



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.

ACTIVITIES CALENDAR SEPTEMBER 2025

SUNDAY	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAY
September 21st 8:30am -12	 Sept 1st CLOSED	 Exercise class 10-11 am	 Meals on Wheels Dining 11am-1pm	 Exercise class 10-11 am	 Grey Bears Grocery Pickup 9:30-10:30am	
 “Pancakes in the Park!”	 Meals on Wheels Dining 11am-1pm	 Home Arts 10am-2pm	 No Movies in September	 Meals on Wheels Dining 11am-1pm	 Ukulele Class 10:30-11:30am	
 FREE kites or bubbles for kids!	 Bridge Club 11:30am-2:30pm	 Meals on Wheels Dining 11am-1pm	 Circle Dance ‘Be Uplifted’ 3-4pm	 SLV Caregiver Support Group 2-3:30pm	 Meals on Wheels Dining 11am-1pm	
 Kids Game with Prizes @ 12:30pm	 Sept. 8th Grief Support Group 1-2:30 pm	 Cyber-Services Tech Class 1:30-3pm *				

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

Exercise class
schedule

Weight bearing exercise
every class with
Express Toning
(Sitting or Standing)
plus:

Tuesdays

2nd-Yoga
9th- Line-Dance
16th -Yoga
23rd -Surprise
30th- Yoga

Thursdays

Qi Gong

PLEASE NOTE

* **Tuesday Sept. 2nd**
NO CYBER -

SENIORS CLASS

Thurs, Sept. 25th

HICAP Presentation

Medicare Part D -

“Plan Finder Tool

How-to”

12-1pm

Suggested
donation: \$3.50



8500 Hwy 9, Ben Lomond, CA 95005
www.highlandsparkseniorcenter.org



831-336-8900



seniorcenterslv8500@gmail.com



Meals on Wheels
Dining Center

