

# MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SENIOR CENTER HOURS:</b> MON-FRI: 9am-4pm</p> <p><b>1655 S. Murray Blvd</b> Colorado Springs, CO 80916</p> <p><b>QUESTIONS?</b> Call 719-884-2300</p>	<p><b>FITNESS CLASS FEES:</b> \$8 Drop-In \$50 Unlimited/Month</p> <p><b>Call 719-884-2300 for scholarships</b></p>	<p><b>Grab&amp;Go Meals Weekdays</b> <b>11:30-12:30 \$6</b></p>	<p><b>1</b> <b>9-10</b> <u>Digital Coupon Tools</u> (Virtual Instructor) <b>10-11:</b> Mexican Bingo W /Charles <b>12-1:</b> Mindful Meditation/Breathing (Virtual Instructor) <b>3:30-5:</b> Open Computer Lab</p>	<p><b>2</b> <b>9-1:</b> Open Computer Lab <b>10-11:</b> Virtual Law Series (Wills &amp; Trust) <b>11-12:</b> Chat Group <b>1-2:</b> Arts &amp; Crafts (Flower Arranging)</p>
<p><b>5</b> <b>10-11:</b> Coffee &amp; Company <b>10-11:</b> Guitar Lessons w/Troy <b>12:30-2</b> :Movie (Comedy) <b>12:30-2:30:</b> <b>Cinco de Mayo Taco Bash</b> <b>9-4:</b> Open Computer Lab</p>	<p><b>6</b> <b>10:30-11:30:</b> Computer Basics Class <b>10-11:</b> Chair Yoga (Virtual Inst.) <b>11:30-12:30:</b> Tech Assistance Hour <b>12:30-1:30:</b> Chess Lessons <b>1:30-3:30:</b> Chess W/ Jerry <b>11:30-12:30:</b> Scrabble Social <b>3:30-5:</b> Open Computer Lab</p>	<p><b>7</b> <b>9-10:30:</b> Cards/Games/Coffee <b>10-11:</b> Smartphones at a glance w Kya <b>9-5</b> Open Computer Lab <b>12:30-2:</b> <b>BINGO</b> <b>2-2:45:</b> Chair Yoga <b>9-5:</b> Open Computer Lab</p>	<p><b>8</b> <b>1:</b> Solo Aging Discussion Group (Virtual Instructor) <b>12-1:</b> Mindful Meditation/Breathing (Virtual Instructor) <b>1-2:</b> <b>Cardio Drumming w/ Don</b> <b>2-4:</b> Intro Clay class w/ Frank <b>3:30-5:</b> Open Computer Lab</p>	<p><b>9</b> <b>-1:</b> Open Computer Lab <b>10-11:</b> Virtual Law Series (Medicare Savings Programs) <b>10-11:</b> Arts &amp; Crafts ( Beading &amp; Jewlery) <b>11-12:</b> Chat Group <b>1-2:</b> Bunco</p>
<p><b>12</b> <b>10-11:</b> 1: Coffee &amp; Company <b>10-11:</b> Guitar Lessons w/ Troy <b>12:30-2:</b> Movie &amp; Lunch (Westren) <b>2-Laughter yoga w/ Lynn</b> <b>2-4:</b> Cards/Games <b>9-4:</b> Open Computer Lab</p>	<p><b>13</b> <b>Basic computer class*</b> <b>10-11:</b> Pool Club <b>10-11:</b> Chair Yoga (Virtual Inst.) <b>11:30-12:30:</b> Scrabble Social <b>12:30-1:30:</b> Chess Lessons <b>1:30-3:30:</b> Chess W/Jerry <b>2:</b> Afternoon Stretch (Virtual) <b>3:30-5:</b> Open Computer Lab</p>	<p><b>14</b> <b>9-10:30:</b> Card /Games /Coffee <b>10:30-11:30</b> <b>Emergency Preparedness</b> (evacuations, etc) <b>12:30-2:</b> <b>BINGO</b> <b>2-2:45:</b> Chair Yoga <b>9-5:</b> Open Computer Lab</p>	<p><b>15</b> <b>8am-2pm Senior Summit @ Great Wolf Lodge</b> <b>3:30-5:</b> Open Computer Lab</p>	<p><b>16</b> <b>-1: Open Computer Lab</b> <b>10-11: Tai Chi (Virtual Instructor)</b> <b>10-11: Arts &amp; Crafts (flower pot Painting)</b> <b>11-12: Chat Group</b></p>
<p><b>19</b> <b>110-11:</b> Coffee &amp; Company <b>10-11:</b> Guitar Lessons w/ Troy <b>2:30:</b><b>Zumba W/Goldee</b> <b>12:30-2:</b> Movie &amp; Lunch (Action) <b>2-4:</b> Cards/Games <b>9-4:</b> Open Computer Lab</p>	<p><b>20</b> <b>9:30-11:30:</b> Computer Basics <b>10-11:</b> Chair yoga (Virtual Instructor) <b>11:30-12:30:</b> Tech Assistance Hour <b>12:30-1:30:</b> Chess Lessons <b>1:30-3:30:</b> Chess W/Jerry <b>3:30-5:</b> Open Computer Lab</p>	<p><b>21</b> <b>9-10:30:</b> Cards/Games/Coffee <b>12:30-2:</b> <b>BINGO</b> <b>2-2:45:</b> Chair Yoga <b>9-5:</b> Open Computer Lab</p>	<p><b>22</b> <b>1:</b> Solo Aging Discussion Group - (Virtual Facilitator) <b>12-1:</b> Mindful Meditation/Breathing (Virtual Instructor) <b>3:30-5:</b> Open Computer Lab</p>	<p><b>23</b> <b>9-1:</b> Open Computer Lab <b>10-11:</b> Tai Chi (Virtual Instructor) <b>10-11:</b> Arts &amp; Crafts( Suncatchers) <b>11-12:</b> Chat Group <b>1-3 :</b> <b>Memorial Day Social</b></p>
<p><b>26</b> <b>Center closed! Happy Memorial Day!</b></p>	<p><b>27</b> <b>9:30-11:30:</b> Computer Basics Class <b>10-11:</b> Chair yoga (Virtual Instructor) <b>11:30-12:30:</b> Tech Assistance Hour <b>12:30-1:30:</b> Chess Lessons <b>1:30-3:30:</b> Chess W/Jerry <b>11:30-12:30:</b> Scrabble Social <b>3:30-5:</b> Open Computer Lab</p>	<p><b>28</b> <b>9-10:30:</b> Cards/Games/Coffee <b>10:30-11:30:</b> understanding Alzheimer's and Dementia <b>9-30-11:30:</b> Portraits Drawing <b>12:30-2:</b> <b>BINGO</b> <b>2-2:45:</b> Chair Yoga <b>9-5:</b> Open Computer Lab</p>	<p><b>29</b> <b>1-2</b> Mindful Meditation/Breathing (Virtual Instructor) <b>1-2:</b> <b>Cardio Drumming @ Silver Key Apartments</b> <b>3:30-5:</b> Open Computer Lab</p>	<p><b>30</b> <b>9-1:</b> Open Computer Lab <b>10-11:</b> Tai Chi W Debi <b>10-11:</b> Card Making (<b>RSVP</b>) <b>10-11:</b> Arts &amp; Cafts ( Mini Birdhouses) <b>10-11:</b> Basic Spanish w/Ruben <b>11-12:</b> Chat Group</p>

**PRE-REGISTRATION REQUIRED IF ASTERISK NOTED**

**Emergency Preparedness Presentation** - Learn risks & hazards in Pikes Peak area, personal evacuation and shelter-in-place plans, **planning tips for seniors** (e.g., medical devices/prescriptions/transportation/support networks), emergency supply kit  
**Getting to Know Your Smartphone** – Gain confidence and skills to stay connected and tech-savvy. Call 719-884-2300 to pre-register.

**Guitar Lessons w/ Troy** – A welcoming class for beginners, where Troy guides older adults through the basics of guitar in a creative, confidence-boosting space.

**Laughter Yoga w/ Lynn** – Experience the joy of connection, stress relief, and cardiovascular strengthening through the healing power of laughter. Provided in partnership with Diversus Health.

**Memorial Day Social** – 5/23, 1:00–3:00 – A warm and respectful gathering with light refreshments, music, and good company as we recognize the service and sacrifice of veterans and fallen heroes.

**Mexican Bingo (Lotería)** – Join us for a lively, prize-filled game of Lotería—a traditional and fun Mexican bingo-style game.

**Mindful Meditation & Breathing (Virtual Instructor)** – Practice relaxation and inner calm with guided meditation and breathing exercises.

**Movie & Lunch** – Mondays @ 12:30 – Come enjoy a movie on the big screen with surround sound and tasty snacks.

**Open Computer Lab** – Practice your computer skills and access the internet. Select computer workshops available. Call 719-884-2300 for more info.

**Pool Club** – Perfect your game and make new friends in a relaxed and welcoming atmosphere.

**Portrait Drawing** – Live Portraits by Artists – Have your portrait drawn by a local artist! A special keepsake to take home. Call 719-884-2303 to reserve a spot.

**Senior Summit Expo 5/15/25** 8 am-2 pm– Empowering seniors with resources, insights, and community connections. Vendors, prizes, and presentations. **Great Wolf Lodge @ 9494 Federal Dr, Colo Spgs CO 80921**

**Smartphone at a Glance w/ Kya** – Learn the essentials of using your smartphone with easy tips to stay connected and confident.

**Solo Aging Discussion Group (Senior Planet Virtual Instructor)** – A supportive space to connect, share, and discuss the unique joys and challenges of aging solo.

**Tai Chi (Senior Planet Virtual Instructor)** – Move, breathe, and flow through gentle, slow movements for balance, flexibility, and peace of mind.

**Virtual Senior Law Series** – Select Fridays, 10:00–11:00 – Attend virtual presentations focused on legal topics relevant to older adults.

**ZUMBA w/ Goldee** – A high-energy workout blending Latin-inspired moves with fun, upbeat music to keep you moving and smiling!



**MAY 2025**

***E-REGISTRATION REQUIRED IF ASTERISK NOTED***

**Afternoon Stretch** –(Senior Planet Virtual Instructor) *Take a break, relax, and stretch your body to refresh your mind for the rest of the day!*

**Arts & Crafts** – *First Friday at 1:00; Second to Fourth Friday at 10:00. Unleash your creativity with guided or bring-your-own projects. RSVP required for card making.*

**Basic Spanish**– 5/30/25, 10:00–11:00 – *Learn and practice basic Spanish in a fun, relaxed setting with volunteer Ruben.*

**Basic Computer Class w/ Spencer** – *10-week course to build confidence and computer skills. Call 719-884-2300 to pre-register.*

**BINGO** – *Enjoy an afternoon of fun, friendly competition, and great prizes while meeting new people.*

**BUNCO** – *Try your luck and share laughs in this easy and entertaining dice game—bring a friend!*

**CARDIO DRUMMING W/ Don** – *A fun, rhythmic workout combining drumming and movement—great for all fitness levels!*

**Cards & Games** – *Play classic card and board games—come with friends or meet new ones! Call 719-884-2303 for special interest games like Bridge.*

**Chair Yoga** – *Wednesdays @ 2:00 – Gentle, full-body stretching from a chair—perfect for all fitness levels.*

**Chat Group**– *Fridays @ 11:00 – Connect through shared stories, thoughtful topics, and meaningful companionship.*

**Card Making (RSVP)**–*Make personalize cards with Shannon Wynne.*

**Cinco de Mayo Taco Bash** – 5/5, 12:30–2:30 – *A festive midday gathering with delicious tacos, cheerful music, and fun conversation to celebrate the spirit of Cinco de Mayo together.*

**Clay Class w/ Frank** – *Get hands-on and creative while learning clay techniques with guidance from artist Frank.*

**Coffee & Company** – *Mondays @ 10:00 – Start the week with great coffee and even better conversation.*

**Connection Cafe – Daily @ 11:30** – *Now at 1575 S. Murray Blvd. Enjoy a hot meal and friendly conversation. Call 719-884-2300 by 2 PM the day before to reserve.*

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

**Digital Coupon Tools** – *Learn with Senior Planet how to use digital coupon apps and tools to save money on everyday shopping.*

*More activities on back page.*