



ACTIVITIES CALENDAR APRIL 2026

Highlands Park Senior & Community Center






















Office hours

Mon: 10-4pm
Tues: 10-4pm
Wed: 10-4pm
Thur: 10-1pm
Frid: 10-1pm



Happy Easter and



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
 Aerobic Exercise class 10-11 am	 Exercise class 10-11 am	 Aerobic Exercise class 10-11 am	 Exercise class 10-11 am	 Grey Bears Grocery Pickup 9:30 - 10:30am	
 Meals on Wheels Dining 11am - 1pm	 1-to-1 Tech Support 10:15-11:45 (No sessions April 7th)	 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am-1pm	 Ukulele Class 10:30 - 11:30am	Cooking with Colly <i>Cinnamon Buns & Breakfast Frittata</i> ----- April 4th 11-2pm
 Bridge Club 11:30am - 2:30pm	 Meals on Wheels Dining 11am - 1pm		 SLV Caregiver Support Group 2-3:30pm March 5th	 Meals on Wheels Dining 11am - 1pm	SUNDAY
 Social Mixer March 30th 1:30-3:30pm	 MOW Dining Closed April 28th	Circle Dance 3-4pm "Dance with us on Earth Day April 22nd!"	BINGO 1st & 3rd Thursdays 1 - 3:30pm	 'The Center Band' Jam 12:30 - 2:30pm	 April 19th Pancake Breakfast 8:30 am -12 & 

EXERCISE CLASS SCHEDULE

Tues & Thur Class
 core & strength training with weights every session
 +
Tuesdays
 7th - Yoga
 14th - Surprise
 21st - Yoga
 28th - Balance & Line Dance

Thursdays
 Qi Gong

PRESENTATIONS

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

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