

# June 2026

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:30 Hiking Group</b> (meet@Center) <b>1</b> <b>11am-1:30pm</b> Game time, see reverse <b>11:15am</b> Connection's Cafe <b>12pm</b> Chess Club <b>1:30pm</b> Stamina, Strength & Stability** <b>2:30pm</b> Bible Study	<b>9:15am Fall Prevention 1 of 4</b> <b>2</b> <b>10:15am</b> Gentle Yoga** <b>12pm</b> Mah Jongg & Pinochle <b>12pm</b> Mind-ergize <b>11:30am-3pm</b> Hand & Foot <b>1:30pm</b> Line Dancing <b>3-4pm Line Dancing Boot Camp*</b>	<b>9:15</b> Stamina, Strength & Stability** <b>3</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	<b>9:30am</b> Chance to Dance <b>4</b> <b>10am-11:30am</b> Guitar Lessons <b>11am</b> Tai Chi Gong <b>11am Arts &amp; Crafts - Rock Painting*</b> <b>11am</b> Rummikub <b>11:15am</b> Connection's Cafe <b>1:30pm</b> Better Bones and Balance	<b>9am</b> Total Body Strength** <b>5</b> <b>9am-11:30am</b> Mens group - Currently full at this time <b>10:15am</b> Yoga <b>12pm Tech 101:- iPhone Apps/Settings</b> <b>12pm</b> National Mah Jongg
<b>9:30 Hiking Group</b> (meet@Center) <b>8</b> <b>11am-1:30pm</b> Game time, see reverse <b>11:15am</b> Connection's Cafe <b>12pm</b> Chess Club <b>1:30pm</b> Stamina, Strength & Stability** <b>2:30pm</b> Bible Study	<b>9:15am Fall Prevention 2 of 4</b> <b>9</b> <b>10:15am</b> Gentle Yoga** <b>12pm</b> Pinochle <b>12pm</b> Mind-ergize <b>12pm</b> Mah Jongg <b>11:30am-3pm</b> Hand & Foot <b>1:30pm</b> Line Dancing	<b>9:15</b> Stamina, Strength & Stability** <b>10</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 <b>1-2pm</b> LIT	<b>9:30am</b> Chance to Dance <b>11</b> <b>10am-11:30am</b> Guitar Lessons <b>11am</b> Tai Chi Gong <b>11am</b> Open Arts & Crafts (no instructor) <b>11am</b> Rummikub <b>11:15am</b> Connection's Cafe <b>12pm</b> Mah Jongg <b>1:30pm</b> Better Bones and Balance	<b>9am</b> Total Body Strength** <b>12</b> <b>9am-11:30am</b> Mens group - Currently full at this time <b>10:15am</b> Yoga <b>12pm</b> National Mah Jongg <b>1pm</b> Bunco
<b>9:30 Hiking Group</b> (meet@Center) <b>15</b> <b>11am-1:30pm</b> Game time, see reverse <b>11:15am</b> Connection's Cafe <b>12pm</b> Chess Club <b>1:30pm</b> Stamina, Strength & Stability** <b>2:30pm</b> Bible Study	<b>9:15am Fall Prevention 3 of 4</b> <b>16</b> <b>10:15am</b> Gentle Yoga** <b>12pm</b> Mah Jongg & Pinochle <b>12pm</b> Minder-gize <b>11:30am-3pm</b> Hand & Foot <b>1:30pm</b> Line Dancing	<b>9:15</b> Stamina, Strength & Stability** <b>17</b> <b>10am</b> Mind Matters <b>11am</b> Tai Chi Gong <b>11:15am</b> Connection's Cafe <b>12pm Bingo</b> <b>12pm</b> Chair Yoga <b>12pm</b> Triple Play	<b>9:30am</b> Chance to Dance <b>18</b> <b>10am-11:30am</b> Guitar Lessons <b>11am</b> Tai Chi Gong <b>11am Arts &amp; Crafts - 4<sup>th</sup> of July Art*</b> <b>11:15am</b> Connection's Cafe <b>1:30pm</b> Better Bones and Balance	<b>9am</b> Total Body Strength** <b>19</b> <b>9am-11:30am</b> Mens group - Currently full at this time <b>10:15am</b> Yoga <b>12pm</b> National Mah Jongg <b>Juneteenth National Independence Day - come listen to jazz</b>
<b>9:30 Hiking Group</b> (meet@Center) <b>22</b> <b>11am-1:30pm</b> Game time, see reverse <b>11:15am</b> Connection's Cafe <b>12pm</b> Chess Club <b>1:30pm</b> Stamina, Strength & Stability** <b>2:30pm</b> Bible Study	<b>9:15am Fall Prevention 4 of 4</b> <b>23</b> <b>10:15am</b> Gentle Yoga** <b>12pm</b> Pinochle <b>12pm</b> Mind-ergize <b>12pm</b> Mah Jongg <b>11:30am-3pm</b> Hand & Foot <b>1:30pm</b> Line Dancing	<b>9:15</b> Stamina, Strength & Stability** <b>24</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	<b>9:30am</b> Chance to Dance <b>25</b> <b>10am-11:30am</b> Guitar Lessons <b>11am</b> Tai Chi Gong <b>11am</b> Open Arts & Crafts (no instructor) - <b>Celebrate Pride Month with coloring</b> <b>11am</b> Rummikub <b>11:15am</b> Connection's Cafe <b>1:30pm</b> Better Bones and Balance	<b>9am</b> Total Body Strength** <b>26</b> <b>9am-11:30am</b> Mens group - Currently full at this time <b>10:15am</b> Yoga <b>12pm</b> National Mah Jongg <b>12pm Tech One on One*</b>
<b>9:30 Hiking Group</b> (meet@Center) <b>29</b> <b>11am-1:30pm</b> Game time, see reverse <b>11:15am</b> Connection's Cafe <b>12pm</b> Chess Club <b>1:30pm</b> Stamina, Strength & Stability** <b>2:30pm</b> Bible Study	<b>10:15am</b> Gentle Yoga** <b>30</b> <b>12pm</b> Pinochle <b>12pm</b> Mind-ergize <b>12pm</b> Mah Jongg <b>11:30am-3pm</b> Hand & Foot <b>1:30pm</b> Line Dancing	<p align="center"><b>SILVER KEY AT TRILAKES ACTIVITY CENTER HOURS;</b>            MON-FRI: 9am-4pm            Located at Monument Presbyterian Community Church            238 3<sup>rd</sup> St. Monument, CO</p>		<p align="center"><b>QUESTIONS?</b>  <b>Call 719-884-2300</b>  <b>FITNESS CLASS FEES:</b>            \$8 Drop-In            \$50 Unlimited/Month            \$60 10-Class punch card</p>

++Activity and/or instructor subject to change. Stay tuned for details.



# Activity Calendar June 2026

**Line Dancing (Tuesday 1:30 pm)** - Each month you'll learn a new, fun dance routine to practice throughout the month. This class is a fun way to work the brain while improving balance and coordination. **Beginners can join us for the Boot Camp on Tuesday, June 2<sup>nd</sup> from 3-4pm (\$8) RSVP. Limit 10.**

**Mah Jongg (Tuesday, Thurs & Friday 12 pm)** - A traditional Chinese tile-based game typically played by four players. It involves skill, strategy, and chance, with players drawing and discarding tiles to form winning combinations.

**Maker Moments: 3D Printing (2nd Wednesday 11:30 am )** - Join Monumental Impact each month at Silver Key's Tri-Lakes Activity Center for Maker Moments—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.

**Stamina, Strength & Stability\*\* (Mon. 1:30 pm & Wed. 9:15 am)** - A more challenging workout. Join instructors Mary Ann on Mondays and Kim on Wednesdays.

**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\* (First Friday at 12pm)** - Please sign up for the iPhone apps and settings 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\* (Moved to June 26<sup>th</sup> at 12pm)** - 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! See **Pride Month Coloring.**

**Bible Study (Mondays 2:30 pm)** - This discussion-based group explores the book of Exodus through guided conversation and video presentations, focusing on its stories, themes, and historical context.

**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 9:30am)** - Learn and practice choreographed patterns and sequences. We'll move to a variety of dances including 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.

**Fall Prevention - Aging with Independence and Mobility - 4-week program by UCHHealth - If you feel unsteady, have fallen or worry about falling you may be at risk—but you can reduce it.**

**Gentle Yoga\*\* (Tuesday 10:15 am)** - A mindful approach to yoga, guiding you through a blend of seated, standing, and floor-based postures. Designed for those seeking a slower, more intentional practice.

**Hand & Foot (Tuesday 12pm)** - Card game with 4 players or two teams of 2.

**Hiking Group (NEW) (Monday 9:30am)** - Meets at the Tri-Lakes Activity Center

**Juneteenth - Come and listen to traditional and contemporary jazz.**

*Continued on back page*