

Highland Friendship Club Week of March 13 – March 19

2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 COFFEE HOUR IN PERSON & VIRTUAL OPTION* @ HFC OFFICE 9 AM – 10 AM	14 BOOK CLUB 10 AM – 11 AM	15 MUSIC EXPLORATION 10:15 AM – 11:15 AM	16 SOCIAL GROUP 10:30 AM – 11 AM	17 FIT WITH FRIENDS 11:30 AM – 12:30 PM	18 CHINSUP 8 AM – 9 AM	19 SOCIAL GROUP 4:30 PM – 5 PM
MINDFUL MOVEMENT @ HFC OFFICE 10 AM – 11 AM	GET FIT LIKE ROCKY 11:30 AM – 12:30 PM	FIT WITH FRIENDS 11:30 AM – 12:30 PM	GET FIT LIKE ROCKY 11:30 AM – 12:30 PM	WALK & TALK @ ROSEDALE MALL 2:30 PM – 3:30 PM	MOVE & GROOVE @ VERA FITNESS 10:30 AM – 11:30 AM	KARAOKE 5:30 PM – 6:30 PM
FIT WITH FRIENDS IN PERSON & VIRTUAL OPTION* @ HFC OFFICE 11:30 AM – 12:30 PM	MARKET TO TABLE: SHOPPING @ ROSEVILLE ALDI 1:30 PM – 2:30 PM	PLANETARIUM @ COMO ELEMENTARY 2:15PM – 3:30 PM	ADVENTURE DAY: PARK SQUARE THEATRE BEHIND THE SCENES @ PARK SQUARE THEATRE 1:30 PM – 3 PM	GAME HOUR @ HFC OFFICE 4:30 PM – 5:30 PM	NORTHERN STARZ THEATRE PERFORMANCE @ HFC OFFICE 1 PM – 2:30 PM	ZUMBA 7 PM – 8 PM
LUNCH BUNCH @ THE ORIGINAL MALT SHOP 1 PM – 2 PM	SOCIAL GROUP 2 PM – 2:30 PM	MINDFUL MOVEMENT 4 PM – 5 PM	FUNCTIONAL FITNESS 5:30 PM – 6:30 PM	MARCH DANCE PARTY @ HFC OFFICE 6 PM – 7:30 PM	KARAOKE 6 PM – 7:15 PM	
BOWLING @ SUN RAY LANES 3:30 PM – 5 PM	GET UP GET HEALTHY @ JCC CAPP CENTER 4 PM – 5:30 PM	MARKET TO TABLE: COOKING @ HFC OFFICE 6 PM – 7:30 PM	RHYTHM & MOVEMENT THROUGH DRUMMING 7 PM – 8 PM			
SOCIAL GROUP 4:30 PM – 5 PM	STORY BUILDING 5:30 PM – 6:45 PM	BINGO 6 PM – 7 PM				
EXPLORE & LEARN 6 PM – 7 PM	TOGETHER TUESDAY AT THE JCC: ARTS AND CRAFTS @ JCC CAPP CENTER 6 PM – 7:30 PM					
	GLEE CLUB 7 PM – 8 PM					

ONLINE

IN-PERSON

HYBRID – BOTH ONLINE & IN-PERSON OPTIONS