



# ACTIVITIES CALENDAR MAY 2026

**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

**The Center is Closed Monday, May 25th**



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SUNDAY
 <b>Aerobic Exercise class</b> 10-11 am   Meals on Wheels Dining 11am - 1pm   <b>Bridge Club</b> 11:30am - 2:30pm   <b>Social Mixer</b> May 18th 1:30-3:30pm	 <b>Exercise class</b> 10-11 am   <b>1-to-1 Tech Support</b> 10:15-11:45   Meals on Wheels Dining 11am - 1pm   <b>1-on-1 Financial Planning Sessions</b> 1st & 3rd Tuesdays 1-4pm	 <b>Aerobic Exercise class</b> 10-11 am   Meals on Wheels Dining 11am - 1pm   <b>Circle Dance</b> 3-4pm	 <b>Exercise class</b> 10-11 am   Meals on Wheels Dining 11am-1pm   <b>SLV Caregiver Support Group</b> 2-3:30pm May 7th  <b>BINGO</b> 1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays 1 - 3:30pm	 <b>Grey Bears Grocery Pickup</b> 9:30 - 10:30am   <b>Ukulele Class</b> 10:30 - 11:30am   Meals on Wheels Dining 11am - 1pm   <b>'The Center Band' Jam</b> 12:30 - 2:30pm	 <b>Happy Mother's Day</b> May 10th -----  <b>May 17th Pancake Breakfast</b> 8:30 am -12 &  <b>BAKE SALE</b>

## EXERCISE CLASS SCHEDULE

**Tues & Thur 10-11am Class**  
Includes: core & strength training with weights every session  
**PLUS**

**Tuesdays**  
5<sup>th</sup> - Yoga  
12<sup>th</sup> - Surprise  
19<sup>th</sup> - Yoga  
26<sup>th</sup> - Balance or Line Dance

**Thursdays**  
Qi Gong

## FREE PRESENTATIONS

**Tues, May 26th**  
"Investment Fundamentals"  
1:30-3pm  
-----

**Thurs, May 28th**  
What's New in Medicare for 2026  
12 - 1pm

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

🌐 [www.highlandsparkseniorcenter.org](http://www.highlandsparkseniorcenter.org)    📧 [seniorcenterslv8500@gmail.com](mailto:seniorcenterslv8500@gmail.com)