

# Highland Friendship Club Week of July 29 – August 4

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 <b>WALKING CLUB</b> @ HIGHLAND PARK LUNDS & BYERLYS 10 AM – 11 AM	30 <b>BOOK CLUB</b> @ HIGHLAND COMMUNITY CENTER 10:15 AM – 11:15 AM	31 <b>MUSIC EXPLORATION</b> @ HFC OFFICE 10:15 AM – 11:15 AM	1 <b>MUSIC EXPLORATION</b> 10 AM – 11 AM	2 <b>GARDEN CLUB</b> @ HFC OFFICE 10 AM – 11 AM	3 <b>PARENTS AND CAREGIVERS: WEEKLY APPOINTMENT WITH MYSELF</b> 8 AM – 9 AM	4 <b>BINGO</b> 5:30 PM – 6:30 PM
<b>COFFEE HOUR</b> @ HIGHLAND PARK LUNDS & BYERLYS 11 AM – 11:45 AM	<b>GET FIT LIKE ROCKY</b> 11:30 AM – 12:30 PM	<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>ZUMBA</b> 7 PM – 8 PM
<b>FIT WITH FRIENDS</b> 11:30 AM – 12:30 PM	<b>TAP WITH TIBBE</b> @ VERA FITNESS 1 PM – 2 PM	<b>LUNCH BUNCH HYBRID: POTLUCK</b> @ HFC OFFICE 12:30 PM – 1:15 PM	<b>TENNIS</b> @ MLK PARK 11:30 AM – 12:30 PM	<b>WALKING CLUB</b> @ ROSEVILLE CENTRAL PARK 1:30 PM – 2:30 PM	<b>KARAOKE</b> 4 PM – 5:15 PM	
<b>BOOK CLUB</b> 1 PM – 2 PM	<b>BRAIN FLEX FITNESS</b> @ VERA FITNESS 2:15 PM – 3:15 PM	<b>BINGO</b> @ HFC OFFICE 1:30 PM – 2:30 PM	<b>ADVENTURE DAY: JANGALA</b> @ CIRCUS JUVENTAS 12:30 PM – 2 PM <b>***POP-UP PROGRAM</b>	<b>GAME HOUR</b> @ HFC OFFICE 4:45 PM – 5:45 PM		
<b>MINDFUL MOVEMENT</b> @ HFC OFFICE 2:30 PM – 3:30 PM	<b>BASECAMP: TEAM BUILDING</b> @ NSSBC 4 PM – 5 PM	<b>BOWLING</b> @ SUN RAY LANES 3:30 PM – 5 PM	<b>ADVENTURE DAY: COMO ZOO &amp; CONSERVATORY</b> @ HARRIET ISLAND 1:30 PM – 3 PM	<b>AUGUST DANCE PARTY</b> @ HFC OFFICE 6 PM – 7:30 PM		
<b>ARTS &amp; CRAFTS</b> @ HFC OFFICE 3:45 PM – 4:45 PM	<b>STORY BUILDING</b> 5:30 PM – 6:45 PM	<b>BINGO</b> 6 PM – 7 PM	<b>LIFE SKILLS</b> @ HFC OFFICE 4:15 PM – 5:15 PM			
<b>GAME HOUR: GAMESHOW</b> @ HFC OFFICE 5 PM – 6 PM	<b>TOGETHER TUESDAY: GAME NIGHT</b> @ HFC OFFICE 6 PM – 7:30 PM	<b>PHONE PHOTOGRAPHY</b> @ HFC OFFICE 6 PM – 8 PM	<b>LINE DANCE</b> @ HFC OFFICE 5:30 PM – 6:30 PM			
<b>EXPLORE &amp; LEARN</b> 6:30 PM – 7:30 PM	<b>GLEE CLUB</b> 7 PM – 8 PM		<b>RHYTHM &amp; MOVEMENT THROUGH DRUMMING</b> @ HFC OFFICE 6:45 PM – 7:45 PM			

ONLINE

IN-PERSON

HYBRID – BOTH ONLINE & IN-PERSON OPTIONS