

# JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>10-11:</b> Coffee & Company <b>10-11:</b> Music Lessons w/Troy <b>2-3:</b> <u>Pride Discussion Group</u> <b>12:30-2:</b> Movie & snacks(Comedy) <b>9-4:</b> Open Computer Lab	<b>3</b> <b>9:30-11:30:</b> Computer Basics Class <b>10-11:</b> Chair Yoga <b>11:30-12:30:</b> Tech Assistance Hour <b>12:3--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	<b>4</b> <b>9-10:30:</b> Cards/Games/Coffee <b>9-5</b> Open Computer Lab <b>12:30-2: BINGO</b> <b>9-30-11:30:</b> portrait painting <b>2-2:45:</b> Chair Yoga <b>9-5:</b> Open Computer Lab	<b>5</b> <b>11-12:</b> Bible Study W/ Linda <b>12-1:</b> Mindful Meditation/Breathing <b>3:30-5:</b> Open Computer Lab <b>1-2:</b> <u>Finding Purpose, Wellness, and Community After 6o</u>	<b>6</b> <b>9-1:</b> Open Computer Lab <b>11-12:</b> Chat Group <b>1-2:</b> Arts & Crafts (Flower Arranging)
<b>9</b> <b>10-11:</b> Coffee & Company <b>10-11:</b> Music Lessons w/Troy <b>12:30-2:</b> movie & Snacks (Adventure) <b>2-3:</b> <u>Pride Discussion Group</u> <b>9-4:</b> Open Computer Lab	<b>10</b> <b>9:30-11:30:</b> Computer Basics Class <b>10-11:</b> Chair Yoga <b>11:30-12:30:</b> Tech Assistance Hour <b>11:30-12:30:</b> Scrabble Social <b>3:30-5:</b> Open Computer Lab	<b>11</b> <b>9-10:30:</b> Cards/Games/Coffee <b>9-5</b> Open Computer Lab <b>9-30-11:30:</b> portrait painting <b>12:30-2: BINGO</b> <b>2-2:45:</b> Chair Yoga <b>9-5:</b> Open Computer Lab	<b>12</b> <b>10:00-11:00:</b> Mexican Bingo w/Ruben <b>12-1:</b> Mindful Meditation/Breathing <b>1-2: Cardio Drumming</b> <b>2-4:</b> Intro Clay class w/ Frank <b>3:30-5:</b> Open Computer Lab	<b>13</b> <b>9-1:</b> Open Computer Lab <b>10-11:</b> Arts & Crafts (Wind Chime) <b>11-12:</b> Chat Group <b>1-2: Bunco</b>
<b>16</b> <b>10-11:</b> Coffee & Company <b>10-11:</b> Music Lessons w/ Troy <b>12:30-2:</b> Movie & Snacks ( Romance) <b>2-Laughter yoga w/ Lynn</b> <b>2-3:</b> <u>Pride Discussion Group</u> <b>2-4:</b> Cards/Games <b>9-4:</b> Open Computer Lab	<b>17</b> <b>9:30-11:30:</b> Computer Basics Class ( Last day) <b>10-11:</b> Chair Yoga <b>11:30-12:30:</b> Tech Assistance Hour <b>12:3--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	<b>18</b> <b>9-10:30:</b> Smartphone at a glance W/Kya <b>9-30-11:30:</b> portrait painting <b>12:30-2: BINGO</b> <b>2-2:45:</b> Chair Yoga <b>9-5:</b> Open Computer Lab	<b>19</b> <b>10:30-11:30:</b> Vitamin D discussion <b>12-1:</b> Mindful Meditation/Breathing <b>1-2:</b> <u>Finding Purpose, Wellness, and Community After 6o</u> <b>3:30-5:</b> Open Computer Lab	<b>20</b> <b>9-1:</b> Open Computer Lab <b>10-11:</b> Tai Chi w/ Deb <b>10-11:</b> Arts & Crafts ( Beading Jewlery) <b>11-12:</b> Chat Group <b>1-3: Luau Party</b>
<b>23</b> <b>10-11:</b> Coffee & Company <b>10-11:</b> Music Lessons w/ Troy <b>2:Zumba W/Goldie</b> <b>12:30-2:</b> Movie & Snacks (Action) <b>2-3:</b> <u>Pride Discussion Group</u> <b>2-4:</b> Cards/Games <b>9-4:</b> Open Computer Lab	<b>24</b> <b>10-11:</b> chair yoga <b>11:30-12:30:</b> Scrabble Social <b>12-1:</b> <u>Holistic Wellness Discussion Group</u> <b>12:3--1:30:</b> Chess lessons <b>1:30-3:30:</b> chess w/Jerry <b>3:30-5:</b> Open Computer Lab	<b>25</b> <b>9-10:30:</b> Cards/Games/Coffee <b>10:30-11:30:</b> G.I Forum by Dora <b>9-30-11:30:</b> portrait painting <b>12:30-2: BINGO</b> <b>2-2:45:</b> Chair Yoga <b>9-5:</b> Open Computer Lab	<b>26</b> <b>10-12: Brunch &amp; Balance</b> <b>11-12: Strength and Stability</b> <b>12-1:</b> Mindful Meditation/Breathing <b>3:30-5:</b> Open Computer Lab <b>1-2: cardio drumming</b>	<b>27</b> <b>9-1:</b> Open Computer Lab <b>10-11:</b> Tai Chi w/ Deb <b>10-11:</b> Arts & Crafts (Patriotic Craft) <b>11-12:</b> Chat Group <b>12:30-1:30:</b> Intro Spanish Class w/Ruben
<b>30</b> <b>10-11:</b> Coffee & Company <b>10-11:</b> Music Lessons w/ Troy <b>12:30-2:</b> Movie & Snacks (Sci-fi) <b>2-3:</b> <u>Pride Discussion Group</u> <b>2-4:</b> Cards/Games <b>9-4:</b> Open Computer Lab	<b>SENIOR CENTER HOURS:</b> MON-FRI: 9am-4pm <b>1655 S. Murray Blvd</b> Colorado Springs, CO 80916 <b>QUESTIONS?</b> Call 719-884-2300	<b>FITNESS CLASS FEES:</b> \$8 Drop-In \$50 Unlimited/Month <b>Call 719-884-2300 for scholarships</b>	<b>Grab&amp;Go Meals</b> <b>Weekdays 11:30-12:30 \$6</b>	<b>1</b>



## June 2025

### RE-REGISTRATION REQUIRED IF ASTERISK NOTED

**AARTS & 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** – 5/30/25 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.

**Bible Study W/Linda**; Join us for a meaningful time of fellowship and reflection as Linda leads us through an encouraging and insightful Bible study. All are welcome!

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

**Brunch & Balance**-Enjoy a light brunch while receiving a free physical therapy evaluation. Learn about your mobility, balance, and ways to improve your physical wellness.

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

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

**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).

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

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

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

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

**COFFEE & COMPANY** – Mondays @ 10:00 Enjoy good coffee and great conversation while connecting with others.

**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.

**Finding Purpose, Wellness, and Community After 60**-Engage in meaningful conversations and activities designed to help you rediscover your passions, enhance your well-being, and build connections in your community.

**G.I. Forum w/Dora**: An educational presentation honoring Mexican American soldiers, with information on scholarship opportunities for students attending college.

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

**Luau Party**-Celebrate island-style with tropical music, dancing, refreshments, and fun! Wear your favorite Hawaiian shirt and join the festivities.

**MEXICAN BINGO**-Join for a lively game of Loteria, 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.

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

**Portraits Painting: Live Portraits by Artists**-Stop by and have your portrait created by a local artist! A fun and personal keepsake to take home. Call 719-884-2303 to reserve a spot

**Pride Discussion Group**-join us for a weekly, lively discussions about all things LGBT+!

**Smartphone At a Glance**: A multifunctional mobile device with touch-screen interface, enabling communication, internet access, and app usage.

**Tai Chi**:-Move, breathe and flow during this gentle, slow, flowing form of exercise.

**Vitamin D Discussion**-Learn about the importance of Vitamin D for bone health, immunity, and overall well-being. Discover sources, benefits, and when supplements might help. free samples of vitamin D Provided.

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

