

# September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Center closed</b> 	<b>2</b> <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	<b>3</b> <b>9-10:30:</b> Monopoly & coffee <b>12:30-2:</b> BINGO <b>2-2:45:</b> Chair Yoga (Virtual) <b>9-4:</b> Open Computer Lab	<b>4</b> <b>10-11:</b> Bible study w/ Linda <b>12-1:</b> Mindful Meditation/Breathing (Virtual Instructor) <b>1-4:</b> Open Computer Lab	<b>5</b> <b>9-1:</b> Open Computer Lab <b>11-12:</b> Chat Group <b>1-2:</b> Arts & Crafts (Flower Arranging) <b>2-4:</b> Knit, Crochet & Connect
<b>8</b> <b>10-11:</b> Coffee & Company <b>10-11:</b> Intro- Chance 2 Dance with MaryAnn W/ Donuts <b>11-12</b> Scam Wise: A Support Circle (Last Session) <b>12:30-2</b> :Movie (Comedy) Madea's Destination Wedding. 2025 <b>9-4:</b> Open Computer Lab	<b>9</b> <b>*No Computer Basic Class*</b> <b>10-11:</b> Chair Yoga (AARP Virtual Inst.) <b>12:30-1:30:</b> Chess Lessons <b>1:30-3:30:</b> Chess W/ Jerry <b>1-4:</b> Open Computer Lab	<b>10</b> <b>9-10:30:</b> Scrabble Social <b>12:30-2:</b> BINGO <b>2-2:45:</b> Chair Yoga (Virtual) <b>9-4:</b> Open Computer Lab	<b>11</b> <b>10-11</b> : Staying Safe online W Steve <b>12-1:</b> Mindful Meditation/Breathing (Virtual Instructor) <b>2:30:</b> <u>Is It a Scam? (AARP Discussion)</u> <b>1-4:</b> Open Computer Lab	<b>12</b> <b>9-1:</b> Open Computer Lab <b>10-11:</b> Arts & Crafts(DIY Jewlery Trays) <b>11-12:</b> Chat Group <b>1-2:</b> Tai Chi W Deb <b>1-2:</b> Bunco <b>2-4:</b> Knit, Crochet & Connect
<b>15</b> <b>10-11:</b> Coffee & Company <b>12:30-2:</b> Movie & Lunch (Romance Holiday in the wild, 2019) <b>1-2:</b> Cardio Drumming w/ Don <b>2-4:</b> Cards/Games <b>9-4:</b> Open Computer Lab	<b>16</b> <b>*No Computer Basic Class*</b> <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	<b>17</b> <b>9-10:30:</b> Checkers & Coffee <b>12:30-2:</b> BINGO <b>2-2:45:</b> Chair Yoga (virtual) <b>9-4:</b> Open Computer Lab	<b>18</b> <b>10-11:</b> Pool Club <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	<b>19</b> <b>9-1:</b> Open Computer Lab <b>10-11:</b> Arts & Crafts ( Fall Craft) <b>11-12:</b> Chat Group <b>1-2:</b> Sandwiches w Humana (Medicare Discussion) <b>2-4:</b> Knit, Crochet & Connect
<b>22</b> <b>10-11:</b> Coffee & Company <b>2:30:</b> Zumba W/Goldee <b>12:30-2:</b> Movie & Lunch (Drama American Grafiti. 1979) <b>2-4:</b> Cards/Games <b>9-4:</b> Open Computer Lab	<b>23</b> <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	<b>24</b> <b>9-10:30:</b> Uno & coffee <b>12:30-2:</b> BINGO <b>2-2:45:</b> Chair Yoga (Virtual) <b>9-4:</b> Open Computer Lab	<b>25</b> <b>10-11:</b> Intro Spanish class w <b>12-1:</b> Mindful Meditation/Breathing (Virtual Instructor) <b>2:30:</b> <u>Is It a Scam? (AARP Discussion)</u> <b>1-4:</b> Open Computer Lab	<b>26</b> <b>9-1:</b> Open Computer Lab <b>10-11:</b> Arts & Crafts ( Beading & Jewelry) <b>10-11</b> : Mexican bingo w/ <b>1-2:</b> Tai chi W/ Deb <b>2-4:</b> Knit, Crochet & Connect <b>11-12:</b> Chat Group
<b>29</b> <b>10-11:</b> Coffee & Company <b>12:30-2</b> :Movie & Lunch (Action/Comedy Murder Mystery.) <b>1-2:</b> Cardio Drumming w/ Don <b>9-4:</b> Open Computer Lab	<b>30</b> <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	<b>FITNESS CLASS FEES:</b> <b>Virtual Instructor: FREE!</b> \$8 Drop-In \$50 Unlimited/Month <b>Call 719-884-2300 for SCHOLARSHIPS</b>	<b>1655 S. Murray Blvd</b> Colorado Springs, CO 80916  <b>QUESTIONS?</b> <b>Call 719-884-2300</b>	<b>Grab&amp;Go Meals</b> <b>Weekdays</b> <b>11:30-12:30</b> <b>\$6</b>

**Chance to Dance w/ MaryAnn (with Donuts!)** – A fun, beginner-friendly dance session to explore movement and expression—no experience needed! Donuts included.

**Is It a Scam? (AARP Discussion)** – Join this informative AARP-led discussion to learn how to recognize, avoid, and respond to scams.

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

**Knit, Crochet & Connect**—Bring your needles, hooks, and yarn—this social club welcomes all who love all types of needle work.

**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.

**Sandwiches with Humana**— Gather for sandwiches and Join Rick as he goes over Changes in Medicare.

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

**Staying Safe Online w/ Steve** – Learn practical tips for protecting your privacy, avoiding online scams, and using the internet with confidence.

**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.

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

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

**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.

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

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

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

**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 a spot.