

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9-10: Lean & Fit 10-2: Intro to Pickleball 10:15-11 Yoga 10:30: Advisory Committee Mtg 12-1: Tai Chi Fusion 12:00: Chess Club 1:30: Strong For Life 2:30: Bible Study	2 10:15: Gentle Yoga 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 9:30: Open Paint 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 11: Sing-A-Long 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 Jongg
8 9-10: Lean & Fit 10-2: Intro to Pickleball 10:15-11 Yoga 12-1: Tai Chi Fusion 12:00: Chess Club 1:30: Strong For Life 2:30: Bible Study	9 10:15: Gentle Yoga 11:00 Spades 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 9:30: Open Paint 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 1: Bunco (Cigna) 1-4: National Mah Jongg
15 9-10: Lean & Fit 10-2: Intro to Pickleball 10:15-11 Yoga 12-1: Tai Chi Fusion 12:00: Chess Club 1:30: Strong For Life 2:30: Bible Study	16 10:15: Gentle Yoga 11:00 Spades 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing	17 8-9 Mix It Up! 9-10 Active Bodies 10-11 Mind Matters 11-12 Tai Chi Gong 12-1: Chair Yoga 12: BINGO(PACE) 1-4: Hand & Foot	18 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1 Arts & Crafts 12 Mind-ergize 12: Healthy Bingo (Cigna) 1:30: Better Bones 5:30-6:30: Zumba	19 9-10: Total Body Strength 10:15-11: Yoga 1-4: National Mah Jongg
22 9-10: Lean & Fit 10-2: Intro to Pickleball 10:15 -11 Yoga 12-1: Tai Chi Fusion 12:00 Chess Club 1:30: Strong For Life 2:30: Bible Study	23 10:15: Gentle Yoga 11:00 Spades 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing	24 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	25 9-10: Zumba Gold 11-12: Tai Chi Gong 12 Mind-ergize 1:30: Better Bones 5:30-6:30: Zumba	26 9-10: Total Body Strength 9: Silver Key Tour 10:15-11: Yoga 1-4: National Mah Jongg
29 9-10: Lean & Fit 10-2: Intro to Pickleball 10:15-11 Yoga 12-1: Tai Chi Fusion 12:00: Chess Club 1:30: Strong For Life 2:30: 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	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

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.

Silver Key Tour Friday, April 26 9am Come tour our south campus at 1625 S. Murray Blvd. During this visit, you'll learn the dynamics of our extensive senior services, Connections Cafe, Thrift Store, and more! We are providing bus

service that will leave the senior center at 9am and return early afternoon. At the conclusion of the tour, lunch will be provided. Please RSVP to swalker@silverkey.org to reserve your spot. Space is limited.

Intro to Pickleball (Monday, 10-2) Beginners pickleball class. Come learn this very popular court game! Suggested donation, \$5.

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

Advisory Committee Meeting (1st Monday) Silver Key updates and current events. All are welcome

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, 2:30): We are studying the Book of Revelations RSVP, 719-464-6873.

Book Club (Friday, 11am) Meeting every other month: May, July, Sept, Nov)

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 Cigna.** 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

Healthy Bingo (Thursday, April 18 Noon) **Sponsored by Cigna** Enhance your eating habits and lifestyle while engaging in a fun bingo game. RSVP, swalker@silver.org

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 your 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, 9:30-12pm) Open to all who are interested in gathering to paint together. Suggested donation \$5

Pilates (Sunday Noon): Strengthen your core, improve flexibility, balance, mobility and create a stronger mind-body connection. Suitable for all levels.

Sing-A-Long With Anna (Thursday, April 4, 11am) Join Anna around the piano and sing popular songs from the 60's. Please RSVP, swalker@silverkey.org.

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 11 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, swalker@silverkey.org.

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.