

# AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SENIOR CENTER HOURS:</b> MON-FRI: 9am-4pm</p> <p>Located at Monument Community Presbyterian Church 238 3<sup>rd</sup> St. Monument, CO</p>	<p><b>FITNESS CLASS FEES:</b> \$8 Drop-In \$50 Unlimited/Month \$60 10-Class punch card</p> <p><b>QUESTIONS?</b> Call 719-884-2300</p>			<p><b>1 CENTER CLOSED FOR MOVING</b></p>
<p><b>4</b> <b>11:15am</b> Connections Cafe <b>1:30pm</b> Stamina, Strength &amp; Stability** <b>12pm</b> Chess Club <b>2:30pm</b> Bible Study</p>	<p><b>5</b> <b>10:15am</b> Gentle Yoga** <b>12pm-4pm</b> Pinochle <b>12pm</b> Mind-ergize <b>12:30pm</b> Mah Jongg <b>1pm-4pm</b> Hand &amp; Foot <b>1:30pm</b> Line Dancing</p>	<p><b>6</b> <b>9am</b> Stamina, Strength &amp; Stability** <b>10am</b> Mind Matters <b>11am</b> Tai Chi Gong <b>11:15am</b> Connections Cafe <b>12pm</b> Chair Yoga <b>1pm</b> Triple Play</p>	<p><b>7</b> <b>9:30am</b> Chance to Dance <b>11am</b> Tai Chi Gong <b>11am</b> Arts &amp; Crafts <b>11am</b> Rummikub <b>11:15am</b> Connections Cafe <b>1:30pm</b> Better Bones &amp; Balance</p>	<p><b>8</b> <b>9am</b> Total Body Strength** <b>12pm</b> Tech 101 <b>12:30-pm-4pm</b> National Mah Jongg <b>1pm</b> Bunco</p>
<p><b>11</b> <b>11:15am</b> Connections Cafe <b>1:30pm</b> Stamina, Strength &amp; Stability** <b>12pm</b> Chess Club <b>2:30pm</b> Bible Study</p>	<p><b>12</b> <b>10:15am</b> Gentle Yoga** <b>12pm-4pm</b> Pinochle <b>12pm</b> Mind-ergize <b>12:30pm</b> Mah Jongg <b>1pm-4pm</b> Hand &amp; Foot <b>1:30pm</b> Line Dancing</p>	<p><b>13</b> <b>9am</b> Stamina, Strength &amp; Stability** <b>10am</b> Mind Matters <b>11am</b> Tai Chi Gong <b>11:15am</b> Connections Cafe <b>12pm</b> Chair Yoga <b>1pm</b> Triple Play</p>	<p><b>14</b> <b>9:30am</b> Chance to Dance <b>11am</b> Tai Chi Gong <b>11am</b> Arts &amp; Crafts <b>11am</b> Rummikub <b>11:15am</b> Connections Cafe <b>1:30pm</b> Better Bones &amp; Balance</p>	<p><b>15</b> <b>9am</b> Total Body Strength** <b>12pm</b> Tech 11* <b>12:30-pm-4pm</b> National Mah Jongg</p>
<p><b>18</b> <b>11:15am</b> Connections Cafe <b>1:30pm</b> Stamina, Strength &amp; Stability** <b>12pm</b> Chess Club <b>2:30pm</b> Bible Study</p>	<p><b>19</b> <b>10:15am</b> Gentle Yoga** <b>12pm-4pm</b> Pinochle <b>12pm</b> Mind-ergize <b>12:30pm</b> Mah Jongg <b>1pm-4pm</b> Hand &amp; Foot <b>1:30pm</b> Line Dancing</p>	<p><b>20</b> <b>9am</b> Stamina, Strength &amp; Stability** <b>10am</b> Mind Matters <b>11:15am</b> Connections Cafe <b>11am</b> Tai Chi Gong <b>12pm</b> Bingo <b>12pm</b> Chair Yoga <b>1pm</b> Triple Play</p>	<p><b>21</b> <b>9:30am</b> Chance to Dance <b>11am</b> Tai Chi Gong <b>11am</b> Arts &amp; Crafts <b>11am</b> Rummikub <b>11:15am</b> Connections Cafe <b>1:30pm</b> Better Bones &amp; Balance</p>	<p><b>22</b> <b>9am</b> Total Body Strength** <b>12:30-pm-4pm</b> National Mah Jongg</p>
<p><b>25</b> <b>11:15am</b> Connections Cafe <b>1:30pm</b> Stamina, Strength &amp; Stability** <b>12pm</b> Chess Club <b>2:30pm</b> Bible Study</p>	<p><b>26</b> <b>10:15am</b> Gentle Yoga** <b>12pm-4pm</b> Pinochle <b>12pm</b> Mind-ergize <b>12:30pm</b> Mah Jongg <b>1pm-4pm</b> Hand &amp; Foot <b>1:30pm</b> Line Dancing</p>	<p><b>27</b> <b>9am</b> Stamina, Strength, &amp; Stability** <b>10am</b> Mind Matters <b>11:15am</b> Connections Cafe <b>11am</b> Tai Chi Gong <b>12pm</b> Chair Yoga <b>1pm</b> Triple Play</p>	<p><b>29</b> <b>9:30am</b> Chance to Dance <b>11am</b> Tai Chi Gong <b>11am</b> Arts &amp; Crafts <b>11am</b> Rummikub <b>11:15am</b> Connections Cafe <b>1:30pm</b> Better Bones &amp; Balance</p>	<p><b>30</b> <b>9am</b> Total Body Strength** <b>12:30-pm-4pm</b> National Mah Jongg</p>

**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 (Thursdays 9:30am):** 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.

**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.

**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.

**Mah Jongg (Tuesday & Friday 12:30pm):** A traditional Chinese tile-based game typically played by four players. It involves skill, strategy, and chance, with players drawing and discarding tiles to form winning combinations.

**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

**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 (1st Fridays at 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.

**Triple Play (Wednesday 1pm):** A fast-paced, strategy-based card game designed for 2 to 6 players. The game combines elements of hand management, sequencing, and tactical play.

\* Sign-up required. Sign up at the front desk or email [trilakes@silverkey.org](mailto:trilakes@silverkey.org)

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