



# May 2024

66 Jefferson St  
 Monument, CO. 80132  
 719-884-2300

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Fitness Class Prices:</b> <b>\$50 Unlimited/Mo</b> <b>\$60 10 Class Punch</b> <b>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>1</b> 8-9 Mix It Up! 9-10 Active Bodies <b>9:30: Open Paint</b> 10-11 Mind Matters 11-12 Tai Chi Gong 12-1: Chair Yoga 1-4: Hand & Foot	<b>2</b> 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1 Arts & Crafts 11: Rummikub 12 Mind-ergize 1:30: Better Bones 5:30-6:30: Zumba	<b>3</b> 9-10: Total Body Strength 10:15-11: Yoga <b>12: Tech Support 101</b> 1-4: National Mah Jongg
<b>6</b> 9-10: Lean & Fit 10:15-11 Yoga <b>10:30: Advisory Committee Mtg</b> 12-1: Tai Chi Fusion 12:00: Chess Club 1:30: Strong For Life 2:30: Bible Study	<b>7</b> 10:15: Gentle Yoga 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing	<b>8</b> 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	<b>9</b> 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1: Arts & Crafts 11: Rummikub 12: Mind-ergize 1:30: Better Bones 5:30-6:30: Zumba	<b>10</b> 9-10: Total Body Strength 10:15-11: Yoga <b>1: Bunco (Cigna)</b> 1-4: National Mah Jongg
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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. Suggested donation \$3.50

**Senior Summit at the Great Wolf Lodge (Thursday, May 16 9am -2pm)** Whether you're a senior, have elderly friends or family members, or are involved in serving the senior population, this is the must-attend event of 2024! FREE Event, Food & Drinks, and Parking! Please visit [www.silverkey.org](http://www.silverkey.org) for information and to register for this exciting event!

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

**Advisory Committee Meeting (1<sup>st</sup> 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 (3<sup>rd</sup> 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 (2<sup>nd</sup> 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

**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.

**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 (1<sup>st</sup> 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](mailto: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.