

June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba Sat 9am Pilates Sun 12pm Walking Club M,Tu,Wed,Fri 10am-2pm Questions?? 719-464-6873	Class Prices: \$50 Unlimited/ Month \$60 10 Class Punch Card \$8 Drop-In Connections Cafe M-W-Th 11:30-12:30	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	1 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1: Arts & Crafts 1:30: Better Bones 5:30-6:30: Zumba	2 9-10: Total Body Strength 10-15-11: Gentle Yoga 10:30 Mind-ergize 12:00 Bible Study 1-4: National Mah Jong Freddy's Friday All day
5 9-10: Lean & Fit 10:15-11 Yoga 10:30 Advisory Committee 10:30 Circle Talk 12-1: Tai Chi Fusion 12:00: Chess Club 1:30: Strong For Life	6 10:15: Gentle Yoga 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing	7 8-9 Mix It Up! 9-10 Active Bodies 9-12 Open Painting 10-11 Mind Matters 11-12 Tai Chi Gong 12-1: Chair Yoga 1-4: Hand & Foot	8 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1: Arts & Crafts 1:30: Better Bones 5:30-6:30: Zumba	9 9-10: Total Body Strength 10:15-11: Gentle Yoga 10:30 Mind-ergize 11-12 Book Club 12:00 Bible Study 1-3: Bunco 1-4: National Mah Jong
12 9-10: Lean & Fit 10:15-11 Yoga 10:30: Circle Talk 12-1: Tai Chi Fusion 12:00: Chess Club 1:30: Strong For Life	13 10:15: Gentle Yoga 10:30 Elder Abuse Awareness Conversation 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing	14 8-9 Mix It Up! 9-10 Active Bodies 10-11 Mind Matters 11-12 Tai Chi Gong 12-1: Chair Yoga 12 :BINGO 1-4: Hand & Foot	15 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1 Arts & Crafts 1:30: Better Bones 5:30-6:30: Zumba	16 9-10: Total Body Strength 10:15-11: Gentle Yoga 10:30 Mind-ergize 12:00 Bible Study 1-4: National Mah Jong
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26 9-10: Lean & Fit 10:15-11 Yoga 10:30 Circle Talk 12-1: Tai Chi Fusion 12:00 Chess Club 1:30: Strong For Life	27 10:15: Gentle Yoga 10:30: Grief Share 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing	28 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	29 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1 Arts & Crafts 1:30: Better Bones 5:30-6:30: Zumba	30 9-10: Total Body Strength 10:15-11: Gentle Yoga 10:30 Mind-ergize 12:00 Bible Study 1-4: National Mah Jong

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

Advisory Board Meeting (May, 1 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, (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 (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.

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!

Elder Abuse Awareness Day (June 13, 2-3PM) PPAOA presents a guided conversation on how to promote a better understanding of elder abuse and neglect in your community.

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

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.