

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The Monument Senior Center is closed if LPSD district closes. For 2 hour delays, the center opens at NOON.</p>		<p>1 8-9 Mix It Up! 9-10 Active Bodies 9:30 Oil & Acrylic 10-11 Mind Matters 11-12 Tai Chi Gong 12-1: Chair Yoga 1-4: Hand & Foot</p>	<p>2 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1: Arts & Crafts 12-1: Essentrics 1:30: Better Bones 5:30-6:30: Zumba</p>	<p>3 9-10: Total Body Strength 10:15: Gentle Yoga 12:00 Bible Study 1-4: National Mah Jong</p>
<p>6 9-10: Lean & Fit 10:15-11 Yoga 10:30 Advisory Committee 12-1: Tai Chi Fusion 12:00: Chess Club 1:30: Strong For Life</p>	<p>7 9-10 Essentrics 10:15: Gentle Yoga 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing</p>	<p>8 8-9 Mix It Up! 9-10 Active Bodies 10-11 Mind Matters 11-12 Tai Chi Gong 11:30 I'm Feelin' A Little Chili 12-1: Chair Yoga 1-4: Hand & Foot</p>	<p>9 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1: Arts & Crafts 12-1: Essentrics 1:30: Better Bones 5:30-6:30: Zumba</p>	<p>10 9-10: Total Body Strength 10-15-11: Gentle Yoga 11-12 Book Club 12:00 Bible Study 1-3: Bunco 1-4: National Mah Jong</p>
<p>13 9-10: Lean & Fit 10:15-11 Yoga 10:30: Heart Math 12-1: Tai Chi Fusion 12:00: Chess Club 1:30: Strong For Life</p>	<p>14 9-10 Essentrics 10:15: Gentle Yoga 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing</p>	<p>15 8-9 Mix It Up! 9-10 Active Bodies 10-11 Mind Matters 11-12 Tai Chi Gong 12-1: Chair Yoga 1-2: Bingo RSVP 1-4: Hand & Foot</p>	<p>16 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1 Arts & Crafts 12-1: Essentrics 1:30: Better Bones 5:30-6:30: Zumba</p>	<p>17 9-10: Total Body Strength 10:15-11: Gentle Yoga 12:00 Keep Calm & Dance 12:00 Bible Study 1-4: National Mah Jong</p>
<p>20 9-10: Lean & Fit 10:15-11 Yoga 10:30: Heart Math 12-1: Tai Chi Fusion 12:00 Chess Club 1:30: Strong For Life</p>	<p>21 9-10 Essentrics 10:15: Gentle Yoga 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing</p>	<p>22 8-9 Mix It Up! 9-10 Active Bodies 10-11 Mind Matters 11-12 Tai Chi Gong 11-4: Hand & Foot 12-1: Chair Yoga</p>	<p>23 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1 Arts & Crafts 12-1: Essentrics 1:30: Better Bones 5:30-6:30: Zumba</p>	<p>24 9-10: Total Body Strength 10:15-11: Gentle Yoga 12:00 Bible Study 1-4: National Mah Jong</p>
<p>27 9-10: Lean & Fit 10:15-11 Yoga 10:30: Heart Math 12:00: Chess Club 12-1: Tai Chi Fusion 1:30: Strong For Life</p>	<p>28 9-10 Essentrics 10:15: Gentle Yoga 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing</p>	<p>Walking Club Monday, Tuesday Wednesday, Friday 9am-2pm Connections Cafe M-W-Th 11:30-12:30</p>	<p>Zumba Saturday 9am Pilates Sunday Noon QUESTIONS? CALL 719-464-6873</p>	<p>Class Prices: \$50 Unlimited/Month \$60 10 Class Punch Card \$8 Drop-In</p>

Active Minds & Bodies (Wednesday 9am) Circuit style workout that incorporates cardio and simple weight training. Suitable for all levels.

Advisory Board Meeting (Tues, Feb 6 10:30am) Be an advocate for the senior center! Bring ideas and suggestions to the table. Open to all.

Arts & Crafts (Thursdays 11 AM): Bring a craft to work on while enjoying stimulating conversation. Various crafts available! You can join at any time. Please contact Sue, 719-464-6873 for more info.

Bingo (3rd Wednesday, 1-2 PM): Fun and prizes! Please RSVP Sue, 719-464-6873.

Bible Study (Friday, Noon Feb 3, 10, 17, 24): 4 sessions studying the Gospel of John. Bring your own lunch. RSVP

Book Club (2nd Friday 11 AM): Please contact Sue, 719-464-6873. Coffee and snacks will be provided.

Building Better Bones and Balance: 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. Please bring \$5 and a snack to share.

Chair Yoga (Wednesday 12 PM): Combined seated/standing yoga poses. Improves circulation and range of motion. Promotes stress reduction and mental clarity. Suitable for all levels.

Chess Club (Monday Noon): Beginners welcome.

Essentrics (Tuesday 9 AM, Thursday 12 PM): Strengthen your core, lengthen your body, improve flexibility, balance, and mobility. Requires the ability to sit on the floor for at least 20 minutes.

Keep Calm & Dance (Friday, Feb 17 Noon) Nothing soothes the soul like a good dance party! Learn new dances moves. Please RSVP 719-464-6873)

Gentle Yoga (Tuesday 10:15 AM): A gentle, slower-moving traditional yoga class focusing on strength and alignment. Suitable for all levels.

New! Heart Math (Starts Monday, Feb 13 /6 week session 10:30) Heart Math is great for understanding how our bodies hold stress and managing the stressors we experience. Participants will need to pre-register with Silver Key by calling 719-884-2300. Ask to be set up with Tri-Lakes *Heartmath /Biofeedback Group*.

I'm Feelin' A Little Chili (Wednesday, Feb 8 11:30) Join Chef Erin in sampling Turkey, Chicken, and Vegetarian Chili. Bring your appetite and \$10 to cover the cost of materials. Please RSVP 719-464-6873

Lean & Fit (Mondays 9 AM): Muscle conditioning class using a variety of equipment to build strength and endurance. Suitable for all levels.

Line Dancing (Tuesday 1:30 PM): Brush the dust off you boots and get dancing! All levels are welcome.

Mind-ergize (Tuesday Noon) A unique application of cognitive exercises. Suitable for all levels.

Mind Matters (Wednesday 10 AM): Relax and reduce your stress! Enjoy gentle stretching, breathing techniques, energy exercises, mudras, meditation and visualization work. This is a 45 minute class.

Mix It Up! (Wednesday 8 AM): A fun combination of low impact aerobics, simple weight training, and stretching. Suitable for all levels.

Pilates (Sunday Noon): Strengthen your core, improve flexibility, balance, mobility and create a stronger mind-body connection. Suitable for all levels.

Strong For Life (Mondays 1:30 PM): Circuit style workout that incorporates cardio and simple weight training. Suitable for all levels.

Tai Chi Fusion (Monday Noon): Reduce stress and promote serenity through gentle, flowing movements and deep breathing. Often described as meditation in motion. Suitable for all levels.

Tai Chi Gong (Wednesday 9 AM, Thursday 11 AM) Relax your mind with flowing movements and meditation in motion.

Total Body Strength (Friday 9 AM): Muscle conditioning class using a variety of equipment to build strength and endurance. Suitable for all levels.

Yoga (Monday/Friday 10:15 AM): Vinyasa flowing style combines a powerful, energetic form of yoga designed to move from one pose to the next while connecting your breathing to your movements. Suitable for all levels.

Zumba (Thursday 5:30 PM; Saturday 9 AM): Combines motivating, high-energy Latin based music with unique dance movements and combinations. Suitable for all levels.

Zumba Gold (Thursday 9 AM): Combines motivating, high-energy Latin based music with unique dance movements and combinations. Suitable for all levels.