

Highland Friendship Club Week of February 3 – February 9

2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 BREAKFAST CHAT 10:30 AM – 11:15 AM	4 BOOK CLUB @ HIGHLAND LIBRARY 10:15 AM – 11:15 AM	5 MUSIC EXPLORATION @ HFC OFFICE 10:15 AM – 11:15 AM	6 MUSIC EXPLORATION 10 AM – 11 AM	7 FIT WITH FRIENDS 11:30 AM – 12:30 PM	8 STRETCH, STRENGTH, & MOVEMENT FOR CAREGIVERS 8 AM – 9 AM	9 GAME HOUR: GAMESHOW 5:30 PM – 6:30 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	GET FIT LIKE ROCKY 11:30 AM – 12:30 PM	BOWLING @ SUN RAY LANES 1 PM – 2:30 PM	MOVE & GROOVE @ VERA FITNESS 10:30 AM – 11:30 AM	ZUMBA 7 PM – 8 PM
BOOK CLUB 1 PM – 2 PM	TAP WITH TIBBE @ VERA FITNESS 1 PM – 2 PM	LUNCH BUNCH HYBRID @ HFC OFFICE 12:30 PM – 1:15 PM	ADVENTURE DAY: ORDWAY PERFORMANCE: STONE SOUP FORM LALO'S LUNCHBOX @ HFC OFFICE 11:30 AM – 1 PM **Show starts at 12 PM FULL CAPACITY	WALKING CLUB @ HAR MAR MALL 3:30 PM - 4:30 PM	NORTHERN STARZ THEATRE @ HFC OFFICE 1 PM – 3 PM	
MINDFUL MOVEMENT @ HFC OFFICE 2:30 PM – 3:30 PM	BRAIN FLEX FITNESS @ VERA FITNESS 2:00 PM – 3:00 PM	HFC SCOUTS: KINDNESS ROCKS! @ HFC OFFICE 1:30 PM – 2:30 PM	LINE DANCE @ HFC OFFICE 5:30 PM – 6:30 PM	FEBRUARY DANCE PARTY: FEATURING LIVE MUSIC FROM THE BACKSEAT BOOGIE BAND @ CDH HIGH SCHOOL 6:30 PM – 8 PM	KARAOKE 5 PM – 6:15 PM	
ARTS & CRAFTS @ HFC OFFICE 3:45 PM – 4:45 PM	PILATES @ HFC OFFICE 4:30 PM – 5:30 PM	BOWLING @ SUN RAY LANES 3:30 PM – 5 PM FULL CAPACITY	RHYTHM & MOVEMENT THROUGH DRUMMING @ HFC OFFICE 6:30 PM – 7:30 PM			
GAME HOUR: GAMESHOW @ HFC OFFICE 5 PM – 6 PM	TOGETHER TUESDAY: ARTS & CRAFTS @ HFC OFFICE 5:45 PM – 6:45 PM FULL CAPACITY	BINGO 6 PM – 7 PM				
EXPLORE & LEARN 6:30 PM – 7:30 PM	GLEE CLUB @ HFC OFFICE 7 PM – 8 PM					

ONLINE

IN-PERSON

HYBRID – BOTH ONLINE & IN-PERSON OPTIONS