

February 2026

Silver Key Activity Center
1655 S. Murray Blvd. Colorado Springs



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9-12: Open Computer Lab 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 (Romance) 9-4: Open Computer Lab</p>	<p>3</p> <p>* No basic Computer Class* 10:30-11:30: Guitar Lessons w/Joe 9:30-10:30: Spanish Class w/Joe** 12:30-1:30: Chess Lessons 11:30-12:30: Grab and Go Meals 1:30-3:30: Chess 1-4: Open Computer Lab</p>	<p>4</p> <p>9-3: AARP Tax Aid 10-11: Bible Study w/Linda 12:30-1:45: BINGO 10:30-11:30: Guitar lessons w/Joe (Appointment ONLY) 11:30-12:30: Grab and Go Meals 2-2:45: Chair Yoga (Virtual Instructor) 1:30-4: Open Computer Lab</p>	<p>5</p> <p>9-3: AARP Tax Aid 10-11: Bunco 11:30-12:30: Grab and Go Meals 12-1: Mindful Meditation/ Breathing (Virtual Instructor) 9-2: Open Computer Lab</p>	<p>6</p> <p>9-1: Open Computer Lab 11-12: Chat Group w/ Stacy 11:30-12:30: Grab and Go Meals 1-2: Scam Wise 1-2: Arts & Crafts (Flower Arranging) 2-4: Knit, Crochet & Connect</p>
<p>9</p> <p>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 (Romcom) 9-4: Open Computer Lab</p>	<p>10</p> <p>9:30-11:30: Basic Computer Class 9:30-10:30: Spanish Class w/Joe** 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 1-4: Open Computer Lab</p>	<p>11</p> <p>9-3: AARP Tax Aid 10:30-11:30: Buffalo Soldiers Presentation 10:30-11:30: Guitar lessons w/Joe** (Appointment only) 12:30-1:45: BINGO 2-2:45: Chair Yoga (Virtual Instructor) 9-4: Open Computer Lab</p>	<p>12</p> <p>9-3: AARP Tax Aid 10-11: Uno & Coffee 11:30-12:30: Grab and Go Meals 12-1: Mindful Meditation/Breathing (Virtual Instructor) 9-2: Open Computer Lab</p>	<p>13</p> <p>9-1: Open Computer Lab 10-11: Arts & Crafts (Beading & Jewelry) 11-12: Chat Group w/Stacy 12:30-2:30: Sweet Friends Social 1-2: Tai Chi w/ Deb 1-2: Scam Wise 2-4: Knit, Crochet & Connect</p>
<p>16</p> <p>10-11: Coffee & Company w/ Ardene 12:30-2: Movie (Romance Drama) 11-12: Cardio Drumming w/Don 11:30-12:30: Grab and Go Meals 9-4: Open Computer Lab</p>	<p>17</p> <p>9:30-11:30: Basic Computer Class 9:30-10:30: Spanish Class** 11:30-12:30: Tech Assistance Hour 12:30-1:30: Chess Lessons 10:30-11:30: Guitar Lessons** 1:30-3:30: Chess 1-4: Open Computer Lab</p>	<p>18</p> <p>9-3: AARP Tax Aid 9:30-10:45 : Intro to Sewing class 10:30 -11:30: Guitar lessons (Appointment ONLY) 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>19</p> <p>9-3: AARP Tax Aid 10-11: Mexican Bingo 11:30-12:30: Grab and Go Meals 12-1: Mindful Meditation/Breathing (Virtual Instructor) 9-2 Open Computer Lab</p>	<p>20</p> <p>9-1: Open Computer Lab 10-11: Arts & Crafts w/Grant 11-12: Chat Group w/ Stacy 1-2: Tai Chi w/ Deb 1-2: Scam Wise 11:30-12:30: Grab and Go Meals 2-4: Knit, Crochet & Connect</p>
<p>23</p> <p>9-12: Open Computer Lab 10-11: Coffee & Company w/Ardene 11:30-12:30: Grab and Go Meals 12:30-2: Movie (Romance/Thriller) 2:00: Zumba w/Goldee 9-4: Open Computer Lab</p>	<p>24</p> <p>9:30-11:30: Basic Computer Class 9:30-10:30: Spanish Class** 11:30-12:30: Tech Assistance Hour 10:30-11:30:Guitar Lessons (Appointment Only) 12:30-1:30: Chess Lessons 1:30-3:30: Chess 1-4: Open Computer Lab</p>	<p>25</p> <p>9-3: AARP Tax Aid 10-11: Bible Study w/Linda 10:30-11:30:GUITAR lessons w/ JOE (Appointment ONLY) 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>26</p> <p>9-3: AARP Tax Aid 10-11: Hand & Foot Cards 11:30-12:30: Grab and Go Meals 12-1: Mindful Meditation/ Breathing (Virtual Instructor) 9-2: Open Computer Lab</p>	<p>27</p> <p>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: Scam Wise 1-2: Wii Bowling 2-4: Knit, Crochet & Connect</p>
<p>Grab and Go Meals Weekdays 11:30-12:30 \$6 each</p>	<p>1655 S. Murray Blvd Colorado Springs, CO 80916</p> <p>QUESTIONS? Call 719-884-2300</p>	<p>FITNESS Class FEES: Virtual Instructor: No Cost! \$8 Drop-In \$50 Unlimited/Month</p>	<p>Call 719-884-2300 for SCHOLARSHIPS</p>	<p>** Class is By Appointment only</p>

AARP Tax Aide: By appointment only from 2/4 to 4/15 - must call **719-723-0069** to reserve a spot or go to <https://cotaxaide.org/appt/>. Sign up now to reserve your place, these appointments go fast!

Arts & Crafts - Unleash your creativity with guided or bring-your-own projects.

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

BINGO - Enjoy an afternoon of fun and friendly competition while meeting new people.

Buffalo Soldiers Presentation - After the Civil War, the U.S. Army recognized the military merits of African Americans by creating two cavalry and four infantry regiments. Known as the Buffalo Soldiers, they served with courage despite facing discrimination. Come learn how Colorado Springs soldiers made such a historical impact.

BUNCO - Try your luck and share laughs in this easy dice game—bring a friend!

Cardio Drumming w/Don - A fun, rhythmic workout combining drumming and movement—great 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 or spend the afternoon playing/practicing.

Coffee & Company w/Ardene - Start the week with great coffee, conversation and now games. Led by Ardene.

Connections 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.



Activity Calendar February 2026

Grab and Go Meals - Weekdays Monday-Friday, 11:30-12:30. Grab premade, frozen meals, to eat at activity center, or take home. Meals are \$6.

Guitar Lessons w/Joe - Learn to play or improve your guitar skills with patient, step-by-step instruction from Joe **(By appointment only)**.

Hand & Foot - A social card game played with partners.

Intro To Sewing w/Linda - Bring your sewing Machine and Learn the basics of sewing - beginner-friendly environment.

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

Mexican Bingo - A fun variation of bingo with a cultural twist.

Mindful Meditation & Breathing (AARP Virtual Instructor) - Practice relaxation and inner calm with guided meditation and breathing exercises.

Movie & Lunch - Come enjoy a movie on the big screen, bring your own lunch. Popcorn is provided.

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

Scam Wise - A support group for older adults dealing with scams.

Spanish Class w/Joe - 9:30-10:30 **(By appointment only)**
Learn and practice Spanish in a fun, relaxed setting with patient, step-by-step instruction.

Sweet Friends Social - A Valentine's Day-themed social gathering.

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

Uno & Coffee- Casual game of Uno paired with coffee and conversation.

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!