November 2026

Tri Lakes Activity Center

238 3rd St. Monument, CO

Silver Key™

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **11am-2pm** Game time, see reverse **11:15am** Connection's Cafe **12pm** Chess Club **1:30pm** Stamina, Strength & Stability+ **2:30pm** Bible Study	**3** **9:30am** Help for the Holiday Blues **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**	**4** **9:10am** Fusion Yoga+ **10am** Mind Matters **11am** Tai Chi Gong **11:15am** Connection's Cafe **12pm** Chair Yoga/**12pm** Triple Play **3:30pm Madison Dance Presentation!**	**5** **9:30am** Chance to Dance/**9:30** Scrabble **10-11:30am** Guitar/**11:30am** Spanish & German **11am** Tai Chi Gong/**11am** Rummikub **11am** Arts & Crafts **- Paper Snowflakes** **11:15am** Connection's Cafe **12pm** Mah Jongg/**12pm** Chair Tai Chi **1:30pm** Better Bones & Balance	**6** **9am** Total Body Strength+ **9am-11:30am** Mens group - Full **12pm** National Mah Jongg/**Chinese Mah Jongg** **12pm Tech 101: Please RSVP** ***1pm Open Game Time***
9 **11am-2pm** Game time, see reverse **11am Puzzle Swap** **11:15am** Connection's Cafe **12pm** Chess Club **1:30pm** Stamina, Strength & Stability+ **2:30pm** Bible Study	**10** **10:15am** Gentle Yoga+ **11am Lunch Bunch** **12pm** Pinochle **12pm** Mind-ergize **12pm** Mah Jongg **11:30am-3:30pm** Hand & Foot Cards **1:30pm** Line Dancing **2pm Sports Hour**	**11** **9:10am** Fusion Yoga+ **10am** Mind Matters **11am** Tai Chi Gong **11:15am** Connection's Cafe **12pm** Chair Yoga/**12pm** Triple Play **Veteran's Day - Center Open**	**12** **9:30am** Chance to Dance/**9:30** Scrabble **10-11:30am** Guitar/**11:30am** Spanish & German **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	**13** **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**
16 **11am-2pm** Game time, see reverse **11:15am** Connection's Cafe **12pm** Chess Club **1:30pm** Stamina, Strength & Stability+ **2:30pm** Bible Study	**17** **10:15am** Gentle Yoga+ **12pm** Mah Jongg & Pinochle **12pm** Mind-ergize **11:30am-3:30pm** Hand & Foot **1:30pm** Line Dancing **2pm Sports Hour**	**18** **9:10am** Fusion Yoga+ **10am** Mind Matters **11am** Tai Chi Gong **11:15am** Connection's Cafe **12pm** Chair Yoga/ **12pm** Triple Play **12pm Bingo**	**19** **9:30am** Chance to Dance/**9:30** Scrabble **10-11:30am** Guitar/**11:30am** Spanish & German **11am** Tai Chi Gong/**11am** Rummikub **11am** Arts & Crafts - **Winter Watercolor** **11:15am** Connection's Cafe **12pm** Mah Jongg **12pm** Chair Tai Chi **1:30pm** Better Bones & Balance	**20** **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***
23 **11am-2pm** Game time, see reverse **11:15am** Connection's Cafe **12pm** Chess Club **1:30pm** Stamina, Strength & Stability+ **2:30pm** Bible Study	**24** **10:15am** Gentle Yoga+ **12pm** Pinochle/Mah Jongg **12pm** Mind-ergize **11:30am-3:30pm** Hand & Foot **1:30pm** Line Dancing **2pm Sports Hour**	**25** **9:10am** Fusion Yoga+ **10am** Mind Matters **11am** Tai Chi Gong **11:15am** Connection's Cafe **12pm** Chair Yoga/Triple Play	**26** **Silver Key Closed 11/26 & 11/27 Happy Thanksgiving!**	**27** **Silver Key Closed 11/26 & 11/27 Happy Thanksgiving!**
30 **11am-2pm** Game time, see reverse **11:15am** Connection's Cafe **12pm** Chess Club **1:30pm** Stamina, Strength & Stability+ **2:30pm** Bible Study	**Scholarships Available** Call 719-884-2300	***Renew Active® through Optum** fitness at no cost for eligible members.		**Silver Key at TriLakes Activity Center Hours:** Mon-Fri: 9am-4pm Located at Monument Presbyterian Community Church 238 3rd St. Monument, CO

🎲 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 with Orlinda.
- 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 & German Class (Thursdays) – Spanish & German lessons - Currently student-led through informational videos.
- 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!

Silver Key™

Activity Calendar
November 2026

🌟 Featured Events & Trips

- **Make sure you receive our emails for updates and cancellations!**
- **Help for the Holiday Blues -** a Christian approach replacing the heaviness of sorrow with comfort and peace for the holiday season. **No fee. Please RSVP.**
- **Hiking Group - We had a wonderful summer and fall and will be on a pause until next spring.**
- **Lunch Bunch** - Meet at the Tri Lakes Activity Center and walk together for lunch in downtown Monument.
- **Madison Dance Presentation (Wednesday)** - Get ready for the holidays to watch this short performance of this exciting dance group.
- **Puzzle Swap (Monday)** - Bring one, take one.
- **Sports Hour (Tuesdays)** - Watch sporting events together. Enjoy some 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 **$*+** (Wednesdays) – A 40–45 minute blend of yoga, weights, and Pilates-inspired movements. **START TIME AT 9:10am.**
- Gentle Yoga **$*+** (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.

www.silverkey.org

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