

Highland Friendship Club Week of September 30 – October 6

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	1	2	3	4	5	6
WALKING CLUB @ HIGHLAND LUNDS & BYERLYS 10 AM – 11 AM	BOOK CLUB @ HIGHLAND LIBRARY 10:15 AM – 11:15 AM	MUSIC EXPLORATION @ HFC OFFICE 10:15 AM – 11:15 AM	MUSIC EXPLORATION 10 AM – 11 AM	FIT WITH FRIENDS 11:30 AM – 12:30 PM	PARENTS & CAREGIVERS: WEEKLY APPOINTMENT W/ MYSELF 8 AM – 9 AM	BINGO 5:30 PM – 6:30 PM
COFFEE HOUR @ HIGHLAND LUNDS & BYERLYS 11 AM – 11:45 AM	GET FIT LIKE ROCKY 11:30 AM – 12:30 PM	FIT WITH FRIENDS @ HFC OFFICE 11:30 AM – 12:30 PM	GET FIT LIKE ROCKY 11:30 AM – 12:30 PM	WALKING CLUB @ COMO LAKE 2:30 PM – 3:30 PM	MOVE & GROOVE @ VERA FITNESS 10:30 AM – 11:30 AM	ZUMBA 7 PM – 8 PM
FIT WITH FRIENDS 11:30 AM – 12:30 PM	MARKET TO TABLE: SHOPPING @ ROSEVILLE ALDI 11:30 AM – 12:30 PM	LUNCH BUNCH HYBRID @ HFC OFFICE 12:30 PM – 1:15 PM	ADVENTURE DAY: VOTING WITH CONFIDENCE @ HFC OFFICE 1:30 PM – 2:30 PM	OCTOBER DANCE PARTY @ HFC OFFICE 6 PM – 7:30 PM	KARAOKE 5 PM – 6:15 PM	
BOOK CLUB 1 PM – 2 PM	TAP WITH TIBBE @ VERA FITNESS 1 PM – 2 PM	HFC SCOUTS: SCULPTING WITH MODEL MAGIC @ HFC OFFICE 1:30 PM – 2:30 PM	LINE DANCE @ HFC OFFICE 5:30 PM – 6:30 PM			
MINDFUL MOVEMENT @ HFC OFFICE 2:30 PM – 3:30 PM	BRAIN FLEX FITNESS @ VERA FITNESS 2:15 PM – 3:15 PM	BOWLING @ SUN RAY LANES 3:30 PM – 5 PM	MARKET TO TABLE: COOKING @ ROCKSTORIA STUDIO 6 PM – 7:30 PM			
ARTS & CRAFTS @ HFC OFFICE 3:45 PM – 4:45 PM	PILATES @ HFC OFFICE 4:30 PM – 5:30 PM	BINGO 6 PM – 7 PM	RHYTHM & MOVEMENT THROUGH DRUMMING @ HFC OFFICE 6:45 PM – 7:45 PM			
GAME HOUR: GAME SHOW @ HFC OFFICE 5 PM – 6 PM	STORY BUILDING 5 PM – 6:15 PM	UST DANCE CLUB @ ANDERSON STUDENT CENTER 6 PM – 7 PM				
EXPLORE & LEARN 6:30 PM – 7:30 PM	TOGETHER TUESDAY: ARTS & CRAFTS @ HFC OFFICE 5:45 PM – 6:45 PM					
UST FUN NIGHT: KICKBALL & CRAFTS @ UST CAMPUS 6:30 PM – 8 PM	GLEE CLUB @ HFC OFFICE 7 PM – 8 PM					

ONLINE

IN-PERSON

HYBRID – BOTH ONLINE & IN-PERSON OPTIONS