

Class Name	Description	Sponsors	Date	Day	Time	Cost
Run/Walk/Stir - Club 50	Come and join Club Five-0 in a fun neighborhood opportunity to socialize and build community while we run/walk on Shooks Run Trail. Every Wednesday May–July at 5:30. Free and open to the community. Start/end run/walk at Shooks Run Trailhead near Stir Coffee and Cocktails. Meet behind the Ent building. Receive a free T-shirt after you participate in five runs/walks! After the run/walk enjoy discounts on food and drink at Stir. No registration required.		May 1–July 31	W	5:30	FREE
101st Army Winds Band	What a treat! This amazing 20-piece band will perform patriotic songs old and new. Feel free to sing along!		May 1	W	1:30–3	FREE
Cinco de Mayo Fiesta	Music and dancing and sopapillas—olé! Come participate in this festive celebration of Mexican history and culture featuring authentic sopapillas, traditional folklorico dancers, and more!		May 3	F	1:30–3	\$3
Newcomers' Orientation	Whether you've already started taking classes or not, come and learn more about the Senior Center and all it has to offer. Learn about class registration, volunteer opportunities, clinic services, and more.		May 7 July 2	T T	10–11:30 1–2:30	FREE FREE
Summit Glen Choir Concert	Treat yourself to an hour of musical delights! Residents from Summit Glen, a local senior living community, will share their love of singing with us.		May 8	W	1:30–2:30	FREE
Mother's Day Afternoon Tea & Cookies	Happy Mother's Day! Join us for a splendid afternoon together with tea, cookies and conversation with friends and family. You will be serenaded with live background music.		May 10	F	2–3:30	\$5
Musical Afternoon with Sinatra	Step back in time and enjoy musical hits from the 40s through the 80s with Frank Sinatra, the greatest singer of his time. Tribute singer Rick Blessings sings all the familiar songs in Sinatra's incomparable style. Enjoy refreshments after the performance.		May 14	T	1:30–2:30	\$3
Tim Murphy's Variety Show	Tim Murphy is a man of many hats . . . and talents! An Air Force veteran, humorist and magician, Tim's Senior Center premiere performance promises to be lots of fun and laughs.		May 15	W	1:30–2:30	\$3
Song Spinners & Dinner	Kick off your summer with some oldies, but goodies, performed by the Song Spinners, a group that performs a lively variety show all around Colorado Springs. With their theatrical props and costumes, their performance is a crowd pleaser. Dinner is included in the price of your ticket.		May 23	Th	6–8	\$10
Gordon Lightfoot Tribute Concert	Enjoy the wonderful melodies of singer/songwriter Gordon Lightfoot, brought to you by tribute singer, Eric Elison. Eric's mission is to ensure that Lightfoot fans are able to hear his memorable songs the way Gordon sang them in his prime.		June 5	W	1:30–2:30	\$3
Senior Prom	Proms aren't just for high school seniors! Put on your dancing shoes, bring a friend and your smile, and rock the night away! A memorable evening featuring a live band performing 50s hits, delicious refreshments AND stylists from Toni & Guy Salon Academy to make sure your hair, make-up and nails are perfect for the big evening. Sign up at the front desk when you register to take advantage of their talents.		June 7	F	6–8pm	\$10
National Donut Day	Yummmm! Who doesn't love donuts? The day was originally created in 1938 by the Salvation Army in Chicago to honor their members who served donuts to soldiers during World War I. Today let's get together to enjoy each other's company . . . and a donut!		June 7	F	9:30–11:30	FREE
Senior Chorale Summer Concert	Beat the sun and have some fun listening to the Senior Chorale of the Rockies. They are sure to entertain singing oldies, patriotic songs, and much more. Refreshments follow the concert.		June 11 June 12	T W	1:30–2:30 6:30–7:30pm	FREE FREE
Father's Day Cook Out For All	Celebrate Father's Day at this special event honoring all dads. Grilled hot dogs, root beer floats and live music! Don't miss it!		June 14	F	1:30–2:30	\$5

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The Challenge of Going Solo with Jane Barton	Approximately 20 to 30% of the 65+ population is “going solo”—aging alone. A key factor in aging well is having a reliable social support system of family and friends. Jane Barton, founder of Cardinal, LLC and Caregiving Ambassador for AARP Colorado, discusses how we can proactively reinforce and expand our social support systems to meet the challenges of going solo.		June 17	M	1:30-3	FREE
Tunes on Tuesday - The Cliff Dwellers	Listen, hum and sing along with Johnnie D and his wife, Charmaine, as they sing and play your favorite tunes—folk, rock, and country—from the 60s and 70s. It promises to be a toe-tapping performance!		June 18	T	1:30-2:30	FREE
CONO Block Party	It’s a block party! CONO connects neighbors to each other, to other neighborhoods, and to community and local government resources. CONO is a hub for resources and tools to better empower our community. Join us for fun, food, and find information at your fingertips!		June 21	F	5-8:00pm	FREE
Historical Downtown Walking Tours	In partnership with AARP and Downtown Ventures, get out and about on walking tours, each with a different theme, on three consecutive Saturday mornings: June 29 - City of Sunshine; July 6 - Law & Order; and July 13 - Architecture and Murals. Meet outside the Downtown Y, 207 N. Nevada, on the west side of the building; free parking in the Y parking garage (enter from westbound Bijou Street).		June 29 July 6 July 13	Sa Sa Sa	9-10 9-10 9-10	FREE FREE FREE
Let Freedom Ring - Independence Day Celebration	Honor America! Join us for an afternoon of fun, patriotic music and more! A Color Guard will begin the festivities promptly at 1:30, followed by live music and refreshments.		July 3	W	1:30-3:00	\$3
Tunes on Tuesday - Four Winds Quartet	The Four Winds Quartet brings the unique sounds of their wooden recorders to the Senior Center, playing music from the Renaissance to today—Vivaldi to The Beatles.		July 9	T	1:30-3	FREE
Coffee with a Cop	Join us for coffee and conversation with a CSPD officer and youths from the Cadet Volunteer Program. Learn about the program, why teens choose to be part of it, and its impact.		July 19	F	9:30-10:30	FREE
Blue Ribbon Pie Contest	Fruit pies, cream pies, custard pies—everybody loves pie! Chefs from local senior living communities will compete for the coveted Senior Center Blue Ribbon and bragging rights! Enjoy pie-tasting and vote for the best pie in Colorado Springs.		July 23	T	1:30-3	\$1
“Paint & Sip” - Mix & Mingle	Whether you’re a novice or an accomplished painter, this party has something for everyone. Bring a friend or come solo and connect with new friends while a local artist guides you through painting your own masterpiece. All art supplies provided, just bring your smile!		July 24	W	6-8pm	\$25
Living History - Holocaust Survivor - Mr. Karl Knebl	We are honored to welcome Mr. Karl Knebl to the Senior Center to share his incredible life story with us. A two-time refugee, Mr. Knebl is the sole concentration camp survivor of his immediate family. A unique opportunity to listen and learn about his remarkable experiences.		July 30	T	2-3:30	\$3
Senior Law Day	This annual seminar brings local attorneys to provide information specifically on legal topics of interest to seniors: probate, estate planning, Medicare and Medicaid, VA benefits, and much more. Open to seniors, adult children, caregivers and interested others. The 2019 Colorado Senior Law book is available for a \$5 donation. Registration is required, and includes lunch.		August 3	Sa	9-1	FREE
Trailer Park Patsy	Donna Sue DeLisle, aka Trailer Park Patsy, sings classic country, blues, big band, 50s-60s songs, and, of course, Patsy Cline hits! Enjoy a rollickin’ fun afternoon!		August 6	T	1:30-3	\$5
Colorado Springs Saxophone Quartet Concert	Air Force veterans, formerly with the NORAD Band and the Air Force Academy Band, fill the room with the great sounds of big band and jazz classics featuring soprano, alto, tenor and baritone saxophones. Don’t miss it!		August 13	T	1:30-2:30	\$3
The Senior Scoop	What’s the scoop on senior services, resources and discounts in Colorado Springs? Find out information regarding health care, housing, recreation and fitness, entertainment, technology, transportation and much more. Don’t miss out on the best scoop of all—Josh & John’s Ice Cream Scoop Bus will be here from 10 to noon! Ice cream price ranges from \$1.50 - \$8.		August 17	Sa	9-2	FREE

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