



# ACTIVITIES CALENDAR AUGUST 2025

## Exercise class schedule

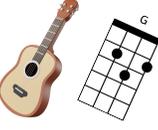
Highlands Park Senior & Community Center

### Office hours

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

Scan the code to visit our site.



SUNDAY	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAY
 <b>August 17th Pancake Breakfast</b> 8:30 am -12  & <b>Bake Sale</b> 	 <b>Meals on Wheels</b> 11am-1pm   <b>Bridge Club</b> 11:30am-2:30pm   <b>August 11th Grief Support Group</b> 1-2:30 pm	 <b>Exercise class</b> 10-11 am   <b>Meals on Wheels</b> 11am-1pm   <b>Home Arts</b> 10am-2pm   <b>Tech Class Resumes</b> <b>August 5th</b> 1:30-3 pm	 <b>Meals on Wheels</b> 11am-1pm   <b>Movie Day</b> 1-3 pm Popcorn & Soda   <b>Circle Dance</b> 3-4pm	 <b>Exercise class</b> 10-11 am   <b>Meals on Wheels</b> 11am-1pm   <b>Senior Network Services</b> 2nd & 4th 10am-12pm   <b>Bingo</b> 1st & 3rd 1-3:30pm	 <b>Grey Bears</b> 9:30-10:30am   <b>Ukulele Class</b> 10:30-11:30am   <b>Meals on Wheels</b> 11am-1pm	

Weight bearing exercise every session plus:

Tuesdays  
5th-Balance / Line Dance  
12th- Yoga  
19th -Surprise  
26th -Yoga  
Thursdays  
Qi Gong

### SAVE THE DATE

**August 7th**  
Care Giver Support  
2-3:30 pm  
.....  
**August 12th**  
5<sup>th</sup> District Supervisor Office Hours  
4-5:30 pm  
.....  
**August 14th**  
Senior Health & Wellness Presentation  
1-2 pm  
.....  
**August 20th**  
Financial class #2  
10-11:20 am



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

Suggested donation: \$3.50



8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611



www.highlandsparkseniorcenter.org



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