Uplifted' 3-4pm



THURSDAYS

Exercise class 10-11 am



Meals on Wheels Dining 11am-1pm



SLV Caregiver Support Group 2-3:30pm



1-3:30pm

1st & 3rd **Thursdays**



FRIDAYS

SATURDAY

Caregiver & Family

Saturday

Oct. 11th 10 AM - 2 PM

Class

SATURDAYS

9:30- Noon

6 Week Class

Starts

OCTOBER

25TH

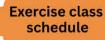
Grocery Pickup 9:30-10:30am



Ukulele Class 10:30-11:30am



Meals on Wheels Dining 11am-1pm



Weight bearing exercise every class with **Express Toning** (Sitting or Standing) plus:

> **Tuesdays** 7th-Line-Dance 14th-Yoga 21st -Surprise 28th- Yoga

> > **Thursdays** Qi Gong

EXPERT SPEAKERS

Monday, Oct. 20th Ted George, CFP®, MSFP Preventing Elder Financial Abuse 1:30-3pm

Thurs, Sept. 25th **HICAP Presentation**

Medicare Annual Enrollment: Changes to Medicare for 2026. 12-1pm

Suggested

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

8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611



www.highlandsparkseniorcenter.org



seniorcenterslv8500@gmail.com







Meals on Wheels **Dining Center**

