

APRIL 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| Grab&Go Meals Weekdays 11:30-12:30 \$6 | 1 10-11:30: Memory Lane Social Group 11:30-12:30: Scrabble Social 1: Shopping on Amazon Demo 12:30-1:30: Chess Lessons 1:30-3:30: Chess 3:30-5: Open Computer Lab | 2 9-10:30: Cards/Games/Coffee 12:30-2: BINGO 2-2:45: Chair Yoga 9-5: Open Computer Lab 9-2: AARP Tax Prep | 3 12-1: Mindful Meditation/Breathing 1:15-3:15: Open music Jam Session w/ Troy 3:30-5: Open Computer Lab 9-2: AARP Tax Prep | 4 9-1: Open Computer Lab 10-11: Virtual Law Series (Medical Debt) 11-12: Chat Group 1-2: Arts & Crafts (Flower Arranging) |
| 7 10-11: Coffee & Company 10-11: Mexican Bingo w/Charles 10-11: Music Lessons w/Troy 12:30-2: Movie & Snacks 2-4: Cards/Games 9-4: Open Computer Lab | 8 10:30-11:30: Memory Lane Social Group 10:30-11:30: UC Health Fall Prevention 9:30-11:30: Computer Basics Class 11:30-12:30: Getting to know your smartphone -3:30: 3:30-5: Open Computer Lab | 9 9-10:30: Cards/Games/Coffee 12:30-2: BINGO 2-2:45: Chair Yoga 3-5: Open Computer Lab 9-2: AARP Tax Prep | 10 10-11: T-mobile Phone Workshop 12-1: Mindful Meditation/Breathing 1-2: Cardio Drumming 2:30-4: Intro Clay class w/Frank 3:30-5: Open Computer Lab 9-2: AARP Tax Prep | 11 9-1: Open Computer Lab 10-11: Virtual Law Series (Long Term care plan) 10-11: Arts & Crafts (Beading Jewelry) 11-12: Chat Group 1-2: Bunco |
| 14 10-11: Coffee & Company 10-11: Music Lessons w/ Troy 12:30-2: Movie & Snacks 2-4: Cards/Games 2:00: Laughter Yoga W/Lynn 9-4: Open Computer Lab | 15 10:30-11:30: Memory Lane Social Group 10-11:30: UC Health Fall Prevention 9:30-11:30: Computer Basics Class 11:30-12:30: Getting to know your smartphone 11:30-12:30: Scrabble Social 3:30-5: Open Computer Lab | 16 9-10:30: Cards/Games/Coffee 12:30-2: BINGO 2-2:45: Chair Yoga 9-5: Open Computer Lab | 17 10-11:30: Mexican Bingo w/ Ruben 12-1: Mindful Meditation/Breathing 1-3: Pool Club 3:30-5: Open Computer Lab | 18 9-1: Open Computer Lab 10-11: Arts & Crafts (Bunny Tails & Easter Eggs) 11-12: Chat Group 1-3: Bunco |
| 21 10-11: Coffee & Company 10-11: Music Lessons w/ Troy 12:30-2: Movie & Snacks 2: Zumba W/ Goldie 2-4: Cards/Games 9-4: Open Computer Lab | 22 9:30-11:30: Computer Basics Class 10:30-11:30: UC Health Fall Prevention 11:30am-12:30 Smartphone/Tablet tech support 11:30-12:30: Scrabble Social 3:30-5: Open Computer Lab | 23 9-10:30: Cards/Games/Coffee 10-11: Warning Signs of Alzheimer's 12:30-2: BINGO 2-2:45: Chair Yoga 9-5: Open Computer Lab | 24 10-11: Intro Spanish Class w/Ruben 1-2:30: Game social w/Peak Education Kids 12-1: Mindful Meditation/Breathing 1-2: Cardio Drumming @ Silver Key Apartment 3:30-5: Open Computer Lab | 25 9-1: Open Computer Lab 10-11: Virtual Law Series (End of life planning) 10-11: Arts & Crafts (Card Making) Rsvp required 11-12: Chat Group 1: Pikes peak Library Info Table 1-3: Blooming Together social |
| 28 10-11: Coffee & Company 10-11: Music Lessons w/Troy 12:30-2: Movie & Snacks 2-4: Cards/Games 9-4: Open Computer Lab | 29 9:30-11:30: Computer Basics Class 10:30-11:30: UC Health Fall Prevention 11:30am-12:30: Smartphone/Tablet tech support 11:30-12:30: Scrabble Social 3:30-5: Open Computer Lab | 30 9-10:30: Cards/Games/Coffee 12:30-2: BINGO 2-2:45: Chair Yoga 9-5: Open Computer Lab 10:30-11:30: Pikes Peak council meeting | SENIOR CENTER HOURS: MON-FRI: 9am-4pm 1655 S. Murray Blvd Colorado Springs, CO 80916 QUESTIONS? Call 719-884-2300 | FITNESS CLASS FEES: \$8 Drop-In \$50 Unlimited/Month Call 719-884-2300 for scholarships |

LAUGHTER YOGA- Experience the joy of connection, stress relief, and cardiovascular strengthening through the healing power of laughter. Provided in partnership w/ Diversus Health.

MEMORY LANE SOCIAL GROUP- (Ends 04/15/2025) Fun group with focused activities allowing reflection and story sharing

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

MINDFUL MEDITATION & BREATHING – Practice relaxation with guided meditation & breathing.

MOVIE & SNACKS – Mondays @ 12:30. Come enjoy the big screen, surround sound, and snacks!

Music Lessons w/ Troy: A welcoming and patient music class designed for older adults who are beginners, where Troy guides students through the basics of playing an instrument, fostering creativity and boosting confidence.

OPEN COMPUTER LAB -Practice your computer or device skills and access the internet. Select computer workshops available ongoing. Call 719-884-2300 for information.

Open Music Jam Session- A casual event where musicians of all levels come together to improvise and collaborate in a fun, creative atmosphere.

Pikes Peak Council on Aging Feedback Session (4/30/25)-A community event to share feedback on services and programs for older adults in the Pikes Peak region.

Pike Peak Library info Table - An info presentation to learn about library services, programs, and resources available to the community.

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

Getting to know your smartphone *Gain confidence and skills to stay connected and tech-savvy. Call 719-884-2300 to pre-register.

Shopping on Amazon Demo: is a Zoom session that teaches participants how to navigate Amazon, find products, and make secure purchases online.

T-Mobile Smartphone Workshop: A hands-on session to learn tips and tricks for using your smartphone more effectively.

UC Health fall Prevention-A program focused on strategies and resources to reduce the risk of falls and improve safety for older adults **(Rsvp Required)**.

VIRTUAL SENIOR LAW SERIES – Select Fridays, 10:00-11:00. Attend virtual presentation on senior specific law categories (Medical Debt , Long Term Care , End of life planning)

Warning Signs of Alzheimer's: educates participants on recognizing early warning signs of Alzheimer's, helping to identify symptoms and seek early intervention.

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



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PRE-REGISTRATION REQUIRED IF ASTERISK NOTED

AARP SENIOR TAX PRE (Ends 04/15/2025) – Wednesdays and Thursdays, 9 am to 2 pm
Make tax prep appointment by calling 719-452-2790

ARTS & CRAFTS – First Friday at 1:00. Second to fourth Friday at 10:00.

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

BASIC SPANISH – 4/24/25 10:00-11:00 Learn and practice basic Spanish with volunteer, Ruben!

BASICS COMPUTER CLASS W/ Spencer *10-week course to learn basic Computer concepts and skills. Call 719-884-2300 to pre-register.

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

Blooming Together Social- A spring-themed party to celebrate friendship with music, food, and good company.

BUNCO -Try your luck, bring a friend, and have some laughs while playing this fun dice game.

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).

CARDIO DRUMMING- -Fun and rhythmic workout that combines drumming & music to boost your fitness and mood, perfect for all skill levels

CHAT GROUP – Fridays @ 11 -Sit with others and enjoy story sharing, specific topic discussions, and general companionship.

CHAIR YOGA – Wednesdays @ 2:00 -Follow along while gently stretching the whole body. All fitness levels welcome.

Clay class w/Frank : a hands-on, creative experience where participants learn clay techniques and artistic expression under Frank's guidance.

***CONNECTIONS CAFÉ** – Daily @ 11:30 MOVED to 1575 S. Murray Blvd. as of 1/20/25. Come enjoy a hot, nutritious meal alongside other friends. **Call 719-884-2300 for reservations by 2 pm the day prior to dining.**

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 - Enjoy good coffee and great conversation while connecting with others.

Games Social w/ Peak Education Kids - A fun event for Peak Education kids to enjoy games and teamwork.



More activities on back page.