

Registration begins Monday, April 6th at 8 a.m.

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

ALL CLASSES REQUIRE REGISTRATION

and are subject to cancellation or change.

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



FITNESS



May 25th classes will be made up on June 22nd

Class	Description	Instructor	Date	Day	Time	Cost
Qigong	Through a Zhineng Qigong practice that combines meditation, breathing, sound, and movement, we create a unified state of body, energy and consciousness that is effective for both maintaining and improving health and cultivating an awakening state of consciousness. The practices are simple and easy to learn and are appropriate for beginners as well as for those who are experienced practitioners.	Elizabeth	May 4 - Jun 22	M	9:45-11:15	\$55
			Jul 6 - Aug 17	M	9:45-11:15	\$55
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/Dee	May 4 - Jun 22	M/Th	9:00-9:50	\$65
			Jul 6 - Aug 20	M/Th	9:00-9:50	\$65
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/Dee	May 4 - Jun 22	M/Th	10:00-10:50	\$65
			Jul 6 - Aug 20	M/Th	10:00-10:50	\$65
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	May 4 - Jun 22	M/Th	9:00-9:45	\$60
			Jul 20 - Sep 3	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	May 4 - Jun 22	M/Th	10:00-10:45	\$60
			Jul 20 - Sep 3	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	May 4 - Jun 22	M/Th	11:00-11:45	\$65
			Jul 20 - Sep 3	M/Th	11:00-11:45	\$65
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	May 4 - Jun 22	M/W	11:30- 12:30	\$65
			Jul 6 - Aug 19	M/W	11:30- 12:30	\$65
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	May 4 - Jun 22	M/W	1:30-2:30	\$55
			Jul 6 - Aug 19	M/W	1:30-2:30	\$55
Strength & Flex Yoga	This intermediate yoga class is designed for participants ready to deepen their practice by building flexibility, strength, and balance through more challenging sequences. Expect a steady pace with longer holds, flowing transitions, and focused core and upper-body work. This is an upper-level class and participants must be comfortable getting up and down from the floor independently. Ideal for those looking to safely push their limits and enhance overall mobility.	Brian	May 4 - Jun 22	M/Th	2:45-3:45	\$60
			Jul 6 - Aug 20	M/Th	2:45-3:45	\$60
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	May 4 - Jun 22	M/Th	3:45-4:45	\$60
			Jul 6 - Aug 20	M/Th	3:45-4:45	\$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	May 5 - Jun 16	T	8:30 - 9:30	\$50
			Jul 7 - Aug 18	T	8:30 - 9:30	\$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	May 5 - Jun 16	T	9:30 - 10:30	\$50
			Jul 7 - Aug 18	T	9:30 - 10:30	\$50



FITNESS

Class	Description	Instructor	Date	Day	Time	Cost
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	May 5 - Jun 19 Jul 7 - Aug 21	T/F T/F	8:45-10:00 8:45-10:00	\$60 \$60
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.	Tammy	May 5 - Jun 18 Jul 7 - Aug 20	T/Th T/Th	10:00-11:00 10:00-11:00	\$65 \$65
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 an instructor for total-body conditioning.	Tammy	May 5 - Jun 18 Jul 7 - Aug 20	T/Th T/Th	11:15-12:15 11:15-12:15	\$90 \$90
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	May 5 - Jun 16 Jul 7 - Aug 18	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	May 5 - Jun 16 Jul 7 - Aug 18	T T	2:00 - 3:00 2:00 - 3:00	\$2 \$2
Seated Slow Flow Chair Yoga	A gentle chair yoga class for people who want or need slower, more repeated movement. No standing work required, we will stay seated throughout the practice. Appropriate for all ability and experience levels, wheelchairs are welcome. Caregivers are encouraged to attend, participate, and assist. 45 minute class	Suzanne	May 5 - Jun 16 Jul 21 - Sep 1	T T	1:00-1:45 1:00-1:45	\$50 \$50
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. Perfect for all fitness levels, this class makes fitness feel like fun.	Suzanne	May 5 - Jun 19 Jul 21 - Sep 4	T/F T/F	2:00-2:45 2:00-2:45	\$55 \$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	May 5 - Jun 19 Jul 21 - Sep 4	T/F T/F	3:00-3:45 3:00-3:45	\$65 \$65
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.	Jenei	May 6 - Jun 19 Jul 8 - Aug 21	W/F W/F	11:30-12:15 11:30-12:15	\$60 \$60
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.	DeLene	May 6 - Jun 17 Jul 8 - Aug 19	W W	9:30-10:30 9:30-10:30	\$50 \$50
ABC-Anchor	Build real-world balance and strength in this 7-week program focused on posture, stability, and safe movement for everyday activities. Through guided alignment and functional training, you'll improve confidence, prevent falls, and move with greater ease.	Tammy	May 6 - Jun 17 Jul 8 - Aug 19	W W	9:00-9:45 9:00-9:45	\$55 \$55
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.	Tammy	May 6 - Jun 17 Jul 8 - Aug 19	W W	10:00-11:00 10:00-11:00	\$55 \$55
Foundation Yoga	Build core strength, balance, and stability through gentle, guided movement and mindful breathing. This supportive class helps improve confidence, posture, and everyday mobility - perfect for all ability levels.	Dee	May 8 - Jun 19 Jul 10 - Aug 21	F F	9:00-10:00 9:00-10:00	\$55 \$55

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.	DeLene	May 6 - Jun 17 Jul 8 - Aug 19	W W	8:15-9:15 8:15-9:15	\$45 \$45
Tap Dancing	Learn basic tap steps while improving rhythm, balance, and coordination. A fun, upbeat class perfect for active adults at the Senior Center	DeLene	May 6 - Jun 17 Jul 8 - Aug 19	W W	10:45-11:45 10:45-11:45	\$45 \$45
Dance Team	A continued offering for those who may want to be on the Team . We learn new dances all the time and even have chances to perform (Optional)	DeLene	May 6 - Jun 17 Jul 8 - Aug 19	W W	12:00-12:45 12:00-12:45	FREE FREE
Night Club Two Step	Put on your dancing shoes and learn the fundamentals of the Night Club Two-Step in a fun environment designed for seniors to stay active.	DeLene	May 6 - Jun 17	W	1:00-1:45	\$45
Latin Dance Review	Learn the basics and review the moves from Rumba, salsa, & cha-cha.	DeLene	May 6 - Jun 17	W	1:45-2:30	\$45
West Coast Swing	Let's get swinging. West Coast swing is a style that fits with many popular genre of music. The movements do not travel around the floor rather stay in one place (called a slot dance)	DeLene	Jul 8 - Aug 19	W	1:00-1:45	\$45
Dance Party Review	Review or learn Country Two Step, Night Club Two Step and Waltz	DeLene	Jul 8 - Aug 19	W	1:45-2:30	\$45

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SENIOR PLANET
FROM AARP

TECHNOLOGY

Taught by SENIOR PLANET
certified instructors.

ALL of the class that have a fee, are NOT Senior Planet Classes

Class	Description	Instructor	Date	Day	Time	Cost
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	May 4 - May 18 Jun 1 - Jun 15 Jul 6 - Jul 20 Aug 3 - Aug 17	M M M M	9:00-10:30	\$40
1 on 1 Tech Help	Bring your device or your questions and enjoy a friendly 20-minute session. Whether you're learning something new or simply want a little extra guidance, It's about building confidence and making technology a little easier.	Murry	May 4 - Aug 17	M	1:00-3:00	\$5
YouTube	This presentation will give an overview of the free content available on YouTube and show you how to navigate the site with ease. Lecture	Tom	May 5	T	1:30-3:00	FREE
Getting to Know Your iPhone	Don't let your iPhone's settings stump you! Learn the basics in this workshop Bring your own iPhone to class & password to access the phone if applicable. Note that this workshop focuses on some specific iPhone features and will not cover every iPhone question. Workshop	John	May 7	Th	9:30 -11:30	FREE
Gardening Tech at a Glance	Can tech give you a green thumb? Come to this lecture to find out! Lecture	Ila	May 12	T	1:30-3:00	FREE
Digital Tools for Brain Health	Stay sharp with technology! Join this lecture to learn about different ways to engage your brain. Lecture	Murry	May 14	Th	1:30-3:00	FREE
Shopping with Grocery Apps (King Soopers/Walmart)	This hands-on class introduces the most useful features of grocery store apps Participants will practice browsing weekly deals, creating digital lists, and placing pickup or delivery orders on their own device. Learners must arrive with the King Soopers and/or Walmart app already downloaded to their device and an active account.	Melissa	May 19 Jun 16 Jul 21 Aug 18	T T T T	9:00-11:00 9:00-11:00 9:00-11:00 9:00-11:00	\$15 \$15 \$15 \$15
Technology for Aging in Place	Come learn how smart technology can help you maintain your independence in your own home. Lecture	Charlie	May 20	W	1:30-3:00	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. Lecture	Jeff	May 27	W	1:30-3:00	FREE
Beyond the Basics: Intermediate Word Skills	Build confidence with formatting tools, styles, templates, tables, images, and time-saving features that help you create polished, professional documents. Ideal for those comfortable with the basics and ready for more.	Melissa	Jun 2 - Jun 9 Aug 4 - Aug 11	T T	9:00-11:00 9:00-11:00	\$25 \$25
Passwords, Passkeys and More	Join this lecture to discover password alternatives and different ways to manage your passwords. Lecture	John	Jun 4	Th	9:30-11:00	FREE
Intro to Translation Tools	Leave the dictionary at home and start using digital tools that can translate on the go. Lecture	Murry	Jun 9	T	1:30-3:00	FREE
Cloud Storage	Goodbye floppy discs and USB drives! Learn about cloud storage options that save your files remotely. Lecture	Jeff	Jun 10	W	1:30 - 3:00	FREE
Outdoor Adventure Apps	Love the great outdoors? Come learn how smartphone apps can enhance your outdoor hobbies! Lecture	Charlie	Jun 17	W	1:30-3:00	FREE
Digital Genealogy Tools	Curious about your family's history? Fill in the gaps using digital genealogy resources! Lecture	John	Jul 9	Th	9:30 -11:00	FREE
Online Tools for Contacting Lawmakers	Sharing your opinions with your reps is easy with these online tools. Lecture	Ila	Jul 14	T	1:30-3:00	FREE
Saving Money with Tech	Explore ways that tech can help you save money and manage your finances! Lecture	Murry	Jul 16	Th	2:30 - 4:00	FREE
Online Shopping	Online shopping lets you buy products on the internet from your computer and have them shipped to your home or anywhere! Online stores often have larger inventories and lower prices, so you can quickly find the best deal. Lecture	Jeff	Jul 21	T	1:30-3:00	FREE
Gmail Tips & Tricks	This workshop will cover important features and will combine demonstration and hands on practice. You must have a Gmail address. Bring your Gmail username and password and be ready to sign in during the workshop.	Murry	Jul 28	T	1:30-3:30	FREE
Google Workspace	Don't want to pay for software? Learn how Google's free tools have you covered. Lecture	Murry	Aug 4	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. Workshop-Bring your Google Password and Username.	John	Aug 6	Th	9:30-11:30	FREE
Intro to Estate Planning Resources & Tools	A simple plan is better than no plan! Get to know a few free and low-cost resources that make it simple to plan your estate. Lecture	Ila	Aug 11	T	1:30-3:00	FREE
Everyday Uses of AI	Everyone is talking about AI! Come to this class to see how AI is part of everyday life. Lecture	Tom	Aug 19	W	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	Jeff	Aug 20	Th	1:30-3:00	FREE



HEALTH



Class	Description	Instructor	Date	Day	Time	Cost
Demystifying Protein	We will explore topics such as the ideal protein quantity for your individual needs, the best food sources for top quality protein and a wide variety of protein supplements available to help support your body's optimal function	Kat	May 6	W	9:00-10:00	\$2
Understanding Medicare	What Medicare covers, when to enroll, and how the parts work together	Sean	May 8	T	10:00-11:00	\$2
What is Palliative Care	Learn what palliative care is and how it helps people stay comfortable and supported during serious illness.	Sonya	May 8 Jul 10	F F	1:30-2:30	FREE FREE
Shakedown on Sugar	What do you know about sugar? Learn the myths and facts about sugar.	Rick	May 11	M	9:00-10:00	\$2
Planning For Long Term Care	We will discuss the various forms of Long Term Care that are available in our community- the types of care, facilities and the cost of care.	Pat	May 13	W	9:00-10:00	\$2
Long-term Care Medicaid isn't just for Low-income	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	May 19	T	9:00-10:00	\$2
Nurse Chats: Auto Immune Diseases	Come hear a brief overview of common auto immune diseases such as Rheumatoid Arthritis, Lupus and Crohn's Disease. Signs and symptoms with recommended treatment plan will be discussed.	Anne	May 27	W	1:00-2:00	FREE
Rate Your Plate	The basics of healthy eating and building a 5 star plate.	Rick	Jun 8	M	9:00-10:00	\$2
Medicare & Veterans Benefits	How Medicare works with VA, TRICARE for Life, and CHAMPVA	Sean	Jun 9	T	10:00-11:00	\$2
Living With Dementia	Caring for a family member is a labor of love, but it shouldn't come at the cost of your own health. This session focuses on the "person behind the caregiver," providing quick, effective tools to reduce stress and maintain emotional and physical balance. Take an hour for yourself—you've earned it.	Eloise	Jun 9 Aug 11	T T	1:00-2:00 1:00-2:00	\$2
Nurse Chats: Panic Attack	What is happening to me? I can't breathe and I'm having chest pain? Learn the signs and symptoms of a panic attack so you Don't Panic!	Anne	Jun 10	W	1:00-2:00	FREE
Medicare: the forms of Medicare and costs	We will explore the choices available for your Medicare coverage, the costs and access to care.	Pat	Jun 17	W	9:00-10:00	\$2
The War on Salt	Discover how adding more of the right kinds of salt to the diet can support overall health including heart health, exercise performance and healthy weight maintenance	Kat	Jul 8	W	9:00-10:00	\$2
What is Palliative Care	Learn what palliative care is and how it helps people stay comfortable and supported during serious illness.	Sonya	Jul 10	F	1:30-2:30	\$2
Boosting Your Mood With Food and Fitness	Surprising Things That Affect Your Mood.	Rick	Jul 13	M	9:00-10:00	\$2
Nurse Chats: Poly Pharmacy	Is there a limit to the number of medications I should be taking per day? Should I be concerned about possible side effects from the medications?	Anne	Jul 15	W	1:00-2:00	FREE
The Importance of Hydration in Older Adults	We will be discussing the importance of hydration in older adults and the signs and symptoms of dehydration in older adults. I will be providing hand-outs and snacks.	Gloria	Jul 16	Th	9:00-10:00	\$2
Making Medicare Work for You	Choosing coverage that fits your health and budget.	Sean	Jul 21	T	10:00-11:00	\$2
Medicare Help for Limited Incomes	Learn how to get help paying for Medicare, including help with premiums, deductibles, and prescription drugs.	Sean	Aug 4	T	10:00-11:00	\$2
No More Worries: Let Go of Stress	All About Stress and How it Affects Your Body.	Rick	Aug 10	M	9:00-10:00	\$2
Living with Dementia	A supportive, easy-to-understand class for individuals living with dementia and those who care about them. Learn practical tips for daily life, communication, and maintaining connection, dignity, and well-being.	Eloise	Aug 11	T	1:00-2:00	\$2
Nurse Chats: Atrial Fibrillation	Why is my heart flip flopping in my chest? Is this serious and will I have a stroke?	Anne	Aug 12	W	1:00-2:00	FREE

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LIFELONG LEARNING

Class	Description	Instructor	Date	Day	Time	Cost
Estate Planning Basics	In this class, we'll cover the foundations of an estate plan. We'll discuss common estate planning mistakes and ways to help avoid them, tips that may help avoid probate, and how to potentially disinherit Uncle Sam. You'll receive checklists on issues to consider when reviewing your planning documents and before updating your estate plan. You'll also receive a guide to help organize your important assets.	Nick	May 4	M	10:00-11:00	\$2
Aging in Place	According to AARP research, 8 out of 10 adults will experience future special housing needs. 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	May 5	T	2:00-3:00	\$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.	May 6 - Jun 17 Jul 8 - Aug 19	W W	9:00-10:00 9:00-10:00	\$10 \$10
Beginning 2 Bridge	This 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.	May 6 - Jun 17 Jul 8 - Aug 19	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.	May 6 - Jun 17 Jul 8 - Aug 19	W W	11:00-12:00 11:00-12:00	\$10 \$10
El Paso County Property Protection Program	The El Paso County Clerk and Recorder's Office launched a new, free service to help residents protect their property from potential fraud. Through a partnership with Harris Recording Solutions, the Recording Notification Service (RNS) will notify residents when a document is recorded in their name. RNS offers an added layer of protection by sending automatic emails to enrolled users whenever a document, such as a deed or lien, is recorded with the El Paso County Recorder's Office in their name. This allows residents to act quickly if any recording is unauthorized, which is helpful in today's era of rising fraud concerns.	Steve	May 8	F	10:00-11:00	FREE
Financial Protection & Security Seminar	How to spot financial fraud and how to protect oneself from scams of all kinds.	Jacob	May 8	F	9:00-10:00	\$2
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	May 8 - Jun 19 Jul 10 - Aug 21	F F	11:00-12:00 11:00-12:00	\$10 \$10
Almost Intermediate Ukulele	This ukulele class is perfect for players who are comfortable with basic chords and strumming patterns but want more practice before moving to an intermediate level. We'll build confidence with smoother chord changes, simple song arrangements, and foundational techniques that bridge the gap from beginner to intermediate.	Lynn	May 8 - Jun 19 Jul 10 - Aug 21	F F	10:30-11:45 10:30-11:45	\$45 \$45
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	May 8 - Jun 19 Jul 10 - Aug 21	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? It's great fun to sing and play with your friends!	Lynn	May 8 - Jun 19 Jul 10 - Aug 21	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 the 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	May 8 - Jun 19 Jul 10 - Aug 21	F F	2:45-3:45 2:45-3:45	\$45 \$45



LIFELONG LEARNING

Class	Description	Instructor	Date	Day	Time	Cost
Annuities 101	Lifelong income or CD on steroids, learn the difference.	Valerie	May 12	T	9:00-10:00	\$2
Managing Money: A Caregiver's Guide to Finances	This evidence-based course helps caregivers understand the costs of caregiving and the benefits of early planning, and teaches them how to start a conversation about finances, assess financial and legal needs, avoid financial abuse and fraud, and find support when needed.	Rosemary	May 12	T	9:00-10:00	\$2
Finding The Joy Within	Back by popular demand! 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.	Audrey	May 14	Th	10:00-11:00	\$5
Avoiding web scams	This informative class empowers seniors with practical tools to recognize and avoid common web scams on phones and computers. Participants will learn how scammers operate, what red flags to watch for, and how to respond safely if something feels suspicious. The goal is to build confidence and encourage hyper-vigilance so they can better protect themselves and their personal information.	Angela	May 14	Th	2:00-3:00	\$2
Packing Like a Pro & Airports Made Easy	Integrity Destinations will teach you some Luggage strategies, Security Tips, Assistance Programs, etc.	Kim	May 15	F	9:00-10:00	\$2
PILLAR: A Hundred Years of Warner Bros!	Warner Bros. was founded one hundred years ago on April 4, 1923. We all recognize the iconic WB logo from Looney Tunes; the many, many films Warner Bros. produced; and the entertainment venues and video games from the company. Warner Bros. today is home to Wizarding World and the Harry Potter movies, Game of Thrones, and Hanna-Barbera, to name a few immediately recognized brands. Let's learn a bit more about this studio's history, the stars that walked through its sound stages and across its screens, and what might be coming in the future!		May 19	T	10:00-12:00	\$10
Travel Training with Mountain Metropolitan Transit	This class is designed to teach seniors how to get around safely and easily using the city's Mountain Metro Bus. The Metro Bus has affordable fares, free routes, and trip planning tools like Google Maps or My Next bus. The training covers how to board, pay, plan trips and use special services like ADA Paratransit or vanpool.	Patricia	May 21	Th	9:00-10:00	FREE
I don't need anything extra.	Powers of Attorney and Living Wills: What are the different types and how do they work?	Ryan	May 22	F	9:00-10:00	\$2
Volksmarching 101	Learn about the non-competitive sport of Volksmarching for all ages including how to get involved in the local area, around the state, country and internationally. Plus learn about the types of events, walk lengths, biking/swimming events, ratings, and modifications for those who are mobility impaired.	Elizabeth	May 26	T	9:00-10:00	\$2
Creating Your Estate Plan	Better understand the basics of estate planning so you can consider the options that make the most sense for your specific situation. Participants will learn what to consider when creating a will, the benefits of trusts in estate planning, how to help reduce taxes on estates and how insurance can help protect your family.	Valerie	Jun 5	F	9:00-10:00	\$2
Today's Reverse Mortgage 101 - What the Heck is a HECM?	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 is solving for in 2026. Finally, we will discuss 3 Case Studies that address the challenges of Inflation, Aging in Place, and Living on a Fixed Income.	Nathan	Jun 8	M	9:00-10:00	\$2
Solving the Social Security Puzzle	Social Security is a major source for most couple's retirement income. In this class, we'll cover the basics of how to get the most from your benefits. We'll discuss when it makes sense to claim at a later age and when it makes sense to claim early. I'll provide examples of how to coordinate your Social Security with your other sources of income.	Nick	Jun 8	M	10:00-11:00	\$2
The "Solo Ager" Roadmap: How to pay for it!	For seniors without children – how to plan for medical decisions, finances, and support for long-term care.	Kim S.	Jun 9	T	9:00-10:00	\$2
You're Not Stuck	If you are over 62 years of age, the FHA has unique programs to expand your options to comfortably stay in your home, renovate your home, or move to a more suitable residence.	Julie	Jun 9 Aug 11	T T	1:00-2:00 1:00-2:00	\$2 \$2
Ways to lessen the burden of rising property taxes	The El Paso County Treasurer office has created a monthly property tax pre-payment program to assist citizens on a fixed income. I would love to have a discussion with your group our new program.	Chuck	Jun 11	Th	10:00-11:00	FREE
 Warm Weather Escapes: Beyond Florida 	Integrity Destinations! Explore warm weather escapes beyond Florida in this class featuring travel ideas to the Caribbean, Mexico, Arizona, and more. Perfect for anyone looking for sunshine, relaxation, and new getaway possibilities.	Kim	Jun 12	F	9:00-10:00	\$2

LIFELONG LEARNING

Class	Description	Instructor	Date	Day	Time	Cost
Financial Wealth in Retirement	How to better track expenses and manage money on a fixed income. We will teach proven methods to deliver a better understanding of what it takes to achieve financial goals.	Jacob	Jun 12	F	9:00-10:00	\$2
CarFit	Learn how to make your vehicle fit you for maximum safety and comfort in this CarFit session. A quick, friendly check-up designed to help Senior Center members drive with greater confidence and ease.	Terri	Jun 12	F	10:00-12:00	FREE
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,Tori, Tami	Jun 16	T	9:00-10:00	\$2
PILLAR: The Voice of America	The Voice of America (VOA) was, until recently, the largest government funded broadcaster of factual news, information, and cultural programming that was delivered around the world through the Internet, mobile and social media, radio, and television. In this presentation, we will cover the creation and growth of personal experiences with and the current sad status of the VOA.		Jun 16	T	10:00-12:00	\$10
Film Screening - "Pick of the Litter"	"Pick of the Litter" follows a litter of puppies from the moment they're born and begin their quest to become guide dogs for the blind. The stakes are high and not every dog can make the cut. Only the best of the best. The pick of the litter.	Margie	Jun 16	T	3:00-4:30	\$5
Beginning Again - Life After Loss	Grieving the loss of a loved one is different for everyone. This workshop focuses on helping you begin to identify obstacles getting in the way of moving forward in your healing journey after loss. We will discuss practical skills toward navigating those obstacles and using our joy and gratitude as a foundation for new beginnings. *This workshop is not intended for those in the acute stages of grief (first 6 months after loss).	Audrey	Jun 18	Th	10:00-11:00	\$5
Property Fraud Awareness: New Protections from El Paso County	County Clerk & Recorder . Learn about El Paso County's new Property Fraud Alert Program and how it helps protect homeowners from fraudulent property filings. This class explains common types of property fraud, warning signs to watch for, and how the alert system notifies you of activity involving your property. Attendees will also learn how to sign up for the free program and what steps to take if they suspect fraud.	Steve	Jun 19	F	9:30-10:30	FREE
Grow Your Money- Investment & Planning	How to optimize one's money from retirement to end of life and how to leave a financial legacy for our loved ones. Insight on how money growth works and the lasting benefits.	Jacob	Jul 10	F	9:00-10:00	\$2
Question and Answer Session - Colorado Springs Utilities	This is an open question and answer session to assist the customers of Colorado Springs Utilities.	Admar	Jul 13	M	9:00-10:00	FREE
Retirement Income Styles	With all the different strategies available to get income in retirement, how do you know which is best for you? Determining your retirement income style should be the first step in designing a successful retirement income plan. In this class, I'll cover the different income styles and help you identify the style that may have the best chance of success for you.	Nick	Jul 13	M	10:00-11:30	\$2
Protecting the Healthy Spouse: Long-Term Care Financial Strategies	When one spouse needs care, the other often fears losing everything. Learn about spousal protections, income allowances, asset rules, and legal tools that help the healthy spouse remain financially secure.	Kim S.	Jul 14	T	9:00-10:00	\$2
Understanding Annuities	An annuity can either solve a problem or create a new one. We will discuss the various uses for and types of annuities giving you the information to make the correct decision about buying an annuity or evaluating a current one.	Pat	Jul 15	W	9:00-10:00	\$2
Finding The Joy Within	Back by popular demand! 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.	Audrey	Jul 16	Th	10:00-11:00	\$5
Culinary: Summer Grilling Favorites	Fire up the flavor in Summer Grilling Favorites! Join us with our favorite chef Lisa, as we make Chicken Teriyaki Sliders, grilled veggies, and more in a fun, hands-on class perfect for our Senior Center cooks and food lovers.	Lisa	Jul 17	F	2:30-4:30	\$10
River Cruising 101	Everything about European, American & Asian river cruises	Kim	Jul 17	F	9:00-10:00	\$2

LIFELONG LEARNING

Class	Description	Instructor	Date	Day	Time	Cost
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	Jul 21	T	2:00-3:00	\$2
PILLAR: History of American Flags	For several generations, we have come to think of our flag as fairly static because it hasn't changed much. But, for the first 150 years of the USA, we had many, many varieties of the flag.	 PILLAR INSTITUTE <small>LEARNING FOR THE FUN OF IT</small>	Jul 21	T	10:00-12:00	\$10
True/False: Estate Planning Misconceptions	Shining some light on common estate planning misconceptions of the public.	Ryan	Jul 24	F	9:00-10:00	\$2
Making Your Money Last in Retirement	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?	Nick	Aug 10	M	10:00-11:30	\$2
Beginning Again - Life After Loss	Grieving the loss of a loved one is different for everyone. This workshop focuses on helping you begin to identify obstacles getting in the way of moving forward in your healing journey after loss. We will discuss practical skills toward navigating those obstacles and using our joy and gratitude as a foundation for new beginnings. *This workshop is not intended for those in the acute stages of grief (first 6 months after loss).	Audrey	Aug 13	Th	10:00-11:00	\$5
Spring & Fall: Golden Travel Seasons	Discover why spring and fall are the golden seasons for travel. Learn the best times to go, how to avoid crowds, and how to enjoy a smoother, more relaxed getaway – perfect for our Senior Center travelers planning ahead.	Kim	Aug 14	F	9:00-10:00	\$2
Online Banking: How To & Benefits	How utilizing online banking services can help with fraud prevention and much more. Learn how to cut down on trips to the bank by adopting useful online banking features and access your financial records from home.	Jacob	Aug 14	F	9:00-10:00	\$2
Downsizing, Rightsizing, or Relocating? Today's Lifestyle Home Loan (HECM for Purchase) Strategies That Can Work For You!	Today's Lifestyle Home Loan (HECM for Purchase) is one of the most underutilized home transition loan strategies. It can help you move to the home you have always wanted and save you the cash that you need for retirement. We will review the 4 P's (Purpose, People, Process, and Program) so you know how to successfully plan your next lifestyle move. What we will cover :1. Lifestyle Home Loan Basics- How does this actually work? 2. Best practices to plan your next move. 3. Case studies with financial summaries	Nathan	Aug 17	M	9:00-10:00	\$2
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,Tory, Tami	Aug 18	T	9:00-10:00	\$2
Staying Home Longer	Financial Tools That Make Aging-in-Place Possible. Explore cost-saving programs, benefits, and creative planning options that allow seniors to avoid facility care for as long as possible.	Kim S.	Aug 18	T	9:00-10:00	\$2
PILLAR: Hubble and Webb Telescope Findings	Learn what the space-based Hubble and Webb Telescopes have seen and what they've taught us.	 PILLAR INSTITUTE <small>LEARNING FOR THE FUN OF IT</small>	Aug 18	T	10:00-12:00	\$10
Charitable Giving and Your Financial Strategy	Whether you have a passion for giving or you are thinking about leaving a legacy, we'll discuss different strategies for deploying your time and assets to meet your charitable goals.	Valerie	Aug 21	F	9:00-10:00	\$2

Registration begins Monday, April 6th at 8 a.m.

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

ALL CLASSES REQUIRE REGISTRATION

and are subject to cancellation or change.

ART

Class	Description	Instructor	Date	Day	Time	Cost
Watercolor Techniques with Flowers	Painting florals is a great way to gain skills and grow your confidence in painting with watercolor. Through practical and fun demonstrations, learn to capture color and texture, producing bold paintings with beautiful colors. The class focuses on fundamentals including: paint, paper, brushes, color mixing and painting techniques. Reference and drawings provided. A supply list will be available at the front desk. (No Class on May 25th)	Kris	May 4 - Jun 8	M	9:00-11:30	\$60
Overcoming Watercolor Fear (Beginner)	This class will give you the confidence to learn techniques of the medium while creating beautiful paintings. Please come prepared on day 1. (No classes on 5/25 or 6/8)	Theresa	May 4 - Jun 15	M	9:00 -11:30	\$60
Painting Like the Pros	You will learn the style and techniques of past watercolorists while applying to current images. Please come ready to paint on day 1. (No classes on 5/25 or 6/8)	Theresa	May 4 - Jun 15	M	12:30-3:00	\$60
Stitching Meditations	I will teach slow stitching and stitch meditation techniques that combine mindfulness with fiber art. Using the rhythmic, repetitive process of stitching as our anchor, participants will create projects inspired by poetry, grid-based design, and existing patterns. Students will learn a variety of stitches and have the freedom to choose their own colors, stitches, and compositions.	Elizabeth	May 5 - Jun 16 Jul 7- Aug 18	T T	9:00 - 10:30 9:00 - 10:30	\$55 \$55
Watercolor Magic for Beginners & Beyond	Learn a fun, repeatable, successful process that is easily built upon. No experience necessary, I can work with you wherever you are. Ask for supply list at the front desk and bring all to 1st class.	Kim	May 5 - Jun 2 Jul 7 - Aug 4	T T	9:00 -11:30 9:00 -11:30	\$60 \$60
Watercolor with Loose Ink and Wash	So many possibilities and avenues to explore! Learn to create a loose style of ink and wash using continuous line and some different watercolor techniques. Florals to buildings to landscapes, learn to be selective in your palette and ink work. Ask for supplies list when you register and bring all to first class.	Kim	May 5 - Jun 2 Jul 7 - Aug 4	T T	12:30 - 3:00 12:30 - 3:00	\$60 \$60
Elevating Watercolor Techniques	Students will learn to emphasize depth, light, and composition in their paintings. This class will help you move beyond basic washes and develop confidence in your personal style.	Theresa	May 5 - Jun 2	T	9:00 -11:30	\$60
Making Your Watercolor Dreams Come True	Students will learn and apply basic techniques to achieve dynamic landscapes and seascapes. (Beginner)	Theresa	May 5 - Jun 2	T	12:30 - 3:00	\$60
Learning to Draw	This class will provide instruction based on "Draw Like You Paint and Paint Like You Draw" the instructors system of drawing for painters. These techniques and concepts can easily be used to draw anything with all dry and wet medias. This class fills up quickly.	Steve	May 6 - Jun 3	W	9:00 -11:30	\$60
Oil Painting For All Levels	This class teaches the fundamentals of working with this medium as well as instruction and assistance for those painters that are beyond beginners working on their own personal projects.	Steve	May 6 - Jun 3	W	12:30 - 3:00	\$60
Soft Pastel Painting Journey	Learn to use soft pastels to paint landscapes, still lifes, and animal portraits over the course of each session's classes, following step-by-step demos. All materials provided but you may bring your own, along with an apron, an old towel to protect the floor, and the confidence of your 5-year-old self to discover your own joyful artistry!	Lisa	May 6 - Jun 10	W	9:00-11:00	\$60
Gelli Printing Journey. No experience required.	Students learn various gelli printing techniques during the class sessions. Work with acrylic paints on special papers using stencils, botanicals (live plants and flowers); create woven paper artwork and collages from your prints; use photo transfers to make one-of-a-kind artwork. All supplies provided in this creative class., No experience required.	Lisa	May 6 - Jun 10	W	12:30-2:30	\$60
Reflections in Nature	Learn to paint moving and still water reflections in nature by breaking it down into simple steps. Please come prepared on day 1.	Theresa	May 7 - Jun 4	Th	12:30 - 3:00	\$60
Indigenous Art	Discover the beauty and meaning of Indigenous art through guided, hands-on projects. Learn about traditional symbols and cultural stories while creating your own inspired artwork in a welcoming, creative space.	Darcy	May 7 - Jun 11	Th	9:00-11:00	\$60
Sketchbook Journaling	Combine drawing, writing, and creativity in this relaxing sketchbook journaling class. We will explore simple prompts and techniques to capture memories, ideas, and emotions —no experience needed.	Darcy	May 7 - Jun 11	Th	1:00-3:00	\$60

Class	Description	Instructor	Date	Day	Time	Cost
Techniques of Oil Painting	Learn the fundamentals of oil painting, including color mixing, brush techniques, and layering. This class is perfect for building confidence and refining skills while creating beautiful, expressive works at your own pace.	Darcy	May 8 - Jun 12	F	9:00-11:00	\$60
Tie-Dye Workshop	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 two projects. All dyeing supplies are provided. For T-shirts.	Dawnie/Judy	May 14 Jul 23	Th Th	9:00-12:00 9:00-12:00	\$20 \$20
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	Jun 1 - Jun 29	M	9:00-11:30	\$60
Before You Dip Your Brush-Workshop	Students will gain knowledge and economics to purchase brushes, paper and paints. Setting up your palette and your "painting environment" for practical success will be discussed	Theresa	Jun 16 Aug 18	T T	9:00 - 11:30 9:00 - 11:30	\$25 \$25
Mixers-Workshop	Do you find yourself wasting paint while trying to mix a color? Learn more efficient methods of mixing and color theory to reduce frustrations in your watercolor journey.	Theresa	Jun 18 Aug 20	Th Th	9:00 - 11:30 9:00 - 11:30	\$25 \$25
Mastering Masking-Workshop	This workshop will teach artists the pros/cons of various methods of masking and efficient methods of application	Theresa	Jun 18 Aug 20	Th Th	12:30-3:00 12:30-3:00	\$25 \$25
Watercolor Landscapes, Skies and Sunsets	Through practical demonstrations learn to paint striking, bold paintings with clean colors. This class will focus on building skills utilizing multiple painting techniques. Reference photos are provided, or students may use your own photos. A supply list will be available at the front desk. Come prepared to paint the first class.	Kris	Jul 6 - Aug 3	M	9:00 - 11:30	\$60
Overcoming Watercolor Fear - Continued	This class will give you the confidence to learn techniques of the medium while creating beautiful paintings. Please come prepared on day 1.	Theresa	Jul 6 - Aug 3	M	9:00-11:30	\$60
Raiders of the Lost Edges	Join this fun watercolor class to achieve types of edges in watercolor with the goal of creating interest in your paintings.	Theresa	Jul 6 - Aug 3	M	12:30-3:00	\$60
History of Man Through Textiles	Come listen to the history of textiles and when Homo species started making textiles and not just the use of hides. Learn new and old methods now being worked with in animal, plant, and synthetic fibers as well as different weaves and when they appeared.	Barbara	Jul 6 - Jul 27	M	1:00-3:30	\$20
Beginning Inkle Weaving	Inkle looms are small portable looms used to make sturdy woven bands suitable for guitar straps, camera bags, hat bands, belts and purse handles. The weaving process is quick and easy.	Robin	Jul 7 - Jul 14	T/Th	1:00-3:00	\$50
Correction Into Intention	This class is for watercolorists of all levels, focusing on problem solving and prevention methods. You will learn how to rescue a painting in progress and how to avoid common mistakes in future paintings.	Theresa	Jul 7 - Aug 4	T	9:00-11:30	\$60
Life and Depth (Beginner/Intermed)	Learn to create depth in your watercolor paintings thru contrast and dark values. Floral and still life paintings will be our emphasis.	Theresa	Jul 7 - Aug 4	T	12:30-3:00	\$60
Watercolor or Gouache Hodge Podge	In this class we will paint daily a variety of subjects using wet medias of watercolor and or Gouache. This 2.5 hour class offers instruction of that days technique and lots of painting time.	Steve	Jul 8 - Aug 5	W	9:00-11:30	\$60
Watercolor Sketching of Your Own References	Each class will start with several choices of warmup sketching, provided by the instructor then the class will shift to painting the sketches of your own personal references. You will be offered suggestion for how to approach your particular subject matter, assistance with difficult areas and help with techniques that would fit well with your subject matter.	Steve	Jul 8 - Aug 5	W	12:30-3:00	\$60
Make a pair of Pants, Slacks, or Jeans	Learn how to make a pair of pants, sacks, or jeans. Learn more advanced pattern adjustments, pockets, attaching zippers, or flies. Supplies will be discussed at first class. This is not a class for someone that does not know how to sew, or cut fabric, and read a pattern.	Barbara	Jul 8- Aug 19	W	12:30-3:00	\$45
3D Textile Sculpting	Learn what 3D Textile Sculpting is and how to do it. Main project will be making different succulents out of scrap fabric. If you like after learning 3D Sculpting, you can choose another subject instead. Supplies will be discussed at first class, and you can bring your own sewing machine or use one of the Center's. Number of machines is limited.	Barbara	Jul 9 - Aug 6	Th	9:00-11:30	\$40
Drawing and Painting Flowers	Celebrate the beauty of flowers while learning basic drawing and painting techniques. Participants will explore color, shape, and composition to create floral artwork in a relaxed and supportive environment.	Darcy	Jul 9 - Aug 13	Th	9:00-11:00	\$60
Splash Into Glass	Students will apply watercolor techniques to different types of glass. Everything from simple bottles to cut glass, crystal and mirror reflections will be challenged.	Theresa	Jul 9 - Aug 6	Th	12:30-3:00	\$60
Techniques in Drawing in Ink	Explore the bold and expressive world of ink drawing in this creative class. Learn line work, shading, and texture techniques while building confidence and developing your own unique style.	Darcy	Jul 9 - Aug 13	Th	1:00-3:00	\$60

ART

Class	Description	Instructor	Date	Day	Time	Cost
Macrame as a Fiber Art	Fiber has been used by people for millennia to craft useful items. This class will explore some of those ancient fibers as well as modern fibers in the creation of 3 dimensional art pieces incorporating found objects. Students will be encouraged to seek out their own materials after being introduced to a variety of fibers.	Martha	Jul 9 - Aug 6	Th	12:30-2:00	\$50
Drawing and Painting Birds	Capture the beauty and movement of birds while learning essential drawing and painting techniques. Participants will explore shape, color, and detail to create lively bird artwork in a relaxed and encouraging setting.	Darcy	Jul 10 - Aug 14	F	9:00 - 11:00	\$60
Tangle & Brain Doodling Art	You may have heard of tangling, Zentangle, neurographic and just fun doodling as a way of creating beautiful art. If you can draw a circle, straight and "S" lines using markers, you will create the most beautiful intricate designs. We will learn abstract, nature, geometric and free-form designs to create a final art project you can actually use or gift.	Gay	Jul 10 - Aug 7	F	9:00-11:00	\$60
Let's Book It!	Learn to make small hand-made books. Each week we'll learn to construct a new type of book. These books will be for fun, art, journaling, story telling or wherever your imagination leads you.	Gay	Jul 10 - Aug 7	F	12:30-2:30	\$60
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	Aug 3 - Aug 24	M	9:00 - 11:30	\$60

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!	Sheila	May 5 Jun 2 Jul 7 Aug 11	T T T T	9:00-10:30 9:00-10:30 9:00-10:30 9:00-10:30	FREE FREE FREE 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 May \$8 per banker sized box. Shredding will be done by Shred Nation. FYI, if our bins are full on the last few days, and you bring in boxes, each box will be \$10 each instead of \$8, that is what they charge us.	Staff	May 4 - May 29	M-F	8:00-5:00	\$8
Summer Senior Showcase!	Due to popular demand, we are bringing back our showcase! Did you know that the Senior Center has plenty of talented folks? Cheer on our friends as they show off unique talents like Dancing and music! Do you have a talent or skill you would like to share? Contact Christa at chazlettr@ppymca.org to be included in the program. Please register in advance!	Staff	May 8	F	1:00-3:00	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 required so we are well prepared. Mark your calendars for the 3rd Friday of every month!	Staff	May 15 Jun 19 Jul 17 Aug 21	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	May 6 Jun 10 Jul 15 Aug 12	W W W W	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	May 19 Jun 16 Jul 14 Aug 18	T T T T	9:30-10:30 9:30-10:30 9:30-10:30 9:30-10:30	\$2 \$2 \$2 \$2
Red, Blue & Brew	Join us on the 3rd Wednesday of each month for an engaging conversation with a local firefighter or police officer at the Senior Center. These informal Q&A sessions offer a great opportunity to ask questions, learn about community safety, emergency preparedness, and day-to-day aspects of their work. It's a friendly, informative discussion designed to keep you connected, informed, and confident in our community.	Staff	May 20 Jun 17 Jul 15 Aug 19	W W W W	9:00 - 10:00 9:00 - 10:00 9:00 - 10:00 9:00 - 10:00	FREE FREE FREE FREE
National Doughnut Day	Celebrate National Doughnut Day with us at the Senior Center! Stop by for coffee, sweet treats, and a chance to visit and enjoy a fun, relaxed morning together.	Staff	June 5	F	9:00-10:00	FREE

SPECIALS-DAY TRIPS

Class	Description	Instructor	Date	Day	Time	Cost
Colorado Springs Senior Chorale of the Rockies	Enjoy a special summer performance by the Colorado Springs Senior Chorale of the Rockies at the Senior Center. Come relax, listen, and celebrate the season with beautiful choral music.	Staff	Jun 9	T	1:30-3:00	FREE
Colorado Springs Senior Chorale of the Rockies	Enjoy a special summer performance by the Colorado Springs Senior Chorale of the Rockies at the Senior Center. Come relax, listen, and celebrate the season with beautiful choral music.	Staff	Jun 10	W	6:30-8:00	FREE
Summer Grillin & Chillin	Join us Celebrating Dad's and beautiful summer weather with Hot Dogs, Hamburgers, Fix'ns PLUS it's national Ice Cream Soda Day, so we'll be serving those as well!	Staff	Jun 19	F	12:30-2:00	\$6
Mountain Harmony	Dulcimers and so much more, come and enjoy the music of this charming group!	Staff	Jun 29	M	10:30-11:30	FREE
Independance Day Celebration	Join us for a Independance Day music celebration with the Oasis Band!	Staff	Jun 30	T	1:30-3:00	FREE
Senior Center Table Tennis Tournament	Grab a partner and register by..... to play in our Double Elimination Ping Pong Tournament! First team to 11 points per game advances to the next round.	Staff	Jul 17	F	1:00-4:00	\$10
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.	Staff	Jul 31	F	2:00-4:00	FREE
Tunes on Tuesday: The Prodigals Redeemed	Come enjoy the music of this cover Christian band trying to help others feel Gods love through music!	Staff	Aug 4	T	2:00-3:00	FREE

Day Trips

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	May 2 Jun 6 Jul 11 Aug 1	Sa Sa Sa	8:30-10:30 8:30-10:30 8:30-10:30	\$8 \$8 \$8
Mt. Princeton Hot Springs	Enjoy a relaxing overnight getaway to Mt. Princeton Hot Springs with round-trip transportation provided. Guests will stay in a double-occupancy room shared with a friend (Each person pays equally, otherwise the price is for an individual that doesn't want to room with a friend will be \$300) The trip includes access to the hot springs pools with cabanas, complimentary bike rentals, and free daily fitness classes. Participants are responsible for their meals, with three different food options available on-site.	Tom	May 20-May 21	W-Th	9:00-5:00	\$190
Rockies vs. Cubs	Enjoy a fun-filled Senior Center day trip to Denver to watch the Colorado Rockies take on the Chicago Cubs at Coors Field! Travel together in comfortable transportation and take in the excitement of live Major League Baseball. Meals are on your own	Tom	Jun 11	Th	10:30-6:00	\$65
Outlets @ Castle Rock	Join us for a Senior Center day trip to the Castle Rock Outlets! Enjoy a relaxing ride together, then spend the day browsing a wide variety of shops with something for everyone. Lunch is on your own, with several dining options available on-site.	Sheila	Jun 16	T	9:00-3:00	\$50
Rockies vs. Red Sox	Enjoy a fun-filled Senior Center day trip to Denver to watch the Colorado Rockies take on the Boston Red Sox at Coors Field! Travel together in comfortable transportation and experience the excitement of live Major League Baseball. Meals are on your own, with a variety of ballpark food options available for purchase.	Tom	Jun 24	W	10:30-6:00	\$65
Denver Zoo	The Denver Zoo! Enjoy comfortable group transportation and spend the day exploring wildlife exhibits at your own pace. Meals are on your own, with a variety of food options available for purchase inside the zoo. A fun and engaging outing to learn, walk, and connect with friends.	Sheila	Jul 8	W	8:00-4:00	\$70
Botanic Gardens	Let's explore beautiful seasonal displays, walking paths, and serene garden spaces at your own pace. Meals are on your own, with café options available for purchase.	Staff	Jul 23	Th	9:00-3:00	\$70
Rock Ledge Ranch, Coati's	Enjoy a delightful local day trip! We'll head to Coati's for a delicious lunch, then journey to Rock Ledge Ranch for a captivating step back in time.	Staff	Aug 5	W	10:30-4:00	\$50
25th Annual Breckenridge August Art Festival	Escape to the Rockies for a stress-free day at one of Colorado's premier art events, featuring over 100 elite artists showcasing jewelry, painting, and sculpture right on Main Street. Enjoy the scenic ride, live music, and stunning mountain views without worrying about parking or mountain driving. Please remember to dress in layers and stay hydrated for our trip to 9,600 feet!	Christy	Aug 7	F	8:00-7:00	\$65