



# ACTIVITIES CALENDAR JULY 2026

## EXERCISE CLASS SCHEDULE

Tues & Thur 10-11am Class






























Includes:  
Weight bearing and core full body exercises every session  
**PLUS**

- Tuesdays**  
 7<sup>th</sup> - Surprise  
 14<sup>th</sup> - Yoga  
 21<sup>st</sup> - Balance & Line Dance  
 28<sup>th</sup> - Yoga

**Thursdays**  
Qi Gong

## FREE PRESENTATION

Thurs, July 23rd  
What's New in Medicare for 2026  
12 - 1pm

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SUNDAY
<p><b>Tech Wiz</b></p> <p>Tech support 1 to 1 9:30am - 11am <b>July 6<sup>th</sup> only</b></p> 	<p><b>Exercise class 10-11 am</b></p> 	<p><b>Aerobic Exercise class 10-11 am</b></p> 	<p><b>Exercise class 10-11 am</b></p> 	<p><b>Grey Bears Grocery Pickup 9:30 - 10:30am</b></p> 	<p><b>Singing Bowl Sunday July 5th</b></p> 
<p><b>Aerobic Exercise class 10-11 am</b></p> 	<p><b>Meals on Wheels Dining 11am - 1pm</b></p> 	<p><b>Meals on Wheels Dining 11am - 1pm</b></p> 	<p><b>Meals on Wheels Dining 11am-1pm</b></p> 	<p><b>Ukulele Class 10:30 - 11:30am</b></p> 	<p><b>7pm</b></p> <p>-----</p>
<p><b>Meals on Wheels Dining 11am - 1pm</b></p> 	<p><b>Meals on Wheels Dining 11am - 1pm</b></p> <p><b>What activity would you enjoy on Tuesday afternoons?</b></p> 	<p><b>Meals on Wheels Dining 11am - 1pm</b></p> 	<p><b>Circle Dance 3-4pm</b></p> 	<p><b>Meals on Wheels Dining 11am - 1pm</b></p> 	<p><b>July 19th</b></p> 
<p><b>Bridge Club 11:30am - 2:30pm</b></p> 	<p><b>Social Mixer July 26th 1:30-3:30pm</b></p> 	<p><b>Circle Dance 3-4pm</b></p> 	<p><b>SLV Caregiver Support Group 2-3:30pm July 2nd</b></p> 	<p><b>'The Center Band' Jam 12:30 - 2:30pm</b></p> 	<p><b>Pancake Breakfast 8:30am - 12</b></p> 
<p><b>Happy 4<sup>th</sup> of July</b></p> 	<p><b>Open House Tours July 15th 4:30-6:30pm</b></p> 	<p><b>Open House Tours July 15th 4:30-6:30pm</b></p> 	<p><b>BINGO 1<sup>st</sup> &amp; 3<sup>rd</sup> Thursdays 1 - 3:30pm</b></p> 	<p><b>Closed July 3rd</b></p> 	<p><b>BAKE SALE</b></p> 

Highlands Park Senior & Community Center

### Office hours

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



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