

June 2026

Murray Activity Center
1655 S. Murray Blvd, Colorado Springs



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9-12: Open Computer Lab 11-12: Cardio Drumming 12:30-2: Movie & Lunch (Comedy/Going in Style) 2017 2-3: Pride Discussion Group (Virtual Instructor)</p>	<p>2</p> <p>9:30-10:30: Spanish Class (RSVP) 9:30-11:30: Beyond Basics Computer 11:30-12:30: Everyday Uses of AI (RSVP) 10:30-11:30: Guitar Lessons (RSVP) 12:30-2:30: 12:30-1:30: Chess Lessons/1:30 Chess 1-4: Open Computer Lab</p>	<p>3</p> <p>10-11: Bible Study 11:15-12: Memory Lane Games 1-2: Bingo 2-2:45: Chair Yoga - Meet our instructor, Goldee 9-4: Open Computer Lab</p>	<p>4</p> <p>10-11 :Coffee and Trivia 12-1: Mindful Meditation/Breathing (Virtual instructor) 1-4: Open Computer Lab</p>	<p>5</p> <p>9-1: Open Computer Lab 10-11: Intro to Gardning class 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>8</p> <p>9-12: Open Computer Lab 11-12: Cardio Drumming 12:30-2: Movie & Lunch (Comedy-Toosie 1982) 2-3: Pride Discussion Group (Virtual Instructor)</p>	<p>9</p> <p>9:30-10:30: Spanish Class (RSVP) 9:30-11:30: Beyond Basics Computer 11:30-12:30: Tech Assistance Hour 10:30-11:30: Guitar Lessons (RSVP) 12:30-1:30: Chess Lessons/1:30 Chess 1-4: Open Computer Lab</p>	<p>10</p> <p>9:30-12:30: Stewards of Children (RSVP) 1-2: Bingo 2-2:45: Chair Yoga w/Goldee 9-4: Open Computer Lab</p>	<p>11</p> <p>10-11: Coffee and Trivia 12-1: Mindful Meditation/Breathing (Virtual instructor) 1:30-2:30: Uno and Coffee 2:00-3:30: Visually Impaired Social Group 1-4: Open Computer Lab</p>	<p>12</p> <p>9-1: Open Computer Lab 10-11: Arts & Crafts (Origami) 12-1: Chat Group 1-2: Tai Chi 2-4: Knit, Crochet & Connect</p>
<p>15</p> <p>9-12: Open Computer Lab 11-12: Cardio Drumming 12:30-2: Movie & Lunch (Romance-Splash 1984) 2-3: Pride Discussion Group (Virtual Instructor)</p>	<p>16</p> <p>9:30-10:30: Spanish Class (RSVP) 9:30-11:30: Beyond Basics Computer 11:30-12:30: Tech Assistance Hour 10:30-11:30: Guitar Lessons (RSVP) 12:30-1:30: Chess Lessons/1:30 Chess 1-4: Open Computer Lab</p>	<p>17</p> <p>9-10: Bible Study 10-11: Budgeting discussion (RSVP) 11:15-12: Memory Lane Games 1-2: White Elephant Bingo 2-2:45: Chair Yoga w/ Goldee</p>	<p>18</p> <p>10-11: Wii Bowling 12-1: Mindful Meditation/Breathing (Virtual instructor) 1-4: Open Computer Lab</p>	<p>19</p> <p>9-1: Open Computer Lab 10-11:30: Arts & Crafts (Homemade Candles) 12:30-2:30: Soul Food Potluck 1-2: Tai Chi 2-4: Knit, Crochet & Connect</p>
<p>22</p> <p>9-12: Open Computer Lab 11-12: Cardio Drumming 12:30-2: Movie & Lunch (Drama Fried Green Tomatoes 1991) 2:30-4: Open Computer Lab 2-3: Pride Discussion Group (Virtual Instructor)</p>	<p>23</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>24</p> <p>9:00-11:30 Intro to Sewing (RSVP) 1-2: What's the Key (trivia) 2-2:45: Chair Yoga w/ Goldee 9-4: Open Computer Lab</p>	<p>25</p> <p>10-11: Wii Bowling 12-1: Mindful Meditation/ Breathing (Virtual Instructor) 1:30-2:30: Cards and games 2:00-3:30: Visually Impaired Social Group 1-4: Open Computer Lab</p>	<p>26</p> <p>9-1: Open Computer Lab 10-11: Arts & Crafts (Painting) 12-1: Chat Group 2-4: Knit, Crochet & Connect</p>
<p>29</p> <p>9-12: Open Computer Lab 11-12: Cardio Drumming 12:30-2: Movie & Lunch (Drama Steel Magnolias 1998) 2:30-4: Open Computer Lab 2-3: Pride Discussion Group (Virtual Instructor)</p>	<p>30</p> <p>9:30-10:30: Spanish Class (RSVP) 10:30-11:30: Guitar Lessons (RSVP) 11:30-12:30: Saving Money with Tech (RSVP) 12:30-1:30: Chess Lessons 1:30-3:30: Chess 1-4: Open Computer Lab</p>	<p>Some classes require RSVP call 719-884-2300 Scholarships Available</p>	<p>FITNESS Class FEES: Virtual instructor: No Cost! \$8 Drop-In/\$50 Unlimited</p>	<p>Grab and Go Meals Weekdays 11:30-12:30 \$6 daily 1655 S Murray Blvd Questions? 719-884-2300</p>

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

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.

Pride Discussion Group (Virtual Instructor)-Older adults in the LGBT+ community are invited to connect, socialize, and enjoy weekly conversation and fun through AARP.

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.

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

Stewards of Children - Part 2 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).

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.

What's the Key (trivia)-A fast-paced Jeopardy-style trivia game where players pick categories, answer questions, and compete for the highest score.

White Elephant Bingo-A fun twist on bingo - surprises are shared, and everyone gets in on the excitement - Bring a gift to share!

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.

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!

Coffee and trivia -a relaxed game of questions, laughs, and conversation over coffee.

Chair Yoga w/Goldee – Guided gentle stretching session Meet Goldee, our new yoga instructor!

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!

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.

Everyday Uses of AI-Discover how artificial intelligence can be used in daily routines to save money, time, and resources. **(Please RSVP)**.

Saving Money with Tech-Learn practical ways to use technology to manage spending, find savings, and make smarter financial choices. **(Please RSVP)**.

Soul Food Potluck- come together for a Juneteenth celebration with a soul food potluck and meaningful fellowship.