

ACTIVITIES CALENDAR MARCH 2026



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.



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
 Aerobic Exercise class NEW TIME 10-11 am	 Exercise class 10-11 am	 Aerobic Exercise class NEW TIME 10-11 am	 Exercise class 10-11 am	 Grey Bears Grocery Pickup 9:30 - 10:30am	 Drawing & Painting Class
 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am-1pm	 Meals on Wheels Dining 11am - 1pm	<p>SATURDAYS 9:30- Noon ---- 6 Week Class Starts March 14th</p> <p>Stop by to sign up NOW!</p>
 Bridge Club 11:30am - 2:30pm	 Beginners American Mah Jongg 1pm - 3pm	 NO WEDNESDAY MOVIES IN MARCH	 SLV Caregiver Support Group 2-3:30pm March 5th	 'The Center Band' Jam 12:30 - 2:30pm	<p>Cooking with Colly</p> <p>Bread & Biscuits SOLD OUT ---- March 21st 11-2pm</p>
 Social Mixer March 30th 1:30-3:30pm	 1-on-1 Financial Planning Sessions 1st & 3rd Tuesdays 1-4pm	 Circle Dance 'Be Uplifted' 3-4pm	 BINGO 1 st & 3 rd Thursdays 1 - 3:30pm	 Beginners American Mah Jongg (sign up) 1pm - 3pm	



Project SCOUT
FREE Tax Preparation
 Appointment Required
 10-1pm Wed & Thurs.

EXERCISE CLASS SCHEDULE

Tues/Thur Class -
 Weight bearing exercise every session +

- Tuesdays**
 3rd - Balance & Line Dance
 10th - Yoga
 17th - Surprise
 24th - Yoga
 31st - Balance & Line Dance

Thursdays
 Qi Gong

PRESENTATIONS

Tues, March 31st
Free Financial Planning Seminar
 "What to do when a Loved one Dies"
1:30-2:50pm

Thurs, March 26th
HICAP Presentation
 What's New in Medicare for 2026
12 - 1pm

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

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