

# May 2023

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
| <b>1</b><br>9-10: Lean & Fit<br>10:15-11 Yoga<br>10:30 Advisory Committee<br>12-1: Tai Chi Fusion<br>12:00: Chess Club<br>1:30: Strong For Life | <b>2</b><br>10:15: Gentle Yoga<br>10:30: Carrying On<br>12-4: Pinochle<br>12-1: Mind-ergize<br>1-4: Hand & Foot<br>1:30: Line Dancing  | <b>3</b><br>8-9 Mix It Up!<br>9-10 Active Bodies<br>10-11 Mind Matters<br>11-12 Tai Chi Gong<br>11-4: Hand & Foot<br>12-1: Chair Yoga                       | <b>4</b><br>9-10: Zumba Gold<br>11-12: Tai Chi Gong<br>11-1: Arts & Crafts<br>1:30: Better Bones<br>5:30-6:30: Zumba  | <b>5</b><br>9-10: Total Body Strength<br>10-15-11: Gentle Yoga<br>10:30 Mind-ergize<br>12:00 Bible Study<br>1-4: National Mah Jong<br>Freddy's Friday All day  |
| <b>8</b><br>9-10: Lean & Fit<br>10:15-11 Yoga<br>10:30 Advisory Committee<br>12-1: Tai Chi Fusion<br>12:00: Chess Club<br>1:30: Strong For Life | <b>9</b><br>10:15: Gentle Yoga<br>10:30: Carrying On<br>12-4: Pinochle<br>12-1: Mind-ergize<br>1-4: Hand & Foot<br>1:30: Line Dancing  | <b>10</b><br>8-9 Mix It Up!<br>9-10 Active Bodies<br>9-12 Open Painting<br>10-11 Mind Matters<br>11-12 Tai Chi Gong<br>12-1: Chair Yoga<br>1-4: Hand & Foot | <b>11</b><br>9-10: Zumba Gold<br>11-12: Tai Chi Gong<br>11-1: Arts & Crafts<br>1:30: Better Bones<br>5:30-6:30: Zumba   | <b>12</b><br>9-10: Total Body Strength<br>10:15-11: Gentle Yoga<br>10:30 Mind-ergize<br>11-12 Book Club<br>12:00 Bible Study<br>1-3: Bunco<br>1-4: National Mah Jong   |
| <b>15</b><br>9-10: Lean & Fit<br>10:15-11 Yoga<br>10:30: Circle Talk<br>12-1: Tai Chi Fusion<br>12:00: Chess Club<br>1:30: Strong For Life      | <b>16</b><br>10:15: Gentle Yoga<br>12-4: Pinochle<br>12-1: Mind-ergize<br>1-4: Hand & Foot<br>1:30: Line Dancing                       | <b>17</b><br>8-9 Mix It Up!<br>9-10 Active Bodies<br>10-11 Mind Matters<br>11-12 Tai Chi Gong<br>12-1: Chair Yoga<br><b>12 :BINGO</b><br>1-4: Hand & Foot   | <b>18</b><br>9-10: Zumba Gold<br>11-12: Tai Chi Gong<br>11-1 Arts & Crafts<br>1:30: Better Bones<br>5:30-6:30: Zumba  | <b>19</b><br>9-10: Total Body Strength<br>10:15-11: Gentle Yoga<br>10:30 Mind-ergize<br>12:00 Bible Study<br>1-4: National Mah Jong  |
| <b>22</b><br>9-10: Lean & Fit<br>10:15-11 Yoga<br>10:30 Circle Talk<br>12-1: Tai Chi Fusion<br>12:00 Chess Club<br>1:30: Strong For Life        | <b>23</b><br>10:15: Gentle Yoga<br>12-4: Pinochle<br>12-1: Mind-ergize<br>1-4: Hand & Foot<br>1:30: Line Dancing                       | <b>24</b><br>8-9 Mix It Up!<br>9-10 Active Bodies<br>10-11 Mind Matters<br>11-12 Tai Chi Gong<br>11-4: Hand & Foot<br>12-1: Chair Yoga                      | <b>25</b><br>9-10: Zumba Gold<br>11-12: Tai Chi Gong<br>11-1 Arts & Crafts<br>1:30: Better Bones<br>5:30-6:30: Zumba  | <b>26</b><br>9-10: Total Body Strength<br>10:15-11: Gentle Yoga<br>10:30 Mind-ergize<br>12:00 Bible Study<br>1-4: National Mah Jong  |
| <b>29</b><br>CLOSED FOR<br>MEMORIAL DAY<br>                  | <b>30</b><br>10:15: Gentle Yoga<br>10:30: Grief Share<br>12-4: Pinochle<br>12-1: Mind-ergize<br>1-4: Hand & Foot<br>1:30: Line Dancing | <b>31</b><br>8-9 Mix It Up!<br>9-10 Active Bodies<br>10-11 Mind Matters<br>11-12 Tai Chi Gong<br>11-4: Hand & Foot<br>12-1: Chair Yoga                      | <b>Zumba Saturday<br/>           9am<br/>           Pilates Sunday Noon<br/>           Walking Club<br/>           Mon, Tues, Wed<br/>           Wednesday, Fri<br/>           10am-2pm<br/>           QUESTIONS?<br/>           719-464-6873</b> | <b>Class Prices:<br/>           \$50 Unlimited/Month<br/>           \$60 10 Class Punch<br/>           Card<br/>           \$8 Drop-In<br/> <br/>           Connections Cafe<br/>           M-W-Th 11:30-12:30</b> |

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

**Advisory Board Meeting** (Tues, April 3 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** (3<sup>rd</sup> Wednesday, (12:00-1:00PM NEW TIME!): Fun and prizes! Please RSVP Sue, 719-464-6873.

**Bible Study** (Friday, Noon ): Bring your own lunch. RSVP

**Book Club** (2<sup>nd</sup> 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** (2<sup>nd</sup> 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.

**Carrying On** (May 2 & 9, 10:30am) How do we manage grief? Learn different techniques. Call, 719-884-2300 for more information.

**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.

**Circle Talk** (Monday 10:30 Starts May 15) Come as strangers, leave as friends. Light-hearted conversation. Please call, 719-884-2300 to reserve a spot!

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

**Essentrics** (Tuesday 10am & Thursday 11am) This is a virtual class at the senior center with Karen! Strengthen your core, lengthen your body, improve flexibility, and mobility. Starts May 9.

**Grief Support Group** (6 week session, Tuesdays, April 4-May 9) Learn ways to manage to grieving process. Please call, 719-884-2300 to register.

**Lean & Fit** ( Mondays 9 AM): Muscle conditioning class using a variety of equipment to build strength and endurance. Suitable for all levels.r 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), Friday 10:30am 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.

**Open Studio Painting** (First Monday 9-12pm) Open to all who are interested in gathering to paint together. \$5

**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.