

Highland Springs Clubs and Activities

Age Groups:

- 70 Plus Club
- 80 Plus Club
- 90 Plus Club (Nifty Ninety)

Alumni Groups:

- Jayhawks
- Texas A & M Fighting Aggies

Arts & Crafts Groups:

- Art Lab
- Craft n' Chat
- Sit & Stitch
- Visual Arts Group

Book Clubs

Community Television:

- DVD Programmer
- Photographer
- Slides Originator
- TV Personalities
- Videographer

Entertainment:

- Entertainment Committee
- Drama Club
- Highland Springs Chorus
- Playbill Club

Fitness/Wellness:

- Aqua Aerobics
- Basic Circuit Training
- Chair Aerobics
- Chogaflow
- Core and Posture Class
- Fitness Center Orientation
- Highlandettes
- How to Get off the Floor
- Land Works
- Line Dancing
- Modified Deep Water Aerobics
- Personal Training
- Stretch to Your Health
- Swim Instruction
- Tai Chi
- Water Walking

Games—Cards:

- Bridge
- Canasta
- Double Deck Pinochle
- Five Crowns
- Hand and Foot
- Phase 10
- Poker
- Quiddler
- Rook
- Samba

Games—Tiles:

- 42
- Dominoes
- Mah-Jongg
- Mexican Train Dominoes
- Rummikub
- Scrabble

Lectures/Education:

- Great Courses
- Great Decisions Discussion Group
- Speakers: Residents and Guests

Movies:

- Projectionists
- Movie Committee

Pastoral Ministries:

- Bible Study
- Catholic Prayer and Communion Service
- Clergy-in-Residence
- Episcopal Prayer and Eucharist
- Grief and Loss Support Group
- Intercessory Prayer Team
- Interfaith Advisory Council
- Jewish Family Meeting—Talk Torah With Rabbi Wolk
- Jewish Family Sabbath
- Memorial Committee
- Moment by Moment Spiritual Formation Study and Practices

- Morning Prayer
- Pastoral Care and Visitation Team
- People at the Well
- Precept Bible Study
- Sunday Vespers
- Tuesday Night Interfaith Chapel Service
- Women at the Well

Philanthropy:

- Gala Committee/Resident Care Fund
- Scholarship Fund Committee
- Staff Appreciation Committee

Resident Advisory Council

Service/Volunteer Activities:

- Ambassadors Club
- Bulletin Board Monitors
- Busy Bees
- Circle of Friends
- Elevator Sign Monitors
- English as a Second Language (ESL) Teachers
- Outside Community Volunteers
- Welcome Committee

Special Interest Groups:

- AARP Senior Safe Driving
- Coffee with Barbara
- Dine-Out Club (With Transportation)
- Garden/Greenhouse
- Government Affairs Group
- Ladies Breakfast
- Library Committee
- Lottery Club
- Lunch Bunch
- Memory Writing
- Men's Breakfast
- Mobil Club
- Oenophiles
- Pet Lovers Club
- The Puzzlers

Highland Springs Clubs and Activities (continued)

- Quad 4
- Retired Librarians
- Teachers Group
- The Bobs
- The Storyteller
- Treasure Chest Committee
- Woodchucks (Woodshop)

Sports:

- Bocce Ball
- Bowling
- Golf
- Horseshoes
- Miniature Golf
- Pool/Billiards
- Putting
- Water Volleyball
- Wii Bowling
- Wii Tennis

State Clubs:

- Below the Mason-Dixon Line (BMDL)
- Illinois
- Iowa
- Kansas
- Louisiana
- Midwest
- Mountain States
- Native Texans
- Naturalized Texans
- New York/New Jersey
- Northeast and Mid-Atlantic
- Oklahoma
- Western States

Support Groups:

- Alzheimer's Caregiver Support Group
- Diabetes Support and Education
- Low Vision
- The Loud Crowd (Parkinson's Disease)

Transportation/Travel:

- Complimentary Shopping Shuttle
- Personalized Transportation
- Special Interest Trips

Veterans:

- Veterans and Spouses Group