

NOVEMBER 2024



MON	TUE	WED	THU	FRI
<p>Zumba: Sat 9am Pilates: Sun 12pm</p> <p>Class Prices: \$50 Unlimited/Mo \$60 10 Class Punch Card \$8 Drop-In</p>				<p>1</p> <p>9-10: Total Body Strength 10:30: Yoga 12: Tech Support 101 12:30-4: National Mah Jongg</p>
<p>4 Connections Café</p> <p>10:30: Advisory Committee Mtg 11:15: Connections Café 12-1: Chair Yoga 12:00: Chess Club 1:30: Stamina, Strength, & Stability 2:30: Bible Study</p>	<p>5</p> <p>10:00 Medicare 101 10:15: Gentle Yoga 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing</p>	<p>6 Connections Café</p> <p>9-10: Stamina, Strength, & Stability 10-11: Mind Matters 10-12: Monument Chat Group 11:15: Connections Café 11-12: Tai Chi Gong 12-1: Chair Yoga 1-4: Hand & Foot</p>	<p>7 Connections Café</p> <p>9-10: Zumba Gold 11-12: Tai Chi Gong 11: Arts & Crafts 11: Rummikub 11:15: Connections Café 12: Mind-ergize 1:30: Better Bones 5:30-6:30: Zumba</p>	<p>8</p> <p>9-10: Total Body Strength 10:30: Yoga 11: Book Club 1: Bunco 12:30-4: National Mah Jongg</p>
<p>11 Connections Café</p> <p>11:15: Connections Café 12-1: Chair Yoga 12:00: Chess Club 1:30: Cardio Drums & Strength 2:30: Bible Study</p>	<p>12</p> <p>10:15: Gentle Yoga 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing</p>	<p>13 Connections Café</p> <p>9-10: Cardio Drums & Strength 10-11: Mind Matters 10-12: Monument Chat Group 11:15: Connections Café 11-12: Tai Chi Gong 12-1: Chair Yoga 12: BINGO 1-4: Hand & Foot</p>	<p>14 Connections Café</p> <p>9-10: Zumba Gold 11-12: Tai Chi Gong 11: Arts & Crafts 11: Rummikub 11:15: Connections Café 12: Mind-ergize 1:30: Better Bones 5:30-6:30: Zumba</p>	<p>15</p> <p>9-10: Total Body Strength 10:30: Yoga 12: 1:1 Tech Support 12:30-4: National Mah Jongg</p>
<p>18 Connections Café</p> <p>11:15: Connections Café 12-1: Chair Yoga 12:00: Chess Club 1:30: Stamina, Strength, & Stability 2:30: Bible Study</p>	<p>19</p> <p>10:15: Gentle Yoga 12-4: Pinochle 12-1: Mind-ergize 1-4: Hand & Foot 1:30: Line Dancing</p>	<p>20 Connections Café</p> <p>9-10: Stamina, Strength, & Stability 10-11: Mind Matters 10-12: Monument Chat Group 11:15: Connections Café 11-12: Tai Chi Gong 12-1: Chair Yoga 1-4: Hand & Foot</p>	<p>21 Connections Café</p> <p>9-10: Zumba Gold 11-12: Tai Chi Gong 11: Arts & Crafts 11: Rummikub 11:15: Connections Café 12: Mind-ergize 1:30: Better Bones 5:30-6:30: Zumba</p>	<p>22</p> <p>9-10: Total Body Strength 10:30: Yoga 12:30-4: National Mah Jongg</p>
<p>25 Connections Café</p> <p>11:15: Connections Café 12-1: Chair Yoga 12:00: Chess Club 1:30: Stamina, Strength, & Stability 2:30: Bible Study</p>	<p>26</p> <p>10:00 Medicare 101 10:15: Gentle Yoga 12-4: Pinochle 1-4: Hand & Foot 1:30: Line Dancing</p>	<p>27 Connections Café</p> <p>9-10: Stamina, Strength, & Stability 10-12: Monument Chat Group 11:15: Connections Café 12-1: Chair Yoga 1-4: Hand & Foot</p>	<p>28</p> <p>Thanksgiving Holiday</p> <p>Senior Center Closed</p>	<p>29</p> <p>Senior Center Closed</p>

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.

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. Jewelry making available! Please contact Erin, 719-464-6873 for more info.

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

Bible Study (Monday, 2:30) We are studying the Book of Genesis 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) 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.

Cardio Drums & Strength Use drumsticks to strike oversized exercise balls to create a fun and rhythmic experience that boosts your heart rate followed by a strength training workout using bands and hand weights.

Chair Yoga (Mondays & Wednesdays 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.

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

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

Medicare 101 (Nov. 5th & 26th) Learn the basics of Medicare A,B,C, and D and upcoming changes for 2025.

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.

Monument Chat Group (Wednesday 10-12pm) Come have a casual chat with fellow Monument seniors

Open Studio Painting (First Wednesday, 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.

Stamina, Strength & Stability: Boost endurance with an aerobic workout, build functional strength using weights and bands, and exercises to improve balance and stability. Intermediate to advanced level.

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

Tech Support 101 (1st & 3rd Friday, 12-1:30pm) Have questions about your phone? Computer? Other electronic device? Will is on the job to help you! Please RSVP, trilakes@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.