





MAY 2023



SPRING CREEK
HIGHLAND
55

SUN	MON	TUE	WED	THU	FRI	SAT
	1 RENT DUE HIGHLAND HIKERS 10 SEEDS OF HOPE 12	2 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	3 HIGHLAND HIKERS 10 CHAIR YOGA 11:15 DOMINOS 1:00 -3:00	4 YOGA 11:15 BEG PBALL 1-2 PBALL 2-3 THIRSTY THURSDAY 4-5:30	5 RENT LATE HIGHLAND HIKERS 10 CARDIO DRUMMING 2 POTLUCK 5:30  CINCO MAYO	6 COFFEE TALK 9AM
7 LINE DANCING 6PM	8 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	9 MEN'S BREAKFAST AROUND THE CORNER RESTAURANT 9AM BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	10 HIGHLAND HIKERS 10 CHAIR YOGA 11:15  DOMINOS 1-3PM MEET KENDRA MARTIN 3PM IN THE FITNESS CENTER	11 YOGA 11:15 BEG PBALL 1-2 PBALL 2-3 THIRSTY THURSDAY 4-5:30	12 HIGHLAND HIKERS 10 BOOK CLUB 11:00 CARDIO DRUMMING 2 CANASTA 1-4	13 COFFEE TALK 9AM
14 LINE DANCING 6PM 	15 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	16 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	17 HIGHLAND HIKERS 10 CHAIR YOGA 11:15 DOMINOS 1-3PM	18 YOGA 11:15 BEG PBALL 1-2 PBALL 2-3 THIRSTY THURSDAY 4-5:30	19 HIGHLAND HIKERS 10 CARDIO DRUMMING 2 CANASTA 1-4 SPRING FLING 4-6	20 COFFEE TALK 9AM
21 LINE DANCING 6PM	22 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	23 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	24 HIGHLAND HIKERS 10 CHAIR YOGA 11:15 DOMINOS 1-3PM	25 YOGA 11:15 BEG PBALL 1-2 PBALL 2-3 THIRSTY THURSDAY 4-5:30	26 HIGHLAND HIKERS 10 CARDIO DRUMMING 2 CANASTA 1-4	27 COFFEE TALK 9AM
28 LINE DANCING 6PM	29 OFFICE CLOSED HIGHLAND HIKERS 10 CHAIR YOGA 11:15 	30 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	31 HIGHLAND HIKERS 10 CHAIR YOGA 11:15 DOMINOS 1-3PM			

**All events take place in the
H55 Clubhouse or Fitness Center.

Highland55.com