

Park Senior & Community Highlands Center

SUNDAY

Office hours

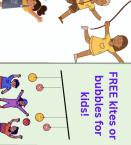
Mon: 10-3:30 Wed: 10-3:30 Tues: 10-3:30

Thur: 10-1

Frid: 10 -1



@ 12:30pm with Prizes **Kids Game**



11:30am-2:30pm

Bridge Club

Grief Support

Group

Sept. 8th

1-2:30 pm







to visit our site Scan the code

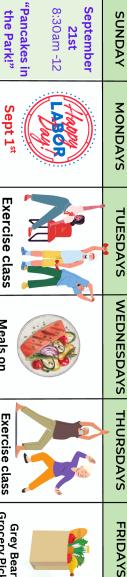
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8500 Hwy 9, Ben Lomond, CA 95005

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831-336-8900

831-278-0611



Exercise class

10-11 am

CLOSED



10am-2pm **Home Arts**

Wheels Dining

Meals on

11am-1pm



Wheels Dining 11am-1pm Meals on



Cyber-Sepilops 1:30-3pm * Tech Class

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



Circle Dance 'Be Uplifted' 3-4pm

1-3:30pm

1st & 3rd Bingo







Exercise class 10-11 am

Wheels Dining

Meals on

11am-1pm



Meals on Wheels Dining 11am-1pm



Wheels Dining 11am-1pm Meals on

Grey Bears Grocery Pickup 9:30-10:30am

> 2nd-Yoga <u>Tuesdays</u>

SATURDAY

Weight bearing exercise

Exercise class

schedule

(Sitting or Standing)

snld:

Express Toning every class with



30th- Yoga 23rd -Surprise 16th -Yoga 9th-Line-Dance

<u>Thursdays</u>











PLEASE NOTE

Tuesday Sept. 2nd SENIORS CLASS NO CYBER -

HICAP Presentation Thurs, Sept. 25th

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"Plan Finder Tool Medicare Part D -How-to"

donation: \$3.50 Suggested









seniorcenterslv8500@gmail.com