

March 2026

Tri Lakes Activity Center
238 3rd St. Monument, CO



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>11am-1 Game Time 2</p> <p>11:15am Connection's Cafe 12pm Chess Club 1:30pm Stamina, Strength & Stability++ 2:30pm Bible Study</p>	<p>10:15am Gentle Yoga** 3</p> <p>12pm Pinochle 12pm Mind-ergize 12pm Mah Jongg 12pm-3pm Hand & Foot 1:30pm Line Dancing</p>	<p>9am Stamina, Strength & Stability** 4</p> <p>10am Mind Matters 11am Tai Chi Gong 11:15am Connection's Cafe 12pm Chair Yoga 12pm Triple Play</p>	<p>9:30am Chance to Dance 5</p> <p>10am-11:30am Guitar Lessons 11am Tai Chi Gong 11am Rummikub 11:15am Connection's Cafe 1:30pm Better Bones and Balance</p>	<p>9am Total Body Strength** 6</p> <p>9am-11:30am Mens group - Currently full at this time 10:15am Yoga 12pm Tech 101 Tech 101: Protecting Your Information Online 12pm National Mah Jongg</p>
<p>11am-1 Game Time 9</p> <p>11:15am Connection's Cafe 12pm Chess Club 1:30pm Stamina, Strength & Stability++ 2:30pm Bible Study</p>	<p>10:15am Gentle Yoga** 10</p> <p>12pm Pinochle 12pm Mind-ergize 12pm Mah Jongg 12pm-3pm Hand & Foot 1:30pm Line Dancing</p>	<p>9am Stamina, Strength & Stability** 11</p> <p>10am Mind Matters 11am Tai Chi Gong 11:15am Connection's Cafe 11:30 Maker Moments 3D Printing 12pm Chair Yoga 12pm Triple Play</p>	<p>9:30am Chance to Dance 12</p> <p>10am-11:30am Guitar Lessons 11am Tai Chi Gong 11am Arts & Crafts - St Pat's Banner 11am Rummikub 11:15am Connection's Cafe 1:30pm Better Bones and Balance</p>	<p>9am Total Body Strength** 13</p> <p>9am-11:30am Mens group - Currently full at this time 10:15am Yoga 12pm National Mah Jongg 1pm Bunco</p>
<p>11am-1 Game Time 16</p> <p>11:15am Connection's Cafe 12pm Chess Club 1:30pm Stamina, Strength & Stability++ 2:30pm Bible Study</p>	<p>10:15am Gentle Yoga** 17</p> <p>11:30-12:30pm 🍀Luck O' the Irish pot luck - All welcome! 12pm National Mah Jongg & Pinochle 12pm Minder-gize 12pm-3pm Hand & Foot 1:30pm Line Dancing</p>	<p>9am Stamina, Strength & Stability** 18</p> <p>10am Mind Matters 11am Tai Chi Gong 11:15am Connection's Cafe 12pm Bingo 12pm Chair Yoga 12pm Triple Play</p>	<p>9:30am Chance to Dance 19</p> <p>10am-11:30am Guitar Lessons 11am Tai Chi Gong 11am Arts & Crafts Wire Tree Making 11:15am Connection's Cafe 1:30pm Better Bones and Balance</p>	<p>9am Total Body Strength** 20</p> <p>9am-11:30am Mens group - Currently full at this time 10:15am Yoga 12pm Tech One-on-One* 12pm National Mah Jongg</p>
<p>11am-1 Game Time 23</p> <p>11:15am Connection's Cafe 12pm Chess Club 1:30pm Stamina, Strength & Stability++ 2:30pm Bible Study</p>	<p>10:15am Gentle Yoga** 24</p> <p>12pm Pinochle 12pm Mind-ergize 12pm Mah Jongg 12pm-3pm Hand & Foot 1:30pm Line Dancing</p>	<p>9am Stamina, Strength & Stability** 25</p> <p>10am Mind Matters 11am Tai Chi Gong 11:15am Connection's Cafe 12pm Chair Yoga 12pm Triple Play</p>	<p>9:30am Chance to Dance 26</p> <p>10am-11:30am Guitar Lessons 11am Tai Chi Gong 11am Arts & Crafts-Easter Project 11am Rummikub 11:15am Connection's Cafe 1:30pm Better Bones and Balance</p>	<p>9am Total Body Strength** 27</p> <p>9am-11:30am Mens group - Currently full at this time 10:15am Yoga 12pm National Mah Jongg</p>
<p>11am-1 Game Time 30</p> <p>11:15am Connection's Cafe 12pm Chess Club 1:30pm Stamina, Strength & Stability++ 2:30pm Bible Study</p>	<p>10:15am Gentle Yoga** 31</p> <p>12pm Pinochle 12pm Mind-ergize 12pm Mah Jongg 12pm-3pm Hand & Foot 1:30pm Line Dancing</p>	<p>++Activity and/or instructor subject to change. Stay tuned for details.</p>	<p>SILVER KEY AT TRILAKES ACTIVITY CENTER HOURS; MON-FRI: 9am-4pm</p> <p>Located at Monument Presbyterian Community Church 238 3rd St. Monument, CO</p>	<p>QUESTIONS? Call 719-884-2300</p> <p>FITNESS CLASS FEES: \$8 Drop-In \$50 Unlimited/Month \$60 10-Class punch card</p>



Activity Calendar March 2026

Line Dancing (Tuesday 1:30 pm) - Each month you'll learn a new, fun dance routine and we focus on practicing the dance throughout the month. This class is a fun way to work the brain while improving balance and coordination.

Luck O' The Irish Potluck 🍀 3/17 at 11:30 am Come celebrate with us!

Please sign up and let us know what you'd like to bring.

Mah Jongg (Tuesday & Friday 12 pm) - A traditional Chinese tile-based game typically played by four players. It involves skill, strategy, and chance, with players drawing and discarding tiles to form winning combinations.

Maker Moments: 3D Printing (Wednesday 11:30 am 2nd) - Join Monumental Impact each month at Silver Key's Tri-Lakes Activity Center for Maker Moments—a hands-on session designed to spark your imagination through 3D printing and digital fabrication.

Mind-ergize (Tuesday Noon) - Strengthen your brain with movement, music, challenging games, and healthy and meals and snacks. Exercises are done standing, seated, with light weights and bands.

Mind Matters (Wednesday 10 am) - Relax and reduce your stress! Enjoy gentle stretching, breathing techniques, energy exercises, mudras, meditation and visualization work.

Stamina, Strength & Stability++ (Mon. 1:30 pm & Wed. 9 am)** - A more challenging workout. We are actively looking for a permanent instructor.

++Updates will follow as we know more.

Tai Chi Gong (Wednesday 11 am, Thursday 11 am) - A gentle blend of Tai Chi and Qigong. This class focuses on slow, flowing movements, deep breathing, and meditative awareness to promote balance, and flexibility.

Total Body Strength (Friday 9 am)** - Muscle conditioning class using a variety of equipment to build strength and endurance.

Triple Play (Wednesday 12 pm) - A fast-paced, strategy-based card game designed for 2 to 6 players.

Yoga (Fridays 10:15 am) - Flowing yoga class designed to build strength, flexibility, and balance with dynamic movement and mindful breathing. Poses can be done standing or with a chair.

* **Sign-up required.** Sign up at the front desk or email trilakes@silverkey.org

****Classes involve floor work.** These classes are ideal for individuals who can move comfortably getting up and down from the floor.

1:1 Tech Support* (3rd Fridays 12-2 pm) - Reserve a 40-minute time slot with a tech professional to get your specific tech questions answered. Sign up at the front desk or email trilakes@silverkey.org

Arts & Crafts (Thursdays 11 am) - See the calendar for the craft of the day, enjoy great conversation, and meet new instructors Joanne and Suzanne — and welcome back Luz! Instructors rotate in March; come visit them all!

Bible Study (Mondays 2:30 pm) - This discussion-based group explores the book of Exodus through guided conversation and video presentations, focusing on its stories, themes, and historical context.

Better Bones and Balance (Thursdays 1:30 pm) - This is a unique, Pilates-based workout that uses bone strengthening techniques while focusing on alignment and balance. This dynamic class is adaptable for people of all levels and is also safe for those with osteoporosis.

Bunco (2nd Friday, 1-3 pm) - A fun, social dice game of teams of two. Must have a desire to have fun! Lots of luck, and no skill is required.

Chair Yoga (Wednesday 12 pm) - A gentle form of yoga that is practiced while seated in a chair or using the chair for support for standing poses.

Chance to Dance (Thursdays 9:30am) - Learn and practice choreographed patterns and sequences. We'll move to a variety of dances including Tango, Salsa, Raggaeton, and Cha-Cha to name a few. No dance experience is needed.

Chess Club (Monday Noon) - Beginners welcome.

Game Time (Monday 11am-1pm) A rotating selection of games may be offered, such as Rummikub, Ticket to Ride, and others.

Gentle Yoga (Tuesday 10:15 am)** - A mindful approach to yoga, guiding you through a blend of seated, standing, and floor-based postures with plenty of time to explore each pose. Designed for those seeking a slower, more intentional practice.

Hand & Foot (Tues. 12pm) - Card game with 4 players or two teams of 2

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