

Highland Friendship Club Week of April 22 – April 28

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22 BOOK CLUB 10 AM – 11 AM	23 TUESDAY SOCIAL GROUP 10 AM – 10:30 AM	24 MUSIC EXPLORATION @ HFC OFFICE 10:15 AM – 11:15 AM	25 MUSIC EXPLORATION 10 AM – 11 AM	26 EXPLORE & LEARN 10 AM – 11 AM	27 PARENTS AND CAREGIVERS: WEEKLY APPOINTMENT WITH MYSELF 8 AM – 9 AM	28 BINGO 4:30 PM – 5:30 PM
MONDAY SOCIAL GROUP 11 AM – 11:30 AM	BOOK CLUB @ HIGHLAND COMMUNITY CENTER 10:15 AM – 11:15 AM	FIT WITH FRIENDS @ HFC OFFICE 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	MOVE & GROOVE @ VERA FITNESS 10:30 AM – 11:30 AM	KARAOKE 5:45 PM – 6:45 PM
FIT WITH FRIENDS 11:30 AM – 12:30 PM	GET FIT LIKE ROCKY 11:30 AM – 12:30 PM	LUNCH BUNCH @ HFC OFFICE 12:30 PM – 1:15 PM	ADVENTURE DAY: EARTH DAY ACTIVITIES @ HFC OFFICE 11:30 AM – 1 PM	WALKING CLUB @ LAKE PHALEN 2:30 PM – 3:30 PM	KARAOKE 3:30 PM – 4:45 PM	ZUMBA 7 PM – 8 PM
MINDFUL MOVEMENT @ HFC OFFICE 2 PM – 3 PM	BASECAMP: TEAM BUILDING @ NSSBC 3:30 PM – 5 PM	SKILL BUILDING @ HFC OFFICE 1:30 PM – 2:30 PM	THURSDAY SOCIAL GROUP 2 PM – 2:30 PM	FRIDAY FUN: DINNER @ TIFFANY'S @ TIFFANY SPORTS LOUNGE 6 PM – 7:30 PM	SATURDAY SOCIAL GROUP 5 PM – 5:30 PM	
ARTS & CRAFTS @ HFC OFFICE 3:15 PM – 4:15 PM	TOGETHER TUESDAY: TRIVIA NIGHT (MOVIES) @ JCC CAPP CENTER 6 PM – 7:30 PM	WEDNESDAY SOCIAL GROUP 1:30 PM – 2 PM	GARDEN CLUB @ HFC OFFICE 4 PM – 5 PM			
GAME HOUR: GAMESHOW @ HFC OFFICE 4:30 PM – 5:30 PM	GLEE CLUB 7 PM – 8 PM	BOWLING @ SUN RAY LANES 3:30 PM – 5 PM	LINE DANCE @ HFC OFFICE 5:30 PM – 6:30 PM			
EXPLORE & LEARN 6 PM – 7 PM		BINGO 6 PM – 7 PM	RHYTHM & MOVEMENT THROUGH DRUMMING @ HFC OFFICE 6:45 PM – 7:45 PM			

ONLINE

IN-PERSON

HYBRID – BOTH ONLINE & IN-PERSON OPTIONS