

**March 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Class Prices:</b> <b>\$50 Unlimited/Mo</b>  <b>\$60 10 Class</b> <b>Punch Card</b> <b>\$8 Drop-In</b>	<b>Zumba Sat 9am</b>  <b>Pilates Sun 12pm</b>  <b>Questions? Call:</b> <b>719-464-6873</b>	<b>Walking Club</b>  <b>M-Tu-W_Fri</b> <b>10am-2pm</b>	9-10: Zumba Gold 11-12: Tai Chi Gong 11-1 Arts & Crafts <b>11: Rummikub</b> 12 Mind-ergize 1:30: Better Bones  5:30-6:30: Zumba	1 9-10: Total Body Strength 10:15-11: Yoga <b>11: Hopeful Hearts</b> (Grief Support) <b>12: Tech Support</b> <b>101</b> 1-4: National Mah Jong
4 9-10: Lean & Fit 10:15-11 Yoga <b>10:30:Advisory Committee Mtg</b> <b>12: Purse Party(Flagship Health)</b> 12-1: Tai Chi Fusion 12:00: Chess Club 1:30: Strong For Life 2:45: Bible Study	5 10:15: Gentle Yoga 11:00 Spades 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing	6 8-9 Mix It Up! 9-10 Active Bodies 9:30: Open Paint 10-11 Mind Matters 11-12 Tai Chi Gong 12-1: Chair Yoga 1-4: Hand & Foot	7 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1: Arts & Crafts <b>11: Rummikub</b> 12: Mind-ergize 1:30: Better Bones 5:30-6:30: Zumba	8 9-10: Total Body Strength 10:15-11: Yoga <b>11: Around the Table</b> 11: Book Club 1: Bunco 1-4: National Mah Jong
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**Connections Cafe M-W-Th 11:15am-12:30pm** Silver Key Connections Café provides hot, nutritious meals in a social setting to eligible diners, promoting good health and offering the opportunity to enjoy friendship with others. Reserve your meal 24 hours in advance, 719-884-2300.

**Hopeful Hearts (1<sup>st</sup> & 3<sup>rd</sup> 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 register, 719-884-2300.

**Around the Table( 2<sup>nd</sup> & 4<sup>th</sup> 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 register, 719-884-2300.

**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.

**Advisory Committee Meeting** (March 4 10:30am) Silver Key and Senior Center updates. All are welcome.

**Bingo** (3<sup>rd</sup> Wednesday): Noon (sponsored by Dynamic Rotary) 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** (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): 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.

**Purse Party** (Monday, March 4 Noon) Sponsored by Flagship Health) This popular purse snatching party is back! Win a gently -used purse. Games and prizes. A light lunch will be served. Please RSVP, [swalker@silverkey.org](mailto:swalker@silverkey.org)

**NEW! Rummikub** (Thursday 11am) A tile-based game for 2-4 players, combining the elements of the card game rummy and Mahjong.

**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.