

JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:15am Connections Cafe 1:30pm Stamina, Strength & Stability** 12pm Chess Club 2:30pm Bible Study	3 10:15am Gentle Yoga** 12pm-4pm Pinochle 12pm Minder-gize 1pm-4pm Hand & Foot 1:30pm Line Dancing	4 9am Cardio Drums & Strength 10am Mind Matters 11:15am Connections Cafe 12pm Chair Yoga 1pm Hand & Foot	5 9:30am Chance to Dance 11am Tai Chi Gong 11am Arts & Crafts 11am Rummikub 11:15am Connections Cafe 1:30pm Better Bones & Balance 5:30pm Zumba	6 9am Total Body Strength** 10:15am Yoga 12pm Tech 101 12:30-pm-4pm National Mah Jongg
9 9am-4pm Foot Care Nurse* 11:15am Connections Cafe 1:30pm Stamina, Strength & Stability** 12pm Chess Club 2:30pm Bible Study	10 10:15am Gentle Yoga** 12pm-4pm Pinochle 12pm Minder-gize 1pm-4pm Hand & Foot 1:30pm Line Dancing	11 9am Stamina, Strength & Stability** 10am Mind Matters 11am Emergency Preparedness Presentation 11:15am Connections Cafe 12pm Chair Yoga 1pm Hand & Foot	12 9:30am Chance to Dance 11am Arts & Crafts 11am Rummikub 11:15am Connections Cafe 1:30pm Better Bones & Balance 5:30pm Zumba	13 9am Total Body Strength** 10:15am Yoga 12:30-pm-4pm National Mah Jongg 1pm Bunco
16 10am Take a Hike Presentation 11:15am Connections Cafe 1:30pm Stamina, Strength & Stability** 12pm Chess Club 2:30pm Bible Study	17 10:15am Gentle Yoga** 12pm-4pm Pinochle 12pm Minder-gize 1pm-4pm Hand & Foot 1:30pm Line Dancing	18 9am Cardio Drums & Strength 10am Mind Matters 11:15am Connections Cafe 12pm Bingo 12pm Chair Yoga 1pm Hand & Foot	19 9:30am Chance to Dance 11am Tai Chi Gong 11am Arts & Crafts 11am Rummikub 11:15am Connections Cafe 1:30pm Better Bones & Balance 5:30pm Zumba	20 9am Total Body Strength** 10:15am Yoga 12pm Tech 11* 12:30-pm-4pm National Mah Jongg
23 11:15am Connections Cafe 1:30pm Stamina, Strength & Stability** 12pm Chess Club 2:30pm Bible Study	24 10:15am Gentle Yoga** 12pm-4pm Pinochle 12pm Minder-gize 1pm-4pm Hand & Foot 1:30pm Line Dancing	25 10am Mind Matters 11:15am Connections Cafe 11am Tai Chi Gong 12pm Chair Yoga 1pm Hand & Foot	26 9am Chance to Dance 11am Tai Chi Gong 11am Arts & Crafts 11am Rummikub 11:15am Connections Cafe 1:30pm Better Bones & Balance 5:30pm Zumba	27 9am Total Body Strength** 10:15am Yoga 10:30am Crafts w/Lexi* 12:30-pm-4pm National Mah Jongg
30 11:15am Connections Cafe 1:30pm Stamina, Strength & Stability** 12pm Chess Club 2:30pm Bible Study	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	Saturdays 9am Zumba Sundays 12pm Pilates No Pilates class June 8th	

1:1 Tech Support* (3rd Fridays 12pm)-Reserve a 30-minute time slot with a tech professional to get your specific tech questions answered.

Arts & Crafts (Thursdays 11 AM) Bring a craft to work on while enjoying stimulating conversation. Various crafts available! You can join at any time.

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.

Chance to Dance: Learn and practice choreographed patterns and sequences. We'll move to a variety of dances including Tango, Salsa, Raggaeton, and Cha-Cha to name a few. No dance experience is needed.

Cardio Drums & Strength (Wed. June 18th 9am): 30 minutes of energetic, rhythmic drumming on exercise balls followed by 30 minutes of strength training.

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.

Emergency Preparedness (Wed. June 11th 11-12pm) Learn how to make personal plans for evacuation and local risks and hazards in the Pikes Peak Region.

Foot Care Nurse* (Mon. June 9th 9am-4pm) Foot care nurse will be available for routine foot care. \$70/1hour. Registration required.

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

Line Dancing (Tuesday 1:30 PM) Great for beginners. Each month you'll learn a new, fun dance routine and we focus on practicing the dance throughout the month. This class is a fun way to work the brain while improving balance and coordination.

Mind-ergize (Tuesday Noon) Strengthen your brain with movement, music, challenging games, and healthy and meals and snacks. Exercises are done standing, seated, with light weights, bands, and physio balls.

Mind Matters (Wednesday 10 AM) Relax and reduce your stress! Enjoy mostly seated class that involves gentle stretching, breathing techniques, energy exercises, mudras, meditation and visualization work

Pilates (Sunday Noon)** Strengthen your core, improve flexibility, balance, mobility and create a stronger mind-body connection.

Stamina, Strength & Stability (Mon. 1:30pm & Wed. 9am)** This class is designed for those seeking a more challenging workout. This class focuses on building muscular strength, aerobic endurance, and improving balance and stability.

Take a Hike Presentation: Shawn O'Toole with O'Toolin' Around LLC will talk about local area hikes.

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.

Yoga (Friday 10:15 AM) Flowing yoga class designed to build strength, flexibility, and balance with dynamic movement and mindful breathing. Poses can be done standing or with a chair.

Zumba (Thursday 5:30 PM; Saturday 9 AM) Combines motivating, high-energy Latin-based music with unique dance movements and combinations.

** Sign-up required. Sign up at the front desk or email trilakes@silverkey.org*

***Classes involve floor work. These classes are ideal for individuals who can move comfortably getting up and down from the floor.*

