



ACTIVITIES CALENDAR FEBRUARY 2026

Highlands Park Senior & Community Center

Office hours

Mon: 10-4pm

Tues: 10-4pm

Wed: 10-4pm

Thur: 10-1pm

Frid: 10 -1pm



We have
STARLINK High-
Speed Internet
& a Generator!

We're a cozy &
active location
for you during
our open hours
when your power
is out.



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Meals on Wheels Dining 11am - 1pm	Exercise class 10-11 am	Meals on Wheels Dining 11am - 1pm	Exercise class 10-11 am	Grey Bears Grocery Pickup 9:30 - 10:30am	Beginning Watercolor Class
Bridge Club 11:30am - 2:30pm	Cyber-Seniors 1-to-1 Tech Support 10:15-11:45	Project SCOUT FREE Tax Preparation Appointment Required 10-1pm Wed & Thurs.	Aerobic Exercise class 1:30-2:30pm	Ukulele Class 10:30 - 11:30am	SATURDAYS 9:30- Noon ----- 6 Week Class
Aerobic Exercise class 1:30-2:30pm	Meals on Wheels Dining 11am - 1pm	Aerobic Exercise class 1:30-2:30pm	Meals on Wheels Dining 11am-1pm	BINGO 1 st & 3 rd Thursdays 1 - 3:30pm	Cooking with Colly
PRESIDENT'S DAY Feb. 16th CLOSED	Social Mixer Last Monday of the Month Feb. 26th 1:30-3:30pm	1-on-1 Financial Planning Sessions 1st & 3rd Tuesdays 1-4pm Appointment Required	Circle Dance 'Be Uplifted' 3-4pm	OPEN HOUSE Mix & Mingle Feb. 12th 5:30-7pm	Meals on Wheels Dining 11am - 1pm
	1-on-1 Financial Planning Sessions 1st & 3rd Tuesdays 1-4pm Appointment Required		Circle Dance 'Be Uplifted' 3-4pm	'The Center Band' Jam 12:30 - 2:30pm	Puff Pastry vs. Phyllo Dough Learn to work with both ----- February 21 st 11-2pm

EXERCISE CLASS SCHEDULE

Tuesdays

- 3rd - Balance or Line Dance
- 10th - Yoga
- 17th - Surprise
- 24th - Yoga

Thursdays

- Qi Gong
- Weight bearing exercise every session

Monday & Wednesday Aerobics Class

Intermediate, moderate level movement with stretching & strength bands exercise every session.

PRESENTATION

Thurs, February 26th
HICAP Presentation

Medicare How
Medicare works in
Santa Cruz County
for 2026

12 - 1pm

8500 Hwy 9, Ben Lomond, CA 95005

831-336-8900

831-278-0611



www.highlandsparkseniorcenter.org



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