

January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 10:15: Gentle Yoga 10:30: Advisory Mtg 11:00 Spades 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing	3 8-9 Mix It Up! 9-10 Active Bodies 10-11 Mind Matters 11-12 Tai Chi Gong 12-1: Chair Yoga 1-4: Hand & Foot	4 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	5 9-10: Total Body Strength 10:15-11: Yoga 12:Tech Support 101 1-4: National Mah Jong
8 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	9 10:15: Gentle Yoga 11:00 Spades 11: Buyer's Remorse (Cigna) 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing	10 8-9 Mix It Up! 9-10 Active Bodies 10-11 Mind Matters 11-12 Tai Chi Gong 12-1: Chair Yoga 1-4: Hand & Foot	11 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	12 9-10: Total Body Strength 10:15-11: Yoga 11: Book Club 1: Bunco PACE 1-4: National Mah Jong
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29 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	30 10:15: Gentle Yoga 11:00 Spades 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing	31 8-9 Mix It Up! 9-10 Active Bodies 10-11 Mind Matters 11-12 Tai Chi Gong 12-1: Chair Yoga 1-4: Hand & Foot	Class Prices: \$50 Unlimited/Mo \$60 10 Class Punch Card \$8 Drop-In	Zumba Sat 9am Pilates Sun 12pm Questions? Call: 719-464-6873

Astronomy/Cosmology class (Monday, Jan 8, 15,22,29 10am) We'll cover topics such as galaxies, quasars, pulsars, gravitational waves. \$15 to cover cost of materials. Please RSVP, 719-464-6873
Tech Support 101 (Friday, Jan 5 Noon) Get questions answered about the use of your phone, laptop, tablet, etc! Please RSVP, 719-464-6873

Buyers' Remorse (Tues, Jan 9 11am) Last chance to up date your health benefits. Please RSVP, 719-464-6873 Sponsored by Cigna

Walking Club M-Tu-Wed-Fri 10am-2pm

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.

Come join Kaiser on the 16th for a special arts & craft session!

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.

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): 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) 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.