

# FEBRUARY CALENDAR 2025



DAY	EVENT	TIME
<b>MONDAY</b>		
	Coffee & Company	10:00-11:00
	Cards/Games	2:00-4:00
	Open Computer Lab	9:00-4:00
	Weekly Movie & Popcorn	1:00-2:30
	2/10 (War/History Movie)	1:00-2:30
	2/17 (Comedy Movie)	1:00-2:30
	2/24 (Drama/Suspense Move)	1:00-2:30
<b>TUESDAY</b>		
	Tablet/Smartphone Class	10-11:30
	Smartphone Support	11:30-12:30
	Chess Lessons	12:30-1:30
	Chess	1:30-3:30
	Beyond Basics Computer Class	1:30-3:00
	Open Computer Lab	3:30-5:00
<b>WEDNESDAY</b>		
	Cards/Games/Coffee	9:00-10:30
	Healthy Living Activity & Chat	10:30-11:30
	BINGO	12:30-2:00
	Chair Yoga	2:00-2:45
	Cards and Games	2:00-4:00
	Open Computer Lab	3:00-5:00
	AARP Tax Prep	9:00-2:00
<b>THURSDAY</b>		
	Beyond Basics Computer Class	1:30-3:00
	Open Computer Lab	3:30-5:00
	AARP Tax Prep	9:00-2:00
<b>FRIDAY</b>		
	Open Computer Lab	9:00-1:00
	Chat Group	11:00-12:00
	Arts & Crafts (first Friday is 1:00-2:00)	10:00-11:00
	2/7 Floral Arranging	1:00-2:00
	2/14 Valentine Jar/Vase	10:00-11:00
	2/21 Card Making (RSVP)	10:00-11:00
	2/28 Beading/Jewelry	10:00-11:00

**SENIOR CENTER HOURS:** MON-FRI 9am-4pm  
1655 S. Murray Blvd. Colo. Spgs. CO. 80916

SINGLE/SPECIALTY EVENTS
<b>Mexican Bingo</b> Mon., Feb. 3rd, 10:00-11:30
<b>Flower Arranging</b> Fri., Feb 7th, 1:00-2:30
<b>Valentine's Party</b> Fri., Feb 14th, 1:00-3:00
<b>Pool Club</b> Thurs., Feb 20th, 1:00-3:00
<b>Intro To Tai Chi</b> Thurs., Feb 20th, 1:00
<b>Card Making</b> Fri., Feb 21st, 10:00-11:00
<b>Bunco</b> Fri., Feb 21st, 1:00-3:00
<b>Mexican Bingo</b> Fri., Feb 21st, 10:00-11:30
<b>Healthy Living Activity/Chat</b> Feb 5, 12, 19, 26 (10:30-11:30)
<b>Laughter Yoga</b> Mon. Feb 10th, 2:00
<b>Cardio Drumming</b> Tues. Feb 11th, 1:00-2:00 Tues. Feb. 25th, 1:00 @ 1575 S. Murray
<b>Body Groove</b> Mon., 24th, 2:00
<b>Zumba</b> Mon., Feb 17th, 2:30-3:30
<b>Pres. Day Veterans Social</b> Mon., Feb 17th 12:30-2:30

**Fitness Class Fees:**  
**\$8 Drop-In**  
**\$50 Unlimited per month**  
**Call 719-884-2300 for scholarships**

**QUESTIONS? CALL (719) 884-2300**  
\* = RSVP w/ Kya or at front desk



## **PRE-REGISTRATION REQUIRED IF ASTERICK NOTED**

**AARP SENIOR TAX PREP – Wed. & Thurs, 9 am to 2 pm** – Call 719-452-2790 for appt.

**ARTS & CRAFTS** – Join us for Floral arranging (7<sup>th</sup>), Valentine's vase(14<sup>th</sup>), Card Making (21<sup>st</sup>) and Beading Jewelry (28<sup>th</sup>) this month. See calendar for times.

### **BEYOND BASICS COMPUTER CLASS \***

10-week course expands on the concepts and skills taught in Computer Basics and explores the internet as an everyday resource. Improve research skills; email features; Google Drive/Photos/Docs; and how to stay safe online. Call 884-2300 to pre-register.

**BINGO** -Enjoy fun, friendly competition, and great prizes. It's a perfect way to meet new people.

**BODY GROOVE- 2/24/25** -Move freely, have fun, and discover the joy of dancing your way to fitness and happiness. Provided in partnership with Diversus Health.

**BUNCO – 2/21/25** - Try your luck and have some laughs while playing this fun dice game. 4 player minimum required.

**CARDS & GAMES** -Enjoy classic card games and board games with friends. Bring a friend or come to meet new people. Call 884-2303 for special interest games (Bridge, etc). to pre-register

**CARDIO DRUMMING- 2/11/25** -Fun and rhythmic workout that combines drumming & music to boost your fitness and mood, perfect for all fitness levels

**CHAT GROUP – Fridays @ 11** -Sit with others and enjoy story sharing, specific topic discussions, and general companionship.

**CHAIR YOGA – Wednesdays @ 2:00** -Follow along with virtual instructor while gently stretching the whole body. All fitness levels welcome.

**\*CONNECTIONS CAFÉ – Daily @ 11:30** Moved to 1575 S. Murray Blvd. as of 1/20/25

Come enjoy a hot, nutritious meal alongside other friends. **Call 719-884-2300 for reservations.**

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

**COFFEE & COMPANY – Mondays @ 10:00** - Enjoy good coffee and great conversation.

**INTRO TO TAI CHI 2/20/25 @ 1:00-** Come learn about Tai Chi and practice with instructor

**LAUGHTER YOGA- 2/10/25** -Experience the joy of connection, stress relief, and cardiovascular strengthening through the healing power of laughter. All fitness levels appropriate.

**MEXICAN BINGO 2/21/25** -Join us for a lively game of Lotería, a traditional Mexican bingo-style game full of fun and culture! Prizes available.

**OPEN COMPUTER LAB** - During Open Lab time, you'll have the opportunity to practice your computer or device skills. **Select computer workshops available ongoing. Call 719-884-2300 for information.**

**POOL CLUB – 2/20/25** – Enjoy a fun game of pool with old and new friends.

**SCRABBLE SOCIAL- 2<sup>nd</sup> and 4<sup>th</sup> Mondays @ 2** - A fun gathering of word lovers! Bring your competitive spirit—or just come for the fun. Scrabble boards provided.

**TABLET/SMARTPHONE BASICS\*** - Gain confidence and skills to stay connected and tech-savvy. Call 719-884-2300 to pre-register.

**VALENTINE'S PARTY 2/14/25** -Come join a celebration of sharing love and friendship.

**ZUMBA 2/17/25** -High-energy workout blending Latin-inspired moves with fun, upbeat music!  
President Day Veteran social

### **PRESIDENT'S DAY – VETERAN'S SOCIAL 2/17/25, 12:30-2:30**

Join us this Presidents Day for a special Veterans Social, featuring coffee, pool, games, and heartfelt moments of sharing memories.