

May 2026

Murray Activity Center
1655 Murray Blvd, Colorado Springs



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FITNESS Class FEES: Virtual instructor: No Cost! \$8 Drop-In \$50 Unlimited/Month Call 719-884-2300 for SCHOLARSHIPS</p>	<p>Some classes require RSVP call 719-884-2300</p> <p>Scholarships Available</p>	<p>Grab and Go Meals Weekdays 11:30-12:30 \$6 daily 1655 S Murray Blvd Questions? 719-884-2300</p>		<p>1</p> <p>9-1: Open Computer Lab 11-12: Chat Group 11:30-12:30: Grab and Go Meals 1-2: Arts & Crafts (Flower Arranging) 2-4: Knit, Crochet & Connect</p>
<p>4</p> <p>9-12: Open Computer Lab 10-11: Coffee & Company 11-12: Cardio Drumming 12:30-2: Movie & Lunch (Comedy)</p>	<p>5</p> <p>9:30-10:30: Spanish Class (RSVP) 9:30-11:30: Beyond Basics Computer 10:30-11:30: Guitar Lessons (RSVP) 12:30-2:30: Spring Fiesta (RSVP) 12:30-1:30: Chess Lessons 1:30-3:30: Chess 1-4: Open Computer Lab</p>	<p>6</p> <p>10-11: Budgeting discussion 10-11: Bible Study 1-2: Bingo 2-2:45: Chair Yoga (Virtual instructor) 9-4: Open Computer Lab</p>	<p>7</p> <p>10-11: Uno and Coffee 12-1: Mindful Meditation/Breathing (Virtual instructor) 2:00-3:30: Visually Impaired Social Group 1-4: Open Computer Lab</p>	<p>8</p> <p>9-1: Open Computer Lab 10-11:30: Arts & Crafts 12-1: Chat Group 2-4: Knit, Crochet & Connect</p>
<p>11</p> <p>9-12: Open Computer Lab 10-11: Coffee & Company 11-12: Cardio Drumming 12:30-2: Movie & Lunch (Romance)</p>	<p>12</p> <p>9:30-10:30: Spanish Class (RSVP) 9:30-11:30: Beyond Basics Computer 10:30-11:30: Guitar Lessons (RSVP) 12:30-1:30: Chess Lessons 1:30-3:30: Chess 1-4: Open Computer Lab</p>	<p>13</p> <p>10:30-11:30: Guitar lessons (RSVP) 1-2: Bingo 2-2:45: Chair Yoga (Virtual instructor) 9-4: Open Computer Lab</p>	<p>14</p> <p>Activity Center Closed Join us at the Silver Key Summit Great Wolf Lodge - 8a-2p</p>	<p>15</p> <p>Activity Center Closed Join us at the Silver Key Summit Great Wolf Lodge - 8a-2p</p>
<p>18</p> <p>9-12: Open Computer Lab 10-11: Coffee & Company 11-12: Cardio Drumming 12:30-2: Movie & Lunch (Drama) 2:30-4: Open Computer Lab</p>	<p>19</p> <p>9:30-10:30: Spanish Class (RSVP) 9:30-11:30: Beyond Basics Computer 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>20</p> <p>9:00-11:30 Intro to Sewing (RSVP) 10:30-11:30: Darkness to light (RSVP) 1-2: Bingo 12:30-1:45: Chair Yoga (Virtual instructor) 9-4: Open Computer Lab</p>	<p>21</p> <p>10-11: Cards and games 12-1: Mindful Meditation/Breathing (Virtual Instructor) 2:00-3:30: Visually Impaired Social Group 1-4: Open Computer Lab</p>	<p>22</p> <p>9-1: Open Computer Lab 10-11: Arts & Crafts (Sun Catchers) 12-1: Chat Group 1-2: Tai Chi 2-4: Knit, Crochet & Connect</p>
<p>25</p> <p>Center Closed Happy Memorial Day</p>	<p>26</p> <p>9:30-10:30: Spanish Class (RSVP) 9:30-11:30: Beyond Basics Computer 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>27</p> <p>10-11: Bible Study 12:30-1:45: Chair Yoga (Virtual instructor) 1-2: Price is Right Style Game 9-4: Open Computer Lab</p>	<p>28</p> <p>12-1: Mindful Meditation/Breathing (Virtual Instructor) 2:00-3:30: Visually Impaired Social Group 1-4: Open Computer Lab</p>	<p>29</p> <p>9-1: Open Computer Lab 10-11: Arts & Crafts (Gardening class) 12-1: Chat Group 1-2: Wii Bowling 2-4: Knit, Crochet & Connect</p>

Intro to Gardening class w/John - A two part introductory class with John covering seeds and the basics of gardening, helping participants learn simple techniques for starting plants and growing a healthy garden.

Intro to Sewing Class w/Linda - Bring your sewing Machine and Learn the basics of sewing in a welcoming, beginner-friendly environment.

(Please RSVP)

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

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

Movie and 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.

Price is Right - Enjoy a fun "Price Is Right"–style game where participants guess the cost of everyday items for a chance to win prizes. It's easy to play, full of laughs, and perfect for friendly competition!

Spanish Class w/Joe – Learn and practice Spanish in a fun, relaxed setting with patient, step-by-step instruction **(Please RSVP)**.

Spring Fiesta Celebration-Celebrate Cinco de Mayo with us and enjoy some tacos and good company, bring a festive side dish! **(Please RSVP)**.

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!

Arts & Crafts - Unleash your creativity with guided or bring-your-own projects. Meet Grant and Lana our newest instructors; they alternate weeks - come visit them both!

Beyond Basic Computer Class – 10-week course to build confidence and computer skills. **(Please RSVP)**.

Budgeting discussion w/ Dan-Come discuss some tips and tricks on how to save money.

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.

Cardio Drumming – 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. Bring a friend!

Coffee & Company - 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.

Darkness to light - Part 1 of a 2 part class - come learn how to identify the signs of abuse in children and understand their legal responsibilities as mandated reporters **(Please RSVP)**.

Guitar Lessons w/Joe – Learn to play or improve your guitar skills with patient, step-by-step instruction from Joe **(Please RSVP)**.