

# May 2026

Tri Lakes Activity Center  
238 3<sup>rd</sup> St. Monument, CO



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SILVER KEY AT TRILAKES</b> <b>ACTIVITY CENTER HOURS:</b> MON-FRI: 9am-4pm</p> <p>Located at Monument Presbyterian Community Church <b>238 3<sup>rd</sup> St. Monument, CO</b></p>		<p><b>QUESTIONS?</b> <b>Call 719-884-2300</b></p> <p><b>FITNESS CLASS FEES:</b> \$8 Drop-In \$50 Unlimited/Month \$60 10-Class punch card</p>	<p><b>**Activity and/or instructor subject to change. Stay tuned for details.</b></p>	<p><b>9am</b> Total Body Strength** <b>1</b> <b>9am-11:30am</b> Mens group - Currently full <b>10:15am</b> Yoga <b>12pm</b> Tech 101: <b>Getting to Know AI*</b> <b>12pm</b> National Mah Jongg</p>
<p><b>11am-1</b> Game time, see reverse <b>4</b> <b>11:15am</b> Connection's Cafe <b>12pm</b> Chess Club <b>1:30pm</b> Stamina, Strength &amp; Stability** <b>2:30pm</b> Bible Study</p>	<p><b>10:15am</b> Gentle Yoga** <b>5</b> <b>12pm</b> Pinochle <b>12pm</b> Mind-ergize <b>12pm</b> Mah Jongg <b>12pm-3pm</b> Hand &amp; Foot <b>1:30pm</b> Line Dancing</p>	<p><b>9:15am</b> Stamina, Strength &amp; Stability** <b>6</b> <b>10am</b> Mind Matters <b>11am</b> Tai Chi Gong <b>11:15am</b> Connection's Cafe <b>11:30am</b> Maker Moments 3D Printing <b>12pm</b> Chair Yoga <b>12pm</b> Triple Play</p>	<p><b>9:30am</b> Chance to Dance <b>7</b> <b>10am-11:30am</b> Guitar Lessons <b>11am</b> Tai Chi Gong <b>11am</b> Arts &amp; Crafts - <i>Zentangle Basics*</i> <b>11am</b> Rummikub <b>11:15am</b> Connection's Cafe <b>12pm</b> Mah Jongg <b>1:30pm</b> Better Bones and Balance</p>	<p><b>9am</b> Total Body Strength** <b>8</b> <b>9am-11:30am</b> Mens group - Currently full <b>10:15am</b> Yoga <b>12pm</b> National Mah Jongg <b>1pm</b> Bunco-contributor <i>Tri-Lakes Rotary</i></p>
<p><b>10-11am - Adult Field Day \$8</b> <b>11</b> <b>11am-1</b> Game time, see reverse <b>11:15am</b> Fiesta Pot Luck - All Are Welcome! Please RSVP <b>12pm</b> Chess Club <b>1:30pm</b> Stamina, Strength &amp; Stability** <b>2:30pm</b> Bible Study</p>	<p><b>10:15am</b> Gentle Yoga** <b>12</b> <b>11:30am-12:30pm</b> <b>12pm</b> National Mah Jongg &amp; Pinochle <b>12pm</b> Minder-gize <b>12pm-3pm</b> Hand &amp; Foot <b>1:30pm</b> Line Dancing</p>	<p><b>9:15am</b> Stamina, Strength &amp; Stability** <b>13</b> <b>10am</b> Mind Matters <b>11am</b> Tai Chi Gong <b>11:15am</b> Connection's Cafe <b>12pm</b> Chair Yoga <b>12pm</b> Triple Play</p>	<p><b>Activity Center Closed</b> <b>14</b> <b>Join us at the</b> <b>Silver Key Summit</b> <b>Great Wolf Lodge - 8a-2p</b></p>	<p><b>Activity Center Closed</b> <b>15</b> <b>Join us at the</b> <b>Silver Key Summit</b> <b>Great Wolf Lodge - 8a-2p</b></p>
<p><b>10-10:45am- Happy Feet \$5</b> <b>18</b> <b>Donation</b> <b>11am-1</b> Game time, see reverse <b>11:15am</b> Connection's Cafe <b>12pm</b> Chess Club <b>1:30pm</b> Stamina, Strength &amp; Stability** <b>2:30pm</b> Bible Study</p>	<p><b>10:15am</b> Gentle Yoga** <b>19</b> <b>12pm</b> Pinochle <b>12pm</b> Mind-ergize <b>12pm</b> Mah Jongg <b>12pm-3pm</b> Hand &amp; Foot <b>1:30pm</b> Line Dancing</p>	<p><b>9:15am</b> Stamina, Strength &amp; Stability** <b>20</b> <b>10am</b> Mind Matters <b>11am</b> Tai Chi Gong <b>11:15am</b> Connection's Cafe <b>12pm</b> Bingo-contributor <i>Tri-Lakes Rotary</i> <b>12pm</b> Chair Yoga <b>12pm</b> Triple Play</p>	<p><b>9:30am</b> Chance to Dance <b>21</b> <b>10am-11:30am</b> Guitar Lessons <b>11am</b> Tai Chi Gong <b>11am</b> Arts &amp; Crafts - <i>Tissue Paper</i> <i>Flowers*</i> <b>11am</b> Rummikub <b>11:15am</b> Connection's Cafe <b>1:30pm</b> Better Bones and Balance</p>	<p><b>9am</b> Total Body Strength** <b>22</b> <b>9am-11:30am</b> Mens group - Currently full <b>10:15am</b> Yoga <b>12pm</b> National Mah Jongg</p>
<p><b>Memorial Day</b> <b>25</b> <b>Activity Center Closed</b></p>	<p><b>10:15am</b> Gentle Yoga** <b>26</b> <b>12pm</b> Pinochle <b>12pm</b> Mind-ergize <b>12pm</b> Mah Jongg <b>12pm-3pm</b> Hand &amp; Foot <b>1:30pm</b> Line Dancing</p>	<p><b>9:15am</b> Stamina, Strength &amp; Stability** <b>27</b> <b>10am</b> Mnd Matters <b>11am</b> Tai Chi Gong <b>11:15am</b> Connection's Cafe <b>12pm</b> Chair Yoga <b>12pm</b> Triple Play</p>	<p><b>9:30am</b> Chance to Dance <b>28</b> <b>10am-11:30am</b> Guitar Lessons <b>11am</b> Tai Chi Gong <b>11am</b> Open Arts &amp; Crafts (no instructor) <b>11am</b> Rummikub <b>11:15am</b> Connection's Cafe <b>1:30pm</b> Better Bones and Balance</p>	<p><b>9am</b> Total Body Strength** <b>29</b> <b>9am-11:30am</b> Mens group - Currently full <b>10:15am</b> Yoga <b>12pm</b> National Mah Jongg</p>



# Activity Calendar May 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.

**Mah Jongg (Tuesday, Thurs & Friday 12 pm)** - A traditional Chinese tile-based game typically played by four players. It involves skill, strategy, and chance.

**Maker Moments: 3D Printing (Wednesday 11:30 am 2<sup>nd</sup>)** - Join Monumental Impact each month - 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.

**Pot Luck-** Bring a festive food to share with others as we celebrate together!

**Stamina, Strength & Stability\*\* (Mon. 1:30 pm & Wed. 9:15 am)** - A more challenging workout. Join Mary Ann on Mondays and Wednesdays instructor will be announced soon!

**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.

**Tech 101: Getting to Know AI\* (First Friday at 12pm)** - Please sign up for this introductory AI class with Will.

**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](mailto: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](mailto:trilakes@silverkey.org)

**Arts & Crafts (Thursdays 11 am)** - See the calendar for the craft of the day, Enjoy great conversation, and hang out with instructors Joanne & Suzette! Please RSVP so we have enough supplies!

**Bible Study (Mondays 2:30 pm)** - This discussion-based group explores the bible through guided conversation and video presentations.

**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 9:30 am)** - Learn and practice choreographed patterns and sequences. Dances include 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 Mexican Train, 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 Cards (Tues. 12pm)** - Card game - 4 players or two teams of 2

**Happy Feet (Monday, May 18<sup>th</sup> 10:00-10:45am)** - A guided class for adults designed to improve foot strength, flexibility, and overall foot health.

Suggested donation of \$5.

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