

# AUGUST 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Connections Café</b>	<b>Zumba: Sat 9am</b> <b>Pilates: Sun 12pm</b>  <b>Class Prices:</b> \$50 Unlimited/Mo \$60 10 Class Punch Card \$8 Drop-In	<b>Connections Café</b>	<b>1 Connections Café</b>  <b>9-10: Zumba Gold</b> <b>11-12: Tai Chi Gong</b> <b>11-1: Arts &amp; Crafts</b> <b>11: Connections Café</b> <b>11: Rummikub</b> <b>11: Ice Cream Social</b> <b>12: Mind-ergize</b> <b>1:30: Better Bones</b> <b>5:30-6:30: Zumba</b>	<b>2</b>  <b>9-10: Total Body Strength</b> <b>10:15-11: Yoga</b> <b>12: Tech Support 101</b> <b>1-4: National Mah Jong</b>
<b>5 Connections Café</b>  <b>10:30: Advisory Committee Mtg</b> <b>11: Connections Café</b> <b>12-1: Chair Yoga</b> <b>12: Chess Club</b> <b>2:30: Bible Study</b>	<b>6</b>  <b>10:15: Gentle Yoga</b> <b>12-4: Pinochle</b> <b>12-1: Mind-ergize</b> <b>1-4: Hand &amp; Foot</b> <b>1:30: Line Dancing</b>	<b>7 Connections Café</b>  <b>8-9: Mix It Up!</b> <b>9-10: Active Bodies</b> <b>9:30: Open Paint</b> <b>10-11: Mind Matters</b> <b>10:30: Fall Prevention (UC Health)</b> <b>11: Connections Café</b> <b>11-12: Tai Chi Gong</b> <b>12-1: Chair Yoga</b> <b>1-4: Hand &amp; Foot</b>	<b>8 Connections Café</b>  <b>9-10: Zumba Gold</b> <b>11-12: Tai Chi Gong</b> <b>11-1: Arts &amp; Crafts</b> <b>11: Connections Café</b> <b>11: Rummikub</b> <b>12: Mind-ergize</b> <b>1:30: Better Bones</b> <b>5:30-6:30: Zumba</b>	<b>9</b>  <b>9-10: Total Body Strength</b> <b>10:15-11: Yoga</b> <b>1: Bunco (Cigna)</b> <b>1-4: National Mah Jong</b>
<b>12 Connections Café</b>  <b>11: Connections Café</b> <b>12-1: Chair Yoga</b> <b>12: Chess Club</b> <b>2:30: Bible Study</b>	<b>13</b>  <b>10:15: Gentle Yoga</b> <b>11:30: Intro to Line Dancing</b> <b>12-4: Pinochle</b> <b>12-1: Mind-ergize</b> <b>1-4: Hand &amp; Foot</b> <b>1:30: Line Dancing</b>	<b>14 Connections Café</b>  <b>8-9: Mix It Up!</b> <b>9-10: Active Bodies</b> <b>10-11: Mind Matters</b> <b>10:30: Fall Prevention (UC Health)</b> <b>11: Connections Café</b> <b>11-12: Tai Chi Gong</b> <b>12-1: Chair Yoga</b> <b>1-4: Hand &amp; Foot</b>	<b>15 Connections Café</b>  <b>9-10: Zumba Gold</b> <b>11-12: Tai Chi Gong</b> <b>11-1: Arts &amp; Crafts</b> <b>11: Connections Café</b> <b>11: Rummikub</b> <b>12: Mind-ergize</b> <b>1:30: Better Bones</b> <b>5:30-6:30: Zumba</b>	<b>16</b>  <b>9-10: Total Body Strength</b> <b>10:15-11: Yoga</b> <b>1-4: National Mah Jong</b>
<b>19 Connections Café</b>  <b>11: Connections Café</b> <b>12-1: Chair Yoga</b> <b>12: Chess Club</b> <b>2:30: Bible Study</b>	<b>20</b>  <b>10:15: Gentle Yoga</b> <b>12-4: Pinochle</b> <b>12-1: Mind-ergize</b> <b>1-4: Hand &amp; Foot</b> <b>1:30: Line Dancing</b>	<b>21 Connections Café</b>  <b>8-9: Mix It Up!</b> <b>9-10: Active Bodies</b> <b>10-11: Mind Matters</b> <b>10:30: Fall Prevention (UC Health)</b> <b>11: Connections Café</b> <b>11-12: Tai Chi Gong</b> <b>12: BINGO</b> <b>12-1: Chair Yoga</b> <b>1-4: Hand &amp; Foot</b>	<b>22 Connections Café</b>  <b>9-10: Zumba Gold</b> <b>11-12: Tai Chi Gong</b> <b>11-1: Arts &amp; Crafts</b> <b>11: Connections Café</b> <b>11: Rummikub</b> <b>12: Mind-ergize</b> <b>1:30: Better Bones</b> <b>5:30-6:30: Zumba</b>	<b>23</b>  <b>9-10: Total Body Strength</b> <b>10:15-11: Yoga</b> <b>1-4: National Mah Jong</b>
<b>26 Connections Café</b>  <b>11: Connections Café</b> <b>12-1: Chair Yoga</b> <b>12: Chess Club</b> <b>2:30: Bible Study</b>	<b>27</b>  <b>10:15: Gentle Yoga</b> <b>12-4: Pinochle</b> <b>12-1: Mind-ergize</b> <b>1-4: Hand &amp; Foot</b> <b>1:30: Line Dancing</b>	<b>28 Connections Café</b>  <b>8-9: Mix It Up!</b> <b>9-10: Active Bodies</b> <b>10-11: Mind Matters</b> <b>10:30: Fall Prevention (UC Health)</b> <b>11: Connections Café</b> <b>11-12: Tai Chi Gong</b> <b>12-1: Chair Yoga</b> <b>1-4: Hand &amp; Foot</b>	<b>29 Connections Café</b>  <b>9-10: Zumba Gold</b> <b>11-12: Tai Chi Gong</b> <b>11-1: Arts &amp; Crafts</b> <b>11: Connections Café</b> <b>11: Rummikub</b> <b>12: Mind-ergize</b> <b>1:30: Better Bones</b> <b>5:30-6:30: Zumba</b>	<b>30</b>  <b>9-10: Total Body Strength</b> <b>10:15-11: Yoga</b> <b>1-4: National Mah Jong</b>

**SENIOR CENTER HOURS: MON-FRI 9am - 4pm**  
 66 Jefferson St, Monument, CO 80132

**QUESTIONS? CALL (719) 464 - 6873**  
 Check emails for schedule changes

**Connections Café M-W-Th 11:15am-12:30pm** Silver Key Connections Café provides hot, nutritious meals in a social setting to eligible diners, promoting good health and offering the opportunity to enjoy friendship with others. Reserve your meal 24 hours in advance, 719-884-2300

**Reserve & Ride** Transportation to the center & Connections Café is available M/W, 11am-12:30pm. Call (719) 884 - 2300 to see if your zip code is eligible for a ride.

**Active Minds & Bodies (Wednesday gam)** Circuit style workout that incorporates cardio and simple weight training. Suitable for all levels.

**Advisory Committee Meeting (1st Monday)** Silver Key updates and current events. All are welcome

**Arts & Crafts (Thursdays 11 AM)** Bring a craft to work on while enjoying stimulating conversation. Various crafts available! You can join at any time. Please contact Sue, 719-464-6873 for more info.

**Bingo (3rd Wednesday)** Noon Fun and prizes! Please RSVP Sue, 719-464-6873.

**Bible Study (Monday, 2:30)** We are studying the Book of Revelations RSVP, 719-464-6873.

**Book Club (Friday, 11am)** Meeting every other month: May, July, Sept, Nov)

**Building Better Bones and Balance** 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)** Sponsored by Cigna. 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.

**Chair Yoga (Wednesday 12 PM)** Combined seated/standing yoga poses. Improves circulation and range of motion. Promotes stress reduction and mental clarity. Suitable for all levels.

**Chess Club (Monday Noon)** Beginners welcome.

**Fall Prevention (Wednesday, August 7,14,21,28 10:30-11:30am)** Fearful of falling? Have you fallen recently? Learn how to prevent falls and improve your balance in this unique 4-week program hosted by UC Health. FREE but you must pre-register, 719-464-7863.

**Gentle Yoga (Tuesday 10:15 AM)** A gentle, slower-moving traditional yoga class focusing on strength and alignment. Suitable for all levels

**Ice Cream Social (Thursday, August 1 11am)** Cool off with some yummy ice cream! Please RSVP, swalker@silverkey.org Free!

**Intro to Line Dance: (Tuesday, August 13 11:30am)** Get your cowboy on and learn some simple line dances. For beginners. \$5 suggested donation. Please RSVP to Sue, swalker@silverkey.org.

**Suspended Until Further Notice - Lean & Fit ( Mondays 9 AM)** Muscle conditioning class using a variety of equipment to build strength and endurance. Suitable for all levels.

**Line Dancing (Tuesday 1:30 PM)** Brush the dust off your boots and get dancing! All levels are welcome.

**Mind-ergize (Tuesday/Thursday Noon)** Improve and preserve your cognitive skills with 'brain boosting' games and simple movement patterns. Suitable for all levels.

**Mind Matters (Wednesday 10 AM)** Relax and reduce your stress! Enjoy gentle stretching, breathing techniques, energy exercises, mudras, meditation and visualization work. This is a 45 minute class.

**Mix It Up! (Wednesday 8 AM)** A fun combination of low impact aerobics, simple weight training, and stretching. Suitable for all levels.

**Open Studio Painting (First Monday, 9:30-12pm)** Open to all who are interested in gathering to paint together. Suggested donation \$5

**Pilates (Sunday Noon)** Strengthen your core, improve flexibility, balance, mobility and create a stronger mind-body connection. Suitable for all levels.

**Strong For Life (Mondays 1:30 PM)** Circuit style workout that incorporates cardio and simple weight training. Suitable for all levels.

**Tai Chi Gong (Wednesday 11 AM, Thursday 11 AM)** Relax your mind with flowing movements and meditation in motion.

**Tech Support 101 (1st Friday, 12-1:30pm)** Have questions about your phone? Computer? Other electronic device? Will is on the job to help you! Please RSVP, swalker@silverkey.org.

**Total Body Strength (Friday 9 AM)** Muscle conditioning class using a variety of equipment to build strength and endurance. Suitable for all levels.

**Yoga (Monday/Friday 10:15 AM)** Vinyasa flowing style combines a powerful, energetic form of yoga designed to move from one pose to the next while connecting your breathing to your movements. Suitable for all levels.

**Zumba (Thursday 5:30 PM; Saturday 9 AM)** Combines motivating, high-energy Latin based music with unique dance movements and combinations. Suitable for all levels.

**Zumba Gold (Thursday 9 AM)** Combines motivating, high-energy Latin based music with unique dance movements and combinations. Suitable for all levels.