

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Class Prices: \$50 Unlimited/Mo \$60 10 Class Punch Card \$8 Drop-In	Zumba Sat 9am Pilates Sun 12pm Questions? Call: 719-464-6873	Walking Club M-Tu-W_Fri 10am-2pm	1 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1 Arts & Crafts 12 Mind-ergize 1: Sugar Shop (UCCS) 1:30: Better Bones 5:30-6:30: Zumba	2 9-10: Total Body Strength 10:15-11: Yoga 11: Hopeful Hearts (Grief Support) 12: Tech Support 101 1-4: National Mah Jong
5 9-10: Lean & Fit 10:15-11 Yoga 12-1: Tai Chi Fusion 12:00: Chess Club 12: Valentine's Craft 1:30: Strong For Life 2:45: Bible Study	6 10:15: Gentle Yoga 11:00 Spades 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 9:30: Open Paint 10-11 Mind Matters 11-12 Tai Chi Gong 11: Cemetery Talk 12-1: Chair Yoga 1-4: Hand & Foot	8 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1: Arts & Crafts 12: Mind-ergize 1:30: Better Bones 5:30-6:30: Zumba	9 9-10: Total Body Strength 10:15-11: Yoga 11: Around the Table 11: Aging Strong 1: Bunco (Cigna) 1-4: National Mah Jong
12 9-10: Lean & Fit 10: Scam Alert! 10:15-11 Yoga 12-1: Tai Chi Fusion 12:00: Chess Club 1:30: Strong For Life 2:45: Bible Study	13 10:15: Gentle Yoga 11:00 Spades 11:30 Mardi Gras Party 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 11: Valentine's Day Party (PACE) 12-1: Chair Yoga 1-4: Hand & Foot	15 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1 Arts & Crafts 12 Mind-ergize 1:30: Better Bones 5:30-6:30: Zumba	16 9-10: Total Body Strength 10: Intro to Weight Training 10:15-11: Yoga 11: Hopeful Hearts (Grief Support) 1-4: National Mah Jong
19 9-10: Lean & Fit 10:15 -11 Yoga 12-1: Tai Chi Fusion 12:00 Chess Club 1:30: Strong For Life 2:45: Bible Study	20 10:15: Gentle Yoga 11:00 Spades 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing	21 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	22 9-10: Zumba Gold 11-12: Tai Chi Gong 12 Mind-ergize 1:30: Better Bones 5:30-6:30: Zumba	23 9-10: Total Body Strength 10:15-11: Yoga 11: Around the Table 1-4: National Mah Jong
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Age Strong (Friday, February 9th) A Guide to Stronger Bones & Muscles. Learn the importance of strength training to prevent loss of muscle and improve and improve bone health. \$20 Please RSVP, swalker@silverkey.org \$20
Scam Alert! (Monday, February 12 10am) The Monument Police Dept will provide updates on the latest scams and what to watch for. Please RSVP, swalker@silverkey.org

Introduction to Strength Training (Friday, February 16 10am-12pm) Learn the basics of weight training and how to design a resistance training program that helps you preserve muscle and improve bone health. \$40 Meet in the gymnasium. Please RSVP, swalker@silverkey.org

Hopeful Hearts (1st & 3rd Friday) Grief is a universal experience, yet it's one that is deeply personal and often isolating. When navigating the complex emotions that come with loss, many people find solace and strength From the support of others with shared experiences. Please RSVP, atimmons@silverkey.org

Around the Table(2nd & 4th Friday) is an engaging one-hour guided social group with fun conversation and activities that promote personal connections and a sense of belonging with others. Each meeting is supported by a friendly facilitator with all participants in the group experiencing a lively discussion full of shared memories and important life stories, present day discussion topics, and hope regarding future endeavors. Please RSVP, atimmons@silverkey.org

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

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): Noon Fun and prizes! Please RSVP Sue, 719-464-6873.

Bible Study (Monday,, 2:45): We are studying the Book of Revelations RSVP, 719-464-6873.

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): Sponsored by **PACE**. A fun, social dice game of teams of two. Must have a desire to have fun! Lots of luck, and no skill is required. Suggested donation of \$5 dollars.

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.

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

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/Thursday Noon) Improve and preserve your cognitive skills with 'brain boosting' games and simple movement patterns. 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.

Sugar Shop (Thursday, Feb 1 1:00pm)

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.

Tech Support 101 (1st Friday, 12-1:30pm) Have questions about your phone? Computer? Other electronic device? Will is on the job to help you! Please RSVP.

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.