

Highland Friendship Club Week of JUNE 5 – June 11

2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 WALKING CLUB @ HIDDEN FALLS 10 AM – 11 AM	6 BOOK CLUB @ HIGHLAND COMMUNITY CENTER 10 AM – 11 AM	7 MUSIC EXPLORATION 10:15 AM – 11:15 AM	8 GET FIT LIKE ROCKY 11:30 AM – 12:30 PM	9 GARDEN CLUB @ HFC OFFICE 10 AM – 11 AM	10 PARENTS & CAREGIVERS: WEEKLY APPOINTMENT WITH MYSELF 8 AM – 9 AM	11 KARAOKE 5:30 PM – 6:30 PM
FIT WITH FRIENDS 11:30 AM – 12:30 PM	GET FIT LIKE ROCKY 11:30 AM – 12:30 PM	FIT WITH FRIENDS 11:30 AM – 12:30 PM	ADVENTURE DAY: CAPITOL MALL TOUR (OUTDOORS) @ MN STATE CAPITOL MALL 1:30 PM – 3 PM	FIT WITH FRIENDS @ HFC OFFICE 11:30 AM – 12:30 PM	MOVE & GROOVE @ VERA FITNESS 10:30 AM – 11:30 AM	ZUMBA 7 PM – 8 PM
BOOTCAMP @ VERA FITNESS 1 PM – 2 PM	MINDFUL MOVEMENT @ HFC OFFICE 1:30 PM – 2:30 PM	BOWLING @ SUN RAY LANES 3:30 PM – 5 PM	SKILL BUILDING @ HFC OFFICE 2 PM – 3 PM	PICNIC LUNCH @ HFC OFFICE 1 PM – 2 PM	KARAOKE @ HFC OFFICE 1 PM – 2 PM	
GAME HOUR @ HFC OFFICE 3 PM – 4 PM	BASECAMP: SCOUTING @ NOTHERN STAR SCOUTING & BASE CAMP 3:30 PM – 5 PM	BINGO 6 PM – 7 PM	HFC SCOUTS @ HFC OFFICE 4 PM – 5:30 PM	WALKING CLUB @ SHADOW FALLS PARK (Summit Ave & Mississippi River Blvd.) 3:30 PM – 4:30 PM	SATURDAY NIGHT OUT: ICE CREAM SOCIAL @ HFC OFFICE 6 PM – 7:30 PM	
ARTS & CRAFTS @ HFC OFFICE 4:30 PM – 5:30 PM	STORY BUILDING 5:30 PM – 6:45 PM	GROOVIN' IN THE GARDEN (OURDOORS UNLESS RAINING) @ MCNEALY CONSERVATORY 6 PM – 7:30 PM	LINE DANCE @ HFC OFFICE 5:30 PM – 6:30 PM	FRIDAY FUN: BOWLING @ SUN RAY LANES 6 PM – 7:30 PM		
EXPLORE & LEARN 6 PM – 7 PM	TOGETHER TUESDAY AT THE JCC: ARTS & CRAFTS @ JCC CAPP CENTER 6:30 PM – 8 PM		RHYTHM & MOVEMENT THROUGH DRUMMING @ HFC OFFICE 7 PM – 8 PM			

ONLINE

IN-PERSON

HYBRID – BOTH ONLINE & IN-PERSON OPTIONS