

September 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	1 10:15am Gentle Yoga+ 12pm Pinochle 12pm Mind-ergize 12pm Mah Jongg 11:30am-3:30pm Hand & Foot 1:30pm Line Dancing 2pm <i>Open Game Time</i> <i>American Chess Day</i>	2 9:10am Fusion Yoga+ 10am Mind Matters 11am Tai Chi Gong 11:15am Connection's Cafe 12pm Chair Yoga 12pm Triple Play	3 9:30am Chance to Dance/9:30 Scrabble 10-11:30am Guitar/11:30 Spanish 11am Tai Chi Gong/11am Rummikub 11am Arts & Crafts (self-led) 11:15am Connection's Cafe 12pm Mah Jongg 12pm Chair Tai Chi 1:30pm Better Bones & Balance	4 9am Total Body Strength+ 9am-11:30am Mens group - Full 12pm National Mah Jongg/Chinese Mah Jongg 12pm Tech 101: AI & Disinformation Class - Please RSVP
7  Labor Day Activity Center Closed	8 9:30am Darkness to Light 10:15am Gentle Yoga+ 12pm Pinochle 12pm Mind-ergize 12pm Mah Jongg 11:30am-3:30pm Hand & Foot 1:30pm Line Dancing 2pm <i>Open Game Time</i>	9 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 1:30-3:30pm PPLD Book Mobile	10 9:30am Chance to Dance/9:30 Scrabble 10-11:30am Guitar/11:30 Spanish 11am Tai Chi Gong/11am Rummikub 11am Arts & Crafts- 3D Drawing (RSVP) 11:15am Connection's Cafe 12pm Mah Jongg 12pm Chair Tai Chi 1:30pm Better Bones & Balance	11 9am Total Body Strength+ 9am-11:30am Mens group - Full 12pm National Mah Jongg/NO Chinese Mah Jongg on Bunco Fridays 1pm Bunco <i>Patriot Day</i>
14 9am Hiking Group (if new, RSVP) 9:30am Mini Memoir/Legacy Letter 11am-1:30pm Game time, see reverse 11:15am Connection's Cafe 12pm Chess Club 1:30pm Stamina, Strength & Stability+ 2:30pm Bible Study	15 10:15am Gentle Yoga+ 12pm Mah Jongg & Pinochle 12pm Mind-ergize 11:30am-3:30pm Hand & Foot 1:30pm Line Dancing <i>Hispanic Heritage Month</i>	16 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 12pm Bingo	17 9:30am Chance to Dance/ 9:30 Scrabble 10-11:30am Guitar/11:30 Spanish 11am Tai Chi Gong/11am Rummikub 11am Arts & Crafts (self-led) 11:15am Connection's Cafe 12pm Mah Jongg 12pm Chair Tai Chi 1:30pm Better Bones & Balance	18 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 <i>Open Game Time</i>
21 9am Hiking Group (if new, RSVP) 9:30am Mini Memoir/Legacy Letter 11am-1:30pm Game time, see reverse 11:15am Connection's Cafe 12pm Chess Club 1:30pm Stamina, Strength & Stability+ 2:30pm Bible Study Fall Prevention Awareness Week	22 9:45am Buffalo Soldiers Presentation 10:15am Gentle Yoga+ 12pm Pinochle/Mah Jongg 12pm Mind-ergize 11:30am-3:30pm Hand & Foot 1:30pm Line Dancing <i>First Day of Fall</i>	23 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/Triple Play 1pm Nutrition Education	24 9:30am Chance to Dance/9:30 Scrabble 10-11:30am Guitar/11:30 Spanish 11am Tai Chi Gong/11am Rummikub 11am Arts & Crafts-Creating with Leaves (RSVP) 11:15am Connection's Cafe 12pm Mah Jongg 12pm Chair Tai Chi 1:30pm Better Bones & Balance	25 9am Total Body Strength+ 10am Monument Historic Walking Tour 9am-11:30am Mens group - Full 12pm National Mah Jongg/Chinese Mah Jongg 1pm <i>Open Game Time</i>
28 9am Hiking Group (if new, RSVP) 9:30am Mini Memoir/Legacy Letter 11am-1:30pm Game time, see reverse 11:15am Connection's Cafe 12pm Chess Club 1:30pm Stamina, Strength & Stability+ 2:30pm Bible Study	29 10:15am Gentle Yoga+ 12pm Pinochle 12pm Mind-ergize 12pm Mah Jongg 11:30am-3:30pm Hand & Foot 1:30pm Line Dancing 2pm <i>Open Game Time</i>	30 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	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

Activity Calendar September 2026



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!
- **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. Guitar is instructor-led on the 1st & 3rd Thursdays.

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!

Continued on back page

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.**
- **Buffalo Soldiers Presentation** – Please join us for this engaging presentation. **No Fee.**
- Chair Tai Chi **\$*** (**Thursdays**) – Gentle Tai Chi movements practiced seated or standing with chair support.
- **Darkness to Light Presentation** – Empowering adults to create safe environments for our children. Nationally recognized organization. **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 earlier due to weather.**
- 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.**
- **Monument Historic Walking Tour** – A self-led tour of historic sites of Monument. Meet at the Center to get your map. Wear good walking shoes. Enjoy lunch in Monument that day. **No Fee.**
- **Nutrition Education** – a free educational class focused on healthy meal prep with tasting. **No Fee. Please RSVP.**
- **PPLD Book Mobile - in the southwest part of the Tri Lakes Activity Center parking lot.**

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 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.