

September 2026

Murray Activity Center
1655 Murray Blvd, Colorado Springs



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Renew Active® through Optum fitness at no cost for eligible members. *Scholarships Available 719-884-2303	1 9:30-11:30: Basic Computer 9:30-10:30: Spanish - Instructor Led (RSVP) 10:30-11:30: Guitar Instructor Led Beginner/Intermediate (RSVP) 1:30-3:30: Chess 1-4: Open Computer Lab	2 10-11: Bible Study 11:30-12:30: Tech Assistance Hour 1-2: Bingo 1-4: Open Computer Lab 2:15-3:00: Chair Yoga w/ Goldee	3 9-10: Coffee and Trivia 10-11: Wii Games 10:30-12: Meals & Mingle Walking (1) 12-1: Breathing for Relaxation 1-4: Open Computer Lab	4 10-11: Arts & Crafts - Self-led flower arranging 12-1: Chat Group 1-2: Tai Chi w/ Deb 1-4: Open Computer Lab 2-4: Knit, Crochet & Connect
7  Happy Labor Day! Activity Center Closed	8 9:30-11:30: Basic Computer 9:30-10:30: Spanish - Student Led (RSVP) 10:30-11:30: Guitar Lessons (RSVP) 1:30-3:30: Chess 1-4: Open Computer Lab	9 10-11: Bible Study- Instructor Led 11:30-12:30: Tech Assistance Hour 1-2: Bingo 1-4: Open Computer Lab 2:15-3:00: Chair Yoga w/ Goldee	10 9-10: Coffee and Trivia 10-11: Wii Games 10:30-12: Meals & Mingle Walking (2) 12-1: Breathing for Relaxation 1-2pm: Living with Vision Loss 1-4: Open Computer Lab	11 10-11: Arts & Crafts - Painting w/ Bob Ross (Virtual) 12-1: Chat Group 12-1: Vision Loss Support Group: Fear 1-2: Tai Chi w/ Deb 1-4: Open Computer Lab 2-4: Knit, Crochet & Connect Patriot Day
14 9-12: Open Computer Lab 11-12: Cardio Drumming w/ Karen 12:30-1:30: Sharing Photos with an Android Smart Phone 12:30-1:30: Ping Pong 12:30-2: Movie & Lunch (Song Sung Blue) 1-4: Open Computer Lab	15 9:30-11:30: Basic Computer 9:30-10:30: Spanish- Instructor Led (RSVP) 10:30-11:30: Guitar - Instructor Led Beginner/Intermediate (RSVP) 1:30-3:30: Chess 1-4: Open Computer Lab	16 10-11: Bible Study 11:30-12:30: Tech Assistance Hour 1-2: Bingo 1-4: Open Computer Lab 2:15-3:00: Chair Yoga w/ Goldee	17 9-10: Coffee and Trivia 10-11: Wii Games 10:30-12: Meals & Mingle Walking (3) 12-1: Breathing for Relaxation 1-4: Open Computer Lab	18 10-11: Arts & Crafts - Pencil Holders w/ Lana 11:30-1: Meet Your Neighbors Potluck Mixer 12-1: Chat Group 1-2: Tai Chi w/ Deb 1-4: Open Computer Lab 2-4: Knit, Crochet & Connect
21 9-12: Open Computer Lab 11-12: Cardio Drumming w/ Karen 12:30-1:30: Arts & Crafts- Autumn Wreath w/ PPLD 12:30-1:30: Ping Pong 12:30-2: Movie & Lunch (Willy Wonka) 1-4: Open Computer Lab Fall Prevention Awareness Week	22 9:30-11:30: Basic Computer 9:30-10:30: Spanish - Student Led (RSVP) 10:00-Noon: Four Year Plan Community Conversation (All seniors welcome) 10:30-11:30: Guitar- Student Led (RSVP) 1:30-3:30: Chess 1-4: Open Computer Lab First Day of Autumn	23 10-11: Bible Study- Instructor Led 11:30-12:30: No Tech Assistance Today 11:30-12:30: Mr. Onley Guitarist Playing 1-2: White Elephant Bingo 1-3: PPLD Bookmobile (Thrift Store) 1-4: Open Computer Lab 2:15-3:00: Chair Yoga w/ Goldee	24 9-10: Coffee and Trivia 10-11: Wii Games 10:30-12: Meals & Mingle Walking (4) 12-1: Breathing for Relaxation 1-4: Open Computer Lab	25 9-12: Open Computer Lab 10-11: Arts & Crafts - Card Making w/ Grant 12-1: Chat Group 12-1: Vision Loss Support Group: Anxiety 1-2: Tai Chi w/ Deb 1-4: Open Computer Lab 2-4: Knit, Crochet & Connect
28 9-12: Open Computer Lab 11-12: Cardio Drumming w/ Karen 12:30-1:30: Ping Pong 12:30-2: Movie & Lunch (The Proposal) 1-4: Open Computer Lab	29 9:30-11:30: Basic Computer- Graduation! 9:30-10:30: Spanish - Student Led (RSVP) 10:30-11:30: Guitar- Student Led (RSVP) 1:30-3:30: Chess 1-4: Open Computer Lab	30 9:00-11:30: Sewing (RSVP) 10-12:30: Darkness Into Light (RSVP) 11:30-12:30: No Tech Assistance Today 1-2: Bingo 1-4: Open Computer Lab 2:15-3:00: Chair Yoga w/ Goldee	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

Games, Learning & Social

- Bible Study – Non-denominational fellowship and scripture discussion. All are welcome. Some classes are self-led.
- 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.
- 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. Instructor-led 1st and 3rd Tuesdays (RSVP).
- Vision and Loss Support Group - 2nd and 4th Fridays - Support for individuals experiencing vision changes, from cataracts to complete vision loss.

Technology Classes

- Basic Computer Class – A 10-week course designed to build computer confidence and skills (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.
- 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. in the Sinclair Activity Room.

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

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!



Activity Calendar September 2026

Featured Events & Trips

- **Living with Vision Loss**- Sept 10, 1-2: Join special guest, iSight Connections, for an afternoon of connection, conversation, and support. Come share experiences, learn practical tips, connect with others who understand, and build confidence and community.
- **Autumn Wreath Class** with Pikes Peak Library District- Sept 21, 12:30-1:30pm.
- **Pikes Peak Area Agency on Aging**- Sept 22, 10-Noon: Four-Year Plan Community Conversation (All seniors welcome).
- **PPLD Book Mobile**- Sept 23, 1-3 pm - in North Thrift/Food Pantry parking lot, Bldg 1605.
- **Darkness to Light Presentation** - Sept 30, 10am Empowering adults to create safe environments for our children. Nationally recognized organization. No Fee (RSVP).
- **Breathing for Relaxation**: Thurs 12-1 Take a break with simple breathing techniques to relax and reduce stress. Everyone welcome! \$8; scholarships available.

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 **\$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*

Arts & Creative Hobbies

- Arts & Crafts – Create guided or bring-your-own projects with instructors Grant and Lana.
- Guitar Lessons – Learn or improve your guitar skills in a group setting (RSVP). Instructor led on 1st and 3rd Tuesdays.
- 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.

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