

March 2026

Tri Lakes Activity Center
238 3rd St. Monument, CO



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>11:15am Connection's Cafe 1:30pm Stamina, Strength & Stability** 12pm Chess Club 2:30pm Bible Study</p> <p style="text-align: right; background-color: #d3d3d3; padding: 2px;">2</p>	<p>10:15am Gentle Yoga** 12pm Pinochle 12pm Mind-ergize 12pm Mah Jongg 12pm-3pm Hand & Foot 1:30pm Line Dancing</p> <p style="text-align: right; background-color: #d3d3d3; padding: 2px;">3</p>	<p>9am Stamina, Strength & Stability** 10am Mind Matters 11am Tai Chi Gong 11:15am Connection's Cafe 12pm Chair Yoga 12pm Triple Play</p> <p style="text-align: right; background-color: #d3d3d3; padding: 2px;">4</p>	<p>9:30am Chance to Dance 10am-11:30am Guitar Lessons 11am Tai Chi Gong 11am Rummikub 11:15am 's Cafe 1:30pm Better Bones and Balance</p> <p style="text-align: right; background-color: #d3d3d3; padding: 2px;">5</p>	<p>9am Total Body Strength** 10:15am Yoga 12pm Tech 101* 12pm National Mah Jongg</p> <p style="text-align: right; background-color: #d3d3d3; padding: 2px;">6</p>
<p>11:15am Connection's Cafe 1:30pm Stamina, Strength & Stability** 12pm Chess Club 2:30pm Bible Study</p> <p style="text-align: right; background-color: #d3d3d3; padding: 2px;">9</p>	<p>10:15am Gentle Yoga** 12pm Pinochle 12pm Mind-ergize 12pm Mah Jongg 12pm-3pm Hand & Foot 1:30pm Line Dancing</p> <p style="text-align: right; background-color: #d3d3d3; padding: 2px;">10</p>	<p>9am Stamina, Strength & Stability** 10am Mind Matters 11am Tai Chi Gong 11:15am Connection's Cafe 11:30 Maker Moments 3D Printing 12pm Chair Yoga 12pm Triple Play</p> <p style="text-align: right; background-color: #d3d3d3; padding: 2px;">11</p>	<p>9:30am Chance to Dance 10am-11:30am Guitar Lessons 11am Tai Chi Gong 11am Rummikub 11:15am Connection's Cafe 12:30pm Love & Laughter pot luck 1:30pm Better Bones and Balance</p> <p style="text-align: right; background-color: #d3d3d3; padding: 2px;">12</p>	<p>9am Total Body Strength** 10:15am Yoga 12pm Beginning & Intermediate National Mah Jongg 1pm Bunco</p> <p style="text-align: right; background-color: #d3d3d3; padding: 2px;">13</p>
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Powerful Tools for Caregivers Class
Saturdays, 10:00-11:30 am. Feb 7 - March 14
Pre-registration required. Visit <http://mcpc.live/> to register
or call 719-481-3902

SENIOR CENTER HOURS;
MON-FRI: 9am-4pm

Located at Monument
Presbyterian Community Church
238 3rd St. Monument, CO

QUESTIONS?
Call 719-884-2300

FITNESS CLASS FEES:
\$8 Drop-In
\$50 Unlimited/Month
\$60 10-Class punch card



Activity Calendar March 2026

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.

Introduction to Mah Jongg is played on **Fridays**.

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.

Powerful Tools for Caregivers Class- 6-week class session providing tools for self care and stress reduction. Workbook provided. **Pre-registration required.** Visit <http://mcpc.live/register> or call 719-481-3902.

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.

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.

1:1 Tech Support* (3rd Fridays 12-2pm) - Reserve a 40-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!

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.

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