

APRIL 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| SATURDAY 9am Zumba SUNDAY 12pm Pilates | 1 10:15am Gentle Yoga 12pm-4pm Pinochle 12pm Minder-gize 1pm-4pm Hand & Foot 1:30pm Line Dancing | 2 9am Stamina, Strength, & Stability 9:30am Open Paint 10am Mind Matters 11:15am Connections Cafe 11am: Tai Chi Gong 12pm Chair Yoga 1pm Hand & Foot | 3 9am Zumba Gold 10am Movement Lab 11am Tai Chi Gong 11am Arts & Crafts 11am Rummikub 11:15am Connections Cafe 12pm Mindergize 1:30pm Better Bones & Balance 5:30pm Zumba | 4 9am Total Body Strength 10:15am Yoga 12pm Tech 101 12:30-pm-4pm National Mah Jongg |
| 7 1:15am Connections Cafe 1:30pm Stamina, Strength & Stability 12pm Chess Club 2:30pm Bible Study | 8 10:15am Gentle Yoga 12pm-4pm Pinochle 12pm Minder-gize 1pm-4pm Hand & Foot 1:30pm Line Dancing | 9 9am Stamina, Strength, & Stability 10am Mind Matters 11:15am Connections Cafe 11am: Tai Chi Gong 12pm Chair Yoga 1pm Hand & Foot 2pm Wireless Workshop | 10 9am Zumba Gold 10am Movement Lab 11am Tai Chi Gong 11am Arts & Crafts 11am Rummikub 11:15am Connections Cafe 1:30pm Better Bones & Balance 5:30pm Zumba | 11 9am Total Body Strength 10:15am Yoga 12pm Tech 101 12:30-pm-4pm National Mah Jongg 1pm Bunco |
| 14 1:15am Connections Cafe 1:30pm Stamina, Strength & Stability 12pm Chess Club 2:30pm Bible Study | 15 10:15am Gentle Yoga 11am Happy Healthy Feet 12pm-4pm Pinochle 12pm Minder-gize 1pm-4pm Hand & Foot 1:30pm Line Dancing | 16 9am Stamina, Strength, & Stability 10am Mind Matters 11:15am Connections Cafe 11am: Tai Chi Gong 12pm Bingo 12pm Chair Yoga 1pm Hand & Foot | 17 9am Zumba Gold 10am Movement Lab 11am Tai Chi Gong 11am Arts & Crafts 11am Rummikub 11:15am Connections Cafe 1:30pm Better Bones & Balance 5:30pm Zumba | 18 9am Total Body Strength 10:15am Yoga 12pm Tech 11 12:30-pm-4pm National Mah Jongg |
| 21 1:15am Connections Cafe 1:30pm Stamina, Strength & Stability 12pm Chess Club 2:30pm Bible Study | 22 10:15am Gentle Yoga 12pm-4pm Pinochle 12pm Minder-gize 1pm-4pm Hand & Foot 1:30pm Line Dancing | 23 9am Stamina, Strength, & Stability 10am Mind Matters 11:15am Connections Cafe 11am: Tai Chi Gong 12pm Chair Yoga 1pm Hand & Foot | 24 9am Zumba Gold 10am Buffalo Soldier Presentation 11am Arts & Crafts 11am Rummikub 11:15am Connections Cafe 1:30pm Better Bones & Balance 5:30pm Zumba | 25 9am Total Body Strength 10:15am Yoga 10:30am Crafts w/Lexi 12pm Tech 101 12:30-pm-4pm National Mah Jongg |
| 28 1:15am Connections Cafe 1:30pm Stamina, Strength & Stability 12pm Chess Club 2:30pm Bible Study | 29 10:15am Gentle Yoga 12pm-4pm Pinochle 12pm Minder-gize 1pm-4pm Hand & Foot 1:30pm Line Dancing | 30 9am Stamina, Strength, & Stability 10am Mind Matters 10am Hearing aid cleaning 11:15am Connections Cafe 11am: Tai Chi Gong 12pm Chair Yoga 1pm Hand & Foot | SENIOR CENTER HOURS: MON-FRI: 9am-4pm 66 Jefferson St. Monument, CO 80132 QUESTIONS? Call 719-884-2300 | FITNESS CLASS FEES: \$8 Drop-In \$50 Unlimited/Month \$60 10-Class punch card Call 719-884-2300 for scholarships |

PRE-REGISTRATION REQUIRED IF ASTERISK NOTED

1:1 Tech Support* (Friday, March 28th 12pm)-Reserve a 30-minute time slot with a tech professional to get your specific tech questions answered.

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.

Bible Study (Monday, 2:30)

Building Better Bones and Balance (Thursdays 1:30pm) 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) 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 12pm) A gentle form of yoga that is practiced while seated in a chair or using the chair for support for standing poses.

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.

Hand & Foot (Tues. and Wed. 1pm) Card game with a team of 4 or two teams of 2.

Happy Healthy Feet (April 15th 11am) Learn how to mobilize and strengthen your feet for happy healthy feet.

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 seated 45 minute class.

Open Studio Painting (First Wednesday, 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.

Senior Wireless Workshop (April 9th 2pm) Bring your phone and your questions. T-Mobile will share tip and help you with your phone.

Stamina, Strength & Stability (Mon. 1:30pm & Wed. 9am) Boost endurance with an aerobic workout, build functional strength using weights and bands, and exercises to improve balance and stability. (Intermediate-Advanced level class).

Tai Chi Gong (Wednesday 11 AM, Thursday 11 AM) Relax your mind with flowing movements and meditation in motion.

Tech Support 101 (1st Friday 12pm) Learn practical skills to navigate the evolving digital world.

Total Body Strength (Friday 9 AM) Muscle conditioning class using a variety of equipment to build strength and endurance. Suitable for all levels.

Yoga (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) Easy to follow Latin based music class that focuses on balance, range of motion, and coordinator

