



Highlands Park Senior & Community Center

Office hours

Mon: 10–4pm

Tues: 10–4pm

Wed: 10–4pm

Thur: 10–1pm

Frid: 10 –1pm



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 FEBRUARY 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	 Grey Bears Grocery Pickup 9:30 - 10:30am	 Beginning Watercolor Class
 Bridge Club 11:30am - 2:30pm	 1-to-1 Tech Support 10:15-11:45	Project SCOUT FREE Tax Preparation Appointment Required 10-1pm Wed & Thurs.		 Ukulele Class 10:30 - 11:30am	SATURDAYS 9:30- Noon ---- 6 Week Class
 Aerobic Exercise class 1:30- 2:30pm	 Meals on Wheels Dining 11am - 1pm	 Aerobic Exercise class 1:30- 2:30pm	 Meals on Wheels Dining 11am-1pm	 Meals on Wheels Dining 11am - 1pm	 Puff Pastry vs. Phyllo Dough Learn to work with both ----- February 21st 11-2pm
 PRESIDENT'S DAY Feb. 16th CLOSED	 1-on-1 Financial Planning Sessions 1st & 3rd Tuesdays 1-4pm Appointment Required	 Binge a Series: 'Ted Lasso' 1-3pm	BINGO 1st & 3rd Thursdays 1 - 3:30pm	 'The Center Band' Jam 12:30 - 2:30pm	
 Social Mixer Last Monday of the Month Feb. 23rd 1:30-3:30pm		 Circle Dance 'Be Uplifted' 3-4pm	 Mix & Mingle Feb. 12th 5:30-7pm		

EXERCISE CLASS SCHEDULE

Tuesdays

3rd - Balance or
Line Dance
10th - Yoga
17th - Surprise
24th - Yoga

Thursdays

Qi Gong
Weight bearing
exercise every
session

Monday & Wednesday Aerobics Class

Intermediate,
moderate level
movement with
stretching &
strength bands
exercise every
session.

PRESENTATION

**Thurs, February 26nd
HICAP Presentation**

Medicare How
Medicare works in
Santa Cruz County
for 2026

12 - 1pm



8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611



www.highlandsparkseniorcenter.org



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