

October 2026

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Renew Active® through Optum fitness at no cost for eligible members.  Scholarships Available Call 719-884-2300	Silver Key at TriLakes Activity Center Hours: Mon-Fri: 9am-4pm Located at Monument Presbyterian Community Church 238 3rd St. Monument, CO	Questions? Call 719-884-2300 Fitness Class Fees: \$8 Drop-In \$50 Unlimited/Month \$60 10-Class punch card	9:30am Chance to Dance/9:30 Scrabble 10-11:30am Guitar/11:30am Spanish 11am Tai Chi Gong/11am Rummikub 11am Arts & Crafts (self-led) 11:15am Connection's Cafe 12pm Mah Jongg/12pm Chair Tai Chi 12:30pm German 1:30pm Better Bones & Balance	9am Total Body Strength+ 9am-11:30am Mens group - Full 12pm National Mah Jongg/Chinese Mah Jongg 12pm Tech 101: Everyday Uses of AI - Please RSVP
9am Hiking Group (if new, RSVP) 9:30am Mini Memoir/Legacy Letter 11am-2pm Game time, see reverse 11:15am Connection's Cafe 12pm Chess Club 1:30pm Stamina, Strength & Stability+ 2:30pm Bible Study	10:15am Gentle Yoga+ 12pm Pinochle 12pm Mind-ergize 12pm Mah Jongg 11:30am-3:30pm Hand & Foot 1:30pm Line Dancing 2pm Sports Hour	9:10am Fusion Yoga+ 9:30am A Christian Approach to Aging 10am Mind Matters 11am Tai Chi Gong 11:15am Connection's Cafe 12pm Chair Yoga/12pm Triple Play	9:00am Health Fair - Vaccine Clinic 9:30am Chance to Dance/9:30 Scrabble 10-11:30am Guitar/11:30am Spanish 11am Tai Chi Gong/11am Rummikub 11am Arts & Crafts- Origami (RSVP) 11:15am Connection's Cafe 12pm Mah Jongg / 12pm Chair Tai Chi 12:30pm German 1:30pm Better Bones & Balance	9am Total Body Strength+ 9am-11:30am Mens group - Full 12pm National Mah Jongg/NO Chinese Mah Jongg on Bunco Fridays 1pm Bunco - Please RSVP
Silver Key Closed Staff Training Day 	9:30am Help for the Holiday Blues 10:15am Gentle Yoga+ 12pm Mah Jongg & Pinochle 12pm Mind-ergize CANCELLED 11:30am-3:30pm Hand & Foot 1:30pm Line Dancing 2pm Sports Hour	9:10am Fusion Yoga+ 10am Mind Matters 11am Tai Chi Gong 11:15am Connection's Cafe 12pm Chair Yoga/ 12pm Triple Play 12pm Bingo	9:30am Chance to Dance/9:30 Scrabble 10-11:30am Guitar/11:30am Spanish 11am Tai Chi Gong/11am Rummikub 11am Arts & Crafts (self-led) 11:15am Connection's Cafe 12pm Mah Jongg /12pm Chair Tai Chi 12:30pm German 1:30pm Better Bones & Balance	9am Total Body Strength+ 9am-11:30am Mens group - Full 12pm National Mah Jongg/Chinese Mah Jongg 12pm Tech One on One - Please RSVP for a time slot 1pm Open Game Time
9am Hiking Group (if new, RSVP) 11am-2pm Game time, see reverse 11:15am Connection's Cafe 12pm Chess Club 1:30pm Stamina, Strength & Stability+ 2:30pm Bible Study	9:30am Help for the Holiday Blues 10:15am Gentle Yoga+ 12pm Pinochle/Mah Jongg 12pm Mind-ergize 11:30am-3:30pm Hand & Foot 1:30pm Line Dancing 2pm Sports Hour	9:10am Fusion Yoga+ 9-10am Five Wishes Jayme Holligan (connection cafe space) 10am Mind Matters 11am Tai Chi Gong 11:15am Connection's Cafe 12pm Chair Yoga/Triple Play	9:30am Chance to Dance/9:30 Scrabble 10-11:30am Guitar/11:30am Spanish 11am Tai Chi Gong/11am Rummikub 11am Arts & Crafts Zentangle Pumpkin (RSVP) 11:15am Connection's Cafe 12pm Mah Jongg /12pm Chair Tai Chi 12:30pm German 1:30pm Better Bones & Balance	9am Total Body Strength+ 9am-11:30am Mens group - Full 12pm National Mah Jongg/Chinese Mah Jongg 11am Lunch Bunch
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Games, Learning & Social Connection - No Fee

- Bible Study (Mondays) – Explore the book of Exodus through guided discussion, videos, and historical context.
- Bingo (Third Wednesdays) - A classic game for fun, laughter, and prizes.
- Bunco (2nd Fridays) – A fun team dice game where luck is the key. Come ready to have fun! Please RSVP.
- **Chess Club (Mondays) – Beginners welcome. Learn, practice, and enjoy a game of chess.**
- Game Time (Mondays) – Enjoy rotating games such as Mexican Train, Rummikub, Ticket to Ride, and Scrabble.
- Hand & Foot (Tuesdays) – A card game played with four players or two teams of two.
- Mah Jongg (Tuesday, Thursday & Fridays) – Enjoy National Mah Jongg, a tile-based game typically played by four players. Beginner classes begin quarterly. **Chinese Mah Jongg - also on Fridays except Bunco Fridays.**
- Open Game Time (Days and times vary) – Enjoy our collection of games or bring your own favorites to play with friends.
- Scrabble (Thursdays) - Please join us for an exciting Scrabble game.
- Spanish Class (Thursdays) – Spanish lessons. Instructor-led on the 1st & 3rd Thursdays.
- Triple Play (Wednesdays) – A fast-paced, strategy-based card game for 2–6 players.

Technology Classes No Fee

- Tech 101 (Fridays) – Learn helpful technology topics. See calendar for dates and sign up. **Please RSVP.**
- 1:1 Tech Support (Fridays) – Reserve a 45- minute appointment with a tech professional to get your specific questions answered. Sign up at the front desk or email trilakes@silverkey.org. **Please RSVP.**

Arts and Creative Hobbies - No Fee

- Arts & Crafts (Thursdays) – Enjoy a variety of crafts, great conversation, and time with instructors Joanne & Suzette. **Please RSVP.**
- Guitar Class (Thursdays) – Enjoy guitar instruction for beginners and intermediate learners.

Meal Services

- Connections Café – Lunch served Monday, Wednesday, Thursday at 11:30 a.m. Reserve by 2:00 p.m. the day before by calling 719-884-2300.

Questions? Call: 719-884-2300

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.

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

Check your benefits plan; Eligible members can enjoy fitness activities at no cost!



Featured Events & Trips

- A Christian Approach to Aging (**Wednesdays**) - a 5-week Women's Study examining emotional, spiritual, and physical practices of a healthy lifestyle. **No Fee. Please RSVP.**
- **NEW German Class starting Thursdays in October at 12:30pm.**
- **Health Fair - Vaccine Clinic - (10/8/26 from 9am-11am) - Please bring Insurance information/payment and meet our vendors!**
- **Help for the Holiday Blues** - a 4-week Christian approach replacing the heaviness of sorrow with comfort and peace for the holiday season. **No fee. Please RSVP.**
- Hiking Group* (Mondays) – Enjoy the outdoors, fresh air, and good company. **Please RSVP, if new: 719-884-2316.** Signed waiver required. **No Fee. Start time may be impacted by weather.**
- **Lunch Bunch - Meet at the Tri Lakes Activity Center and walk together to the Black Forest Deli for Lunch. Lunch fee is on your own.**
- Mini Memoir/Legacy Letter (**Mondays**) - share your thoughts and values in a smaller, more emotional version of a memoir called a Legacy Letter; 4-week class; **No Fee. Please RSVP**
- **Sports Hour (Tuesdays)** - Watch sporting events together. Snacks and drinks.

Fitness & Wellness

- Better Bones and Balance **\$*** (Thursdays) – A Pilates-based workout focused on bone strengthening, alignment, and balance. Adaptable for all levels and safe for those with osteoporosis.
- Chair Tai Chi **\$*** (Thursdays) – Gentle Tai Chi movements practiced seated or standing with chair support..
- Chair Yoga **\$*** (Wednesdays) – Gentle yoga practiced seated or using a chair.
- Chance to Dance **\$*** (Thursdays) – Learn choreographed dance patterns including Tango, Salsa, Raggaeton, and Cha-Cha. No experience needed.
- Fusion Yoga **\$**** (Wednesdays) – A 40–45 minute blend of yoga, weights, and Pilates-inspired movements. **NEW START TIME AT 9:10am.**
- Gentle Yoga **\$**** (Tuesdays) – A mindful yoga practice with seated, standing, and floor-based postures.
- Line Dancing **\$*** (Tuesdays) – Learn a new dance routine each month while improving balance, coordination, and brain fitness.
- Mind-ergize **\$*** (Tuesdays) – Strengthen your brain through movement, music, challenging games, and healthy meals and snacks.
- Mind Matters **\$*** (Wednesdays.) – Relax and reduce stress through stretching, breathing, meditation, and visualization.
- Stamina, Strength & Stability **\$**** (Mondays) – A challenging workout focused on strength, endurance, balance, and stability.
- Tai Chi Gong **\$*** (Wednesdays; Thursdays) – A gentle blend of Tai Chi and Qigong using slow movements, breathing, and meditation.
- Total Body Strength **\$**** (Fridays) – Muscle conditioning using equipment to build strength and endurance.

Most Fitness Classes \$8/class or \$50/mo unlimited - *Scholarships Available +Class involves floor work.

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