

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

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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,	Tammy	Sep 8-Oct 20 Sep 10 - Oct 22 Nov 3 - Dec 15 Nov 5 - Dec 17	T Th T Th	9:00-10:00 9:00-10:00 9:00-10:00 9:00-10:00	\$40 \$40 \$40 \$40
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	Sep 8-Oct 22 Nov 3 - Dec 17	T/Th T/Th	10:15 - 11:15 10:15 - 11:15	\$90 \$90
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	Sep 8-Oct 22 Nov 3 - Dec 17	T/Th T/Th	11:30-12:30 11:30-12:30	\$65 \$65
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	Sep 8 - Oct 20 Nov 3 - Dec 15	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	Sep 8-Oct 20 Nov 3 - Dec 15	T T	1:00-2:00 1:00-2:00	\$10 \$10
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	Sep 8-Oct 20 Nov 3 - Dec 15	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	Sep 8 - Oct 20 Sep 11 - Oct 23 Nov 3 - Dec 15 Nov 6 - Dec 18	T F T F	2:00-2:45 2:00-2:45 2:00-2:45 2:00-2:45	\$40 \$40 \$40 \$40
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	Sep 8 - Oct 20 Sep 11 - Oct 23 Nov 3 - Dec 15 Nov 6 - Dec 18	T F T F	3:00-3:45 3:00-3:45 3:00-3:45 3:00-3:45	\$40 \$40 \$40 \$40
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	Sep 9 - Oct 21 Nov 4 - Dec 16	W W	9:30-10:30 9:30-10:30	\$45
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. Mat based	Dee	Sep 9 - Oct 21 Nov 4 - Dec 16	W/F W/F	9:30-10:30 9:30-10:30	\$65 \$65
SilverSneakers® Enerchi	SilverSneakers® EnerChi, Combine easy-to-learn Tai Chi and Qigong movements to improve well-being through mind-body connection. This class is designed to improve strength, balance and focus. Energy and breathing exercises are combined with rhythmic movements to increase vitality and promote a sense of calm.	Jenei	Sep 9 - Oct 23 Nov 4 - Dec 18	W/F W/F	12:30-1:30 12:30-1:30	\$65 \$65

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	Sep 9 - Oct 21 Nov 4 - Dec 16	W W	8:30-9:30 8:30-9:30	\$45 \$45
Tap Dancing	Learn the SHIM Sham Shimmy, Shirley Temple, Single time step and more. (It's a toe tapping good time!) -Tap shoes are not required but bring if you have them.	DeLene	Sep 9 - Oct 21 Nov 4 - Dec 16	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	Sep 9 - Oct 21 Nov 4 - Dec 16	W W	12:00-12:45 12:00-12:45	FREE FREE
Experienced West Coast Swing	If you have tried West Coast before, this class is for you. With a quick review of basics, we will learn more sequences, styling, and foundational steps. West Coast Swing is a popular slot dance that goes with many pop songs, country, and oldies! Come dance with us!	DeLene	Sep 9 - Oct 21	W	1:00-1:45	\$45
Waltz	The waltz is a flowing smooth dance in 3/4 time. Come learn the 1-2-3 of waltz with moves like the waltz box, the weave, and more! Participants from the July class will build on what they have learned!	DeLene	Sep 9 - Oct 21	W	1:45-2:30	\$45
Foxtrot	Join us for this elegant style of Foxtrot and move like Fred Astaire and Ginger Rogers! This 4/4 timed dance brings regal moves with the slow-slow-quick-quick basic. Participants don't need a partner.	DeLene	Nov 4 - Dec 16	W	1:00-1:45	\$45
Country Two Step	If you know how to do the basics of Country Two Step, this class will add to your repertoire of moves! Learn the pretzel, wrap tunnel, and more!! Come join us for a boot-stomping good time! (Partner not needed)	DeLene	Nov 4 - Dec 16	W	1:45-2:30	\$45

Registration begins Monday, August 3rd 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
Beginner Inkle Weaving	Inkle looms are small portable looms used to make sturdy bands suitable for guitar straps, camera bag straps, hat bands, belts and purse handles. The weaving process is quick and easy.	Robin	Sep 8 - Sep 17	T/Th	1:00-3:00	\$75
Canyons, Cliffs, and Mesas (All Levels)	In this class you will learn to paint the dramatic landforms and skies of the American Southwest. Through demonstrations and guided practice, students will discover the colors, light, and textures through watercolor. This class is for all levels of ability. Please come prepared to paint on Day 1.	Theresa	Sep 8 - Oct 6	T	9:00 -11:30	\$60
Golden Leaves and Quiet Paths (All Levels)	Celebrate the rich colors and quiet beauty of autumn using transparent watercolors. A variety of seasonal subjects will include fall foliage, colorful trees, pumpkins, and winding paths. All levels of ability welcome. Supply list available at the front desk.	Theresa	Sep 8 - Oct 6	T	12:30-3:00	\$60
Watercolor Roadtrip Across America - Beginners/Continuing Beginners	We will travel America all year exploring regions & American watercolorists who can teach us the basics. Developing artists with some experience will grow their skills. I'll meet you where you are. Supplies list upon registering; bring all to first class. Call Kim with questions, 719-200-6403.	Kim	Sep 8 - Oct 13 Nov 3 - Dec 8	T T	9:00 -11:30 9:00 -11:30	\$60 \$60
Watercolor Roadtrip Across America - Intermediate Students	Intermediate watercolor students will advance their skills studying American watercolor masters. Discover what they have to teach us and advance your skills. Learn how to look at art critically, including your own. Bring watercolor supplies to first class and call Kim, 719-200-6403 with questions.	Kim	Sep 8 - Oct 13 Nov 3 - Dec 8	T T	12:30 - 3:00 12:30 - 3:00	\$60 \$60
Gemstone Faceting	Students learn fundamentals of gemstone faceting. The meet point method will be taught.	John M	Sep 8 - Oct 20 Nov 3 - Dec 15	T T	12:00-2:30 12:00-2:30	\$55 \$55
Beginning & Intermediate Multi-shaft Weaving	You will learn the basics of multi-shaft weaving using the Senior Center looms. Beginners will work with a twill structure to learn to dress a loom and weave. The finished product will be basic fabric for a variety of useful household pieces. Intermediate weavers may choose other structures and projects. Last class on October 21 will be a special 2 hour design class.	Laurie	Sep 8 - Oct 21	T/W	9:00-11:30	\$150
Sewing 101 (Beginners)	Learn basic sewing techniques and reading instructions. Bring your own machine or use one of the Center's machines. Three projects will be completed. Class is for someone who doesn't know how to sew or hasn't in many years and wants to get back into it. Will cover new machines and notions available; measuring, laying out fabric/pattern; marking tools, etc. Supplies will be discussed at first class.	Barbara D.	Sep 9 - Oct 21	W	12:30-3:00	\$45
Art-Based Exercises for Everyday Well-Being (1)	"Favorite Kind of Day" If you could do anything you wanted today, what would it be? When we remove the limits, we typically place on ourselves and think outside the box, our creativity can take flight. This art-based exercise will elevate your mood, encourage relaxation and increase collaboration.	Jill	Sep 9	W	12:30-2:30	\$25
Rusty & Weathered (Advanced)	If you're inspired by forgotten machinery, rustic barns, a serene countryside, or the values of a rusted chain on a fence, this class is for you. The application of watercolor to achieve these beautiful textures and patinas will be achieved through guided practice. Please come with your supplies on Day 1.	Theresa	Sep 9 - Oct 7	W	9:00-11:30	\$60
Critique and Coaching in Watercolor (Int/Adv)	Students will bring in their own images and incomplete paintings for completion and instructor input. Through discussions, demonstrations, and guided practice you will learn to identify your artistic strengths and recognize areas of improvement. Application of practical strategies will push your paintings to a higher skill level.	Theresa	Sep 9 - Oct 7	W	12:30-3:00	\$60
Hidden Layers: The Art of Batik (All Levels)	This process-based class explains how wax is used to preserve whites, define shapes and textures as colors are built up through repeated color and wax applications. No drawing ability is required; all images are provided. Please bring your watercolor paints and brushes. Unryu paper is available through the instructor for \$5 per image.	Theresa	Sep 10 - Oct 8 Nov 4 - Dec 2	Th W	9:00-11:30 9:00-11:30	\$60 \$60
Colored Pencil	This class will teach technics in the use of watercolor pencils and regular colored pencil . This media is versatile and expressive.	Darcy	Sep 10 - Oct 22	Th	9:00-11:00	\$60
Portraits & Faces from Around the World	This is a class that emphasizes expression and features of the human face.	Darcy	Sep 10 - Oct 22	Th	1:00-3:00	\$60

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ART

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Groups, Clubs,
&
More

Community Groups

ARTS & CRAFTS

Pikes Peak Whittlers
Tuesdays 9:00am - 11:00am
Jennifer Hanson, 719-360-0791

Happy Crafters
Wed - 9:00 - 11:30
Patricia Eastburn - 719.351.0389

Colorado Springs Portrait Group
Wed - 9:00 - 11:00
Hal Hildebrand - 719.237.0705

Second Horizon Quilters
Wed - 1:00 - 3:30
Pat Fiero - 719.205.6038

Hooked on Yarn Crochet Club
Thur - 10:00 - 12:00
Paula Eshnaur - 719.510.2859

Jolly Stampers
Thur - 12:00 - 4:00
Jeanine Jensen - 719.492.1172

Art Discovery
1st Thur - 1:00 - 4:00
Deb Ross - starmint@hotmail.com

Open Studio Painting
Fri - 1:00 - 4:00
Come Paint!

**Colorado Springs Senior Chorale
of the Rockies**
Mon - 1:00 - 3:00
Elizabeth Parris - 719.392.6031

CS Deaf Seniors
3rd Mon - 8:30 - 12:00
Jeanette **(TEXT ONLY)** - 719.244.5333
Walter **(TEXT ONLY)** - 719.331.2973

Tuesday Talks
2nd & 4th Tues - 10:00 - 12:00
Charlie Coon - 719.510.6015

**iSight Connections-
Living with Low Vision**
3rd Tues - 10:00 - 11:00
Jeanette Fortin - 719.332.7529

Seekers & Finders
3rd Wed - 10:00 - 11:30
Charlie Coon - 719.510.6015

Senior Bible Study Group
Wed - 1:00 - 2:30
Jeffrey Fiedel - 719.243.0640

**Better Breather Club of
Colorado Springs**
3rd Wed - 3:00 - 4:00
Dave Lucero - 719.648.4467

**Depression & Bipolar Support
Alliance of Colorado Springs**
Wed - 12:30 - 2:00
Sean Sindler - 719.477.1515

S.O.S Investment Club
4th Wed - 2:00 - 4:30
Katy -719.232.2046 or
Betty -719.375.4298

Veterans Monthly Coffee Group
3rd Thurs - 8:30 - 9:30
Sonya - 719.246.4005
or Nick- 719.338.3972

Ya- Ya Sisterhood
1st Thurs - Out to Lunch (OffSite)
Judi Lutt - 719.570.7584

Widowed Persons Grief Support
2nd & 4th Fri - 1:00 - 3:00
Barbara Newton - 719.246.2874

Murder She Read II Book Club
2nd Fri - 12:00 - 2:30
Polly Greene - 724.757.0708

GAMES

Party Bridge
Mon/Wed - 12:00 - 4:00
Martha Reese - 303.941.4209

Cribbage
Mon/Thur - 11:30 - 2:30
King Parsons - 719.235.3117

Mah Jongg
Tue - 10:00 - 1:00
Sherry Kennedy - 719.434.8844

Poker Club
Tue - 11:30 - 2:30
Russ Colby - 719.630.3122

Table Tennis
Tue/Fri - 1:30 - 4:00
Rich Lins - 719.429.6680

Pickleball
Tue/Fri - 11:00 - 2:00
Chris Spadafora - 719.313.1225

Hand & Foot Card Group
Wed/Fri - 10:00 - 4:00
Joyce Manning - 719.464.4460

Bunco
1st Thurs - 2:00 - 4:00
Mary Galusha - 720.278.5666

Chess Club
Fri - 12:00 - 4:00
Jerry Santiago - 719.648.1481

Pinochle Club
1st & 3rd Fri - 1:00 - 3:00
Monika Holdridge - 719.576.8114

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**Taught by SENIOR PLANET
certified instructors.**

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

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Class	Description	Instructor	Date	Day	Time	Cost
Intro to Selling Online	Senior Planet - Want to make some extra money? Online marketplaces make it easy to sell almost anything- from your vintage collectibles to handmade crafts! This lecture will introduce you to different online platforms for selling all kinds of items, including furniture, clothing, household items, and more! We'll also cover some tips and best practices for safely using these platforms so you can avoid scams and sell confidently.	Charlie	Oct 22	Th	1:30-3:00	FREE
Streaming and Smart TVs	Senior Planet - Every day, more and more people are “cutting the cord” and canceling their cable subscriptions. Instead, they’re using free or low-cost streaming services like YouTube, Netflix, and Hulu to watch their favorite shows and movies online. This presentation will introduce streaming: what it is, how to use it, and the variety of content available. You'll also learn how to watch live TV without cable and how smart TVs and streaming devices can let you watch videos from the Internet on your television.	Tom	Oct 27	T	1:30-3:00	FREE
Intro to Managing Your Privacy	Senior Planet - Concerned about privacy? Unsure about accepting cookies? Come learn about some essential privacy tips! In this introductory lecture, we'll review how ads target us online, how to limit tracking, where to find browser settings and extensions to better control how our information is shared. We'll also discuss some of the key features of password managers and why they're a safe and secure option.	Jeff	Nov 4	W	1:30-3:00	FREE
Intro to Sleep Technology	Senior Planet - Sleep troubles? What if tech could help you sleep? This lecture gives an overview of different devices and wearable technologies that track sleep patterns, monitor sleep disorders, and may even improve your sleep. You'll also learn about mindfulness apps that offer guided meditations and other ways to promote healthy sleep habits.	Murry	Nov 5	Th	1:30-3:00	FREE
Tech for Aging in Place	Senior Planet - In this lecture , you'll learn how home assistants, smart appliances, and wearables can save you time and money, help you manage health conditions, and even give you greater peace of mind. We'll also discuss best practices for maintaining your privacy and security when using this technology.	Charlie	Nov 11	Th	2:30-4:00	FREE
Beyond the Basics: Microsoft Word	Build confidence with Microsoft Word formatting tools, tables, images, and other time-saving features that help you create polished, professional documents. Take your document skills to the next level in this intermediate workshop. Ideal for those comfortable with the basics and ready for more. (two day class)	Melissa	Nov 16 & Nov 17	M & T	9:00-11:00	\$25
Discovering Browser Extensions	Senior Planet - Looking to get more out of your browser? Try a browser extension! In this workshop, we'll explain what browser extensions are, how they work, and how to find and install trustworthy ones. You'll get hands-on experience with popular extensions that block ads, save passwords, clip coupons, and more. We'll walk through live demos and practice key safety tips, like how to manage permissions.	Ila	Nov 17	T	1:30-3:00	FREE
Passwords, Passkeys and More	Senior Planet - Protecting your online accounts starts with strong password practices. In this lecture, we'll review password basics before exploring options like single sign-on, passkeys, multi-factor authentication, and password managers. Learn why these password alternatives are safe ways to simplify your digital life and keep your personal information secure.	John M	Nov 19	Th	9:30-11:00	FREE
Intro to AI	Senior Planet - Curious about AI? Want to know more about Chat GPT? This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how AI is being used today, what its current limitations are, and how it will shape the future.	Murry	Nov 24	T	1:30-3:00	FREE
Cloud Storage	Senior Planet - In this lecture , you'll learn the basics of cloud storage — a technology that lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data. We'll discuss what it is, why it's the future of data storage, and demonstrate a few of the most popular services currently available to consumers.	Jeff	Dec 2	W	2:30-4:00	FREE
Staying in Touch as Landlines Change	Senior Planet - Telecom companies are in the process of updating copper lines across the country. This lecture will explain why copper lines are being phased out, the benefits of modern technology, and what next steps you can expect. Additionally, we will review some alternatives to traditional landlines, including those that allow you to keep your number and phone, as well as mobile phone options, and more. Finally, we'll share important resources to help you understand where to find additional information and what options may be available to you.	Charlie	Dec 3	Th	1:30-3:00	FREE
Getting to Know Your iPhone	Senior Planet - During this hands-on workshop, we'll explore some of the common features of iPhones. You'll learn ways to interact with the touch screen, how to access important controls, and how to search for specific settings. We'll also cover some tips and best practices for securing and maintaining your device. Prerequisites: 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.	Murry	Dec 15	T	1:30-3:00	FREE
Affordable Home Internet	Senior Planet - Having home internet can help you save money, look for a job, connect with others, make everyday tasks easier, and much more! This lecture goes over basic information you need to know when signing up for home internet service, so that you can understand all your options. You'll also learn about resources for finding low-cost programs from internet service providers across the country.	John M	Dec 17	Th	9:30-11:00	FREE

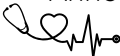
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NURSE CHATS: Laughter-Is this the Best Medicine?	Can laughter really improve your health? Explore the science behind laughter, its impact on the mind and body, and simple ways to bring more joy and mindfulness into your everyday life.	Anne 	Sep 9	W	1:00-2:00	FREE
Building Brain-Healthy Habits	Learn simple, research-backed strategies to support brain health and reduce the risk of cognitive decline. Discover the 10 Healthy Habits for Your Brain and create a personalized action plan to improve nutrition, physical activity, sleep, and overall wellness. Presented by the Alzheimer's Association®, this informative class explores the latest research on brain health and offers practical steps you can take to build healthy habits that support your mind and body.	Eloise	Sep 10 Nov 10	Th T	1:00-2:30 1:00-2:30	FREE FREE
Palliative Care Basics	Join us for an informative and compassionate class on Palliative Care Basics. This session will help you understand how palliative care supports comfort, quality of life, and informed decision-making for individuals and families facing serious illness. ✔ Learn what palliative care is—and what it isn't ✔ Explore ways to manage symptoms and stress ✔ Get helpful resources for you or your loved ones This class is designed especially for older adults and caregivers. All are welcome!	Sonya	Sep 11 Nov 9	F M	1:30-2:30 1:30-2:30	FREE FREE
Rate Your Plate	The basics of healthy eating and building a 5 star plate.	Rick	Sep 14	M	9:00-10:00	\$2
Understanding Medicare	We will explore the many options you have when it's time for Medicare. This class will give you the information you need to make the right decision for your Medicare coverage.	Pat	Sep 16	W	9:00-10:00	FREE
Fall Prevention Hosted by Sundance Skilled Nursing	Join us for an informative Fall Prevention Workshop designed to help older adults reduce their risk of falls and maintain their independence. Participants will learn practical safety tips, ways to improve balance and mobility, and strategies to make their homes safer. This workshop is ideal for seniors, caregivers, and family members who want to promote health, safety, and confidence in everyday activities.	DaNessa	Sep 17	Th	9:00-10:00	FREE
Inflammation 101	Identify the good, the bad, and the ugly sides of inflammation. Learn about diet and lifestyle choices that you can make in your everyday life to support a balanced inflammatory response	Kat	Sep 18	F	12:30-1:30	\$2
Top Health Concerns For Seniors in Colorado Springs	I will lead a discussion about top health concerns for older adults in Colorado Springs and some of the various approaches being utilized to address these concerns.	Gloria	Sep 24	Th	9:00-10:00	\$2
Eating Healthy While Eating Out	Dining out doesn't have to derail healthy eating! Discover simple strategies for choosing healthier menu options, managing portion sizes, and making smart decisions whether you're at your favorite café or a special celebration.	Rick	Oct 5	M	9:00-10:00	\$2
Good Death, Good Life Cafe	>Death is the #1 Fear in Society - it doesn't have to be... >End-of-Life Doulas help bridge the gap between Hospice & reality >Join me in this safe, loving, open-heart space to discuss aging, grieving and end-of-life	Cathye	Oct 6	T	10:00-11:30	\$8
NURSE CHATS: Cholecystitis	Is this my gallbladder pain? Do I have stones? What to expect after having your gallbladder removed.	Anne 	Oct 14	W	1:00-2:00	FREE
Herbs for Health & Home	Discover how easy it is to grow fresh herbs indoors while learning about their many health benefits. From supporting relaxation and digestion to adding natural flavor to your favorite meals, this class will explore simple herbs that thrive indoors during the cooler months. Leave inspired to create your own indoor herb garden and enjoy fresh herbs all season long! (will receive plant for class attendance)	Keara	Oct 16	F	10:00-11:30	\$5
Understanding Annuities	An Annuity can either solve a problem or create a new one. We will discuss when to consider an annuity, or not, and the types of annuities that are available.	Pat	Oct 21	W	9:00-10:00	\$2
Give Your Brain a Boost	Just because energy declines a bit with age doesn't mean that you can't be active. There are things you can do, regardless of your age, to increase your energy level.	Rick	Nov 2	M	9:00-10:00	FREE

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LIFE LONG LEARNING

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Class	Description	Instructor	Date	Day	Time	Cost
MIND Diet Meals with Fresh Harvest Vegetable	Kick off fall with a hands-on cooking class featuring fresh harvest vegetables and brain-healthy recipes inspired by the MIND Diet. MIND Diet Recipes using Harvest vegetables to kick off Fall! - Roasted Veggie Salad & Ginger Pork Sweet Potato Stir Fry	Lisa M	Sep 22	T	2:30-4:00	\$10
Understanding Retirement Risks	Seniors face different risks in retirement than they encountered during their working years. Understanding these risks and how to mitigate them may lead to a much better retirement experience. We will discuss the various risks associated with retirement and strategies to lower the chances of failure.	Nick	Sep 23	W	10:00-11:00	\$2
The Amache National Historic Site at Granada, Colorado: A Japanese American Internment Camp (1943-45)	The Amache internment camp was opened in 1942 and closed in 1945. The 31 former Amache residents who were killed in action, volunteered to fight the Nazi’s in the special 442 Japanese American regiment, while their families were still prisoners in this concentration camp. The 442 was known as the Christmas Tree Regiment, since they received more decorations than any American combat unit fighting in World War II. This history program has a PowerPoint which includes historic photographs and videos shot at the Amache internment camp.		Sep 24	Th	10:00-12:00	\$10
Protecting Assets When One Spouse Needs Care	You’ll leave with greater clarity, a better understanding of your options, and a more organized sense of the next steps—so you can focus on care, not confusion.	Kim	Sep 29	T	9:00-10:00	\$2
Simplifying Life: How to Declutter, Downsize, and Choose a New Home	Gain valuable tips for organizing, downsizing, and navigating today’s senior living choices.	Alyce,Tory, Tami	Sep 29 Dec 8	T T	9:00-10:00 9:00-10:00	\$2 \$2
Aligning Retirement with Home Wealth Strategies	Come and learn more about: • Understanding the History of Home Wealth in America and Why it is Different Than Your Other Assets and Income Streams. • Understanding the 3 Common Mistakes Homeowners Make with Home Wealth • Understanding The 4 Ls of Retirement (Longevity, Lifestyle, Liquidity, and Legacy) and How These Principles Can Help Simplify Important Decisions. • Discover The Top 3 Home Wealth Strategies Leveraging Today’s Reverse Mortgage to Activate and Manage Your Home Wealth	Nathan	Oct 1	Th	8:30-10:00	\$5
Medicare Madness: What You Should Know for 2027	Cost-free assistance for all things Medicare-related. This class will review changes to Medicare coming in 2027, including premium increases, network changes, prescription coverages, and more. We will follow with a Q&A session.	Lauren F	Oct 2	F	9:00-10:00	FREE
Asian Inspired Meals	Take your taste buds on a culinary adventure! In this hands-on cooking class, you'll prepare classic Asian-inspired favorites, including savory Beef & Broccoli, crispy Crab Wontons, and fresh handmade Egg Rolls.	Lisa M	Oct 6	T	2:30-4:00	\$10
You’re Not Stuck - Housing Options	This class provides several solutions for comfortably staying in your home, moving up, or downsizing with a little known financing tool. Must be at least 62 years old.	Julie	Oct 8	T	1:00-2:00	FREE
Colorado Springs Utilities Safety & Energy Program	This program is designed to assist the customers of Colorado Springs Utilities with safety and energy related questions.	Admar/CS Utilities	Oct 12	M	9:00-10:00	FREE
Couples and Care: What to Know When One Spouse Needs Long-Term Care	This class helps seniors and disabled adults understand how Medicaid long-term care programs consider both individuals, what information is reviewed, and how couples can prepare for the application process with greater clarity and confidence.	Kim S	Oct 13	T	10:00-11:00	\$2
5 Steps to Improving Driving Health	Join us for an informative and engaging presentation designed to help older adults stay safe, confident, and independent behind the wheel. In this session, you'll learn practical strategies to support your driving health through five important steps: • Be a Healthy Driver • Keep Learning • Make Smart Driving Choices • Know Your Vehicle • Get a Driving Check-Up Whether you drive every day or just occasionally, this presentation will provide helpful tips and resources to help you navigate the road ahead with confidence.	Terri	Oct 14	W	10:00-12:00	\$5
Medicare Madness: What You Should Know for 2027	Cost-free assistance for all things Medicare-related. This class will review changes to Medicare coming in 2027, including premium increases, network changes, prescription coverages, and more. We will follow with a Q&A session.	Lauren F	Oct 2	F	9:00-10:00	FREE
Asian Inspired Meals	Take your taste buds on a culinary adventure! In this hands-on cooking class, you'll prepare classic Asian-inspired favorites, including savory Beef & Broccoli, crispy Crab Wontons, and fresh handmade Egg Rolls.	Lisa M	Oct 6	T	2:30-4:00	\$10
You’re Not Stuck - Housing Options	This class provides several solutions for comfortably staying in your home, moving up, or downsizing with a little known financing tool. Must be at least 62 years old.	Julie	Oct 8	T	1:00-2:00	FREE

LIFELONG LEARNING

Class	Description	Instructor	Date	Day	Time	Cost
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Thomas Edison: Inventor Extraordinaire	Thomas Edison was the most prolific inventor the United States and the world has known. He filed for the first of his 1,093 patents in 1869 and filed for his last one in 1931, one week before his death. But not everything Edison attempted was successful.		Oct 22	Th	10:00-12:00	\$10
Train Journeys of the World	From the Rocky Mountaineer to the Orient Express and Rovos Rail in Africa — the world's most iconic rail experiences and how to plan them without the stress.	Kimberly	Oct 23	F	9:30-10:30	\$2
Fall Casserole Favorites	There's nothing better than a warm casserole on a crisp fall day! Join us for this hands-on cooking class as we prepare King Ranch Casserole and Simple Ground Beef Casserole —two hearty, affordable recipes that are perfect for meal prepping or those evenings when you don't feel like cooking. Leave with delicious recipes, helpful tips, and comforting meals ready to make again and again.	Lisa M	Oct 27	T	2:30-4:00	\$10
Favorite Soups & Stews	Beat the winter chill with homemade comfort food! This hands-on cooking class features Pasta Fagioli and Chicken Cheese Soup —two flavorful, satisfying recipes that are easy to make and perfect for warming up on cold days.	Lisa M	Nov 3	T	2:30-4:00	\$10
Eating Well with Diabetes	Discover how delicious and satisfying healthy eating can be! Join us for an informative lecture exploring smart food choices, simple ingredient swaps, meal planning tips, and flavorful recipes designed to help support healthy blood sugar management. Whether you're living with diabetes, prediabetes, or simply looking to eat healthier, you'll leave with practical ideas and recipes you can enjoy at home.	Keara	Nov 5	Th	2:30 - 4:00	\$2
HECM for Purchase – Buying Your Next Home Better! 3 Smart Strategies for Downsizing, Rightsizing, and Relocating	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. What we will cover: 1. What Retirees Really Want. 2. Why Traditional Downsizing Falls Short. 3. How Home Equity Can Build Retirement Freedom. 4. 4 Purchase Examples That Won In Retirement!	Nathan	Nov 5	Th	11:30-12:30	\$2
Make a Pet Plan for Life	Overall look at planning for a lifetime of care for your companion animal. From choosing a pet to managing their care to making provisions should they outlive you, having a plan in place takes the worry out of caring for your companion.	Cynthia	Nov 6	F	12:30-1:30	\$2
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	Nov 6 - Dec 18	F	10:30 - 11:45	\$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	Nov 6 - Dec 18	F	12:00 - 1:15	\$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	Nov 6 - Dec 18	F	1:30 - 2:45	\$45

LIFELONG LEARNING

Class	Description	Instructor	Date	Day	Time	Cost
The Psychology of Scams	Scammers are using more sophisticated methods to separate victims from their money. In this class, you'll learn ways potential victims are identified and techniques used by scammers and fraudsters. We'll dive into the common methods of manipulation criminals use to steal your identity and/or your assets.	Nick	Nov 11	W	10:00-11:30	FREE
Railroad Chapel Cars	Railroad Chapel Cars once ran on the rails of the Old West, bringing spirituality and morality to an untamed world from the late 1800s and early 1900s. Sunday services, weddings, funerals, and everything in between were held on Chapel Cars as they moved from town to town.		Nov 12	Th	10:00-12:00	\$10
Medicare Madness: What You Should Know for 2027	Cost-free assistance for all things Medicare-related. This class will review changes to Medicare coming in 2027, including premium increases, network changes, prescription coverages, and more. We will follow with a Q&A session.	Lauren F	Nov 13	F	9:00-10:00	FREE
Holiday Ready - Charcuterie	Looking for ways to add fun to your holiday? Create your own Charcuterie! Holiday Themes, Game Days & ideas for special events. Create your own beautiful charcuterie box to take home, along with tips and ideas to wow your guests all season long!	Lisa M	Nov 17	T	2:30-4:00	\$12
Expedition & Small Ship Cruising	Antarctica, the Galapagos, Norwegian fjords — intimate vessels that go where big ships can't. Who these voyages are for and what to realistically expect.	Kimberly	Nov 20	F	9:30-10:30	FREE
When Staying Home Gets Harder: What Families Should Know	Most people want to stay home as long as possible, but changing needs can raise difficult questions about safety, support, and cost. This class explains common considerations families review as they weigh care at home against other long-term care options.	Kim S	Nov 24	T	8:30-9:30	\$2
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.	Nathan	Nov 24	T	2:00-3:30	\$2
Holiday Ready Cooking	Get a head start on your holiday menu! Learn how to prepare a delicious Thyme Pesto Roast Chicken with Crispy Potatoes, along with practical meal-planning tips to help you serve a beautiful, stress-free holiday dinner. Cook, taste, and take home the recipe!	Lisa M	Dec 1	T	2:30-4:00	\$10
The Medicaid Conversation More Middle-Class Families Need to Hear	This class explains, at a general level, how long-term care Medicaid fits into the bigger picture financially and what families should understand about the application process.	Kim S	Dec 2	W	8:30-9:30	FREE
Let's Take the Panama Canal - by Fighting the Mosquitoes	In 1904, the United States began to dig the Panama Canal. The French had tried, but the tremendous rains and endless mudslides, yellow fever, and malaria defeated them. Using the latest medical approaches learned from the Spanish-American War of 1898, the top physicians, led by Dr. William Crawford Gorgas, aggressively rid the Panama Canal of yellow fever and reduced the chances of malaria.		Dec 10	Th	10:00-12:00	\$10
Cookie Decorating Fun	Get into the holiday spirit by decorating festive cookies, sharing favorite recipes, and discovering easy treats to brighten your holiday season. Enjoy a fun afternoon of creativity, sweet treats, and holiday cheer!	Lisa M	Dec 15	T	2:30-4:00	\$10
The Balkans: Europe's Best Kept Secret	Slovenia, Croatia, Montenegro, etc — stunning landscapes, rich history, and a fraction of the crowds. Why savvy travelers are discovering this region now.	Kimberly	Dec 18	F	9:30-10:30	\$2

SPECIALS

Class	Description	Instructor	Date	Day	Time	Cost
Free Tech Hours	Need a hand with your phone, tablet, or computer? Our volunteer tech team is here to help! Stop by with your simple tech questions—from smartphones and iPads to laptops and desktops—and get one-on-one assistance in a friendly, supportive environment. Free Tech Help Hours are offered the first Thursday and third Tuesday of each month. Please register in advance so our volunteers can prepare and ensure the right assistance is available for your needs. Drop-ins welcome. Need more in-depth support? Be sure to sign up for one of our dedicated one-on-one tech appointments.	Staff	Sep 3 Sep 15 Oct 1 Oct 20 Nov 5 Nov 17 Dec 3 Dec 15	Th T Th T Th T Th T	3:00-4:30	FREE FREE FREE FREE FREE FREE FREE FREE
So Long Summer Grill Out	Join us for a tropical end-of-summer celebration in honor of Jimmy Buffett Day! Enjoy burgers, hot dogs, refreshing mocktails, island-inspired fun, and plenty of good vibes. Throw on your favorite Hawaiian shirt, kick back with friends, and soak up one last taste of summer before the season slips away. It's 5 o'clock somewhere—come celebrate as we say goodbye to summer and farewell to Margaritaville!	Staff	Sep 4	F	12:30-2:00	\$6

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Class	Description	Instructor	Date	Day	Time	Cost
32nd Annual Art & Craft Sale	It's that time of year again to do some serious shopping for every special occasion. Accessories, home accents a variety of homemade gifts for all. You don't need to sign up for this event to shop! Interested in selling? Ask front desk about becoming a vendor.	Staff	Nov 7	S	8:00-4:00	FREE
Veterans Day Salute	Help us honor our nation's veterans at this free event featuring a special presentation by the Junior Marines. Join us as we celebrate the service and sacrifices of those who have proudly served our country.	Staff	Nov 11	W	3:30-5:00	FREE
Trivia Event!	Teams of four will compete in a fun and engaging trivia competition hosted by The Pillar Institute. Participants will test their knowledge across a variety of categories while enjoying friendly competition, teamwork, prizes, and plenty of laughs.		Nov 18	W	3:30-5:00	\$8
Butte Theatre: Winter Wonderettes	Get into the holiday spirit with a trip to the Butte Theatre for the heartwarming musical Winter Wonderettes! Filled with festive favorites, lively performances, and plenty of laughs, this holiday show is the perfect way to celebrate the season. Sit back, relax, and enjoy an afternoon of music, nostalgia, and Christmas cheer.	Staff	Dec 5	S	10:30-6:00	\$65
Mountain Harmony	Experience the joy of the holidays through the enchanting sounds of the dulcimer and more! Join this talented local group for a heartwarming performance filled with festive melodies, seasonal favorites, and Christmas cheer.	Staff	Dec 7	M	10:30-11:30	FREE
Colorado Springs Senior Chorale of the Rockies	Celebrate the magic of Christmas with a special performance by the Colorado Springs Senior Chorale of the Rockies. Gather with friends and family to enjoy festive songs, timeless holiday classics, and an afternoon filled with the joy of the season.	Staff	Dec 8	T	1:30-3:00	FREE
Colorado Springs Senior Chorale of the Rockies	Celebrate the magic of Christmas with a special performance by the Colorado Springs Senior Chorale of the Rockies. Gather with friends and family to enjoy festive songs, timeless holiday classics, and an evening filled with the joy of the season.	Staff	Dec 9	W	6:30-8:00	FREE
Gift Wrapping Elves are Here!	Skip the tape, bows, and wrapping paper—we've got it covered! Bring your holiday gifts to our Three-Day Gift Wrapping Event, and let our festive elves transform them into beautifully wrapped masterpieces ready for the holidays.	Staff	Dec 9 Dec 10 Dec 11	W Th F	8:00-4:30 8:00-4:30 8:00-4:30	\$8 \$8 \$8
Song Spinners	Join us for a delicious meal and an entertaining evening performance by The Song Spinners Show Choir, a beloved Colorado Springs group known for their lively harmonies and festive spirit.	Staff	Dec 14	M	6:30 - 8:00	\$25
Cookies and Cocoa	Create a one-of-a-kind holiday keepsake at this festive ornament painting workshop! Enjoy hot cocoa, holiday cheer, and a fun afternoon of creativity as you design your own ornament to take home. All supplies provided.	Staff	Dec 15	T	9:00-11:00	\$10

