

NOVEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR CENTER HOURS; MON-FRI: 9am-4pm Located at Monument Community Presbyterian Church 238 3rd St. Monument, CO	FITNESS CLASS FEES: \$8 Drop-In \$50 Unlimited/Month \$60 10-Class punch card QUESTIONS? Call 719-884-2300			
3 9:45am How to Fall: Building Confidence From the Ground Up 11:15am Connections Cafe 1:30pm Stamina, Strength & Stability** 12pm Chess Club 2:30pm Bible Study	4 10:15am Gentle Yoga** 11am Humana Info Table 12pm Pinochle 12pm Mind-ergize 12pm Mah Jongg 12pm-3pm Hand & Foot 1:30pm Line Dancing	5 9am Stamina, Strength & Stability** 10am Mind Matters 11am Tai Chi Gong 11:15am Connections Cafe 12pm Tech 101 12pm Chair Yoga 12pm Triple Play	6 9:30am Chance to Dance 10am Beginning Guitar Lessons 11am Medicare 101 11am Tai Chi Gong 11am Open Arts & Crafts 11am Rummikub 11:15am Connections Cafe 1:30pm Better Bones and Balance	7 9am Total Body Strength** 10:15am Yoga 12pm National Mah Jongg
10 11:15am Connections Cafe 1:30pm Stamina, Strength & Stability** 12pm Chess Club 2:30pm Bible Study	11 10:15am Gentle Yoga** 12pm Pinochle 12pm Minder-gize 12pm Mah Jongg 12pm-3pm Hand & Foot 1:30pm Line Dancing	12 9am Stamina, Strength & Stability** 10am Mind Matters 11am Tai Chi Gong 11:15am Connections Cafe 11:30 Maker Moments 3D Printing 12pm Chair Yoga 12pm Triple Play	13 9:30am Chance to Dance 10am-12pm Beginning Guitar Lessons 11am Tai Chi Gong 11am Open Arts & Crafts 11am Rummikub 11:15am Connections Cafe 1:30pm Better Bones and Balance	14 9am Total Body Strength** 10:15 Yoga 12pm National Mah Jongg 1pm Bunco
17 10am Staying Safe with Monument Fire Dept. 11:15am Connections Cafe 1:30pm Stamina, Strength & Stability** 12pm Chess Club 2:30pm Bible Study	18 10:15am Gentle Yoga** 12pm Pinochle 12pm Mind-ergize 12pm Mah Jongg 12pm-3pm Hand & Foot 1:30pm Line Dancing	19 9am Stamina, Strength, & Stability** 10am Mind Matters 11am Tai Chi Gong 11:15am Connections Cafe 12pm Bingo 12pm Chair Yoga 12pm Triple Play	20 9:30am Chance to Dance 10am Finding Joy in the Holidays 10am-12pm Beginning Guitar 11am Tai Chi Gong 11am Open Arts & Crafts 11am Rummikub 11:15am Connections Cafe 1:30pm Better Bones and Balance	21 9am Total Body Strength** 10:15 Yoga 12pm-2pm Tech 1:1 12pm National Mah Jongg
24 11am-1pm Thanksgiving Potluck 11:15am Connections Cafe 1:30pm Stamina, Strength & Stability** 12pm Chess Club 2:30pm Bible Study	25 10:15am Gentle Yoga** 12pm Pinochle 12pm Mind-ergize 12pm Mah Jongg 12pm-3pm Hand & Foot 1:30pm Line Dancing	26 9am Stamina, Strength, & Stability** 10am Mind Matters 11am Tai Chi Gong 11:15am Connections Cafe 12pm Chair Yoga 12pm Triple Play	27 CLOSED FOR THANKSGIVING	28 CLOSED FOR THANKSGIVING

Mah Jongg (Tuesday & Friday 12pm): 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.

Maker Moments: 3D Printing (11:30am 2nd Wednesday) Join Monumental Impact each month at Silver Key's Tri-Lakes Activity Center for Maker Moments—a hands-on session designed to spark your imagination through 3D printing and digital fabrication.

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 and bands.

Mind Matters (Wednesday 10 AM) Relax and reduce your stress! Enjoy 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) A gentle blend of Tai Chi and Qigong. This class focuses on slow, flowing movements, deep breathing, and meditative awareness to promote balance, and flexibility.

Tech Support 101 (First 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 12pm): A fast-paced, strategy-based card game designed for 2 to 6 players.

Yoga (Fridays 10:15am): 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.

* **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.



Activity Calendar November 2025

1:1 Tech Support* (3rd Fridays 12-2pm)—Reserve a 30-minute time slot with a tech professional to get your specific tech questions answered. Sign up at the front desk or email trilakes@silverkey.org

Open Arts & Crafts (Thursdays 11 AM) Bring a craft to work on while enjoying stimulating conversation. Various crafts available! You can join at any time. Jewelry making available!

Beginning Guitar Lessons. Join us every week for lessons from a local musician. First class includes getting started, maintenance, and overcoming physical limitations.

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.

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.

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.

Chess Club (Monday Noon) Beginners welcome.

Gentle Yoga (Tuesday 10:15 AM)** A mindful approach to yoga, guiding you through a blend of seated, standing, and floor-based postures with plenty of time to explore each pose. Designed for those seeking a slower, more intentional practice.

Hand & Foot (Tues. 12pm): Card game with 4 players 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.

Continued on back page