

FALL 2025 (September - December)

Registration begins Monday, August 4th at 8 a.m.


- By Phone: (719) 955-3400 or (719) 209-1717
- On-line: csseniorcenter.com
- In person:  
Westside Cottages (1616 W Bijou St): Mon-Fri, 8:00-4:00 p.m.  
Downtown YMCA (207 N Nevada Ave): Mon-Fri, 8:00-4:00 p.m.  
Starting September 2nd  
Senior Center(1514 N. Hancock Ave.): Mon-Fri, 8:00-5:00 p.m.

There will NOT be make-up classes for snow days that occur Nov-Dec!  
All classes require registration and are subject to cancellation or change.  
\$10 Drop-In option available as space allows.

# SPECIALS

Class Name	Description	Instructor	Date	Day	Time	Cost
55+ Yoga Retreat	Our Yoga Retreat at The New Senior Center promises a day of relaxation and rejuvenation. Attendees will enjoy several yoga sessions, followed by a delicious lunch prepared by our very own Lisa with: “Chefs for Seniors” to refuel. Throughout the day, there will be five different events designed to inspire mindfulness and wellness, from gentle stretching to guided meditation. It’s an opportunity to connect with others, unwind, and embrace a calm, centered mindset. Retreat is in partnership with AARP.	Suzanne Brian Layla Gabi Anne Lisa	Sep 13	Sa	8:00-3:00	\$40
Mountain Harmony	Mountain Harmony, the dulcimer band that brings a lively twist to traditional Irish tunes, with their enchanting melodies and joyful spirit.	Staff	Sep 16	T	2:00-3:00	FREE
Bingo	Come play Bingo with us! Bingo is an enjoyable game of chance and a way to socialize and have fun with friends. There will be no exchange of money or cash prizes, but winners will get some prize swag!	Staff	Sep 16 Oct 21 Nov 18 Dec 16	T	10:00- 11:00	\$2
Pancake Breakfast	It’s pancake time! You will get pancakes, juice/coffee, and fruit for a great price. Registering in advance is preferred so we are well prepared.	Staff	Sep 19 Oct 17 Nov 21 Dec 19	F	9:00-10:00	\$3
This Day In History	Join us at the Senior Center each month. We’ll explore fascinating events that happened on this date, from quirky milestones to major breakthroughs. Coffee/Tea and snacks provided.	Staff	Sep 23 Oct 28 Nov 25 Dec 16	T	9:00-10:00	FREE
Flyswatter Volleyball	Are you ready for some FUN?! Try sitting in a chair and using a fly swatter to volley a balloon over a net. Volleyball rules apply. Compete with one another in a fun and friendly atmosphere! First team to reach 15 points WINS!	Staff	Sep 23 Oct 21 Nov 25 Dec 16	T	1:30- 2:30	FREE
Document Shredding MONTH!	We’re doing it again as requested!. Feel free to bring your documents and deposit them in the bins at your convenience. At the end of the month, the shredding company will collect the bins and shred everything. This gives you more time to securely dispose of your sensitive documents throughout the month of October. \$ 8 per banker sized box. Shredding will be done by Shred Nation.	Staff	Oct 1 - Oct 31	M-F	8:00-5:00	\$8
Ignite Your Passions- Silent Auction	Active aging is all about doing what you love. During “Active Aging Week”, ignite your passions by participating in our Silent Auction. Items will be displayed inside the Senior Center. The auction and bidding will begin Monday, Oct 6th at 8 a.m. and end Friday, Oct. 10th at 3 p.m. We will call all of the winners. Check on items often so you aren’t outbid! All proceeds benefit the Senior Center.	Staff	Oct 6 - Oct 10	M-F	8:00-5:00	
Tunes On Tuesday-Terry Stillwell Hour	Come and listen to the sounds of The Terry L. Stillwell Variety Hour Show! You’ll be glad you did!	Staff	Oct 14	T	2:00-3:00	FREE
Speed Dating Senior Style	Join us for a fun and friendly Seniors Speed Dating Event at the Senior Center! Whether you’re looking for companionship, friendship, or you just have fun meeting new people, this event is the perfect opportunity to connect with others in a safe, relaxed and welcoming environment.	Staff	Oct 21	T	3:00-5:00	\$10
Senior Style Trick or Treat	Trick or Treating is not just for kids! Bring your Halloween bag to get treats and learn about organizations that serve seniors in our community. We encourage you to come dressed up!	Staff	Oct 31	F	10:00-12:00	FREE
Annual Fall Craft Fair	It’s that time of year again to do some serious shopping for every special occasion. Accessories, home accents a variety of homemade gifts for all. You don’t need to sign up for this event!	Staff	Nov 1	S	9:00-3:00	

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Class Name	Description	Instructor	Date	Day	Time	Cost
Pie & Cider Social	Let’s enjoy a delicious slice of pie and whipped cream to celebrate the upcoming holiday’s.	Staff	Nov 4	Th	2:00-3:00	FREE
Veterans Day Salute	 The Senior Center’s Veterans Day Celebration honors those who served with heartfelt guest speakers, light refreshments, and a warm sense of community and gratitude.	Staff	Nov 11	T	1:00-3:00	FREE
Pike Peak Flute Choir: Holiday Concert	Established in 1984, the Pikes Peak Flute Choir is now really more of a flute orchestra! From tiny piccolo to the very large contrabass flute, our musicians create a rich depth of sound. Our members range from ages 16 to 80 with professions as varied as our flutes: students, teachers, professional musicians, scientists, veterinarians, writers and graphic designers just to name a few!	Staff	Dec 6	Sa	11:00-12:00	FREE
Colorado Springs Senior Chorale Of The Rockies	Celebrate the festive season with the timeless joy of music with the Senior Chorale Holiday Special! This heartwarming event promises to fill your holiday season with beautiful melodies, cherished traditions, and community spirit.	Staff	Dec 9 Dec 10	T W	1:30-3:00 6:30-8:00	FREE FREE
Tunes On Tuesday- Ukulele Ladies	The Ukulele Ladies are a group of retirees who decided to continue our love of music and love of singing now that we have the time to perform. We choose familiar songs from the last hundred years that are fun to sing along with and embellish with harmony and humor.	Staff	Dec 16	T	2:00-3:00	FREE
Cello Choir of New Horizons Band: Harmonies Of Christmas	We’re excited to welcome a special cello ensemble to The Senior Center for a heartwarming holiday performance! This talented group of cellists will fill the air with the rich, warm sounds of Christmas classics, bringing joy and festive spirit to our community.	Staff	Dec 19	F	3:00-4:00	FREE



# DANCE



Class Name	Description	Instructor	Date	Day	Time	Cost
Beginner Line Dance	For the true beginner or for those with limited abilities, this class will teach the beginning steps and patterns of line dancing.	Betty	Sep 8 – Oct 20 Nov 3 – Dec 15	M M	8:30-10:00 8:30-10:00	
Improver Line Dance	Continue to refine the dances learned in Line Dance 1 and expand into a few new dances.	Betty	Sep 9 – Oct 21 Nov 4 – Dec 16	T T	8:30-10:00 8:30-10:00	
Tap Dancing	Come “shuffle-off-to- Buffalo” with us in the senior center dance class. Participants will learn the basics of flaps, ball changes, buffaloes, sugars, shuffles and more. We will also bring in more advanced moves for those who are ready. Learn the SHIM Sham Shimmy, Shirley Temple, Single time step and more.–Tap shoes are not required but bring if you have them.	DeLene	Sep 10 – Oct 22	W	10:45-11:45	\$45
Dance Sampler- 4 Styles In One Class	Join this dance sampler class and learn moves from 4 styles of dance: Night Club Two Step, Rumba, Country Swing, and West Coast Swing! Each style is unique with a 4/4 time signature. This is a perfect dance class to see what the styles are like or review the basics and refresh your moves! Come dance with us!	DeLene	Sep 10 – Oct 22	W	1:00-1:45	\$45
Jitterbug With Some East Coast Swing	Jitterbug brings the swing vibes to life with its snazzy rhythm and upbeat songs. This single time swing and rock step makes the move simple to pick up and fun to dance! We will also bring in the East Coast Swing which elaborates on the rhythm with a triple step to each side! Come join in the fun and get your groove on!	DeLene	Sep 10 – Oct 22	W	1:45-2:30	\$45
Dance Team	A continued offering for those who may have been on the team or want to join. We learn new dances all the time and even have chances to perform (optional)	DeLene	Sep 10 – Oct 22 Nov 5 – Dec 17	W W	2:30-3:30 2:30-3:30	FREE FREE
Music Theater (Senior Center Community Theater)	The first time being offered! This class will include singing, dancing & ACTING! From readers theater to excerpts from Broadway musicals, we will explore our inner performer. (but not required to perform) Bring your ideas for favorite stage or movie numbers like “Singing in the Rain,” “Greased Lightning,” “Cats,” “Mama Mia,” and more! Escape your reality and join us in the fantasy of creating scenes and using our imaginations!	DeLene	Nov 5 – Dec 17	W	10:45-11:45	\$45
Waltz	Let’s Waltz! Come learn this 3/4 time signature dance. The Waltz is a smooth dance that travels counter clockwise around the dance floor. In addition, it uses a lilting action called rise and fall. There are many different styles of this dance we will explore several. (No partner needed, no experience needed) All welcome.	DeLene	Nov 5 – Dec 17	W	1:00-1:45	\$45
Cha Cha	Come “cha-cha-cha” with us! The Cha Cha is a lively and vibrant dance that combines steps from Rumba and Mambo. The latin flavor of this style makes it so much fun to learn. (No partner or experience needed)	DeLene	Nov 5 – Dec 17	W	1:45-2:30	\$45