

Registration begins Monday, Dec 8th at 8 a.m.

By Phone: (719) 955-3400
On-line: csseniorcenter.com
In person: The Colorado Springs Senior Center (1514 N. Hancock Ave.): Mon-Fri, 8:00 a.m.-5:00 p.m.

ALL CLASSES ARE AT THE SENIOR CENTER! 1514 N. Hancock Ave.
All classes require registration and are subject to cancellation or change.
\$10 Drop-In option available as space allows.

ART

Class	Description	Instructor	Date	Day	Time	Cost
Beginner/Intermediate Weaving	Discover the art of weaving in this hands-on class designed for both beginners and those with some basic experience. You'll learn fundamental techniques. Intermediate students can build on their skills with more complex designs and personalized guidance.	Laurie	Jan 5 - Feb 18	M/W	9:00 -11:30	\$150
			Mar 2 - Apr 15	M/W	9:00 -11:30	\$150
Watercolor Techniques with Birds	Through practical and fun demonstrations learn to paint striking, bold paintings with clean rich colors yet simple designs. The class focuses on fundamentals including: paint, paper, brushes, color mixing and painting techniques. Come have fun painting your favorite birds.	Kris	Jan 5 - Feb 9	M	9:00 -11:30	\$60
Gel Printing-Specialized Class	Using Gelli plates for photo transfers, stencils, found objects, and acrylic paint, I provide ALL materials, including the gel plates, a variety of special papers, all of the images, stencils, and found objects (think leaves, plants, bubble wrap, etc.). You will learn techniques for this fun and unpredictable process using dozens of paint colors to create unique prints and additional prints from 'ghost' images created from original prints.	Lisa	Jan 5	M	12:30-3:30	\$55
Watercolor Exponential	This fun class will easily accommodate all levels of ability. We will be combining paintings to create 2 1/2 dimensional paintings, paper weavings and collage	Theresa	Jan 5 - Feb 2 Mar 2 - Mar 30	M M	9:00 - 11:30 9:00 - 11:30	\$60 \$60
Rocks, Water and Trees in Watercolor	This class will be a watercolor study on three topics of frustration. We will explore depth, and perspective along with the rendering of different qualities of rocks, water and trees.	Theresa	Jan 5 - Feb 2 Mar 2 - Mar 30	M M	12:30 - 3:00 12:30 - 3:00	\$60 \$60
DIY Matting	This class will teach you the techniques and process of matting your own works. Students should plan on transporting their own mat cutters, matboard and foamcore. This class will fill quickly, please sign up ASAP!!!	Theresa	Jan 6 - Feb 3 Mar 3 - Mar 31	T T	9:00 - 11:30 9:00 - 11:30	\$60 \$60
Intermediate Watercolor	This class is intended for students who are familiar with watercolor processes, but are seeking more in-depth lessons. Value, composition, color mixing, focal point, and textures will be emphasized while further exploring basic techniques. New Material will be presented in each session	Theresa	Jan 6 - Feb 3 Mar 3 - Mar 31	T T	12:30 - 3:00 12:30 - 3:00	\$60 \$60
Oil Painting	In this fun class professional techniques will be explored focusing on color harmony, tonal values to create expressive and creative oil paintings. Come prepared to paint on the first day.	Steve	Jan 6 - Feb 3 Mar 3 - Mar 31	T T	9:00 - 11:30 9:00 - 11:30	\$60 \$60
Watercolor Landscapes with Critiques	This class focuses on rapid improvement aided by daily feedback. Traditional and current techniques will be presented along with provided reference photos and students are encouraged to paint references from your own photos.	Steve	Jan 6 - Feb 3 Mar 3 - Mar 31	T T	12:30 - 3:00 12:30 - 3:00	\$60 \$60
Gemstone Faceting	In this exciting workshop, students will learn the basics of gemstone faceting, exploring the art and science behind transforming rough stones into beautifully cut gems. Participants will gain hands-on experience with essential tools and techniques, understanding how to create precise angles and symmetrical designs that enhance a stone's brilliance and color. All levels welcome!	John/Ray	Jan 6 - Feb 17 Mar 3 - Apr 14	T T	1:00-3:30 1:00-3:30	\$50 \$50
Painting Larger Works in Watercolor	This class will have a minimum paper size of (11 in X 14 in). Larger works need to be planned and worked just a bit differently. We'll explore and paint those differences. This is great knowledge to have even if you will only paint large occasionally.	Steve	Jan 7 - Feb 4 Mar 4 - Apr 1	W W	9:00 - 11:30 9:00 - 11:30	\$60 \$60
Watercolor Painting in the Style Of Impressionism	Painting loose allows for such great freedom. in this class we'll explore how the Impressionistic masters did their work and interpret modern day themes using this style of watercolor painting.	Steve	Jan 7 - Feb 4 Mar 4 - Apr 1	W W	12:30 - 3:00 12:30 - 3:00	\$60 \$60
It's Not Chalk Painting with Soft Pastels	IMPORTANT: This class is NOT for oil pastels. Students will learn about soft (dry) pastels—how to use them safely, choose paper surfaces, and apply wet and dry techniques.	Lisa	Jan 14	W	1:00 - 3:00	\$55

Class	Description	Instructor	Date	Day	Time	Cost
Inkle Weaving	Inkle looms are small portable looms used to make woven bands suitable for guitar straps, camera bags, hat bands, belts and purses. The weaving process is quick and easy.	Robin	Jan 6- Jan 15	T/Th	1:00-3:00	\$85
Watercolor Batik	This class will combine the art of Batik with watercolor painting on unryu paper. Students will be responsible for bringing paints, unryu paper and brushes that will be dedicated to this medium. Full supply list may be provided on request at the front desk.	Theresa	Jan 8 - Feb 5 Mar 5 - Apr 2	Th Th	9:00 - 11:30 9:00 - 11:30	\$60 \$60
Watercolor Magic for Beginners & Beyond	Learn a successful, repeatable process that can easily be built upon. No experience necessary. A fun, exciting class with personal interest in each student to see how you learn.	Kim	Jan 8 - Feb 5	Th	9:00 - 11:30	\$60
Indigenous Art	Back by popular demand. Learn the techniques, history and art of indigenous cultures around the Earth. Each week we will take a different culture and do a project in the style of that group.	Darcy	Jan 8 - Feb 12	Th	9:00-11:00	\$60
Painting with the Masters	Each week we will be showcasing a different artist from multiple countries and eras. Every week a picture will be created in their style and technique. Well known and gifted but less recognized artists will be featured.	Darcy	Jan 8 - Feb 12	Th	1:00-3:00	\$60
Pastel Painting	Come and learn one of the oldest art mediums. Pastel is making a huge comeback. If you like beautiful and expressive color this will give you a broad range of possibilities for expression.	Darcy	Jan 9 - Feb 13	F	9:00-11:00	\$60
Pottery Painting	Choose a ceramic piece, a pie plate mug, serving platter or bowl are some examples. Paint your own design. It will be finished with a clear glaze and the final piece will be food safe. Come relax, chat and have fun. Light refreshments will be available.	Gretchen	Jan 9 - Feb 14	F	1:00-3:00	\$50
Colorful Macrame' Keychain	Join us for a fun and creative macramé keychain workshop, perfect for beginners and craft lovers alike! In this hands-on class, you'll learn the basics of macramé, including essential knotting techniques, and create your very own stylish keychain to take home.	Briana	Jan 12	M	1:00-2:30	\$10
Diamond Painting	Join us at the Senior Center for a fun and relaxing Diamond Painting class, where you'll create sparkling artwork using colorful gems and easy-to-follow designs.	Sharon	Jan 13	T	1:00-2:30	\$10
Woodcarving	Learn the art of woodcarving! This is a beginner and intermediate skill-level class. Materials provided, please bring your own carving tools. Some loaners for new students are available.	Dan	Feb 2 - Feb 23	M	9:00-11:30	\$60
Tie-Dye Workshop	No experience is necessary to participate in this workshop. We'll help you get fantastic results! Bring a couple of 100% cotton items that have been pre-washed and dried without fabric softener. (Synthetic fibers will not take the dye.) All dying supplies are provided. For T-shirts, we recommend Gildan brand available at Hobby Lobby, Walmart and other craft stores for around \$5 each.	Dawnie/Judy	Feb 10	T	12:15-3:15	\$20
Macrame' Wall Hanging	In this hands-on workshop, participants will learn the art of macramé by creating a beautiful, textured wall hanging to take home. You'll be guided step-by-step through knot techniques, design layout, and finishing touches.	Briana	Feb 16	M	1:00-2:30	\$10
Watercolor Aerial Perspective	It's the secret to creating a 3-D painting on a 2D surface. Specific process and techniques used in each area of your painting get results. Learn why this works and how to use the "rules" for successful watercolors. Bring your supplies!	Kim	Feb 19	Th	9:00-11:30	\$20
The Art of Abstraction	Abstract Art is vibrant, easily misinterpreted and fulfilling to create. It does not attempt to represent realistic images, but seeks to achieve its effect using shapes, forms, colors, and textures.	Matha	Mar 2 - Apr 6	M	9:00-11:30	\$60
Inkle Weaving-Simple Pick-up	Pick-up is an inkle weaving technique in which select threads are moved (picked up) to make distinct patterns and designs. Must have some experience with plain weave and be able to warp your own inkle loom.	Robin	Mar 3 - Mar 5	T/Th	1:00-3:00	\$50
Drawing Techniques	Learn or sharpen your drawing skills in this relaxed yet informative class. Drawing is the basic skill for all the visual arts. Take your art to the next level in this fun atmosphere.	Darcy	Mar 5 - Apr 9	Th	9:00-11:00	\$60
Wild at the Zoo	This class is dedicated to painting and drawing a variety of animals that can be found at the zoo and in the wild. Enjoy the challenge and fun of doing a variety of furred feather and scaled friends.	Darcy	Mar 5 - Apr 9	Th	1:00-3:00	\$60
Watercolor Medley	If you have experience with watercolor, join us to explore different topics each week to add depth to your skills. Create great compositions, paint loosely, drawing for painting, even abstraction and more. Art is born of serious play! Please bring your supplies.	Kim	Mar 5 - Apr 2	Th	9:00 - 11:30	\$60
Discovering Gouache	Welcome to the creative world of opaque watercolor. This ancient medium is seeing a revival in popularity. Vivid bold colors suit many styles and expressive techniques.	Darcy	Mar 6 - Apr 10	F	9:00-11:00	\$60
Saint Patrick's Day Rainbow Charm	Celebrate St. Patrick's Day with a touch of handmade charm! In this hands-on workshop, participants will create a small macramé rainbow charm — perfect for keychains, wall hangings, or festive décor.	Briana	Mar 9	M	1:00-2:30	\$10

ART

Class	Description	Instructor	Date	Day	Time	Cost
Pyrography	Learn the art of pyrography, the art or technique of decorating wood by burning a design on the surface with a heated metallic point. Class fee includes materials. **Please bring your own woodburner.	Dan	Apr 6 - Apr 27	M	9:00 - 11:30	\$60
Tie-Dye Workshop	No experience is necessary to participate in this workshop. We'll help you get fantastic results! Bring a couple of 100% cotton items that have been pre-washed and dried without fabric softener. (Synthetic fibers will not take the dye.) There will be time to complete at least two projects. All dying supplies are provided. For T-shirts, we recommend Gildan brand available at Hobby Lobby, Walmart and other craft stores for around \$5 each, where you can also buy other items to dye, like bandanas, kid stuff, aprons, socks, shopping bags, hats and more!	Dawnie/Judy	Apr 7	T	12:15-3:15	\$20
Macrame' Plant Hanger	In this hands-on workshop, you'll learn the art of macramé as you create your own stylish plant hanger from scratch. You'll start with the fundamentals selecting cord, measuring, and prepping your supplies and progress step by step through classic knots such as the Lark's Head, Square Knot, and Half Hitch. By the end of the class, you'll have a finished hanging basket that's both functional and beautiful, perfect for displaying your favorite plant.	Briana	Apr 13	M	1:00-2:30	\$10
Loose Watercolor Painting	Exercises to loosen up and get in the "flow" we all enjoy. Various techniques help us let go of what we "know" and stop before we get mired in the details. Focusing on "suggestion" and leaving some of your painting's "story" for the observer to engage! Break out your self-expression and bring your paper, brushes and watercolors.	Kim	Apr 16	Th	9:00-11:30	\$20

SPECIALS-DAY TRIPS

Class	Description	Instructor	Date	Day	Time	Cost
Newcomers Orientation	Are you new to the Senior Center? Come join us for a friendly and informative Newcomers Orientation, designed to help you feel right at home! Meet our staff, explore our programs, and discover all the ways you can get involved—from fitness classes and social events to volunteer opportunities and support services. Whether you're looking to make new friends, stay active, or just learn the ropes, this session is the perfect starting point. Light refreshments will be served, and questions are always welcome. Let's get connected and make the most of your Senior Center experience!	Staff	Jan 5 Feb 9 Mar 9 Apr 13	M M M M	9:00-10:00 9:00-10:00 9:00-10:00 9:00-10:00	FREE FREE FREE FREE
Tunes On Tuesdays- UKU:STIK Vibes	A unique and dynamic musical duo blending Ukulady's spot on vocals, the ethereal tones of the Chapman Stick and the bright playful energy of the ukulele. Their performance style crosses many genres of your favorite songs creating an unforgettable live music experience.	Staff	Jan 13	T	1:00-2:00	FREE
Pancake Breakfast	It's pancake time! You will get pancakes, juice/coffee, and fruit for a great price. Come and eat breakfast with friends. Registering in advance is preferred so we are well prepared. Mark your calendars for the 3rd Friday of every month!	Staff	Jan 16 Feb 20 Mar 20 Apr 17	F F F F	9:00 - 10:00 9:00 - 10:00 9:00 - 10:00 9:00 - 10:00	\$3 \$3 \$3 \$3
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	Jan 19 Feb 16 Mar 16 Apr 20	M M M M	1:30-2:30 1:30-2:30 1:30-2:30 1:30-2:30	FREE FREE FREE 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	Jan 20 Feb 17 Mar 24 Apr 14	T T T T	10:00-11:00 10:00-11:00 10:00-11:00 10:00-11:00	\$2 \$2 \$2 \$2
Food Drive	The Senior Center is hosting a Non-Perishable Food Drive to help support our local food pantry and neighbors in need. We invite members and the community to donate canned goods, boxed meals, pasta, rice, peanut butter, and other shelf-stable items. Every contribution makes a difference—together, we can help ensure no one in our community goes hungry. Donations can be dropped off at the Senior Center during regular hours.	Staff	Feb 2 - Feb 13	M-F	8:00-5:00	FOOD
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.(During the event, you'll receive a short answer sheet to fill out after each conversation, marking "yes" or "no" if you'd like to connect with that person again. At the end of the event, I'll collect the sheets, make a copy for you to keep, and compare all responses from participants. If two people mark "yes" for each other, it's a match! I'll then send an email to both participants with each other's phone numbers so you can connect directly and set up an actual date. Good luck, and have fun meeting new people!	Staff	Feb 25	W	1:00 - 3:00	\$10

SPECIALS-DAY TRIPS

Class	Description	Instructor	Date	Day	Time	Cost
You're Somebody's Type: Blood Drive	All the blood donated to Vitalant stays right here in El Paso County! Each year more than 12,000 units of blood are needed to help those who have lost blood due to an accident, surgery or illness. When you donate blood, you are helping your neighbors, friends and family! Please sign up for a time slot to ensure we are prepared and well equipped to accommodate all of our donors. Donations will be done in the parking lot in their their new "Blood Bus." It is clean, comfortable, and designed like a private mobile office—making your life-saving blood donation a wonderful and discreet experience!	Vitalant	Mar 2	M	10:00-1:15	FREE
Mountain Harmony	St. Patrick's Day Celebration!! Dulcimers and so much more, come and enjoy the music of this charming group!	Staff	Mar 16	M	10:30-11:30	FREE
Mix'n Mingle	Join us for a friendly Mix and Mingle at the Senior Center! This relaxed social gathering is a great way to meet new people, catch up with friends, and enjoy light refreshments in a welcoming atmosphere. Whether you're new to the Center or a familiar face, come share some laughter, good conversation, and community spirit.	Staff	Apr 3	F	2:00-4:00	FREE
Katie & Joe Uveges	Join us for an unforgettable afternoon of music and laughter as award-winning singer-songwriter Joe Uveges and his daughter Katie perform here at the Senior Center. Known for his heartfelt lyrics, warm humor, and soulful acoustic style, Joe brings stories to life through song—touching hearts and lifting spirits. Whether you're a longtime fan or new to his music, this intimate performance promises joy, connection, and a few good chuckles. Don't miss this special event that celebrates community, creativity, and the power of a great tune.	Joe & Katie	Apr 17	F	2:00-3:00	FREE
Disco Dance Fundraiser	Break out the bell bottoms and boogie shoes—The Senior Center is turning up the funk for an afternoon of disco fever and community spirit! Join us for a dazzling Fundraiser Disco Dance, where classic hits, and joyful moves come together to support a meaningful cause. Whether you're a dancing queen or just love a good beat, this event promises laughter, connection, and plenty of fun. All proceeds go toward local senior programs, so every shimmy helps make a difference. Let's dance the afternoon away and give back in style!	Staff	Apr 24	F	3:00-6:00	FREE
Botanic Gardens	Celebrate the beauty of spring with a refreshing day trip to the Denver Botanic Gardens! . Join fellow Senior Center members for a scenic stroll through vibrant blooms, tranquil pathways, and inspiring garden exhibits. Enjoy the seasonal splendor of one of Denver's most beloved destinations. Transportation will be provided—just bring your curiosity, brown bag lunch (or you can purchase there) and your love for the outdoors.	Staff	Apr 22	W	9:00-3:00	\$75
Forest Bathing/ Forest Therapy	Experience a sense of awe in nature through forest bathing, also known as forest therapy. Join Serena Vogel, MA, Certified Nature and Forest Therapy Guide, for a peaceful two-hour walk in North Shooks Run Park. This slow, mindful experience invites you to connect with nature and ends with a simple tea ceremony and snack. Each walk is unique. Please register at the latest by 4 p.m. the Thursday before the walk.	Serena	Feb 7 Mar 7 Apr 4	Sa Sa Sa	8:30-10:30 8:30-10:30 8:30-10:30	\$8 \$8 \$8



DON'T FORGET OUR WEEKLY THURSDAY DANCES!



1:00 - 2:30 p.m.



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\$10 Drop-In option available as space allows.

<div><div>SilverSneakers</div><div>FITNESS</div><div>SilverSneakers</div></div>						
Class	Description	Instructor	Date	Day	Time	Cost
Qigong	Qigong (pronounced “chee-gong”) is an ancient Chinese practice that combines slow movements, deep breathing, and meditation to balance life energy, or “qi.” For nearly 5,000 years, it has been used to promote physical, mental, and emotional well-being, helping reduce stress and improve balance, flexibility, and focus.	 Elizabeth	Jan 5 - Feb 16 Mar 2 - Apr 13	M M	9:45-11:15 9:45-11:15	\$55 \$55
SilverSneakers Stability®	To help you become stronger and improve balance, this class teaches specific exercise to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention; a standing endurance of 30 minutes is needed.	Layla	Jan 5 - Feb 19	M/Th	9:00-9:45	\$65
SilverSneakers Classic®	Move to the music through exercises designed to increase muscle strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance training. A chair is used for support. This class is suitable for beginning to intermediate skill levels.	Claire	Jan 5 - Feb 16 Mar 2 - Apr 13	M M	9:00-9:50 9:00-9:50	\$45 \$45
SilverSneakers Circuit ®	This workout offers standing, low-impact choreography combined with standing full body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.	Claire	Jan 5 - Feb 16 Mar 2 - Apr 13	M M	10:00-10:50 10:00-10:50	\$45 \$45
Zumba Gold®	Zumba Gold® is perfect for active older adults who are looking for a modified class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba Gold® choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!	 Wilma	Jan 5 - Feb 18 Mar 2 - Apr 15	M/W M/W	11:30- 12:30 11:30- 12:30	\$65 \$65
Mat Pilates	Strengthen deep muscles of abdomen, hips and spine. Improve flexibility, balance, and mobility while working to build bone density. This is a mat based Pilates class. This class has a Drop-In option.	Layla	Jan 5 - Feb 19	M	10:30-11:15	\$45
Pound Gold®	Drum away the stress while improving coordination, range of motion, rhythm, strength, and mental clarity. All levels choreographed drumming done on stability balls. Come have FUN moving to the music!	Wilma	Jan 5 - Feb 18 Mar 2 - Apr 15	M/W M/W	1:30-2:30 1:30-2:30	\$55 \$55
Yin Yoga	Yin Yoga is a gentle, slow-paced style of yoga that focuses on deep stretching and relaxation. Poses are held for several minutes to target joints, ligaments, and connective tissues, helping improve flexibility and circulation. Ideal for seniors, Yin Yoga promotes calmness, reduces stiffness, and supports joint health—all while encouraging mindfulness and stress relief. Requires ability to get up and down off your mat by yourself.	Brian	Jan 5 - Feb 19 Mar 2 - Apr 16	M/Th M/Th	3:45-4:45 3:45-4:45	\$60 \$60
TaijiFit	TaijiFit is a mind/body workout that combines the best of traditional Tai Chi with modern Western fitness. This class is designed to improve overall fitness emphasizing balance, mobility, stability and timing of movement. No prior exercise is required.	Jan/Russ	Jan 6 - Feb 17 Mar 3 - Apr 14	T T	8:30 - 9:30 8:30 - 9:30	\$50 \$50
TaijiFit	TaijiFit is a mind/body workout that combines the best of traditional Tai Chi with modern Western fitness. This class is designed to improve overall fitness emphasizing balance, mobility, stability and timing of movement. No prior exercise is required.	Jan/Russ	Jan 6 - Feb 17 Mar 3 - Apr 14	T T	9:30 - 10:30 9:30 - 10:30	\$50 \$50
Yoga Flow	Flow with your breath from posture to posture beginning with centering and warm-up, a standing sequence to tone and strengthen, followed by seated postures and ending with deep relaxation. Build more awareness, strength, and flexibility. No experience is necessary. Please note this is a mat-based class and requires the ability to get up and down off your mat without assistance.	 Brian	Jan 6 - Feb 20 Mar 3 - Apr 17	T/F T/F	9:00-10:00 9:00-10:00	\$60 \$60

FITNESS						
Class	Description	Instructor	Date	Day	Time	Cost
Strength & Mobility	This gentle, low-impact class is designed specifically for seniors to improve overall strength, enhance joint mobility, and increase flexibility. Guided by a qualified instructor, participants will use simple movements and light resistance exercises to support balance, posture, and daily functional movement. Ideal for all fitness levels, this class promotes independence, reduces stiffness, and helps prevent falls—all in a friendly, supportive environment.	Layla	Jan 6 - Feb 17 Mar 3 - Apr 14	T T	10:00-11:00 10:00-11:00	\$55 \$55
FiT Fusion	Experience a dynamic workout in a small class setting. Rotate through three different machines, free weights, and stretch bands under the guidance of a personal trainer for total-body conditioning.	 Layla	Jan 6 - Feb 19 Mar 3 - Apr 16	T/Th T/Th	11:45-12:45 11:45-12:45	\$80 \$80
Breathwork, Meditation & Chair Yoga	We will start with some gentle breathing exercises for calm and focus followed by some yoga poses to create space and comfort within the body. The last part of the class will be devoted to short meditation experiences designed to encourage the beginner and sustain the seasoned practitioner.	Brian	Jan 6 - Feb 17 Mar 3 - Apr 14	T T	10:10-11:10 10:10-11:10	\$50 \$50
Juggling With Scott	Juggling has been scientifically proven to improve cognition and increase hand-eye coordination! Come learn juggling techniques and have some fun!	Scott	Jan 6 - Feb 17 Mar 3 - Apr 14	T T	2:00 - 3:00 2:00 - 3:00	\$2 \$2
Posture, Balance and Core	Train your body to stand taller and walk with more confidence and stability! Chair-based and standing work is incorporated and can be adapted to various fitness levels.	Brian	Jan 6 - Feb 20	T/F	3:00-3:45	\$65
SilverSneakers Yoga®	Move your whole body through a complete series of seated and standing yoga poses. Chair support if offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.	Layla	Jan 7 - Feb 18 Mar 4 - Apr 15	W W	9:00-10:00 9:00-10:00	\$45 \$45
SHiNE	This class brings you a 45 min full body cardio fitness workout. This session specializes in a low impact, easier choreography format to accommodate for a wide range of needs. This mood lifting, confidence building class will bring a SHiNE to your day and a glow to your workout! Come enjoy a “dance” workout with sprinkles of ballet, hip hop, rock, and pop music and moves!	 DeLene	Jan 7 - Feb 18 Mar 4 - Apr 15	W W	9:30-10:30 9:30-10:30	\$50 \$50
Restorative Stretch Yoga	Deep Stretching and Mobility Yoga for seniors that gently enhances flexibility, joint health, and range of motion through slow, supported movements to enhance mobility.	Layla	Jan 7 - Feb 18 Mar 4 - Apr 15	W W	10:15-11:15 10:15-11:15	\$55 \$55
Strength & Mobility	This gentle, low-impact class is designed specifically for seniors to improve overall strength, enhance joint mobility, and increase flexibility. Guided by a qualified instructor, participants will use simple movements and light resistance exercises to support balance, posture, and daily functional movement. Ideal for all fitness levels, this class promotes independence, reduces stiffness, and helps prevent falls—all in a friendly, supportive environment.	Layla	Jan 8 - Feb 19 Mar 5 - Apr 16	Th Th	10:30-11:30 10:30-11:30	\$55 \$55
SilverSneakers Stability®	To help you become stronger and improve balance, this class teaches specific exercise to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention; a standing endurance of 30 minutes is needed.	Suzanne	Mar 2 - Apr 16	M/Th	9:00-9:45	\$60
SilverSneakers Yoga®	Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.	 Suzanne	Mar 2 - Apr 16	M/Th	10:00-10:45	\$60
Mat Pilates	Strengthen deep muscles of the abdomen, hips and spine. Improve flexibility, balance, and mobility while working to build bone density. This is a mat-based pilates class.	 Suzanne	Mar 2 - Apr 16	M/Th	11:00 -11:45	\$65
Cardio Drumming	Get your heart pumping and your energy flowing with Cardio Drumming – a fun, low-impact workout combining rhythm, movement, and music! Using exercise balls, drumsticks, and upbeat tunes, participants enjoy a full-body cardio session that improves coordination, boosts mood, and supports heart health. No experience needed – just bring your enthusiasm and a smile! Perfect for all fitness levels, this class makes fitness feel like fun.	Suzanne	Mar 3 - Apr 17	T/F	2:00-2:45	\$55
Posture, Balance and Core	Train your body to stand taller and walk with more confidence and stability! Chair-based and standing work is incorporated and can be adapted to various fitness levels	Suzanne	Mar 3 - Apr 17	T/F	3:00-3:45	\$60

SilverSneakers

SilverSneakers Classes are free for SilverSneakers, Renew Active and One Pass members, but registration and scanning in are still required. Non-SilverSneakers members must pay for the class at registration.



LIFELONG LEARNING						
Class	Description	Instructor	Date	Day	Time	Cost
Take the Stress Out of Property Taxes	Property taxes can be stressful. The El Paso County Treasurer Chuck Broerman will present several options for seniors to reduce their property taxes. Treasurer Broerman will also introduce a new program that seniors can take advantage of to reduce their lump sum payment into manageable monthly payments.	Chuck	Jan 5	M	9:30-10:30	\$2
Beginner Sewing	Learn basic sewing techniques and reading instructions. Bring your own machine or borrow one of ours. We will complete 3 different projects . This is a beginner or refresher course.	Barbara D.	Jan 5 - Feb 16	M	12:00 - 2:30	\$40
Practical Strategies for Caregivers - Peace of Mind for You. Dignity for Them.	Don't let the potential cost of long-term care create stress and uncertainty. Learn how to protect your assets and make the most of what you have. Learn the facts vs. the myths to be proactive for your loved one's care.	Kim S.	Jan 6	T	9:00-10:00	\$2
Knowledge of our Solar System and the Astrology and Mythology Related to it	Do you know about all the new objects being discovered in our solar system? Join us for the astronomy, astrology, and more as our knowledge and exploration grows.	Bonnie	Jan 6 - Feb 10	T	9:00-10:00	\$5
Culinary Series- Better Breakfast	Breakfast can be just as much fun as dinner! We will explore Breakfast options to fit every appetite. Overnight Oats, Quiche and a breakfast casserole that will make a great start to your day!	Lisa	Jan 6	T	2:00-3:30	\$10
Simplifying Life: How to Declutter, Downsize and Choose a New Home	Simplify your life while you learn how to make your next move a smooth one with guidance from a Seniors Real Estate Specialist, Professional Organizer, and Elder Care Advisor. Together, they'll help you understand the emotional and practical steps of downsizing, selling, and choosing your next home. Walk away with expert tips and a clear plan for a confident transition.	Alyce	Jan 6 Mar 17	T T	9:00-10:00 9:00-10:00	\$2 \$2
Understanding Annuities	We will discuss the various types of annuities focusing on their uses, pros and cons.	Pat	Jan 7	W	10:00-11:00	\$2
Beginning 1 Bridge	This class is an introduction to the amazing game of bridge. It covers an introduction, 1NT opening bids, major suit opening hands and minor suit opening hands. This class is intended for people who have never played bridge before.	John D.	Jan 7 - Feb 18 Mar 4 - Apr 15	W W	9:00-10:00 9:00-10:00	\$10 \$10
Beginning 2 Bridge	The Beginner 2 class is for people who have some experience with the game of bridge. Topics in this class will include minor suit openings, the Stayman convention, the Jacoby transfer bid, pre-emptive bids and scoring. Students will be introduced to 'assisted play' to reinforce topics taught in the class.	John D.	Jan 7 - Feb 18 Mar 4 - Apr 15	W W	10:00-11:00 10:00-11:00	\$10 \$10
Intermediate Bridge	Intermediate bridge is a class for the beginning bridge enthusiast who wants to improve their game by learning some standard treatments of bidding. Topics may include, overcalls, takeout doubles, slam bidding, reverses, Jacoby 2NT, Bergen raises and many more miscellaneous topics.	John D.	Jan 7 - Feb 18 Mar 4 - Apr 15	W W	11:00-12:00 11:00-12:00	\$10 \$10
Create a Dress Coat	Learn the tailoring techniques to create a Dress Coat. You will also learn more advanced pattern adjustments, pockets, different collars, lining and attaching sleeves. Intermed/Advanced class.	Barbara D.	Jan 8 - Feb 19	Th	9:00-11:30	\$40
Tax Planning in Retirement	With the increased spending by our Federal Government, future tax rates are on most peoples' minds. In this class, we'll discuss how legislation may impact tax planning. We'll cover tax planning strategies to include withdrawal strategies, Roth conversions, examples of ways to pay less taxes on your qualified accounts, and strategies that may be able to reduce taxes on your Social Security benefits.	Nick	Jan 8	Th	10:00-11:30	\$2
Space & Astronomy Update	This class will describe recent fascinating events related to space and astronomy. You will learn which stars and planets will be in "your" night sky. There will be ample opportunity to ask questions on any science topic. Your instructor is a systems engineer, former satellite operator, and experienced outreach teacher with the Colorado Springs Astronomical Society.	David	Jan 9	F	9:00-11:00	\$2

LIFELONG LEARNING

Class	Description	Instructor	Date	Day	Time	Cost
Learn to Play Chess	Learn how to play chess. Learn the names of the chess pieces and how they move and capture. Learn chess strategies and techniques for improving your game.	Jerry	Jan 9 - Feb 20 Mar 6 - Apr 17	F F	11:00-12:00 11:00-12:00	\$10 \$10
Advanced Ukulele	Step up for the Advanced Ukulele class, where passionate experienced players come together to enhance their skills. This class delves into more complex techniques, including expanded strumming patterns, melody skills, improvisation and a variety of seasonal and genre selections.	Lynn	Jan 9 - Feb 20 Mar 6 - Apr 17	F F	12:00-1:15 12:00-1:15	\$45 \$45
Intermediate Ukulele	This class is designed for the continuing Ukulele student. Do you know the main chords and are you able to strum a variety of songs? Are you ready to learn more challenging songs, change chords with smooth transitions and improve your strumming? Great fun to sing and play with your friends.	Lynn	Jan 9 - Feb 20 Mar 6 - Apr 17	F F	1:30 - 2:30 1:30 - 2:30	\$45 \$45
Beginner Ukulele	Need a new and fun pastime that just may improve your brain? Ukulele is easy and fun. This introductory course is intended for beginners and will teach you to tune the instrument, play basic chords, melody playing and sing familiar songs with your friends. We will provide a Ukulele for the first class session if you do not have one.	Lynn	Jan 9 - Feb 20 Mar 6 - Apr 17	F F	2:45 - 3:45 2:45 - 3:45	\$45 \$45
Beginner Guitar	Learn the guitar chords and techniques that allow one to play many popular songs. Our focus will be the acoustic guitar. A love of music is a must for this class.	Bill	Jan 9 - Feb 20 Mar 6 - Apr 17	F F	1:30-3:00 1:30-3:00	\$45 \$45
Aging in Place	Successful aging in place is a process of taking stock of current and future needs, thinking through the options, evaluating the house and the community, and developing strategies to ensure safety, comfort, and accessibility.	Charlie	Jan 14 Mar 4	W W	12:30 - 2:00 12:30 - 2:00	\$2 \$2
Don't Add the Kids to Your Bank Account	A discussion of the implications of adding children (or others) as a joint owner to bank accounts, investments and real estate and why it is a bad idea with very few exceptions.	Ryan	Jan 15	Th	9:00-10:30	\$2
Pillar Institute for Lifelong Learning:	"Moses and the Exodus" About 400 years after Joseph saved Egypt from famine, a baby named Moses was born to a Hebrew family in the midst of enslavement by the Egyptians and a decree by the Pharaoh to kill all the Hebrew baby boys. We will learn about Moses' early life from the Burning Bush to the Ten Plagues brought upon Egypt and through the parted Red Sea to Mt. Sinai where the Ten Commandments will be delivered.		Jan 20	T	10:00-12:00	\$10
Culinary Series - Asian Flair	Just in time to support the New Year! Asian Inspired meals to flavor up your January! Lettuce wraps, Hot & Sour Soup and Vegetable Stir Fry	Lisa	Jan 20	T	2:00-3:30	\$10
You're Not Stuck	After age 62, the world of home ownership may change due to lifestyle requirements, increases in taxes, insurance, and maintenance. You may feel stuck but in many cases, You're Not Stuck. Come learn about your options to move or stay put. Your choice!	Julie	Jan 22 Mar 5	Th Th	2:00-3:30 2:00-3:30	\$2 \$2
Avoiding Scams and Identity Theft	The online world has given us many conveniences, but it's also given scammers a convenient place to compromise our personal and financial data. Learn to understand the threats, spot fraud and protect yourself from becoming a victim.	Laura	Jan 22	Th	10:00-11:00	\$2
Finding Freedom Through Letting Go	We'll focus on understanding how hanging on to thoughts, feelings and beliefs from past experiences creates obstacles to our ability to live in the present. We'll learn some techniques to practice letting go and how to recognize what it feels like to be free	Audrey	Jan 23	F	9:00-10:30	FREE
Outsmarting the Scammer	This presentation will give you the information you need to outsmart the scammers. During the program, we will discuss how to spot certain red flags that may indicate a fraudulent encounter, resources that you can turn to in the event you or your loved ones are targeted and, steps you can take to protect yourself and your loved ones.	Valerie	Jan 26	M	1:00-2:00	\$2
Tax Elimination Strategies	Enhance profits, maximize income, protect principal, and leave an inheritance.	Wendi	Feb 3	T	10:00-11:00	\$2
 Travel: Integrity Destinations	Integrity Destinations Travel Agency specializes in creating personalized travel experiences tailored to each client's interests and budget. From relaxing getaways and cruises to guided tours and group adventures, they handle all the details—flights, accommodations, excursions, and more—so travelers can enjoy a seamless, stress-free journey. With expert knowledge and a commitment to excellent service, Integrity Destinations helps turn travel dreams into reality.	Kimberly	Feb 3 Apr 7	T T	10:00-11:00 10:00-11:00	\$2 \$2
Culinary Series- Favorite Soups and Stews	Short days and Cold nights make soups and stews a winter favorite! We will make some classic favorites to keep you warm and tasty! Chicken and Cheese Soup and Vegetable Soup.	Lisa	Feb 3	T	2:00-3:30	\$10

Class	Description	Instructor	Date	Day	Time	Cost
Today's Reverse Mortgage - What the HECM is it?	Today's HECM Reverse Mortgage has come a long way since 1987. However, many Americans are still fearful or reluctant to look at the program because of what they hear in the media or from concerned friends and family. First, we will discuss the History of the Reverse Mortgage, uncover the origins of common Myths & Misconceptions of the HECM. Then we will discuss what the HECM was created to help solve in 1987 and what it is solving in 2026.	Nathan	Feb 6	F	10:00-11:00	\$2
Family Money Talks	The mere thought of talking about money with your family can be unnerving. Parents in particular worry that talking about money with their children will cause their adult kids to be entitled, unmotivated, or change their relationship in some way. We'll learn the family money talks approach that doesn't focus on numbers and assets, but rather helps you engage in informative conversations about money and its purpose in life and values.	Valerie	Feb 9	M	10:00-11:00	\$2
Finding the Joy Within	This workshop introduces the concept that we have everything we need to experience joy in our lives. Regardless of the challenges that life throws at us, we have the ability to handle anything when we can access the energy that the joy within us has to offer. Warning: Attendees may find themselves laughing and crying at the same time!	Audrey	Feb 13	F	9:00-10:30	FREE
Pillar Institute for Lifelong Learning:	"Capture the Moment" . Iconic Photographs and Photographers. Iconic photos - the flag raising at Iwo Jima, the Dust Bowl's Migrant Mother, the Beatles' Abbey Road album cover, the Afghan Girl on the cover of National Geographic ... let's look back in history at these and many more - the most famous photos ever taken ... and the stories behind them. We'll also talk about some of the photographers who took those photos.		Feb 17	T	10:00-12:00	\$10
Culinary Series - Meals for All Day	Looking for fun, easy meals for lunch or dinner? This is the class for you! We will be cooking entrees that work for lunch or dinner! Salmon Cakes and Roasted Brussel Sprout Bowls.	Lisa	Feb 17	T	2:00-3:30	\$10
Financial Self Defense: The 7 Documents to Help Yourself and Your Loved Ones	Learn how to get these 7 documents that may help protect you and your loved ones - The federal document to help prevent a disruption in your Social Security benefits- What may be the most important part of your Medical POA that most people forget- How to pass on something even more important than money- How to help prevent your loved ones from going on a wild goose chase after you pass away.	Nick	Feb 19	Th	10:00-11:30	\$2
Intermediate Sewing	Learn to make a blouse and shirt using easy fabrics. The Center has 5 machines or you can bring your own. We will also be learning advanced pattern adjustments, pockets, different collars and attaching sleeves.	Barbara D.	Mar 2 - Apr13	M	12:00-2:30	\$40
Culinary Series - The Other White Meat	Always looking to add variety to your diet, but unsure about pork? We will be creating a meal with pork as the main entree! Best cuts, how to cook without drying out the meat, and what to serve with pork as the main dish. Pork Loin with Cranberries served with scalloped potatoes and fresh vegetables	Lisa	Mar 3	T	2:00-3:30	\$10
Mending Without a Sewing Machine	Ever wonder how to fix a frayed buttonhole or a seam you can't get to or make a seam stronger without a sewing machine? Come learn various stitches done by hand, solving these and other issues.	Barbara D.	Mar 5 - Apr 16	Th	9:00-11:30	\$40
Protecting Assets When One Spouse Needs Care	Keep Your Home, Your Savings, and Your Options. Learn the facts vs. myths. Learn how to understand, prepare, and qualify for programs covering high costs of Long-term Care.	Kim S.	Mar 10	T	9:00-10:00	\$2
Making Your Money Last	You've worked and saved for decades preparing for retirement. How do you turn your nest egg into a sustainable income stream without worrying about running out of money? In this class, we'll discuss how your finances should be viewed differently in retirement vs your working years. There is no 'One-size-fits-all' in retirement and your retirement plan should be tailored to your unique situation.	Nick	Mar 12	Th	10:00-11:30	\$2
8000 Days	The MIT Age Lab's research that shows a person's development over their lifetime is composed of four 8,000 day quadrants. The last 8,000 days begins at typical retirement age - lasting 20+ years. Retirement is no longer an end but a new complex phase of life.	Valerie	Mar 16	M	1:00-2:00	\$2
Culinary Series - Almost Vegetarian	Vegetable favorites with a twist! Cauliflower Taco Bowls and Cheesy Brussel Spouts with mushrooms, just to name a few. Let's explore new ways to add more vegetables to every meal!	Lisa	Mar 17	T	2:00-3:30	\$10
Do I Need a Will or a Trust?	A discussion of when you need a will or will a trust work just fine. It depends on a lot more than how much money you have. Our discussion will touch on probate, capital gains, death taxes and real estate.	Ryan	Mar 19	Th	10:00-11:30	\$2
Culinary Series - One Pot Dishes	During this class, we will create one-pot dishes that don't require a crockpot! Check out these dishes that take under an hour and still give you multiple meals for the week! Mediterranean Chicken with Quinoa Skillet Lasagna	Lisa	Mar 31	T	2:00-3:30	\$10

LIFELONG LEARNING


Class	Description	Instructor	Date	Day	Time	Cost
Pillar Institute for Lifelong Learning:	“The Priceless Art of the Faberge Eggs” . Alexander III and Nicholas II are perhaps two of the most famous Russian Tsars. They are almost as famous as the fabulous Fabergé Eggs they commissioned as Easter gifts for their wives and mothers. Let’s learn about the creator of the eggs, Peter Carl Fabergé, his House of Fabergé, and the priceless and beautiful “Imperial Eggs” he created.		Mar 31	T	10:00-12:00	\$10
Housing Wealth and the 4 L’s of Retirement	Your Home Wealth is an important part of your retirement. As a Home Wealth Advisor for over 16 years, I have met with hundreds of mature homeowners who tell me they are concerned about Longevity, Lifestyle, Liquidity, and Legacy.	Nathan	Apr 10	F	10:00-11:00	\$2
Water Wise	The Water Wise program discusses the water system of Colorado Springs Utilities as well as the water treatment process and best practices to reduce water use and therefore lower utility bills.	Admar/CS Utilities	Apr 13	M	10:00-11:00	FREE
Culinary Series - Go Fish	Love Mediterranean Cooking? Join us to explore the seas! We will be cooking Mediterranean Couscous and Salmon Florentine Pasta.	Lisa	Apr 14	T	2:00-3:30	\$10
Cyber Security For Seniors	Cyber-attacks are increasing, and the stakes are getting higher. In this class, we’ll discuss threats seniors face and steps you can take to help fight them. I’ll cover how prepared you are for a cyber-attack and identify areas of potential cyber weakness. We’ll cover cyber security rules and you’ll receive an action plan to help secure your electronic devices and information.	Nick	Apr 16	Th	10:00-11:30	\$2
Pillar Institute for Lifelong Learning:	“Ella Fitzgerald: First Lady of Song” . Ella deserves to be known as “The First Lady of Song” for many reasons: for the forty million record albums sold, for the number of Grammy Awards she earned (fourteen including one for lifetime achievements), a Kennedy Center Honor for lifetime achievement, and a National Medal of Arts. Her musical style encapsulated her vocal range (three octaves), her pure intonation with harmonics that could shatter glass goblets, her phrasing, her fresh interpretations of well-known songs, and her ability to improvise lyrics while singing. In this presentation you will learn about her life and her collaborations with other musicians, including trumpeter and vocalist Louis Armstrong and bandleaders Count Basie, Duke Ellington, and Nelson Riddle.		Apr 21	T	10:00-12:00	\$10



DANCE



Class	Description	Instructor	Date	Day	Time	Cost
Line Dancing	Kick up your heels and join the fun! This Beginner/Intermediate Line Dancing class is perfect for those who know a few basic steps and want to learn more. Enjoy great music, improve your balance, and get a light workout while dancing with friends in a relaxed and friendly atmosphere. No partner required!	Betty	Jan 5 - Feb 16 Mar 2 - Apr 13	M M	8:30-10:00 8:30-10:00	\$45 \$45
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	Jan 7 - Feb 18 Mar 4 - Apr 15	W W	10:45-11:45 10:45-11:45	\$45 \$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	Jan 7 - Feb 18 Mar 4 - Apr 15	W W	12:00-12:45 12:00-12:45	FREE
Foxtrot	The foxtrot is a graceful ballroom dance, in which couples use a combination of long walking movements and short quick steps to glide across the dance floor. Slow Slow Quick Quick is the rhythm of the basic. Understanding the essence of the Foxtrot can enrich your appreciation for this timeless art form and joy of dance. Come learn foxtrot with us! (no partner needed)	DeLene	Jan 7 - Feb 18	W	1:00-1:45	\$45
Salsa	Come SALSA with us! Add a little spice to your dancing. Salsa is a Latin rhythmn dance with a dynamic and expressive style! From the basic to combo moves, we will capture the essence of its footwork, rhythmic hip movements, and vibrant energy. Let’s get dancing!	DeLene	Jan 7 - Feb 18	W	1:45-2:30	\$45
Country Two Step	Country two-step is a fun and lively partner dance that’s a staple from wedding to club dancing. It’s known for its smooth, flowing movements and is danced to upbeat country music, making it a favorite for both beginners and seasoned dancers. Once you learn the basics (two quick steps followed by two slow steps) you have the foundation to learn turns, patterns and more! Come glide around the dance floor with us! (Partner not needed)	DeLene	Mar 4 - Apr 15	W	1:00-1:45	\$45
Jitterbug with East Coast Swing	Jitterbug is a swing style of dancing, often associated with East Coast swing, lindy hop, jive, and other styles. This dance style brings dancing alive to many styles of music from 50’s, rock and roll like Elvis or Chuck Berry to modern Michael Buble. It’s easy to learn and fun to dance!	DeLene	Mar 4 - Apr 15	W	1:45-2:30	\$45





Registration begins Monday, Dec 8th at 8 a.m.

By Phone: (719) 955-3400

On-line: csseniorcenter.com

In person: The Colorado Springs Senior Center (1514 N. Hancock Ave.): Mon-Fri, 8:00 a.m.-5:00 p.m.



ALL CLASSES ARE AT THE SENIOR CENTER! 1514 N. Hancock Ave.

All classes require registration and are subject to cancellation or change.

\$10 Drop-In option available as space allows.

SENIOR PLANET			Taught by SENIOR PLANET certified instructors.					
FROM AARP			TECHNOLOGY					
Class	Description	Instructor	Date	Day	Time	Cost		
Tech for Aging in Place	Come learn how smart technology can help you maintain your independence in your own home. Lecture	Charlie	Jan 5	M	1:30-3:00	FREE		
Computer Confidence Workshop	This three day workshop is for beginners building essential computer skills. You'll learn the foundations of a Windows computer. The course will also include practical internet basics along with an overview of Microsoft Office. Melissa is a qualified instructor with decades of technology leadership and training.	Melissa	Jan 5 - Jan 19	M	9:00-10:30	\$40		
<u>This is NOT a SENIOR PLANET Class</u>			Jan 6 - Jan 20	T	3:30-5:00	\$40		
			Feb 2 - Feb 16	M	9:00-10:30	\$40		
			Feb 3 - Feb 17	T	3:30-5:00	\$40		
			Mar 2 - Mar 16	M	9:00-10:30	\$40		
			Mar 3 - Mar 17	T	3:30-5:00	\$40		
			Mar 30 - Apr 13	M	9:00-10:30	\$40		
			Mar 31 - Apr 14	T	3:30-5:00	\$40		
Digital Genealogy	Curious about your family's history? Fill in the gaps using digital genealogy resources! Lecture	John	Jan 13	T	9:30 -11:00	FREE		
Understanding Fraud & Scams	Are you scam savvy? Come to this lecture to learn about fraud and scams and how to protect yourself against them. Lecture	Brian	Jan 14	W	1:30-3:00	FREE		
Intro to Selling Online	Make money while decluttering with online marketplaces! We'll cover some tips & practices for safely using these platforms. Lecture	Ila	Jan 20	T	1:30-3:00	FREE		
Streaming & Smart TVs	Are you paying for TV channels you don't watch? Learn why people are "cutting the cord" and using streaming services instead! Lecture	Murry	Jan 27	T	1:30-3:00	FREE		
Understanding Internet Plans	Faster is not always better! Come learn about home internet options so you only pay for what you need. Lecture	Charlie	Feb 2	M	1:30-3:00	FREE		
Getting Started with Spotify	Come learn how to download and use the Spotify app. Prerequisite: Bring phone or ipad. Workshop	John	Feb 3	T	9:30 -11:30	FREE		
Anti-Virus & Malware Removers	Concerned about viruses and malware? Attend this lecture to learn how to keep your device safe! Lecture	Brian	Feb 10	T	1:30-3:00	FREE		
Finding Info Online	Take advantage of the power of the internet to find information, search topics, and more. Lecture	Ila	Feb 17	T	1:30-3:30	FREE		
Digital Tools for Brain Health	Stay sharp with technology! Join this lecture to learn about different ways to engage your brain. Lecture	Murry	Feb 24	T	1:30-3:00	FREE		
Using Google Calendar	Still using an appointment book? Come learn about the benefits of a using an online calendar. Bring Google password. Workshop	Jeff	Feb 25	W	1:30-3:30	FREE		
Intro to Managing Your Privacy	Come learn about some essential internet privacy tips! Lecture	Charlie	Mar 2	M	1:30-3:00	FREE		
Finding Info Online	Take advantage of the power of the internet to find information, search topics, and more! Workshop	Brian	Mar 10	T	1:30-3:30	FREE		
Passwords, Passkeys & More Lecture	Tired of resetting your password all the time? Join this lecture to discover password alternatives and different ways to manage your passwords.	John	Mar 12	Th	9:30 -11:00	FREE		
Saving Money with Tech	Explore ways that tech can help you save money and manage your finances! Lecture	Ila	Mar 17	T	1:30 - 3:00	FREE		
Gmail Tips And Tricks	Go beyond sending and receiving with this hands-on workshop about Gmail features! Must have Gmail address & be able to use email. Bring Gmail password to sign in. Workshop	Murry	Mar 24	T	1:30-3:30	FREE		
AI and Disinformation	Seeing might not mean believing anymore. Come learn how to identify deepfakes and cloned voices so you don't fall for digital deception. Lec.	Jeff	Mar 25	W	1:30-3:00	FREE		
Intro to AI	Curious about AI? Come learn the basics, including how it works and considerations to keep in mind. Lecture.	Tom	Mar 31	T	1:30-3:00	FREE		
Wearables at a Glance	Come learn about tech you can wear and what it can do for you.out some essential internet privacy tips! Lecture	Murry	Apr 1	W	1:30-3:00	FREE		
Protecting Your Personal Info Online	Learn how to stay safe while you surf the web! Lecture	Brian	Apr 14	T	1:30-3:00	FREE		

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HEALTH



Class	Description	Instructor	Date	Day	Time	Cost
Nurse Chats: The Evils of Sugar	How much sugar should I eat per day? We will also review the Food Pyramid and a healthier Mediterranean Eating Plan Pyramid.	Anne	Jan 7	W	1:00-2:00	FREE
Medicare Made Simple	Your 101 Guide to Smarter Choices. Confused about all the parts of Medicare? You're not alone. In this easy-to-follow class, we'll break down the A, B, C, and D of Medicare — what they cover, how they work together, and how to choose what fits your health needs and budget. Perfect for anyone new to Medicare or preparing for enrollment.	Sean	Jan 12	M	9:00-10:00	\$2
Boost Your Immune System	Learn practical ways to stay positive, healthy, and connected as you age. This session will explore emotional well-being, physical activity, and maintaining purpose in later life—all designed to help you embrace aging with confidence and joy.	Rick	Jan 12	M	10:00-11:00	\$2
Love Your Liver	This class discusses the biggest threats to our liver and gives lifestyle hacks on how to support the liver with diet, supplements and lifestyle changes.	Kat	Jan 14	W	1:00-2:00	\$2
Top 10 Chronic Health Conditions	We will be discussing the top 10 chronic health conditions in older adults; signs and symptoms, complications and prevention/management.	Gloria	Feb 10	T	10:00-11:00	\$2
Nurse Chats: Women and Heart Disease:	How does a woman's heart symptoms differ from a man? What questions should I be asking my doctor about my heart?	Anne	Feb 11	W	1:00-2:00	FREE
Maximize Your Benefits	Making the Most of Medicare Advantage. This session explores how Medicare Advantage (Part C) plans work, what benefits they can include — like dental, vision, hearing, and gym memberships — and how to compare plans to get the best value and coverage for your lifestyle.	Sean	Feb 16	M	9:00-10:00	\$2
Healing the Pain of Grief	Our grief is as unique and individual as we are. Whether we're grieving due to the death of a loved one, the ending of a relationship/marriage, loss of mobility and the health we have always enjoyed, retirement changes and at least one of 40+ other reasons why we humans grieve, this class of education and support can help grieverers move beyond the pain that accompanies our losses.	Barbara M.	Mar 2 - Apr 13	M	11:00-12:30	\$5
Serving Those Who Served	Medicare and Veterans Explained. If you're a veteran, you may have VA, TRICARE, or CHAMPVA - but how does that work with Medicare? This class clears up the confusion and shows how to coordinate your benefits so you never pay for coverage you don't need — and never miss out on care you deserve.	Sean	Mar 9	M	9:00-10:00	\$2
When Life Gives You Lemons	An inspiring class focused on building resilience and finding positivity during life's challenges. Discover practical strategies to manage stress and adapt to change.	Rick	Mar 9	M	9:00-10:00	\$2
Nurse Chats: PCP, Urgent Care, ER	Where should I report when I have health concerns.	Anne	Mar 11	W	1:00-2:00	FREE
Cardiovascular Health Screening	Cardiovascular Health Screening Events (blood pressures, heart disease risk calculators)	Megan	Mar 12	Th	12:30-2:30	FREE
Medicare - The Various Options	We will review the various components of Medicare: enrolling, options and use.	Pat	Mar 18	W	10:00-11:00	\$2
Medicare on a Budget	We'll explore smart ways to compare plans, avoid surprise expenses, and take advantage of programs that can help reduce your monthly costs. Learn practical tips for managing your healthcare budget while keeping the coverage and care you deserve.	Sean	Apr 6	M	9:00-10:00	\$2
LTC Planning	We will discuss the uses, facilities and costs of Long Term Care needs.	Pat	Apr 8	W	10:00-11:00	\$2
Nurse Chats: NASH	(Non-Alcoholic Steatohepatitis) Come learn about NASH and how fatty buildup in the liver can cause inflammation and cell damage	Anne	Apr 8	W	1:00-2:00	FREE
Aging Happily	Learn practical ways to stay positive, healthy, and connected as you age. This session will explore emotional well-being, physical activity, and maintaining purpose in later life—all designed to help you embrace aging with confidence and joy.	Rick	Apr 13	M	9:00-10:00	\$2
Inflammation 101	The Good the Bad and the Ugly of Inflammation and how to take charge of systemic inflammation with healthy diet, lifestyle and environmental choices that will help you calm the fire within	Kat	Apr 15	W	1:00-2:00	\$2