

**Register NOW for Fall programs at the HCA Hall:
Calendar link <http://localendar.com/public/Highwood>**

Highwood Ladies MeetUp Group

New members welcome

Program Day: Every Monday 1:00 – 3:00pm

Optional: Sit and be fit Yoga 3:00 – 4:00pm

Highwood Community Playschool

Website: highwoodplayschool.ca

Program Days: Monday/Wednesday/Friday (4 Year Olds)

Program Days: Tuesday/Thursday (3 Year Olds)

Contact: hello@highwoodplayschool.ca

Banff Trailers Square Dance

Website: www.squaredancecalgary.com/clubs/banff/

Program Days: Monday and Saturday evenings

RoundDance Club

Contact: Mary 403-934-4344

Program Day: Friday evenings

MJP Academy of Irish Dance

Website: www.mjpgacademy.com

Program Day: Tuesday evenings

Contact: mjpgacademy@hotmail.com

All Ages

Calgary Bird School

Website: calgarybirdschool.com

Program Day: 1st Thursday evening of the month.

Contact: classes@calgarybirdschool.com

Calgary Parrot Club

Website: calgaryparrotclub.ca

Program Day: 2nd Thursday evening of every month

Gentle Fitness

Program Day: Fridays: 12:00 – 1:00pm

Contact: Judi jvanden1@telus.net

Ukulele Club

Program Day: Wednesdays 1:00 – 3:00pm

Contact: Rick 403-274-3257