

Highland Friendship Club Week of September 18 – September 24

2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18 BOOK CLUB 10 AM – 11 AM	19 BOOK CLUB @ HIGHLAND COMMUNITY CENTER 10:15 AM – 11:15 AM	20 MUSIC EXPLORATION 10 AM – 11 AM	21 MUSIC EXPLORATION @ HFC OFFICE 10 AM – 11 AM	22 FIT WITH FRIENDS 11:30 AM – 12:30 PM	23 PARENTS & CAREGIVERS: WEEKLY APPOINTMENT WITH YOURSELF 8 AM – 9 AM	24 KARAOKE 5:30 PM – 6:45 PM
FIT WITH FRIENDS 11:30 AM – 12:30 PM	GET FIT LIKE ROCKY 11:30 AM – 12:30 PM	FIT WITH FRIENDS @ HFC OFFICE 11:30 AM – 12:30 PM	ADVENTURE DAY: 'COOKIN' @ MN CHILDREN'S THEATRE 10 AM – 12 PM	BOOTCAMP @ VERA FITNESS 2 PM – 3 PM	MOVE & GROOVE @ VERA FITNESS 10:30 AM – 11:30 AM	ZUMBA 7 PM – 8 PM
MINDFUL MOVEMENT @ HFC OFFICE 2 PM – 3 PM	MINDFUL MOVEMENT @ HFC OFFICE 2:30 PM – 3:30 PM	LUNCH BUNCH @ HFC OFFICE 12:30 PM – 1:30 PM	GET FIT LIKE ROCKY 11:30 AM – 12:30 PM	WALKING CLUB @ BDE MAKA SKA LAKE 4 PM – 5 PM	NORTHERN STARZ THEATRE @ HFC OFFICE 1 PM – 3 PM	
GAME HOUR @ HFC OFFICE 3 PM – 4 PM	GET UP GET HEALTHY @ HFC OFFICE 3:30 PM – 5 PM	GAME HOUR @ HFC OFFICE 1:30 PM – 2:30 PM	ADVENTURE DAY: HONEYBEES @ DODGE NATURE CENTER 1:30 PM – 2:30 PM	SEPTEMBER DANCE PARTY @ HFC OFFICE 6 PM – 7:30 PM	KARAOKE 4 PM – 5:15 PM	
ARTS & CRAFTS @ HFC OFFICE 4 PM – 5 PM	STORY BUILDING 5:30 PM – 6:45 PM	BOWLING @ SUN RAY LANES 3:30 PM – 5 PM	HFC SCOUTS @ GEORGE LATIMER CENTRAL LIBRARY 4 PM – 5 PM			
TEENTASTIC: SOCIAL HOUR @ HFC OFFICE 5 PM – 6 PM	TOGETHER TUESDAY: MOVIE NIGHT (Moana Sing-Along) @ JCC CAPP CENTER 6 PM – 8 PM	BINGO 6 PM – 7 PM	LINE DANCE @ HFC OFFICE 5:30 PM – 6:30 PM			
FUNCTIONAL FITNESS 5 PM – 6 PM	GLEE CLUB 7 PM – 8 PM	PHONE PHOTOGRAPHY @ GOLD MEDAL PARK 6 PM – 8 PM	RHYTHM & MOVEMENT THROUGH DRUMMING @ HFC OFFICE 6:45 PM – 7:45 PM			
EXPLORE & LEARN 6:30 PM – 7:30 PM						

ONLINE

IN-PERSON

HYBRID – BOTH ONLINE & IN-PERSON OPTIONS