

# August 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> <b>Virtual Instructor: FREE!</b> \$8 Drop-In \$50 Unlimited/Month Call 719-884-2300 for <b>SCHOLARSHIPS</b></p>	<p><b>Grab&amp;Go Meals</b> <b>Weekdays 11:30-12:30 \$6</b></p>	<p><b>1</b></p> <p><b>9-1:</b> Open Computer Lab <b>11-12:</b> Chat Group <b>1-2:</b> Arts &amp; Crafts (Flower Arranging)</p>
<p><b>4</b></p> <p><b>10-11:</b> Coffee &amp; Company <b>10-11: Intro- Chance 2 Dance with MaryAnn</b> <b>11-12 Scam Wise:</b> A Support Circle <b>12:30-2 :</b>Movie (Happy Gilmore 2025) <b>9-4:</b> Open Computer Lab</p>	<p><b>5</b></p> <p><b>*No Computer Basic Class*</b> <b>10-11:</b> Chair Yoga (AARP Virtual Inst.) <b>10-11:</b> Mexican Bingo W /Ruben <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>1-4:</b> Open Computer Lab</p>	<p><b>6</b></p> <p><b>9-10:30:</b> Cards/Games/Coffee <b>9-30-11:30:</b> Portraits Drawing <b>12:30-2: BINGO</b> <b>2-2:45:</b> Chair Yoga (Virtual) <b>9-4:</b> Open Computer Lab</p>	<p><b>7</b></p> <p><b>10-11:</b> Bible study w/ Linda <b>10-12:</b> Voices of Grief : Navigating Early Grief (Last Session) <b>12-1:</b> Mindful Meditation/Breathing (Virtual Instructor) <b>1-2: Cardio Drumming w/ Don</b> <b>1-4:</b> Open Computer Lab</p>	<p><b>8</b></p> <p><b>9-1:</b> Open Computer Lab <b>10-11:</b> Arts &amp; Crafts ( Painting Craft) <b>11-12:</b> Chat Group <b>1-2: Bunco</b></p>
<p><b>11</b></p> <p><b>10-11:</b> Coffee &amp; Company <b>11-12 Scam Wise:</b> A Support Circle <b>12:30-2:</b> Movie &amp; Lunch (Mission Impossible 2023) <b>2-4:</b> Cards/Games <b>9-4:</b> Open Computer Lab</p>	<p><b>12</b></p> <p><b>*9:30-11:30:</b> Computer Basics <b>10-11:</b> Chair Yoga (AARP Virtual Inst.) <b>11:30-12:30:</b> Tech Assistance Hour <b>10-11:</b> Pool Club <b>12:30-1:30:</b> Chess Lessons <b>1:30-3:30:</b> Chess W/Jerry <b>1-4</b> Open Computer Lab</p>	<p><b>13</b></p> <p><b>9-10:30:</b> Card /Games /Coffee <b>9:30-11:30:</b> Portraits Drawing <b>12:30-2: BINGO</b> <b>2-2:45:</b> Chair Yoga (virtual) <b>9-4:</b> Open Computer Lab</p>	<p><b>14</b></p> <p><b>10-11:</b> Intro Spanish class w/ Ruben <b>12-1:</b> Mindful Meditation/Breathing (Virtual Instructor) <b>2:30-4:</b> CLAY class w/ Frank <b>1-4:</b> Open Computer Lab</p>	<p><b>15</b></p> <p><b>9-1:</b> Open Computer Lab <b>10-11:</b> Arts &amp; Crafts ( Garden Craft) <b>1-2:</b> Tai chi W/ Deb <b>11-12:</b> Chat Group</p>
<p><b>18</b></p> <p><b>10-11:</b> Coffee &amp; Company <b>11-12 Scam Wise:</b> A Support Circle <b>2:30:Zumba W/Goldee</b> <b>12:30-2:</b> Movie &amp; Lunch (A Knights Tale 2001) <b>2-4:</b> Cards/Games <b>9-4:</b> Open Computer Lab</p>	<p><b>19</b></p> <p><b>9:30-11:30:</b> Computer Basics <b>10-11:</b> Chair yoga (AARP 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>1-4:</b> Open Computer Lab</p>	<p><b>20</b></p> <p><b>9-10:30:</b> Cards/Games/Coffee <b>9:30-11:30:</b> Portraits Drawing <b>12:30-2: BINGO</b> <b>2-2:45:</b> Chair Yoga (Virtual) <b>9-4:</b> Open Computer Lab</p>	<p><b>21</b></p> <p><b>10:30-11:30 Fire/Home Safety Colo. Spgs. Fire Department</b> <b>12-1:</b> Mindful Meditation/Breathing (Virtual Instructor) <b>1-4:</b> Open Computer Lab</p>	<p><b>22</b></p> <p><b>9-1:</b> Open Computer Lab <b>10-11:</b> Arts &amp; Crafts ( Beading &amp; Jewlery) <b>1-2:</b> Card Making ( <b>RSVP Required</b>) <b>11-12:</b> Chat Group</p>
<p><b>25</b></p> <p><b>10-11:</b> Coffee &amp; Company <b>11-12 Scam Wise:</b> A Support Circle <b>12:30-2 :</b>Movie &amp; Lunch( Independence Day Resurgence 2016 ) <b>9-4:</b> Open Computer Lab</p>	<p><b>26</b></p> <p><b>9:30-11:30:</b> Computer Basics Class <b>10-11:</b> Chair yoga (AARP 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>1-4:</b> Open Computer Lab</p>	<p><b>27</b></p> <p><b>9-10:30:</b> Cards/Games/Coffee <b>9:30-11:30:</b> Portraits Drawing <b>12:30-2: BINGO</b> <b>2-2:45:</b> Chair Yoga (Virtual) <b>9-4:</b> Open Computer Lab</p>	<p><b>28</b></p> <p><b>1-2</b> Mindful Meditation/Breathing (Virtual Instructor) <b>1-2: Cardio Drumming W/Don</b> <b>1-4:</b> Open Computer Lab <b>1-2:45: Pie Bake off Social</b></p>	<p><b>29</b></p> <p><b>9-1:</b> Open Computer Lab <b>10-11:</b> Arts &amp; Crafts ( Labor day Craft) <b>11-12:</b> Chat Group <b>1-2:</b> Tai Chi W Deb</p>

## PRE-REGISTRATION REQUIRED IF ASTERISK NOTED

**Fire/Home Safety (Colo. Spgs. Fire Department)** – Learn practical tips and tools for staying safe at home and preventing fire-related emergencies.

**Intro – Chance to Dance** – A fun, beginner-friendly dance session to explore movement and expression—no experience needed!

**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.

**Pie Bake-Off Social** – Think your pie is the best? Prove it! Or just bring your favorite baked dish—sweet or savory—and join us for a cozy, delicious gathering of friends and treats. Not a baker? No problem! Come to taste, vote, and enjoy some seriously good baked goods. The best pie gets a sweet prize.

**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.

**Scam Wise** – A supportive group where participants share experiences, build awareness, and learn tools to prevent scams and recover with confidence. Call 719-884-2300 and ask for a referral to Health and Wellness to sign up.

**Scrabble Social** – Enjoy wordplay and friendly competition in this relaxed social gathering for Scrabble lovers.

**Tai Chi w/ Deb** – Move, breathe, and flow through gentle, slow movements for balance, flexibility, and peace of mind.

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

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

**Bible Study w/ Linda** – non-denominational Fellowship and reflection through scripture. All are welcome.

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

**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!

**Card Making (RSVP by August 14)** – Make personalized cards with Shannon Wynne.

**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.

**Chair Yoga (AARP Virtual Instructor)** – Guided gentle stretching session via AARP's online instructor. Accessible and beneficial for all fitness levels.

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

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

**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. led by Ardene

**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.