

# Highland Friendship Club Week of April 29 – May 5

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 <b>BOOK CLUB</b> 10 AM – 11 AM	30 <b>TUESDAY SOCIAL GROUP</b> 10 AM – 10:30 AM	1 <b>MUSIC EXPLORATION</b> @ HFC OFFICE 10:15 AM – 11:15 AM	2 <b>MUSIC EXPLORATION</b> 10 AM – 11 AM	3 <b>EXPLORE &amp; LEARN</b> 10 AM – 11 AM	4 <b>PARENTS AND CAREGIVERS: WEEKLY APPOINTMENT WITH MYSELF</b> 8 AM – 9 AM	5 <b>BINGO</b> 4:30 PM – 5:30 PM
<b>MONDAY SOCIAL GROUP</b> 11 AM – 11:30 AM	<b>BOOK CLUB</b> @ HIGHLAND COMMUNITY CENTER 10:15 AM – 11:15 AM	<b>FIT WITH FRIENDS</b> @ HFC OFFICE 11:30 AM – 12:30 PM	<b>GET FIT LIKE ROCKY</b> 11:30 AM – 12:30 PM	<b>FIT WITH FRIENDS</b> 11:30 AM – 12:30 PM	<b>MOVE &amp; GROOVE</b> @ VERA FITNESS 10:30 AM – 11:30 AM	<b>KARAOKE</b> 5:45 PM – 6:45 PM
<b>FIT WITH FRIENDS</b> 11:30 AM – 12:30 PM	<b>GET FIT LIKE ROCKY</b> 11:30 AM – 12:30 PM	<b>LUNCH BUNCH</b> @ HFC OFFICE 12:30 PM – 1:15 PM	<b>ADVENTURE DAY: FARM VISIT</b> @ DODGE NATURE CENTER 1:30 PM – 2:30 PM	<b>WALKING CLUB</b> @ HIDDEN FALLS SCENIC OVERLOOK 2:30 PM – 3:30 PM	<b>KARAOKE</b> 3:30 PM – 4:45 PM	<b>ZUMBA</b> 7 PM – 8 PM
<b>MINDFUL MOVEMENT</b> @ HFC OFFICE 2 PM – 3 PM	<b>STORY BUILDING</b> 5:30 PM – 6:45 PM	<b>BINGO</b> @ HFC OFFICE 1:30 PM – 2:30 PM	<b>THURSDAY SOCIAL GROUP</b> 2 PM – 2:30 PM	<b>GAME HOUR</b> @ HFC OFFICE 4:30 PM – 5:30 PM	<b>TRIVIA</b> 5 PM – 6 PM	
<b>ARTS &amp; CRAFTS</b> @ HFC OFFICE 3:15 PM – 4:15 PM	<b>TOGETHER TUESDAY: GAME NIGHT</b> @ JCC CAPP CENTER 6 PM – 7:30 PM	<b>WEDNESDAY SOCIAL GROUP</b> 1:30 PM – 2 PM	<b>GARDEN CLUB</b> @ HFC OFFICE 4 PM – 5 PM	<b>MAY DANCE PARTY</b> @ HFC OFFICE 6 PM – 7:30 PM		
<b>GAME HOUR: GAMESHOW</b> @ HFC OFFICE 4:30 PM – 5:30 PM	<b>GLEE CLUB</b> 7 PM – 8 PM	<b>BOWLING</b> @ SUN RAY LANES 3:30 PM – 5 PM	<b>LINE DANCE</b> @ HFC OFFICE 5:30 PM – 6:30 PM			
<b>UST FUN NIGHT: INDOOR YARD GAMES</b> @ UST CAMPUS 6 PM – 7:30 PM		<b>BINGO</b> 6 PM – 7 PM	<b>RHYTHM &amp; MOVEMENT THROUGH DRUMMING</b> @ HFC OFFICE 6:45 PM – 7:45 PM			
		<b>UST DANCE CLUB</b> @ UST CAMPUS 6 PM – 7 PM				

ONLINE

IN-PERSON

HYBRID – BOTH ONLINE & IN-PERSON OPTIONS