



ACTIVITIES CALENDAR OCTOBER 2026

hello
Autumn

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

M/W EXERCISE CLASS SCHEDULE

Mon & Wed 10-11am Class

M - 10/5 - Tabata
w/weights
W - 10/7 - Tai Chi
M - 10/12 Aerobics
w/weights or bands
W - 10/14 - Aerobics
w/weights or bands
M - 10/19 - Tabata
w/weights
W - 10/21 - Tai Chi
M - 10/26 - Aerobics
w/weights or bands
W - 10/28 - Aerobics
w/weights or bands

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAY	SUNDAY
 Aerobic Exercise class 10-11 am	 Exercise class 10-11 am	 Exercise class 10-11 am	 Exercise class 10-11 am	 Grey Bears Grocery Pickup 9:30 - 10:30am	 Earth Energy Walk with Community Seed Oct. 17th Meet @ 10:45am San Vicente Redwoods	 Singing Bowl Sunday Oct. 4th Begins @ 7pm (Arrive @ 6:45)
 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am-1pm	 Ukulele Class 10:30 - 11:30am	 October is a great month to find a Costume for our Annual Gala with Harry Potter theme!	 Pancake Breakfast 8:30am - 12 +
 Bridge Club 11:30am - 2:30pm	 Mah Jongg Club Open Play 1:30 - 3pm	 Movie Day 1-3 pm Oct. 21 & 28th Harry Potter Films #1 & #2	 SLV Caregiver Support Group 2-4:30pm October 1st	 Meals on Wheels Dining 11am - 1pm	 October 18th	 Pancake Breakfast 8:30am - 12 +
 Financial Planning 1 to 1 Tuesdays October 6th & 20th	 Financial Planning 1 to 1 Tuesdays October 6th & 20th	 Circle Dance 3-4pm	 BINGO 1 st & 3 rd Thursdays 1 - 3:30pm	 'The Center Band' with the 'Back Beat Boomers' 12:30 - 2:30pm	 We'll be heralding the Holidays at Hogwarts!	 FREE Halloween Gift for Kids & Scavenger Hunt!

T/TH EXERCISE CLASS SCHEDULE

Tues & Thur 10-11am Class

Includes:
Weight bearing full body and core every session.

PLUS

Tuesdays
10/6 - Yoga
10/13 - Balance + Line Dance
10/20 - Yoga
10/27 - Surprise

Thursdays Qi Gong



8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611



www.highlandsparkseniorcenter.org



seniorcenterslv8500@gmail.com

Highlands Park Senior & Community Center,
8500 Hwy 9, Ben Lomond, CA.

LUNCH TIME: NOON
Note: Please call 831-336-5366
to reserve 24 hours in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD	 * Represents Vegetarian Each meal is served with a 1/2 pint of 1% milk.		1 Stir Fry Chicken w/ LS Soy Sauce Stir Fry Vegetable Blend Sesame Carrots Pineapple Brown Rice Chunks/Fortune CookieBanana	2 Three Bean Minestrone Tabouli Salad Green Salad w/ Hard Boiled Egg Whole Wheat Roll & Butter 
5 Savory Casserole Broccoli Mixed Green Salad Whole Wheat Roll & Butter Applesauce	6 Tuna Salad w/ Lettuce Vegetable Barley Soup Cucumber Tomato Salad Whole Wheat Bread Gelatin w/ Mandarins	7 Turkey Pot Roast w/ Gravy Roasted Red Potatoes Romaine Salad w/ Carrots Whole Wheat Roll & Butter Pears	8 Lentil Soup w/ Crackers Couscous Vegetable Salad Spinach Salad w/ Mandarins Whole Wheat Roll Banana 	9 Chicken Enchilada Casserole Summer Squash Fiesta Cabbage Salad Spanish Rice Apple
12 BBQ Pork w/ LS BBQ Sauce Mashed Potatoes Coleslaw Whole Wheat Bread & Butter Spiced Apple Slices	13 Beef Stew Peas Spinach Salad Whole Wheat Biscuit & Butter Tangerine	14 *No 1/2 Pint Milk Served Macaroni & Cheese Three Bean Salad Green Salad w/ Broccoli Whole Wheat Roll Orange Juice 	15 Turkey Mole Garden Blend Vegetables Romaine Salad w/ Kidney Beans Spanish Rice Corn Tortilla Apple	16 Egg Salad w/ Lettuce Cream of Broccoli Soup Mixed Green Salad w/ Carrots Whole Wheat Bread Banana 
19 Salisbury Steak w/ Low Sodium Gravy Mashed Potatoes Romaine Salad w/ Red Pepper Whole Wheat Bread & Butter Graham Crackers/Apple	20 *No 1/2 Pint Milk Served Vegetarian Lasagna Zucchini Caesar Salad w/ Hard Boiled Egg Whole Wheat Roll & Butter Orange Juice 	21 Sweet & Sour Shrimp w/ Rice Sesame Green Beans Napa Cabbage Salad w/ Sesame Dressing Pineapple Chunks Fortune Cookie	22 Turkey Grape Salad Carrot Ginger Soup Romaine Salad Whole Wheat Bread Whole Wheat Crackers Banana	23 Mexican Chicken Noodle Soup Pinto Beans Mixed Green Salad Corn Tortilla Citrus Fruit Salad Pudding
26 Spaghetti & Meatballs Green Beans Spinach Salad w/ Broccoli Whole Wheat Roll & Butter Apple	27 Chicken Fajitas Refried Beans Romaine Salad Spanish Rice/ Tortilla Peaches	28 Vegetarian Chili Cauliflower Green Salad Whole Grain Cornbread & Butter Banana 	29 Baked Fish w/ Lemon Wedge Potato Wedges Coleslaw w/ Carrots Whole Wheat Bread & Butter Pear	30 Happy Halloween! Deviled Chicken w/ Orange Glaze Baked Yam Peas & Carrots Whole Wheat Roll & Butter Tangerine Halloween Birthday Cake

MEALS ON WHEELS FOR SANTA CRUZ COUNTY | 1777 CAPITOLA RD. | SANTA CRUZ, CA | 95062 | (831)464-3180 |

**Contributions of \$3.50 are
suggested and appreciated!**

There is no obligation to contribute, contribution is voluntary, and no one will be denied participation.