

March 2026

Silver Key Activity Center
1655 S. Murray Blvd. Colorado Springs



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9-12: Open Computer Lab 10-11: Coffee & Company 11-12: Cardio Drumming 12:30-2: Movie & Lunch (Action)</p>	<p>3</p> <p>9:30-11:30: Basic Computer Class 9:30-10:30: Spanish Class (RSVP) 10:30-11:30: Guitar Lessons (RSVP) 11:30-12:30: Know your iPhone 12:30-1:30: Chess Lessons 1:30-3:30: Chess 1-4: Open Computer Lab</p>	<p>4</p> <p>9-3: AARP Tax Aide 10-11: Bible Study 10:30-11:30: Guitar lessons (RSVP) 1-2: BINGO 2-2:45: Chair Yoga (Virtual Instructor) 1:30-4: Open Computer Lab</p>	<p>5</p> <p>9-3: AARP Tax Aide 10-11: Bunco 12-1: Mindful Meditation/ Breathing (Virtual Instructor) 2:00-3:30: Visually Impaired Social Group 9-2: Open Computer Lab</p>	<p>6</p> <p>9-1: Open Computer Lab 11-12: Chat Group w/ Glen 1-2: Arts & Crafts (Flower Arranging) w/Lana 2-4: Knit, Crochet & Connect</p>
<p>9</p> <p>9-12: Open Computer Lab 10-11: Coffee & Company 11-12: Cardio Drumming 12:30-2: Movie & Lunch (Comedy)</p>	<p>10</p> <p>9:30-11:30: Basic Computer Class 9:30-10:30: Spanish Class (RSVP) 10:30-11:30: Guitar Lessons (RSVP) 11:30-12:30: Know Your Android 12:30-1:30: Chess Lessons 1:30-3:30: Chess 1-4: Open Computer Lab</p>	<p>11</p> <p>9-3: AARP Tax Aide 10:30-11:30: Guitar lessons (RSVP) 1-2: BINGO 2-2:45: Chair Yoga (Virtual) 9-4: Open Computer Lab</p>	<p>12</p> <p>9-3: AARP Tax Aide 10-11 : Uno & Coffee 12-1: Mindful Meditation/Breathing (Virtual Instructor) 2:00-3:30: Visually Impaired Social Group 1-4 Open Computer Lab</p>	<p>13</p> <p>9-1: Open Computer Lab 10-11: Arts & Crafts (Beading & Jewelry) 11-12: Chat Group w/Glen 1-2: Tai Chi w/ Deb 2-4: Knit, Crochet & Connect</p>
<p>16</p> <p>9-12: Open Computer Lab 10-11: Coffee & Company 11-12: No Cardio Drumming This week 12:30-2: Pot o' Gold Potluck 9-4: Open Computer Lab</p> <p>*No Movie & Lunch*</p>	<p>17</p> <p>9:30-11:30: Basic Computer Class 9:30-10:30: Spanish Class (RSVP) 10:30-11:30: Guitar Lessons (RSVP) 11:30-12:30: Tech Assistance Hour 12:30-1:30: Chess Lessons 1:30-3:30: Chess 1-4: Open Computer Lab</p>	<p>18</p> <p>9-3: AARP Tax Aide 9:30-10:45 : Intro to Sewing (RSVP) 10:30 -11:30: Guitar lessons (RSVP) 1-2 BINGO 2-2:45: Chair Yoga (Virtual Instructor) 9-4: Open Computer Lab</p>	<p>19</p> <p>9-3: AARP Tax Aide 10-11: Mexican Bingo 12-1: Mindful Meditation/Breathing (Virtual Instructor) 2:00-3:30: Visually Impaired Social Group 1-4 Open Computer Lab</p>	<p>20</p> <p>9-1: Open Computer Lab 10-11: Arts & Crafts 11-12: Chat Group w/ Glen 1-2: Tai Chi w/ Deb 2-4: Knit, Crochet & Connect</p>
<p>23</p> <p>9-12: Open Computer Lab 10-11: Coffee & Company w/ Ardene 11-12: Cardio Drumming 12:30-2: Movie & Lunch (Drama) 2:30-4: Open Computer Lab</p>	<p>24</p> <p>9:30-11:30: Basic Computer Class 9:30-10:30: Spanish Class (RSVP) 10:30-11:30: Guitar Lessons (RSVP) 11:30-12:30: Tech Assistance Hour 12:30-1:30: Chess Lessons 1:30-3:30: Chess 1-4: Open Computer Lab</p>	<p>25</p> <p>9-3: AARP Tax Aide 10-11: Bible Study 10:30-11:30: GUITAR lessons (RSVP) 1-2: BINGO 2-2:45: Chair Yoga (Virtual Instructor) 9-4: Open Computer Lab</p>	<p>26</p> <p>9-3: AARP Tax Aide 10-11: Hand & Foot Cards 12-1: Mindful Meditation/ Breathing (Virtual Instructor) 2:00-3:30: Visually Impaired Social Group 1-4: Open Computer Lab</p>	<p>27</p> <p>9-1: Open Computer Lab 10-11: Arts & Crafts / Grant (Roll on perfume) 11-12: Chat Group w/ Glen 1-2: Wii Bowling 2-4: Knit, Crochet & Connect</p>
<p>30</p> <p>9-12: Open Computer Lab 10-11: Coffee & Company 12:30-2: Movie and Lunch (Animation) 2:00: Zumba</p>	<p>31</p> <p>9:30-11:30: Basic Computer Class 9:30-10:30: Spanish Class (RSVP) 10:30-11:30: Guitar Lessons (RSVP) 11:30-12:30: Tech Assistance Hour 12:30-1:30: Chess Lessons 1:30-3:30: Chess 1-4: Open Computer Lab</p>	<p>FITNESS Class FEES: Virtual Instructor: No Cost! \$8 Drop-In \$50 Unlimited/Month</p> <p>QUESTIONS? Call 719-884-2300</p>	<p>Some classes require RSVP</p> <p>Scholarships Available 719-884-2300</p>	<p>Grab and Go Meals Weekdays 11:30-12:30 \$6 each</p> <p>1655 S. Murray Blvd Colorado Springs, CO 80916 QUESTIONS? Call 719-884-2300</p>

Grab and Go Meals - Weekdays Monday-Friday, 11:30-12:30. Grab premade, frozen meals, to eat at activity center, or take home. Meals are \$6.

Guitar Lessons – Learn to play or improve your guitar skills with patient, step-by-step instruction from Joe **(By appointment only)**.

Hand & Foot – A social card game played with partners.

Intro To Sewing w/Linda - Bring your sewing Machine and Learn the basics of sewing - beginner-friendly environment. **(RSVP Required Call 719-884-2300)**

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

Mexican Bingo – A fun variation of bingo with a cultural twist.

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

Movie & Lunch – Come enjoy a movie on the big screen, bring your own lunch. Popcorn is provided.

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

Pot of Luck Potluck Party – Share a meal and enjoy great company at this fun, community potluck. Bring a favorite dish if you're able, or just bring yourself

Scam Wise – A support group for older adults dealing with scams.

Spanish Class – 9:30–10:30 **(By appointment only)**

Learn and practice Spanish in a fun, relaxed setting with patient, step-by-step instruction.

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

Uno & Coffee- Casual game of Uno paired with coffee and conversation.

Wii Bowling- a motion-controlled bowling game where you swing the Wii Remote to knock down pins.

Visually Impaired Social Group led by Twinkle – A welcoming social group offering connection, conversation, and support in an inclusive environment.

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

AARP Tax Aide: By appointment only from 2/4 to 4/15 - must call **719-723-0069** to reserve a spot or go to <https://cotaxaide.org/appt/>. Sign up now to reserve your place, these appointments go fast!

Arts & Crafts - Unleash your creativity with guided or bring-your-own projects. Meet Grant and Lana our newest instructors!

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

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

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

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

Cardio Drumming w/Don – A fun, rhythmic workout combining drumming and movement—great 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.

Chat group w/Glen- Enjoy Good conversation w Glen.

Chess w/Jerry – Learn to play chess or spend the afternoon playing/practicing.

Getting to Know Your Android – Build confidence using your Android phone. Learn essential features, settings, and tips to make everyday tasks easier.

Getting to Know Your iPhone – Learn the basics of your iPhone, including navigation, settings, and helpful features to stay connected and organized

Coffee & Company w/Ardene – Start the week with great coffee, conversation and now games.

Connections 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.