Highland Friendship Club Week of January 24 – January 30 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24 **Mindful Movement** 9 AM – 10 AM Staff: Heather B.	25 **Book Club** 10 AM – 11 AM Staff: Abigail	26 **Music Exploration** 10 AM- 11 AM Staff: Laura	27 **Fit with Friends** 11:30 AM- 12:30 PM Staff: Mary	28 **Fit With Friends** 11:30 AM- 12:30 PM Staff: Heather B.	29 **CHINSUP** 8 AM – 9 AM Staff: Holly	30
Fit With Friends 11:30 AM – 12:30 PM Staff: Abigail	**Fit with Friends** 11:30 AM- 12:30 PM Staff: Abigail	**Fit with Friends** 11:30 AM- 12:30 PM Staff: Heather B.	**Skill Building for a Confident Future** 2 PM – 3 PM Staff: Abigail	**Birthday Bash: Talent Show** 6 PM- 7 PM Staff: Holly	**Move & Groove** 10:30 AM – 11:30 AM Staff: Holly	
Social Group for Bowlers 3 PM – 3:30 PM Staff: Paula	**Scouting at Home** 1 PM- 2 PM Staff: Laura	**Mindful Movement** 2 PM – 3 PM Staff: Abigail	**Rhythm & Movement** 7 PM – 8 PM Staff: Katie J.		**Pastels** 2 PM – 3 PM Staff: Abigail	
Get Fit Like Rocky 6:30 PM – 7:30 PM Staff: Holly	**Story Building** 5:30 PM- 6:45 PM Staff: Abigail	**Get Up Get Healthy** 4 PM – 5 PM Staff: Abigail			**Karaoke** 6 PM – 7:15 PM Staff: Wren	
		UST Event: Virtual Trivia 6 PM – 7 PM Staff: Laura				
		Karaoke 7:15 PM – 8:30 PM Staff: Abigail				

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