



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

ACTIVITIES CALENDAR OCTOBER 2025

Exercise class schedule

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
donation: \$3.50**

SUNDAY	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAY
OCTOBER 19th 8:30am -12 “Halloween Pancakes in the Park!”  BAKE SALE  FREE Halloween Gift for Kids & Inside Scavenger Hunt! 	Meals on Wheels Dining 11am-1pm  Bridge Club 11:30am-2:30pm  Oct. 13th Grief Support Group 1-2:30pm  Oct. 20th Expert Speaker Elder Financial Abuse 1-2:30 pm	Exercise class 10-11 am   Home Arts 10am-2pm  Meals on Wheels Dining 11am-1pm  Cyber-Seniors Tech Class 1:30-3pm	Meals on Wheels Dining 11am-1pm  Movie Day Resumes 1-3pm  Circle Dance ‘Be Uplifted’ 3-4pm	Exercise class 10-11 am  Meals on Wheels Dining 11am-1pm  SLV Caregiver Support Group 2-3:30pm  1st & 3rd Thursdays 1-3:30pm	 Grey Bears Grocery Pickup 9:30-10:30am  Ukulele Class 10:30-11:30am   Meals on Wheels Dining 11am-1pm	 Saturday Oct. 11th 10 AM – 2 PM  Beginning Watercolor Class SATURDAYS 9:30- Noon ----- 6 Week Class ----- Starts OCTOBER 25TH

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



Scan the code
to visit our site.



8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611



www.highlandsparkseniorcenter.org



seniorcenterslv8500@gmail.com



Meals on Wheels
Dining Center