

JANUARY 2025



MON	TUE	WED	THU	FRI
<p>Fitness Class Fees: \$8 Drop-In \$50 Unlimited per month \$60 10 class punch card</p> <p>Scholarships available!</p> <p>Contact 719-884-2303.</p>	<p>31</p> <p>SILVER KEY CLOSED</p>	<p>1</p> <p>SILVER KEY CLOSED</p>	<p>2</p> <p>11:30: Connections Café 3:30-5: Open Computer Lab</p>	<p>3</p> <p>9-1: Open Computer Lab 10-11: Arts & Crafts- Floral Arranging (café) 10-11 Wound Awareness 11-12 Chat Group 11:30 Connections Café 1-3: Cards and Games</p>
<p>6</p> <p>9-4: Open Computer Lab 10-11: Coffee & Company 11:30: Connections Café 2:00 Laughter Yoga 2-4: Cards & Games</p>	<p>7</p> <p>11:30: Connections Café 12:30-1:30 Chess Lessons 1:30-3:30 Chess 3:30-5: Open Computer Lab</p>	<p>8</p> <p>9-10: Open Fun 9-1: Open Computer Lab 11:30: Connections Cafe 12:30-2: Bingo 2-2:45: Chair Yoga 2-4: Cards & Games (café) 3-5: Open Computer Lab</p>	<p>9</p> <p>10-11: Sit and Be Fit 11:30: Connections Café 1:30-3 Beyond Basics * 3:30-5: Open Computer Lab</p>	<p>10</p> <p>9-1: Open Computer Lab 10-11: Arts & Crafts – Wooden Ornament Painting 11-12 Chat Group 11:30: Connections Café 1-3: Cards and Games</p>
<p>13</p> <p>9-4: Open Computer Lab 10-11: Coffee & Company 11:30: Connections Café 2:30: Zumba 2-4: Scrabble Social 2-4: Cards and Games</p>	<p>14</p> <p>10:00-11:30 Tablet/Smartphone Basics* 11:30-12:30 Smartphone Tech Support Drop-In 11:30: Connections Café 12:30-1:30 Chess Lessons 1:30-3:30 Chess 1:30-3 Beyond Basics* 3:30-5: Open Computer Lab</p>	<p>15</p> <p>9-10: Open Fun 9-1: Open Computer Lab 10:30-11:30 Eye Health Q&A with Dr. S. 11:30: Connections Cafe 12:30-2: Bingo 2-2:45: Chair Yoga 2-4: Cards & Games (café) 3-5: Open Computer Lab</p>	<p>16</p> <p>11:30: Connections Café 1:00-3:00 Pool Club 1:30-3 Beyond Basics * 3:30-5: Open Computer Lab</p>	<p>17</p> <p>9-1: Open Computer Lab 10-11:30 Mexican Bingo 10-11 Arts & Crafts – Window Cling 11-12 Chat Group 11:30: Connections Cafe 1-3: Bunco</p>
<p>20</p> <p>9-4: Open Computer Lab 10-11: Coffee & Company 11:30: Connections Cafe 2:00 Body Groove 2-4 Cards & Games (café)</p>	<p>21</p> <p>10:00-11:30 Tablet/Smartphone Basics* 11:30-12:30 Smartphone Tech Support Drop-In 11:30: Connections Café 12:30-1:30 Chess Lessons 1:30-3:30 Chess 1:30-3 Beyond Basics * 3:30-5: Open Computer Lab</p>	<p>22</p> <p>9-10: Open Fun 9-1: Open Computer Lab 10:30-11:30 Social Connectivity Discussion 11:30: Connections Cafe 12:30-2: Bingo 2-2:45: Chair Yoga 2-4: Cards & Games (café) 3-5: Open Computer Lab</p>	<p>23</p> <p>11:30: Connections Café 1:30-3 Beyond Basics * 3:30-5: Open Computer Lab</p>	<p>24</p> <p>9-1: Open Computer Lab 10-11: Arts & Crafts- Cardboard Gingerbread House 11-12 Chat Group 11:30 Connections Café 1-3: Cards & Games</p>
<p>27</p> <p>9-4: Open Computer Lab 10-11: Coffee & Company 11:30: Connections Cafe 2-4: Cards & Games 2-4 Scrabble Social</p>	<p>28</p> <p>10:00-11:30 Tablet/Smartphone Basics* 11:30-12:30 Smartphone Tech Support Drop-In 11:30: Connections Café 12:30-1:30 Chess Lessons 1:30-3:30 Chess 1:30-3 Beyond Basics * 3:30-5: Open Computer Lab</p>	<p>29</p> <p>9-10: Open Fun 9-1: Open Computer Lab 10:30-11:30 Scam Prevention Discussion 11:30: Connections Cafe 12:30-2: Bingo 2-2:45: Chair Yoga 2-4: Cards & Games (café) 3-5: Open Computer Lab</p>	<p>30</p> <p>11:30: Connections Café 1:30-3 Beyond Basics * 3:30-5: Open Computer Lab</p>	<p>31</p> <p>9-1: Open Computer Lab 10-11: Arts & Crafts- Valentine's Wreath 11-12 Chat Group 11:30 Connection-s Café 1-3: Cards & Games</p>

ACTIVITY CENTER HOURS: MON-FRI 9am-4pm
1655 S. Murray Blvd, Colorado Springs CO

QUESTIONS? CALL (719) 884-2300

PRE-REGISTRATION REQUIRED IF ASTERICK NOTED

ARTS & CRAFTS – Fridays @ 10

Unleash your creativity & socialize! Enjoy scheduled projects or bring your own craft of choice. See calendar for projects.

BEYOND BASICS COMPUTER CLASS *

10-week course expands on the concepts and skills taught in Computer Basics and explores the internet as an everyday resource. Improve research skills; email features; Google Drive/Photos/Docs; and how to stay safe online. Call 884-2300 to pre-register.

BINGO

Enjoy an afternoon of fun, friendly competition, and great prizes. It's a perfect way to meet new people.

BODY GROOVE- 1/20/25

Move freely, have fun, and discover the joy of dancing your way to fitness and happiness. Provided in partnership with Diversus Health.

BUNCO – 1/17/25

Try your luck and have some laughs while playing this fun dice game. 4 player minimum required.

CARDS & GAMES

Enjoy classic card games and board games with friends. Bring a friend or come to meet new people. Call 884-2303 for special interest games (Bridge, etc). to pre-register

CHAT GROUP – Fridays @ 11

Sit with others and enjoy story sharing, specific topic discussions, and general companionship.

CHAIR YOGA – Wednesday @ 2:00

Follow along with Senior Planet virtual instructor while gently stretching the whole body. All fitness levels welcome.

***CONNECTIONS CAFÉ – Daily @ 11:30**

Come enjoy a hot, nutritious meal alongside other friends. **Call 719-884-2300 for reservations by 2 pm the day prior to dining.** A suggested donation for eligible diners is \$3.50, but no eligible person is denied a meal. Guest fee for a non-eligible diner is \$7.50

CHESS- Learn to play chess (**Tuesdays 12:30-1:30**) or spend the afternoon playing/practicing (**Tuesdays 1:30-3:30**).

COFFEE & COMPANY – Mondays @ 10:00 . Hosted in Café

Enjoy good coffee and great conversation while connecting with old and new friends.

EYE HEALTH QUESTION & ANSWER WITH DR. SHRESHBA – 1/15/25

Enjoy an informative discussion on eye health as we age. Bring your questions!

LAUGHTER YOGA- 1/6/25

Experience the joy of connection, stress relief, and cardiovascular strengthening through the healing power of laughter. Provided in partnership with Diversus Health.

MEXICAN BINGO

Join us for a lively game of Loteria, a traditional Mexican bingo-style game full of fun and culture! Prizes available.

MOVIE - Mondays @ 12:30

Come enjoy films and documentaries with popcorn and friends. See calendar for movie selection. Let us know special requests!

OPEN FUN

Enjoy a variety of activities like puzzles, chess, pool/ping pong. It's the perfect time to unwind and socialize.

OPEN COMPUTER LAB

During Open Lab time, you'll have the opportunity to practice your computer or device skills, ask questions, and get personalized help in a relaxed, hands-on environment. **Select computer workshops available ongoing. Call 719-884-2300 for information.**

POOL CLUB – 1/16/25

Perfect your game and make new friends in a relaxed and welcoming atmosphere.

SCRABBLE SOCIAL- 2nd and 4th Mondays @ 2

A fun gathering of word lovers! Bring your competitive spirit—or just come for the fun. Scrabble boards provided.

SIT AND BE FIT- 1/9/25

Gentle and engaging workout designed to boost your strength, flexibility, and overall well-being from the comfort of your chair

TABLET/SMARTPHONE BASICS*

Gain confidence and skills to stay connected and tech-savvy. Call 719-884-2300 to pre-register.

TRIVIA

Test your knowledge on a variety of fun topics, from history to pop culture, in a friendly environment.

WOUND AWARENESS

Join UC Health presenters in a discussion on identifying concerns and caring for wounds.

ZUMBA 1/13/25

High-energy workout blending Latin-inspired moves with fun, upbeat music!

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