

Highland Friendship Club SCHEDULE Week of September 20 – September 26

2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20 Mindful Movement 10 AM – 11 AM Staff: Heather B.	21 Book Club 10 AM – 11 AM Staff: Heather B.	22 Music Exploration 10:15 AM- 11:15 AM Staff: Laura, Paula	23 Fit with Friends 11:30 AM- 12:30 PM Staff: Heather B.	24 Social Group 9 AM – 9:30 AM Staff: Heather B.	25 CHINSUP 8 AM- 9 AM Staff: Laura	26 Social Group 6 PM – 6:30 PM Staff: Heather M.
Social Group 10 AM – 10:30 AM Staff: Laura	Fit with Friends 11:30 AM- 12:30 PM Staff: Heather B.	Fit with Friends 11:30 AM- 12:30 PM Staff: Heather B.	Adventure Day: Dodge Nature Center 1 PM- 2 PM @ DNC Staff: Laura	Fit With Friends 11:30 AM- 12:30 PM Staff: Heather B.	Karaoke 6 PM – 7:15 PM Staff: Wren	
Fit With Friends 11:30 AM – 12:30 PM Staff: Heather B.	Story Building 5:30 PM- 6:45 PM Staff: Heather B.	Market to Table (shopping) 3:30 PM- 5 PM @ SLC Staff: Laura	Market to Table (cooking) 3 PM- 5 PM @ SLC Staff: Laura	Walking Club 2 PM- 3 PM @LHRP Staff: Laura		
Game Day 12 PM- 1:30 PM @ SLC Staff: Laura	Glee Club 7 PM – 8 PM Staff: Holly	Get Up Get Healthy 4 PM – 5 PM Staff: Heather B.	Social Group 4 PM – 4:30 PM Staff: Heather B.	Trivia Night 6 PM – 7 PM Staff: Holly		
Bowling 2:30 PM- 4 PM @ Pinz Staff: Paula		UST Event: Kickball & Crafts 6:30 PM- 8 PM @ UST-OS Staff: Heather M.	Evening Cooking 5:30 PM- 7:30 PM @ SLC Staff: Laura			
Social Group 4 PM – 4:30 PM Staff: Holly			Rhythm & Movement 7 PM – 8 PM Staff: Heather B.			
Get Fit Like Rocky 6:30 PM – 7:30 PM Staff: Katie J.						

PROGRAM STAFF/LEAD VOLUNTEER

EMAILS:

MASON: MPELLINGBOE@GMAIL.COM
WREN: HOPKINSWREN@GMAIL.COM
HOLLY: KAMPA050@UMN.EDU
NIKKI: HFC.NIKKI@GMAIL.COM
KATIE J: HFC.KATIEJ@GMAIL.COM
LAURA: HFC.LAURAS@GMAIL.COM

HEATHER M: HEATHERMOSS22@GMAIL.COM
HEATHER B: HEATHERBUNCH@GMAIL.COM
PAULA: KEYS.PAULA@GMAIL.COM
ERIQ: EBNELSON7@GMAIL.COM

DNC= Dodge Nature Center (365 Marie Ave W, West St. Paul, MN 55118)

LHRP= Lebanon Hills Regional Park (860 Cliff Road, Eagan, MN 55123)

Pinz= Pinz Bowling Alley (7520 32nd St N, Oakdale, MN 55128)

SLC= St. Luke Church (1807 Field Ave, St Paul, MN 55116)

UST-OS= University of St. Thomas- O'Shaughnessy Stadium (2115 Summit Ave, St Paul, MN 55105)

PROGRAM STAFF PHONE NUMBRES:

PROGRAM MANAGER (KATIE MARKQUART): 651-698-4096
LEAD PROGRAM STAFF (LAURA SCHULZ): 651-424-5661