

OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1655 S. Murray Blvd Colorado Springs, CO 80916</p> <p>QUESTIONS? Call 719-884-2300</p>	<p>FITNESS CLASS FEES: Virtual Instructor: FREE! \$8 Drop-In \$50 Unlimited/Month Call 719-884-2300 for SCHOLARSHIPS Grab&Go Meals Weekdays 11:30-12:30 \$6</p>	<p>1 9-10:30: Monopoly & coffee 10-11: Bible Study W/Linda 12:30-2: BINGO 12:30-1:30: Basic Computer Class 1:30-2:30: Get to know your smartphone 2-2:45: Chair Yoga (Virtual) 9-4: Open Computer Lab</p>	<p>2 12-1: Mindful Meditation/Breathing (Virtual Instructor) 1-4: Open Computer Lab</p>	<p>3 9-1: Open Computer Lab 11-12: Chat Group 1-2: Arts & Crafts (Flower Arranging) 2-4: Knit, Crochet & Connect</p>
<p>6 10-11: Coffee & Company 12:30-1:30: Basic Computer Class 1:30-2:30: Get to Know your smartphone 12:30-2: Movie & Lunch (Grease 1978) 1-2: Cardio Drumming W/ Don 9-4: Open Computer Lab</p>	<p>7 10-11: Fire Dept. Health Discussion 10:30-11:30: Guitar Lessons w/Joe 12:30-1:30: Chess Lessons 1:30-3:30: Chess W/ Jerry 1-4: Open Computer Lab</p>	<p>8 9-3: Flu Shot Clinic 10-1: HEALTH FAIR 12:30-1:45: BINGO 12:30-1:30: Basic Computer Class 2-2:45: Chair Yoga (Virtual) 9-4: Open Computer Lab</p>	<p>9 10:30-11:30: Digital Tools for brain health 12-1: Mindful Meditation/ Breathing (Virtual Instructor) 1-4: Open Computer Lab</p>	<p>10 9-1: Open Computer Lab 10:30-11:30: Dry eye Discussion 10-11: Arts & Crafts(Halloween Craft) 11-12: Chat Group 1-2: Tai Chi W Deb 1-2: Bunco 2-4: Knit, Crochet & Connect</p>
<p>13 Center closed</p>	<p>14 9:30-11:30: Beyond basic Computer class 10:30-11:30:Guitar Lessons Joe 12:30-1:30: Chess Lessons 1:30-3:30: Chess W/Jerry 1-4 Open Computer Lab</p>	<p>15 9-10:30: Checkers & Coffee 12:30-1:45: BINGO 12:30-1:30: Basic Computer Class 1:30-2:30: Tech hours 2-2:45: Chair Yoga (virtual) 9-4: Open Computer Lab</p>	<p>16 10-11: Pool Club 12-1: Mindful Meditation/Breathing (Virtual Instructor) 2:30-4: CLAY Class w/ Frank 1-4: Open Computer Lab</p>	<p>17 9-1: Open Computer Lab 10-11: Arts & Crafts (Beading & Jewelry) 11-12: Chat Group 2-4: Knit, Crochet & Connect</p>
<p>20 10-11: Coffee & Company 12:30-1:30: Basic Computer Class 12:30-2: Movie & Lunch (once upon a Time in the West) 2:30:Zumba W/Goldee 9-4: Open Computer Lab</p>	<p>21 9:30-11:30: Beyond basic Computer class 10:30-11:30:Guitar Lessons Joe 12:30-1:30: Chess Lessons 1:30-3:30: Chess W/Jerry 1-4: Open Computer Lab</p>	<p>22 9-10:30: Uno & coffee 12:30-1:45: BINGO 12:30-1:30: Basic Computer Class 1:30-2:30: Tech hours 2-2:45: Chair Yoga (Virtual) 9-4: Open Computer Lab</p>	<p>23 12-1: Mindful Meditation/Breathing (Virtual Instructor) 1-4: Open Computer Lab</p>	<p>24 9-1: Open Computer Lab 10-11: Arts & Crafts (Ghost Craft) 1-2: Tai chi W/ Deb 2-4: Knit, Crochet & Connect 11-12: Chat Group</p>
<p>27 10-11: Coffee & Company 12:30-2 :Movie & Lunch (Hubi Halloween ,2020) 12:30-1:30: Basic Computer Class 1-2: Cardio Drumming w/ Don 9-4: Open Computer Lab</p>	<p>28 9:30-11:30: Beyond basic Computer class 10:30-11:30:Guitar Lessons W Joe 12:30-1:30: Chess Lessons 1:30-3:30: Chess W/Jerry 11:30-12:30: Scrabble Social 1-4: Open Computer Lab</p>	<p>29 19-10:30: Checkers & Coffee 12:30-1:45: BINGO 12:30-1:30: Basic Computer Class 1:30-2:30: Tech hours 2-2:45: Chair Yoga (virtual) 9-4: Open Computer Lab</p>	<p>30 10-11: Intro Spanish class 12-1: Mindful Meditation/Breathing (Virtual Instructor) 2-5: GRAND BOO BASH PARTY 1-4: Open Computer Lab</p>	<p>31 9-1: Open Computer Lab 10-11: Arts & Crafts (Harvest Craft) 10-11 : Halloween Mexican bingo 2-4: Knit, Crochet & Connect 11-12: Chat Group</p>

PRE-REGISTRATION REQUIRED IF ASTERISK NOTED

Fire Department Health Discussion – Join the Colorado Springs Fire Department for a health-focused conversation on safety and wellness in your home.

Digital Tools for Brain Health—Join Kya as she shows you tools on your phone to keep your brain healthy.

Getting to Know Your Smartphone – A user-friendly session to help you feel more confident using your smartphone—bring your questions!

Flu Shot Clinic – Get your annual flu vaccination conveniently at the activity center

Health Fair – Learn more about health resources, screenings, and local wellness services in this fun and educational event.

Knit, Crochet & Connect – Bring your needles, hooks, and yarn—this social club welcomes all who love all types of needle work.

Mexican Bingo (Lotería) – Join us for a lively, prize-filled game of Lotería—a traditional and fun Mexican bingo-style game.

Mindful Meditation & Breathing (Virtual Instructor) – Practice relaxation and inner calm with guided meditation and breathing exercises.

Movie & Lunch – Mondays @ 12:30 – Come enjoy a movie on the big screen with surround sound and tasty snacks.

Open Computer Lab – Practice your computer skills and access the internet. Select computer workshops available. Call 719-884-2300 for more info.

Pool Club – Perfect your game and make new friends in a relaxed and welcoming atmosphere.

Scrabble Social – Enjoy wordplay and friendly competition in this relaxed social gathering for Scrabble lovers.

Tai Chi w/ Deb – Move, breathe, and flow through gentle, slow movements for balance, flexibility, and peace of mind.

Grand Boo Bash – Bring the costumes and grandkids for a festive celebration filled with treats, music, and Halloween fun. Trick or Treating starts @ 3:30

ZUMBA w/ Goldee – A high-energy workout blending Latin-inspired moves with fun, upbeat music to keep you moving and smiling.



Activity Calendar October 2025

PRE-REGISTRATION REQUIRED IF ASTERISK NOTED

Arts & Crafts – First Friday at 1:00; Second to Fourth Friday at 10:00. Unleash your creativity with guided or bring-your-own projects. RSVP required for card making.

Basic Computer Class w/ Steve – 10-week course to build confidence and computer skills. Call 719-884-2300 to pre-register.

Basic Spanish – 10:00–11:00 – Learn and practice basic Spanish in a fun, relaxed setting with volunteer Ruben.

Beyond Computer Basics w/ Spencer – Build on your foundational skills and expand your computer confidence.

Bible Study w/ Linda – Non-denominational fellowship and reflection through scripture. All are welcome.

BINGO – Enjoy an afternoon of fun, friendly competition, and great prizes while meeting new people.

BUNCO – Try your luck and share laughs in this easy and entertaining dice game—bring a friend!

Cardio Drumming w/ Don – A fun, rhythmic workout combining drumming and movement—great for all fitness levels!

Cards & Games – Play classic card and board games—come with friends or meet new ones! Call 719-884-2303 for special interest games like Bridge.

Chair Yoga – Wednesdays @ 2:00 – Gentle, full-body stretching from a chair—perfect for all fitness levels.

Chair Yoga (AARP Virtual Instructor) – Guided gentle stretching session via AARP's online instructor. Accessible and beneficial for all fitness levels.

CHESS w/ Jerry – Learn to play chess (Tuesdays 12:30–1:30) or spend the afternoon playing/practicing (Tuesdays 1:30–3:30).

Chat Group – Fridays @ 11:00 – Connect through shared stories, thoughtful topics, and meaningful companionship.

Clay Class w/ Frank – Get hands-on and creative while learning clay techniques with guidance from artist Frank.

Coffee & Company – Mondays @ 10:00 – Start the week with great coffee and even better conversation. Led by Ardene.

Connection Cafe – Daily @ 11:30 – Now at 1575 S. Murray Blvd. Enjoy a hot meal and friendly conversation. Call 719-884-2300 by 2 PM the day before to reserve a spot.