

Highland Friendship Club Week of May 22 – May 28

2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22	23	24	25	26	27	28
COFFEE HOUR IN PERSON & VIRTUAL OPTION* @ HFC OFFICE 9 AM – 10 AM	BOOK CLUB 10 AM – 11 AM	MUSIC EXPLORATION 10:15 AM – 11:15 AM	GET FIT LIKE ROCKY 11:30 AM – 12:30 PM	FIT WITH FRIENDS 11:30 AM – 12:30 PM	CHINSUP 8 AM – 9 AM	KARAOKE 5:30 PM – 6:30 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	ADVENTURE DAY: SIBLEY HISTORIC SITE GUIDED TOUR @ SIBLEY HISTORIC SITE 1:30 PM – 3 PM	WALKING CLUB @ MINNEHAHA REGIONAL PARK 2:30 PM – 3:30 PM	MOVE & GROOVE ONLINE 10:30 AM – 11:30 AM	ZUMBA 7 PM – 8 PM
FIT WITH FRIENDS IN PERSON & VIRTUAL OPTION* @ HFC OFFICE 11:30 AM – 12:30 PM	GET UP GET HEALTHY @ JCC CAPP CENTER 4 PM – 5:30 PM	GARDEN CLUB @ HFC OFFICE 2:30 PM – 3:30 PM	SKILL BUILDING 2 PM – 3 PM	GAME HOUR @ HFC OFFICE 4:30 PM – 5:30 PM	KARAOKE 6 PM – 7:15 PM	
BOWLING @ SUN RAY LANES 3:30 PM – 5 PM	STORY BUILDING 5:30 PM – 6:45 PM	BINGO 6 PM – 7 PM	RHYTHM & MOVEMENT THROUGH DRUMMING 7 PM – 8 PM	BIRTHDAY BASH @ HFC OFFICE 6 PM – 7:30 PM		
EXPLORE & LEARN 6 PM – 7 PM	TOGETHER TUESDAY AT THE JCC: ARTS & CRAFTS @ JCC CAPP CENTER 6 PM – 7:30 PM			TEENTASTIC @ HFC OFFICE* location change 6 PM – 7 PM		

ONLINE

IN-PERSON

HYBRID – BOTH ONLINE & IN-PERSON OPTIONS