



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 NOVEMBER 2025

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAY
 Meals on Wheels Dining 11am-1pm  Bridge Club 11:30am-2:30pm  Grief Support Group CANCELLED	 Exercise class 10-11 am  Meals on Wheels Dining 11am-1pm  Nov. 11th No Meals on Wheels, No Exercise  Tech Class 10:15-11:45 ----- Art + Tech Class 1:30-3pm	 Meals on Wheels Dining 11am-1pm  Movie Day: Enjoy some Holiday Cheer 1-3pm  Circle Dance 'Be Uplifted' 3-4pm	 Exercise class 10-11 am  Meals on Wheels Dining 11am-1pm  1st & 3rd Thursdays 1-3:30pm  Closed Nov. 27th	 Grey Bears Grocery Pickup 9:30-10:30am  Ukulele Class 10:30-11:30am  Meals on Wheels Dining 11am-1pm Closed Nov. 28th	

EXERCISE CLASS SCHEDULE

Weight bearing full
body exercise
every session +

Tuesdays

4th-Balance &
Line Dance

11th- No Class

18th -Surprise
25th- Yoga

Thursdays

Qi Gong

PLEASE NOTE

SLV Caregiver
Support Group
Nov. 6th, Thursday
2-3:30pm

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No Home Arts
.....

5th District Town Hall
Thurs, Nov. 13th @
5:45pm - Auditorium
.....

**No Cyber-Seniors
Tues Nov. 25th**

Suggested
donation: \$3.50

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



8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611



www.highlandsparkseniorcenter.org



seniorcenterslv8500@gmail.com



Meals on Wheels
Dining Center