



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

M/W EXERCISE CLASS SCHEDULE

Mon & Wed 10-11am Class

M - 11/2 - Tabata
w/weights
W - 11/4 - Tai Chi
M - 11/9 Aerobics
w/weights or bands
W - 11/11 -Closed
M - 11/16-Tabata
w/weights
W - 11/18- Tai Chi
M - 11/23-Aerobics
w/weights or bands
W - 11/25-Aerobics
w/weights or bands



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
 Exercise class 10-11 am  Meals on Wheels Dining 11am - 1pm  Bridge Club 11:30am - 2:30pm 	 Exercise class 10-11 am  Meals on Wheels Dining 11am - 1pm  American Mah Jongg Club Open Play 1:30 - 3pm  Financial Planning 1 to 1 ----- Tuesdays November 3rd & 17th	 Exercise class 10-11 am  Meals on Wheels 11am - 1pm  Wednesday Movie Day 1-3:30 pm   Circle Dance 3-4pm	 Exercise class 10-11 am  Meals on Wheels Dining 11am-1pm  HICAP Medi-Cal 2027 Plan Options Presentation ----- November 19th 11:10am-12pm  1st & 3rd Thursdays 1 - 3:30pm  CLOSED	 Grey Bears Grocery Pickup 9:30 - 10:30am  Ukulele Class 10:30 - 11:30am  Meals on Wheels Dining 11am - 1pm  Band Practice 'Back Beat Boomers' 12:30 - 2:30pm 	 Earth Energy Walk with Community Seed Nov. 21st Meet @ 10:45am Natural Bridges  Don't miss our Annual Fundraiser Gala... HERALDING THE HOLIDAYS AT Hogwarts  Saturday, November 14th 4-7pm 	Singing Bowl Sunday November 1st  Begins @ 7pm (Arrive @ 6:45) 



T/TH EXERCISE CLASS SCHEDULE

Tues & Thur 10-11am Class

Includes:
Weight bearing
full body exercise
every session.

PLUS

Tuesdays
11/3- Yoga
11/10 - Balance
11/17- Yoga
10/24 - Balance

Thursdays
Qi Gong
(No class Nov. 26th)

8500 Hwy 9, Ben Lomond, CA 95005 831-336-8900 831-278-0611

www.highlandsparkseniorcenter.org seniorcenterslv8500@gmail.com





NOVEMBER 2026 | Senior Dining Center

Highlands Park Senior & Community Center,
8500 Hwy 9, Ben Lomond, CA.

LUNCH TIME: NOON
Note: Please call 831-336-5366
to reserve 24 hours in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 *No 1/2 Pint Milk Served Rigatoni Casserole Green Salad w/ Hard Boiled Egg Three Bean Salad Whole Wheat Roll & Butter Orange Juice	3 Tuna Salad w/ Lettuce Potato Leek Soup Spinach Salad w/ Tomatoes Whole Wheat Bread Graham Crackers/Banana	4 Split Pea Soup Mushroom Vegetable Salad Mixed Green Salad Whole Wheat Bread & Butter Berry Fruit Crisp	5 Meatball Soup California Mixed Vegetables Romaine Salad Whole Grain Cornbread & Butter Peaches	6 Green Bean Chicken w/ Rice Sesame Carrots Napa Cabbage Salad w/ Sesame Dressing Pineapple Chunks/Fortune Cookie
9 Meatloaf with Low Sodium Gravy Mashed Potatoes Green Salad w/ Red Peppers Whole Wheat Bread & Butter Graham Crackers Spiced Apple Slices	10 Turkey Tostada Cauliflower & Peppers Refried Beans Spanish Rice Apple	11 CLOSED Happy Holiday All Centers Will Be Closed	12 Hearty Lima Bean Chowder Couscous Vegetable Salad Mixed Green Salad Whole Wheat Roll & Butter Orange	13 Salmon Patty w/ Tzatziki Sauce Broccoli Spinach Salad w/ Carrots Pesto Noodles Peaches
16 Savory Casserole California Mixed Vegetables Mixed Green Salad Whole Wheat Roll & Butter Applesauce	17 Vegetable Frittata Roasted Potatoes Green Salad w/ Kidney Beans Whole Wheat Oatmeal Muffin & Butter Orange Juice	18 Crab Cakes w/ Lemon Wedge Herbed Cauliflower Spinach Salad w/ Carrots Brown Rice Pilaf Apple	19 Happy Thanksgiving! Turkey w/ Gravy, Stuffing & Cranberry Sauce Fresh Mixed Vegetables Mashed Potatoes Whole Wheat Roll & Butter Pumpkin Pie, Apple Juice	20 Navy Bean Soup Vegetable Pasta Salad Romaine Salad w/ Mandarins Banana Birthday Cake
23 Sloppy Joes Succotash Romaine Salad w/ Broccoli Whole Wheat Bun Banana	24 Baked Fish w/ Lemon Wedge Broccoli Spinach Salad Brown Rice Pilaf Pear	25 Pizza Three Bean Salad Caesar Salad w/ Hard Boiled Egg Banana	26 CLOSED Happy Holiday All Centers Will Be Closed	27 CLOSED Happy Holiday All Centers Will Be Closed
30 Tuna Noodle Casserole Peas and Mushrooms Romaine Salad Whole Wheat Bread Banana		* Represents Vegetarian * Represents High Sodium		

Contributions of \$3.50 are suggested and appreciated!

There is no obligation to contribute, contribution is voluntary, and no one will be denied participation.