October 2026

Murray Activity Center
1655 S. Murray Blvd, Colorado Springs

Silver Key™ Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Renew Active® through Optum fitness at no cost for eligible members. ***Scholarships Available** 719-884-2303	**Murray Activity Center Hours: Mon-Fri: 9am-4pm** **Fitness Class Fees: $8 Drop-In/$50 Unlimited/Month**	**Grab and Go meals $6 each meal - come see our selection 11:30-12:30 daily** **Some classes require RSVP call 719-884-2303**	1 **9-10**: Coffee and Trivia **10-11:** Wii Games 10-11: 5 Wishes - Jayme Holligan **10:30-12:** Meals & Mingle Walking **12-1: Breathing for Relaxation - Cancelled** **1:30-4:** Games: Mexican Train Dominoes **1-4:** Open Computer Lab	2 **10-11**: Arts & Crafts - Flower arranging w/ Lana **12-1:** Chat Group **1-2: Tai Chi w/ Deb** **1-4**: Open Computer Lab **2-4**: Knit, Crochet & Connect
5 **9-12:** Open Computer Lab **11-12: Cardio Drumming w/ Karen** **12-1:30:** Tech Assistance Hour **12:30-2:** Movie & Lunch - *9 to 5* **1:30-2:30**: Ping Pong **2-4:** Open Computer Lab	6 **9-12:** Open Computer Lab **9:30-10:30:** Spanish **10:30-11:30**: Guitar **12-1:30:** German **1-3pm:** Strategy Board Games **1:30-3:30:** Chess **1-4:** Open Computer Lab	7 **10-11:** Bible Study w/ Michael **1-2**: Bingo **1-4:** Open Computer Lab **2:15-3:00: Chair Yoga w/Goldee**	8 **9-10:** Coffee and Trivia **10-11:** Wii Games **10:30-12:** Meals & Mingle Walking **12-1**: **Breathing for Relaxation Cancelled** **1:30-4:** Games: Scrabble **1-4:** Open Computer Lab	9 **9-11: Heath Fair-Vaccine Clinic** **10-11:** Arts & Crafts - Painting Zombie Rocks w/ Grant **12-1:** Chat Group **12-1:** Vision Loss Support Group **1-2: Tai Chi w/ Deb** **1-4:** Open Computer Lab **2-4:** Knit, Crochet & Connect
12 **Silver Key Closed Staff Training Day**	13 **9:30-11:30:** Beyond Basics Computer **10-11:30: Soup Blends w/PPLD (RSVP)** **9:30-10:30:** Spanish **10:30-11:30:** Guitar **12-1:30:** German **1-3pm:** Strategy Board Games **1:30-3:30**: Chess **1-4:** Open Computer Lab	14 **10-11:** Bible Study w/ Michael **10-11: Fall Prevention Workshop 1** **11-12:** Arts & Crafts- Sea Shell Trinket Trays w/ Linda **1-2:** Bingo **1-4:** Open Computer Lab **2:15-3:00: Chair Yoga w/ Goldee**	15 **9-10:** Coffee and Trivia **10-11:** Wii Games **10:30-12:** Meals & Mingle Walking **12-1: Breathing for Relaxation Cancelled** **1:30-4:** Games: Gin Rummy **1-4:** Open Computer Lab	16 **10-11**: Arts & Crafts - Towel Folding Art w/ Lana (Bring white towels) **12-1:** Chat Group **1:30-2:00** Yarn Swap **1-2: Tai Chi w/ Deb - CANCELLED** **1-4:** Open Computer Lab **2-4:** Knit, Crochet & Connect
19 **9-12:** Open Computer Lab **11-12: Cardio Drumming w/Karen** **12-1:** Tech Assistance Hour **12:30-2:** Movie & Lunch- *Arthur the King* **1:30-2:30**: Ping Pong **2-4:** Open Computer Lab	20 **9:30-11:30:** Beyond Basics Computer **9:30-10:30:** Spanish **10:30-11:30:** Guitar **12-1:30:** German **1-3pm:** Strategy Board Games **1:30-3:30**: Chess **2-3pm:** Ruth Holley Fiber Arts Group **1-4:** Open Computer Lab	21 **10-11:** Bible Study w/ Michael **10-11: Fall Prevention Workshop 2** **10-2:** United Healthcare in the Lobby **1-2:** White Elephant Bingo **1-4:** Open Computer Lab **2:15-3:00: Chair Yoga w/ Goldee**	22 **9-10:** Coffee and Trivia **10-11:** Wii Games **11-12:** Crafts - Card Making w/Zuleyka **10:30-12:** Meals & Mingle Walking **12-1: Breathing for Relaxation Cancelled** **1:30-4:** Board Games: Your Choice **1-4:** Open Computer Lab	23 **9-12:** Open Computer Lab **10-11:** Arts & Crafts - topic TBD **12-1:** Chat Group **12-1:** Vision Loss Support Group **1-2: Tai Chi w/ Deb** **1-4:** Open Computer Lab **1:30-2: Yarn Swap** **2-4:** Knit, Crochet & Connect
26 **9-12:** Open Computer Lab **11-12: Cardio Drumming w/Karen** **12-1:** Tech Assistance Hour **12:30-2:** Movie & Lunch-*The Flintstones* **1:30-2:30**: Ping Pong **2-4:** Open Computer Lab	27 **9:30-11:30:** Beyond Basics Computer **9:30-10:30:** Spanish **10:30-11:30:** Guitar **12-1:30:** German **1-3pm:** Strategy Board Games **1:30-3:30**: Chess **1-4:** Open Computer Lab	28 **9:00-11:30:** Sewing **(RSVP)** **10-11:** Bible Study w/ Michael **1-2:** Bingo **1-4:** Open Computer Lab **2:15-3:00: Chair Yoga w/ Goldee**	29 **9-10:** Coffee and Trivia **10-11:** Wii Games **10:30-12:** Meals & Mingle Walking **12-1: Breathing for Relaxation Cancelled** **1:30-4:** Games: Cribbage **1-4:** Open Computer Lab	30 **9-12:** Open Computer Lab **10-11**: Arts & Crafts - Topic TBD **11:30-1:00: Halloween Party Potluck** **12-1:** Chat Group **1-2: Tai Chi w/ Deb** **1-4:** Open Computer Lab **2-4:** Knit, Crochet & Connect



Activity Calendar
October 2026

🎲 Games, Learning & Social

- Bible Study – Non-denominational fellowship and scripture discussion. All are welcome, meet our new leader, Michael.
- BINGO – Enjoy regular and White Elephant Bingo with prizes, fun, and friendly competition. White Elephant day, bring a lightly used item from home to share!
- Chat Group with Glenn – Join us for conversation, laughter, and new friendships.
- Chess - Practice and enjoy a game of chess with others.
- Coffee & Trivia – Test your knowledge while enjoying coffee and conversation.
- Games - Join Kim for games like Mexican Train Dominoes or Scrabble
- German - Learn and practice conversational German- Instructor Led
- Movie and Lunch – Watch a movie on the big screen and bring your own lunch.
- Ping Pong – Enjoy table tennis for exercise, fun, and friendly competition.
- Wii Games – Stay active while enjoying motion-controlled games with friends.
- Spanish Class – Learn and practice conversational Spanish in a relaxed setting - Student led
- Strategy Board Games - Join Scott for games like Ticket to Ride or Settlers of Catan.
- Vision and Loss Support Group - 2nd and 4th Fridays - Support for individuals experiencing vision changes, from cataracts to complete vision loss.

💻 Technology Classes

- Beyond Basic Computer Class – This 10-week, PC-based course builds on basic computer skills. Prerequisites include an active email address, basic internet skills, and comfort downloading apps; a Gmail account is recommended. (RSVP)
- Open Computer Lab – Practice computer skills and access the internet.
- Tech Assistance Hour – Bring your personal tech questions for one-on-one assistance with Steve.

☕ Daily Services

- Connections Café – Lunch served daily at 11:30 a.m. Reserve by 2:00 p.m. the day before by calling 719-884-2300, meals served at 1575 S Murray Apartments.
- Grab & Go Meals – $6 each – Stop by and choose a tasty frozen meal from our selection. Available daily from 11:30 a.m.–12:30 p.m.at 1655 S Murray Activity Ctr.

❓ Questions?

Need more information or want to RSVP for a class or event? We're happy to help!

Some fitness or enrichment activities have a fee. Ask about our scholarship program.

📞 Call: 719-884-2303

🌟 Featured Events

- **Fall Prevention Workshop**: Take Control of Your Balance – **Oct. 14 & 21 10-11am** Discover how daily habits, medications, and your home environment can affect your balance and fall risk through personalized balance testing and practical wellness tips. Learn strategies to improve stability and strength, manage medication safety, and identify household hazards that may impact your safety. No Fee (RSVP).
- **Health Fair**- Oct. 9, 9-11 Bring your insurance card to get vaccinated and meet our vendors!
- **Soup Blends Workshop with PPLD** Tuesday, **Oct. 13, 10:00am** Join us for a dry-ingredient blending workshop and explore your culinary imagination as you create a unique soup blend to enjoy at home. (RSVP)
- **Yarn Swap - Friday, Oct. 16 1:30-2pm**. Have some yarn sitting in your stash that you no longer need? Bring a skein or two and swap it for something new-to-you!

🎨 Arts & Creative Hobbies

- Arts & Crafts – Create guided or bring-your-own projects with instructors Grant and Lana.
- Guitar – Join us for a student led acoustic jam session
- Intro to Sewing with Linda – Bring your sewing machine and learn sewing basics. (RSVP).
- Knit, Crochet & Connect – Enjoy knitting, crocheting, and other needlework with fellow crafters.

❤️ Fitness & Wellness

- Cardio Drumming – A fun, rhythmic workout for all fitness levels **$8*.**
- Chair Yoga with Goldee – Gentle stretching and movement to improve flexibility and relaxation. Now including CIRCL Mobility™ methods **$8*.**
- Meals and Mingle Walking – Enjoy a casual walk, lunch at the Connections Café, and good conversation - **No fee!**
- *NEW* Breathing for Relaxation with Rory – Guided breathing exercises to promote relaxation and inner calm **$8***.
- Tai Chi with Deb – Slow, gentle movements that improve balance, flexibility, and well-being **$8*.**

Most Fitness Classes $8/class or $50/mo unlimited - *Scholarships Available

Renew Active® through Optum is available at our Activity Center!

Eligible members can enjoy fitness activities at no cost.

Check your benefits and stop by to experience our fitness classes!

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