

Highland Friendship Club Week of June 20 – June 26

2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20 St. Paul Urban Tennis @ MLKRC 11 AM – 12 PM Staff: Laura	21 Book Club Online 10 AM – 11 AM Staff: Paula	22 Music Exploration Online 10:15 AM- 11:15 AM Staff: Rebecca	23 Get Fit Like Rocky Online 11:30 AM- 12:30 PM Staff: Mary	24 Fit With Friends Online 11:30 AM- 12:30 PM Staff: Mary	25 CHINSUP Online 8 AM – 9 AM Staff: Tami	26 Zumba Online 7 PM – 8 PM Staff: Jack
Fit With Friends Online 11:30 AM – 12:30 PM Staff: Paula	Fit with Friends Online 11:30 AM- 12:30 PM Staff: Paula	Fit with Friends Online 11:30 AM- 12:30 PM Staff: Rebecca	Adventure Day: Como Park Zoo 1 PM -2:30 PM Staff: Laura	Card Making @ HFC Office 1 PM- 2:30 PM Staff: Jack	Move & Groove @ CDH 10:30 AM- 11:30 AM Staff: Jack	
Mindful Movement Online 4 PM – 5 PM Staff: Jack	Bowling @ Sun Ray Lanes 3:30 PM – 5 PM Staff: Laura	Mindful Movement @ HFC Office 3 PM – 4 PM Staff: Laura	Skill Building For a Confident Future Online 2 PM – 3 PM Staff: Mary	Walking Club @ RCP 3:30 PM- 4:30 PM Staff: Jack	Karaoke Online 6 PM – 7:15 PM Staff: Wren	
	Together Tuesdays @ MN JCC- Capp Center: Arts & Crafts 6 PM- 7:30 PM Staff: Laura	Coffee Club @ HFC Office 4 PM – 5 PM Staff: Laura	Member Showcase Online: Dance 5:45 PM – 6:45 PM Staff: Jack	Birthday Bash Online: Talent Show 6 PM – 7 PM Staff: Katie J.		
	Glee Club @ HFC Office 7 PM – 8 PM Staff: Jack	Get Up Get Healthy Online 4 PM – 5 PM Staff: Jack	Rhythm & Movement Online 7 PM – 8 PM Staff: Katie J.	Teentastic Time: Twins Game @ Target Field 7 PM- 9 PM Staff: Jack		
		Bingo Online 6 PM – 7 PM Staff: Jack				
		Karaoke Online 7:15 PM – 8:30 PM Staff: Jack				

PROGRAM STAFF 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
TAMI: VERA.FITNESSTC@GMAIL.COM

HEATHER M: HEATHERMOSS22@GMAIL.COM
PAULA: KEYS.PAULA@GMAIL.COM
ERIQ: EBNELSON7@GMAIL.COM
MARY: HFC.MARYT@GMAIL.COM
JACK: HFC.JACKF@GMAIL.COM
ANGELA: HFC.ANGELA@GMAIL.COM
REBECCA: HFC.REBECCAR@GMAIL.COM

CDH: Cretin-Derham Hall (550 S Albert St, St Paul, MN 55116, enter at Door 10 on Hamline Ave.)
COMO PARK ZOO: 1225 Estabrook Dr, St Paul, MN 55103
HFC Office: 1795 Holton St, St Paul, MN 55113 (inside Falcon Heights United Church)
MN JCC- Capp Center: 1375 St Paul Ave., St Paul, MN 55116
MLKRC: Martin Luther King Recreation Center (271 N Mackubin St, St Paul, MN 55102)
RCP= Roseville Central Park (Lexington Avenue North Parking Lot)
SUN RAY LANES: 2245 Hudson Rd, St Paul, MN 55119
TARGET FIELD: 1 Twins Way, Minneapolis, MN 55403

PROGRAM STAFF PHONE NUMBRES:

PROGRAM MANAGER (KATIE MARKQUART): 651-698-4096
LEAD PROGRAM STAFF (LAURA SCHULZ): 651-424-5661
LEAD PROGRAM STAFF (JACK FINK): 651-377-4611