

Highland Friendship Club Week of March 20 – March 26

2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20 COFFEE HOUR IN PERSON & VIRTUAL OPTION* @ HFC OFFICE 9 AM – 10 AM	21 BOOK CLUB 10 AM – 11 AM	22 MUSIC EXPLORATION 10:15 AM – 11:15 AM	23 SOCIAL GROUP 10:30 AM – 11 AM	24 FIT WITH FRIENDS 11:30 AM – 12:30 PM	25 CHINSUP 8 AM – 9 AM	26 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 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	BASE CAMP @ NSSBC 4 PM – 5:30 PM	GARDEN CLUB @ HFC OFFICE 2:30 PM – 3:30 PM	ADVENTURE DAY: THE WORKS MUSEUM @ THE WORKS MUSEUM 1:30 PM – 3 PM	HFC SPORTS CREW: UST BASEBALL @ KOCH DIAMOND 3 PM – 5 PM	KARAOKE 6 PM – 7:15 PM	ZUMBA 7 PM – 8 PM
BOWLING @ SUN RAY LANES 3:30 PM – 5 PM	STORY BUILDING 5:30 PM – 6:45 PM	MEMBER SHOWCASE @ HFC OFFICE 4 PM – 5 PM	SKILL BUILDING 2 PM – 3 PM	TEENTASTIC @ HFC OFFICE 6 PM – 7 PM		
SOCIAL GROUP 4:30 PM – 5 PM	TOGETHER TUESDAY AT THE JCC: GAME NIGHT @ JCC CAPP CENTER 6 PM – 7:30 PM	BINGO 6 PM – 7 PM	RHYTHM & MOVEMENT THROUGH DRUMMING 7 PM – 8 PM	TRIVIA 6 PM – 7 PM		
EXPLORE & LEARN 6 PM – 7 PM						

ONLINE

IN-PERSON

HYBRID – BOTH ONLINE & IN-PERSON OPTIONS