

JULY 2025

****Move dates to be announced. Watch emails for changes in scheduling due to moving locations****



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR CENTER HOURS: MON-FRI: 9am-4pm Saturdays 9am Zumba Sunday 12pm Pilates	1 10:15am Gentle Yoga** 11am Healthy Sleep Presentation 12pm-4pm Pinochle 12pm Minder-gize 1pm-4pm Hand & Foot 1:30pm Line Dancing	2 9am Cardio Drums & Strength 10am Mind Matters 11am-1pm Healthy Food Bar 11am Tai Chi Gong 11:15am Connections Cafe 12pm Chair Yoga 1pm Hand & Foot	3 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	4 SENIOR CENTER CLOSED FOR JULY 4 TH HOLIDAY
7 10:30am Crafts w/Lexi* 11:15am 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 11am Tai Chi Gong 11:15am Connections Cafe 12pm Chair Yoga 1pm Hand & Foot	10 9:30am Chance to Dance 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 10:30 Building Healthy Meals 12pm Tech 101 12:30-4pm National Mah Jongg 1pm Bunco
14 11:15am Connections Cafe 1:30pm Stamina, Strength & Stability** 12pm Chess Club 2:30pm Bible Study	15 10:15am Gentle Yoga** 12pm-4pm Pinochle 12pm Minder-gize 1pm-4pm Hand & Foot 1:30pm Line Dancing	16 9am Cardio Drums & Strength 10am Mind Matters 11am Tai Chi Gong 11:15am Connections Cafe 12pm Bingo 12pm Chair Yoga 1pm Hand & Foot	17 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	18 9am Total Body Strength** 10:15am Yoga 12pm Tech 11* 12:30-4pm National Mah Jongg
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Activity Calendar

July 2025

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.

Building Healthy Meals (Fri. July 11th 10:30am) Discover how to build a healthy meal using high-quality proteins, fats and carbs to build healthy and delicious meals.

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. July 2nd & 16th 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.

Crafts w/Lexi (Mon. July 7th 10:30am) July's craft is lady bug tic-tac-toe boards.

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

Healthy Sleep Presentation (Tues. July 1st 11am): An informative class focused on improving sleep quality for overall well-being. Get tips for better rest and how to manage common sleep challenges.

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.

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

Tech Support 101 (July 11th 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.*

