

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Grab&Go Meals Weekdays 11:30-12:30 \$6</p>	<p>1655 S. Murray Blvd Colorado Springs, CO 80916</p> <p>QUESTIONS? Call 719-884-2300</p>	<p>FITNESS CLASS FEES: Virtual Instructor: FREE! \$8 Drop-In \$50 Unlimited/Month Call 719-884-2300 for SCHOLARSHIPS</p>	<p>1</p> <p>Silver Key Closed</p>	<p>2 9-1: Open Computer Lab 11-12: Chat Group w/ Stacy 11:30-12:30 Grab and Go Meals 1-2: Arts & Crafts (Flower Arranging) 2-4: Knit, Crochet & Connect</p>
<p>5 10-11: Coffee & Company w/Ardene 11-12: Cardio Drumming w/Don 11:30-12:30 Grab and Go Meal 12:30-2 :Movie & Lunch (Romcom) 2:30-4: Open Computer Lab</p>	<p>6 9:30-11:30: Basic Computer class 11:30-12:30: Staying safe online 10:30-11:30: Guitar Lessons w/Joe 12:30-1:30: Chess Lessons 11:30-12:30 Grab and Go Meal 1:30-3:30: Chess W/Jerry 1-4: Open Computer Lab</p>	<p>7 10-11: Bible Study W/Linda 11-12: County Senior Tax Programs 11:30-12:30 Grab and Go Meals 12:30-2: New Beginnings BINGO Bash 2-2:45: Chair Yoga (Virtual Instructor) 1:30-4: Open Computer Lab</p>	<p>8 9:30-10:30: Spanish class w Joe 10:30-11:30:Guitar Lessons w/Joe (Apt Only) 11:30-12:30 Grab and Go Meals 1-2 :AARP Tax Aid Discussion W Susan 2:30: Is it a scam (Virtual Instructor) 1-4: Open Computer Lab</p>	<p>9 9-1: Open Computer Lab 10-11: Arts & Crafts (Beading & Jewelry) 11-12: Chat Group w/ Stacy 11:30-12:30 Grab and Go Meals 1-2: Bunco 2-4: Knit, Crochet & Connect</p>
<p>12 9-12: Open Computer Lab 10-11: Coffee & Company w/ Ardene 11-12: Cardio Drumming w/Don 11:30-12:30 Grab and Go Meals 12:30-2 :Movie & Lunch (Action) 2:30-4: Open Computer Lab</p>	<p>13 9:30-11:30:Basic Computer class 11:30-12:30: ANTI-VIRUS & MALWARE Removers Computer Workshop 10:30-11:30:Guitar Lessons w/Joe 11:30-12:30 Grab and Go Meals 12:30-1:30: Chess Lessons 1:30-3:30: Chess W/Jerry 1-4 Open Computer Lab</p>	<p>14 11:30-12:30 Grab&Go Meals 12:30-1:45 BINGO 2-2:45: Chair Yoga (Virtual Instructor) 9-4: Open Computer Lab</p>	<p>15 10:30-11:30:Guitar Lessons w/Joe(Apt Only) 11:30-12:30 Grab and Go Meals 12-1: Mindful Meditation/ Breathing (Virtual Instructor) 2:30: Is it a scam (Virtual Instructor) 1-4: Open Computer Lab</p>	<p>16 9-1: Open Computer Lab 10-11: Arts & Crafts 11-12: Chat Group w/ Stacy 1-2: Tai Chi W Deb 11:30-12:30 Grab and Go Meals 2-4: Knit, Crochet & Connect</p>
<p>19 9-12: Open Computer Lab 10-11: Coffee & Company w/ Ardene 11-12: Cardio Drumming w/Don 11:30-12:30 Grab and Go Meals 12:30-2:30: Unity Potluck (RSVP Recommended) 2:30-4: Open Computer Lab</p>	<p>20 9:30-11:30:Basic Computer class 11:30-12:30: Tech Assistance Hour 11:30-12:30 Grab & Go Meals 12:30-1:30: Chess Lessons 10:30-11:30:Guitar Lessons w/Joe 1:30-3:30: Chess W/Jerry 1-4 Open Computer Lab</p>	<p>21 11:30-12:30 Grab and Go Meals 12:30-1:45 Bingo 2-2:45: Chair Yoga (Virtual Instructor) 9-4: Open Computer Lab</p>	<p>22 9:30-10:30: Spanish class w Joe 10:30-11:30:Guitar Lessons w/Joe(Apt Only) 11:30-12:30 Grab and Go Meals 12-1: Mindful Meditation/ Breathing (Virtual Instructor) 2:30: Is it a scam (Virtual Instructor) 1-4: Open Computer Lab</p>	<p>23 9-1: Open Computer Lab 10-11: Arts & Crafts 11-12: Chat Group w/ Stacy 11:30-12:30: Grab and Go Meals 1-2: Wii Bowling 2-4: Knit, Crochet & Connect</p>
<p>26 9-12: Open Computer Lab 10-11: Coffee & Company w/ Ardene 11:30-12:30 Grab and Go Meals 12:30-2: Movie & Lunch (Thriller) 2:00: Zumba W/Goldee- 1-4: Open Computer Lab</p>	<p>27 9:30-11:30:Basic Computer class 11:30-12:30: Tech Assistance Hour 10:30-11:30:Guitar Lessons w/Joe 11:30-12:30 Grab and Go Meals 12:30-1:30: Chess Lessons 1:30-3:30: Chess W/Jerry 1-4: Open Computer Lab</p>	<p>28 9:30-10:45 : Intro Sewing class W/ Linda 11:30-12:30 Grab and Go Meals 12:30-1:45 Bingo 2-2:45: Chair Yoga (Virtual Instructor) 9-4: Open Computer Lab</p>	<p>29 10:30-11:30:Guitar Lessons w/Joe(Apt Only) 11:30-12:30 Grab and Go Meals 12-1: Mindful Meditation/ Breathing (Virtual Instructor) 2:30: Is it a scam (Virtual Instructor) 1-4: Open Computer Lab</p>	<p>30 9-1: Open Computer Lab 10-11: Arts & Crafts 11-12: Chat Group w/ Stacy 11:30-12:30 Grab and Go Meals 1-2: Tai Chi W Deb 2-4: Knit, Crochet & Connect</p>



Activity Calendar January 2026

PRE-REGISTRATION REQUIRED IF ASTERISK NOTED

AARP Tax Discussion w/ Susan- Learn about AARP-supported tax preparation resources, ask questions, and gain clarity on tax-related topics.

*****Anti-Virus & Malware Remover Workshop**-A quick, easy-to-understand overview of common antivirus tools and malware-removal options to help keep your devices protected. **Call 719-884-2300 to pre-register.**

Arts & Craft -Second to Fourth Friday at 10:00. Unleash your creativity with guided or bring-your-own projects.

*****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.

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!

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 W/Stacy- Enjoy Good conversation w Stacy

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

Coffee & Company w Ardene – Mondays @ 10:00 – Start the week with great coffee, conversation and now games. Led by Ardene.

County Senior Tax Programs- Learn about valuable programs available to older homeowners that provide tax credits assistance with paying property taxes and fraud prevention.

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.



Grab and Go Meals - Weekdays, 11:30-12:30. Grab a premade, frozen meal, to eat at activity center, or take home. \$3 and \$6 meals available.

Guitar Lessons w/ Joe – Learn to play or improve your guitar skills with patient, step-by-step instruction from Joe.

Intro Sewing Class w/ Linda -Bring your sewing Machine and Learn the basics of sewing in a welcoming, beginner-friendly environment.

Is It a Scam? (Virtual Instructor)-Learn how to identify online, phone, and email scams through a clear, guided virtual session.

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

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, bring your own lunch. Popcorn is provided.

New Beginning Bingo Bash-Celebrate fresh starts with music, socializing, activities, and community fun.

Open Computer Lab – Practice your computer skills and access the internet. Select computer workshops available. Call 719-884-2300 for more info.

Spanish Class w/ Joe – 9:30–10:30

Learn and practice Spanish in a fun, relaxed setting with patient, step-by-step instruction.

*****Staying Safe Online**- Learn essential tips for protecting your personal information, spotting threats, and staying secure while using the internet.

Call 719-884-2300 to pre-register.

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

Unity Potluck-Share a meal, enjoy community, and celebrate unity—bring a dish if you can! (**RSVP Recommended Call 719-884-2303**)

Wii Bowling- a motion-controlled bowling game where you swing the Wii Remote to knock down pins.

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