December 2026

Tri Lakes Activity Center

238 3rd St. Monument, CO

Silver Key™

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
***Renew Active® through Optum** fitness at no cost for eligible members. **Fitness Class Fees:** **$8 Drop-In/$50 Unlimited/Month** **Scholarships Available** Call 719-884-2300	**1** **9:30-10:30:** Protect Yourself: Understanding & Preventing Fraud **w/ PPLD (RSVP)** **10:15-11:15:** Gentle Yoga+ **12-3:45:** Pinochle **12-1:00** Mind-ergize **12-2:30:** Mah Jongg **11:30-3:45:** Hand & Foot **1:30-2:30** Line Dancing/ **2-3:00** Sports Hour	**2** **9:10-10:00:** Fusion Yoga+ **10-11:00:** Mind Matters **11-12:00:** Tai Chi Gong **11:15-12:30:** Connection's Cafe **12-1:00:** Chair Yoga **12-3:45:** Triple Play	**3** **9:30-10:30: Chance to Dance** **1:30-2:30: Better Bones & Balance** **9:30-11:30:** Scrabble/**10-11:30:** Guitar **11:30-12:30:** Spanish/**12:30-1:30** German **11-1:30:** Rummikub **11-12:30: Crafts-Mini Christmas Trees** **11:15-12:30:** Connection's Cafe **12-2:30:** Mah Jongg	**4** **9-10:** Total Body Strength+ **9-11:30:** Mens group - Full **12-2:30:** National Mah Jongg/**Chinese Mah Jongg** **12-2: Tech 101: Please RSVP** **1-2:30: D2L: Recognizing & Recording Harm to Keep Children Safe (RSVP)** ***1-3:45: Open Game Time***
7 **11:00-2:00:** Game time, see reverse **11:15-12:30:** Connection's Cafe **12-3:00:** Chess Club **1:30-2:30:** Stamina, Strength & Stability+ **2:30-3:30:** Bible Study	**8** **10:15-11:15:** Gentle Yoga+ **12-3:45:** Pinochle **12-1:00:** Mind-ergize **12-2:30:** Mah Jongg **11:30-3:45:** Hand & Foot Cards **1:30-2:30:** Line Dancing **3:00-4:00: 🌱 Activity Supporters Event**	**9** **9:10-10:00:** Fusion Yoga+ **10-11:00:** Mind Matters **11-12:00:** Tai Chi Gong **11:15-12:30:** Connection's Cafe **12-1:00:** Chair Yoga **12-3:45:** Triple Play	**10** **9:30-10:30: Chance to Dance** **11-12: Tai Chi Gong/12-1: Chair Tai Chi** **1:30-2:30: Better Bones & Balance** **9:30-11:30:** Scrabble/**10-11:30:** Guitar **11:30-12:30:** Spanish/**12:30-1:30** German **11-1:30:** Rummikub **11-12:30: Crafts-Holiday Ornaments w/Lexi** **11:15-12:30:** Connection's Cafe **12-2:30:** Mah Jongg	**11** **9-10:** Total Body Strength+ **9-11:30:** Mens group - Full **12-2:30:** National Mah Jongg/**NO Chinese Mah Jongg on Bunco Fridays** **1-3:30: Bunco Please RSVP**
14 **11:00-2:00:** Game time, see reverse **11:15-12:30:** Connection's Cafe **12-3:00:** Chess Club **1:30-2:30:** Stamina, Strength & Stability+ **2:30-3:30:** Bible Study	**15** **10:15-11:15:** Gentle Yoga+ **12-3:45:** Pinochle **12-1:00:** Mind-ergize **12-2:30:** Mah Jongg **11:30-3:45:** Hand & Foot Cards **1:30-2:30:** Line Dancing **2-3:00:** Sports Hour	**16** **9:10-10:00:** Fusion Yoga+ **10-11:00:** Mind Matters **11-12:00:** Tai Chi Gong **11:15-12:30:** Connection's Cafe **12-1:00:** Chair Yoga **12-3:45:** Triple Play **12-1:30: White Elephant Bingo** **2:00-3:00 Volunteer Apprec. Event**	**17** **9:30-10:30: Chance to Dance** **11-12: Tai Chi Gong/12-1: Chair Tai Chi** **1:30-2:30: Better Bones & Balance** **9:30-11:30:** Scrabble/**10-11:30:** Guitar **11:30-12:30:** Spanish/**12:30-1:30** German **11-1:30:** Rummikub **11-12:30: Crafts-Christmas Gift Tags** **11:15-12:30:** Connection's Cafe **12-2:30:** Mah Jongg	**18** **9-10:** Total Body Strength+ **9-11:30:** Mens group - Full **12-2:30** National Mah Jongg/**Chinese Mah Jongg** **12-2: Tech One on One - Please RSVP for a time slot** ***1-3:45: Open Game Time***
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Tri-Lakes Activity Center
December 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! Please RSVP.
- Chess Club (Mondays) – Beginners welcome. Learn, practice, and enjoy chess.
- Game Time (Mondays) – Enjoy rotating games such as Mexican Train Dominos, Rummikub, Ticket to Ride, and Scrabble.
- Pinochle or Hand & Foot (Tuesdays) – Enjoy a fun, social card game where strategy, teamwork, and a little luck come together!
- Mah Jongg (Tuesday, Thursday & Fridays) – Enjoy National Mah Jongg, a tile-based game typically played by four players. Beginner classes every other month. **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.
- Sports Hour (Tuesdays) - 🏅 Come enjoy good company and great conversation as we discuss favorite teams, weekend games, sports memories, and current events from around the world of sports. All fans are welcome!

💻 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

- **Protect Yourself: Understanding & Preventing Fraud Tues:** Join presenter Gregory Beal to learn about current fraud trends, How to identify scams, and recognize common warning signs. Discover practical ways to protect your personal information and finances, including account alerts, password security, and more. We'll also discuss what to do if you become a victim of fraud. **Please RSVP.**
- **D2L: Recognizing & Recording Harm to Keep Children Safe:** This training will help you recognize, understand, respond to, and report suspected child abuse and neglect. **Please RSVP.**
- **Volunteer Apprec Event -** All TriLakes volunteers celebration **- Please RSVP.**
- **Friends of the Activity Center Event:** 🌱 Activity Supporters are welcome to visit, enjoy light refreshments and learn about the Activity Center's impact, needs, and future plans.
- **White Elephant Bingo** - Bring 1 gently used item from home —something fun, funny, or unexpected! We'll play bingo for the chance to win and choose a gift to take home.
- **New Years Eve Eve Potluck** - Wear your best PJs and bring your favorite celebratory dish.

❤️ Fitness & Wellness

- Better Bones and Balance **$*** (Thursdays) – A Pilates-based workout focused on bone strengthening, alignment, and balance. Adaptable for all levels.
- Chair Tai Chi **$*** (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. **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.

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

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