

2026



Colorado Springs
Senior Center

MAGAZINE

CONNECT | DISCOVER | ENJOY



An Innovative Partnership with



719.955.3400 - csseniorcenter.com

SILVER SNEAKERS | PG 7

Stay strong, social, and moving with SilverSneakers®—your gateway to fitness and fun.

PROGRAMS | PG 9

Discover fresh ways to connect, learn, and stay active with the programs waiting at the Colorado Springs Senior Center.

ANNUAL SUPPORT CAMPAIGN | PG 11

Your gift to the Annual Support Campaign helps the Senior Center continue offering programs that keep older adults thriving.

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An Innovative Partnership with



WELCOME TO THE Colorado Springs Senior Center

Providing quality of life experiences for older adults

Do you want to challenge your brain by experiencing something new? Is the creative side of you ready to explore new worlds on a canvas? Are you looking for a fun social outlet? Have you wanted to participate in an exercise or dance class?

Then the Colorado Springs Senior Center is the place for you! **Our mission** is to promote active aging and enhance the well-being of adults 55 and older by providing dynamic programs, social engagement, and opportunities for lifelong learning, wellness, and personal growth. We encourage you to come see all the possibilities that are available to you.

We are looking forward to having you join us.



Tom Lathrop
Operations Director
Colorado Springs Senior Center



Colorado Springs Senior Center Scholarship Program

Reduced fees are available for fixed-income seniors through our scholarship program. If you need financial assistance to take a class, please request an application at the front desk.



Snow Policy

In case of weather-related Senior Center closures or delayed openings:

- Call 719.955.3400 by 8:00 a.m. for a recorded message
- Check our website: csseniorcenter.com
- Watch local TV news stations

We will attempt to make up cancelled classes. Day trips are evaluated on a case-by-case basis.



Patron Cards

There are no membership fees at the Senior Center. We have patron cards for those who attend regularly. Please stop by the front desk to get your card. We ask that you scan your card each time you visit the center to allow us to accurately track the number of people taking advantage of our services and to demonstrate to our donors the positive impact we have on seniors' lives and well-being. The first card is free; there is a \$3 replacement fee for lost cards.



Americans with Disabilities Act (ADA)

The Senior Center complies with the ADA and will make reasonable accommodations (i.e., sign language interpreter, braille format, adaptive equipment) to enable people with disabilities to participate and enjoy recreation and education programs. If you require a wheelchair-accessible bus to participate in a day trip, please contact the Senior Center to arrange accommodations. Some trip destinations may not be fully accessible, and staff will share what they know to help you make an informed decision.



Refund Policy

The Colorado Springs Senior Center depends on class fees to pay instructors and to provide a variety of classes and activities. For this reason, classes may be cancelled due to low enrollment. Our refund guidelines ensure that we can retain quality instructors and not cancel classes unnecessarily. Please review the guidelines below and ask questions before cancelling your registration.

- Payment in full is required at registration. A full refund or credit will be issued if you cancel more than one week prior to the start of the class or if the Senior Center cancels the class.
- Please let a staff member know if you want a refund or credit. If your original payment was made by credit card, a refund can be made to that card. If payment was made by cash or check, please allow 2-3 weeks for a refund check to be mailed to the address on file.
- No refund or credit is given if notification is made less than one week before the class start date or after the class has started.
EXCEPTION: A 50% credit will be issued if the cancellation is for a medical reason. The cancellation must be made within the time frame of the class.
- Credits must be used within 12 months of the issue date.
- Class fees cannot be prorated.



2026 Holiday Closure Dates

Memorial Day ----- Monday, May 25
Independence Day (Observed) --- Friday, July 3
Labor Day ----- Monday, September 7
Thanksgiving Day ----- Thursday, November 26
Christmas Week ----- December 21-25
New Year's Week ----- December 28-January 1



SENIOR CENTER PROGRAMMING

YMCA OF THE PIKES PEAK REGION LOCATIONS

Association Offices

207 North Nevada Avenue
Colorado Springs, CO 80903
719.471.9799

1 Briargate

4025 Family Place
Colorado Springs, CO 80920
719.282.9622

2 Colorado Springs Senior Center

1514 N Hancock Avenue
Colorado Springs, CO 80903
719.955.3400

3 Cottonwood Creek

3920 Dublin Boulevard
Colorado Springs, CO 80918
719.385.6508

4 Downtown

207 North Nevada Avenue
Colorado Springs, CO 80903
719.471.9799

5 The YMCA at First & Main

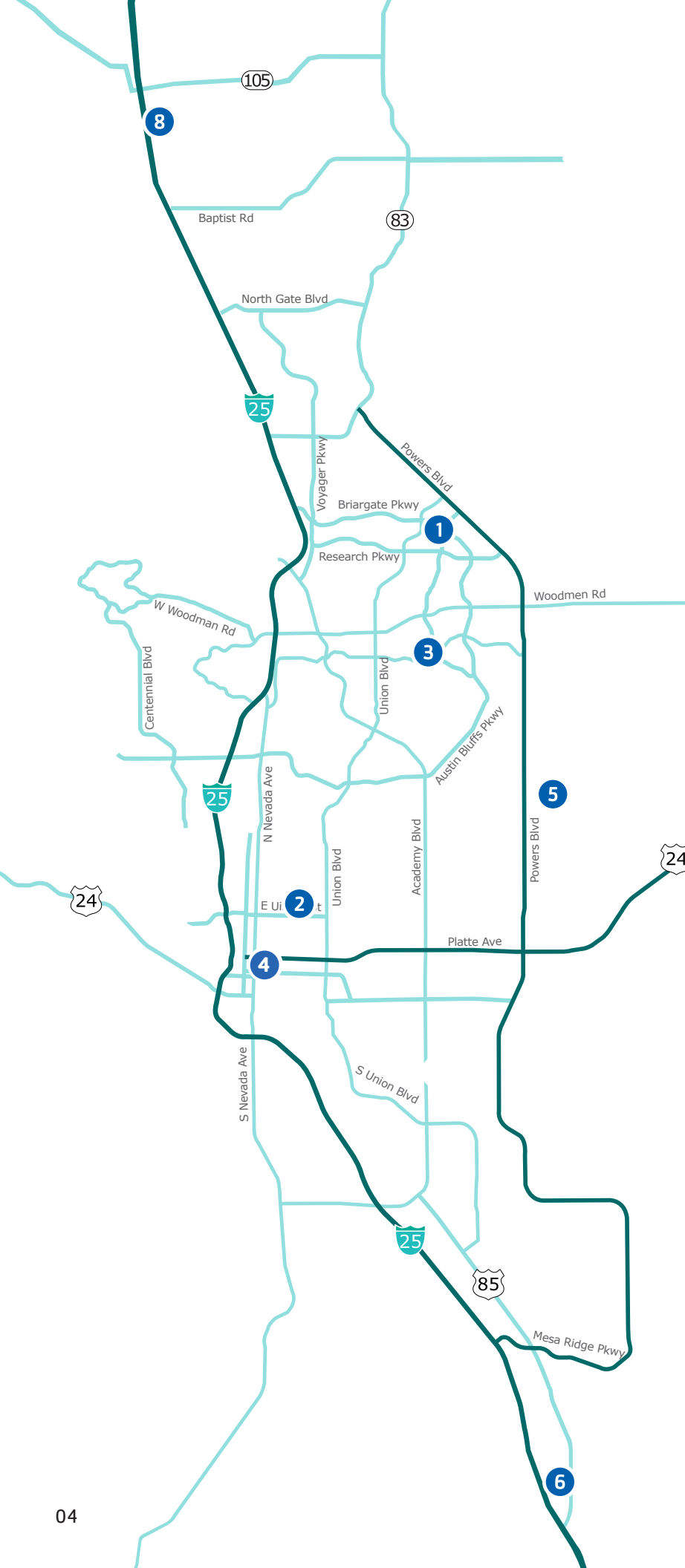
3035 New Center Point
Colorado Springs, CO 80922
719.574.2878

6 Fountain Valley

326 West Alabama Avenue
Fountain, CO 80917
719.884.2198

8 Tri-Lakes

17250 Jackson Creek Parkway
Monument, CO 80132
719.481.8728



GET ACTIVE, FEEL GREAT!

SILVER SNEAKERS® & RENEW ACTIVE OFFERINGS

An Innovative Partnership with



SilverSneakers® & Renew Active are benefits offered by some Medicare Advantage plans. Members can attend any SilverSneakers® fitness class free of charge.

In addition, members receive a 15% discount on all Senior Center programs and activities except for day trips and personal training.

With this benefit, you have free access to any YMCA facility (listed on the previous page), including classes, pools, and strength and conditioning centers.



SilverSneakers

Registration is required for all participants. Non SilverSneakers® or Renew Active members must pay at the time of registration. Space is limited.



Medicare Mentors



**NO COST
CONSULTATION!**

Helping You Make the Most of Your Benefits

Medicare Mentors, powered by Spark, delivers NO COST relationship-based education and services to ensure EVERY Medicare eligible person understands Medicare and all their options to optimize coverage and benefits. We commit to advocate for you today and all your tomorrows.



Contact us Today!

(970) 457-6155

www.medicarementorsllc.com



We do not offer every plan in your area. Currently we represent 11 organizations offering 3768 products. Please contact Medicare.gov, 1-800-MEDICARE, or your local SHIP for information on all your options. We do not discriminate based on race, color, national origin, sex, age, or disability.

CALLING ALL VOLUNTEERS!

BARBARA

"I am a veteran who served 20 years in the Air Force. I have been volunteering for the past four years and enjoy meeting and talking to our seniors.

This is a place to come and enjoy a variety of programs. Come and join in the fun!"



We need your help now more than ever!

Volunteer Benefits:

- Connects you with the community
- Good for your mind and body
- Provides a sense of purpose
- Make new friends and contacts
- Increase your relationship skills

Call, email, or stop by and ask Nathan for further details if you are interested in volunteering.

719-955-3404 or nsteffes@ppymca.org



We're in your corner.

People today can spend nearly half their lives over the age of 50. That's a lot of living. So, it helps to have a wise friend and fierce defender like AARP in your community.

Find us at aarp.org/co.

 /aarp.colorado



SENIORS Blue Book
RESOURCES FOR AGING WELL

FREE

**AGE GRACEFULLY
AND WITH
PURPOSE.**



Navigate the aging process.

Compare local 55+ living communities.

Explore different in-home care options.

Discover community businesses to help you age.

GET EDUCATED. BE PREPARED.

ORDER NOW

SeniorsBlueBook.com/Book-Order
Or Call 800-201-9989

For more information, please visit:
SeniorsBlueBook.com

Thursday Dances

Join the action every Thursday from 1-2:30 p.m. for live music by local bands. Music ranges from hits of the 50's, 60's, and 70's. There is no cover charge, and we suggest you give the band a great tip. Band schedules will be posted and available to pick up when requested.



Silver Key Connections Café

Is there anything better than sharing a meal with others? At Silver Key Connections Café, anyone over the age of 60 can enjoy a hot, nutritious meal five days a week for a suggested donation of \$3.50. Lunch is served at the Senior Center in the lobby from 11:30-12:30 Monday through Friday. Guests who are younger than 60 years old are welcome to eat for \$9.85 per person. Meal reservations are required 24 hours in advance. To reserve a meal please call 719-884-2300 or do so online at silverkey.org



A Dedicated Veterans Facility



Allan R. Simpson

VETERANS

RESIDENTIAL CARE QUARTERS

at Crestview

Welcome Home

The Allan R. Simpson Veterans Residential Care Quarters is a Crestview Assisted Living Facility. You can always count on Crestview to provide the highest standard of care for our residents.



Experienced care providers create hearty,
healthy meals for residents to enjoy!

With comfort in mind, each resident has the luxury of a
private room and warm welcoming common areas.



Because You Served First...

it is our greatest honor,
to now serve you!

YMCA 2026 ANNUAL SUPPORT CAMPAIGN

CONNECT

At the Colorado Springs Senior Center, connection is more than just a word—it's the foundation of everything we do. Our center is a place where friendships flourish, and everyone feels like they belong.

DISCOVER

We offer a wide range of programs to ignite your curiosity and help you uncover new skills and interests. Every day is a chance to learn something new and exciting.

ENJOY

Enjoyment takes many forms at our center. Whether you're engaged in a lively discussion during one of our history lectures or simply enjoying the tranquility of a watercolor class, we ensure that every activity is designed to bring you joy and satisfaction.

The Senior Center is a community educational and recreational facility where all seniors have the opportunity to increase their social connectedness while staying mentally and physically active with little to no cost to them. You can help us in the following ways financially.

- Donate \$690 to help a senior participate in programming for one whole year
- Donate \$120 to help a senior take a fitness class for four months
- Donate \$55 to help a senior take an art class for five weeks

This also helps us with scholarships up to 75% off for those that are living on a fixed-income and also for those over the age of 90 we provide a 100% discount.

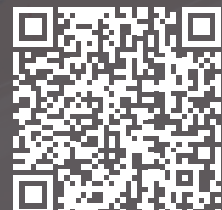


"I have been coming to the Colorado Springs Senior Center since 2006! I was married for 55 years to the love of my life, who also came to the Senior Center until he passed. I participate in line dancing, flyswatter volleyball, and play cards. I enjoy the friendships that I have made over the years, the camaraderie, and the food."

Gwendoline, 82 years young

**Don't wait.
GIVE TODAY!**

ppymca.org/donate-senior-center





OUR STAFF



TOM LATHROP - Operations Director

Tom has lived in Colorado Springs since 2010, and after a 20 year career in the music industry while living in Nashville, he has been serving the senior community. Tom and his wife, Glenna have two adult children who also live here locally. He has served many roles at the Senior Center and is currently the Operations Director. He, along with a small team, provides an amazing experience for the patrons that attend the many classes and events at the newly built Senior Center. Tom loves music, baseball, being outdoors, and going to an occasional Indy car race.



CHRISTA HAZLETT - Director of Senior Programs

Christa, a Colorado Springs native, has dedicated over 30 years to working with seniors in various roles. She is a proud mother of six children and a grandmother to ten grandchildren. Her love for family knows no bounds. In her free time, she enjoys diving into fantasy novels and immersing herself in historical time period movies.



SHEILA WOOLWINE - Administrative Coordinator

Sheila provides front desk support for patrons in person and via telephone, building relationships and creating a positive environment for all who use the Center. She provides administrative support for both directors, and as the administrator for our AARP Senior Planet technology program. As a former "military brat" and an Air Force retiree, she has traveled extensively and loves visiting new places and meeting people. She has mastered four professions, so she can usually find something to chat about when she meets new people. Be sure to stop by and say hello when you visit the Center.



CHRISTY OLSEN - Custodial Lead

Christy started at the Senior Center in September of 2023. He brings a love of people and a special ability to have a conversation with pretty much anyone. As our part-time facilities staff, you'll usually find him working on a project, setting up spaces, or keeping our building beautiful. He's always ready to answer your questions, help you carry things, or just chat for a while. In addition to working at the Senior Center, Christy is a law student at the University of Denver. He loves music, woodworking, and learning new things. After graduation, he hopes to work in the areas of Criminal Defense and Conviction Integrity.



NATHAN STEFFES - Business Coordinator

Hi, I'm Nathan—born and raised right here in Colorado Springs. Being part of the Senior Center team means a lot to me because I get to give back to the community that shaped me. I love creating a welcoming space where older adults can connect, stay active, and feel at home. Whether I'm chatting with visitors or lending a hand wherever it's needed, I try to bring a friendly face and a genuine spirit to everything I do. Outside of work, you'll usually find me hiking one of our beautiful local trails and soaking up the Colorado sunshine.



PROFESSIONAL SERVICES



Mountain Medical Foot Care

Experienced, local wellness nurses helping seniors put their best foot forward! Located in the first hallway of the Senior Center. Diabetic care, toenail trimming, corns, calluses, ingrowns & more. \$55. Tuesdays/Wednesdays/Thursdays. Call 719-510-5990 for more information and appointments.

The Justice Center Free Legal Services

Since 2011, The Justice Center has been working in the Pikes Peak region to increase and promote equal access to justice. We do this by providing free legal clinics, connecting applicants to free and reduced cost attorneys, and participating in community access-to-justice events. Call 719-473-6212 for more information



Colorado Legal Services - Legal Counseling

Colorado Legal Services provides free legal assistance for those that qualify. This includes advice, brief services, negotiation, and full representation. Colorado Legal Services attorneys specialize in providing high quality civil legal services to low-income and senior clients. Applicants are asked to complete an intake form which includes providing financial information and information about the nature of your legal need. You can apply by calling 719-471-0380, visiting our website at coloradolegalservices.org



The Transition Trio



Leave the Details to us

Our businesses work together to offer a variety of services to ensure you'll have the support you need to successfully navigate any upcoming move to a senior living community or downsizing your home. Call any of us to get started today.



Tory Barcus
Assisted Living Locators

We advise and guide families and seniors through transitions in care and lifestyles.
719-728-2468



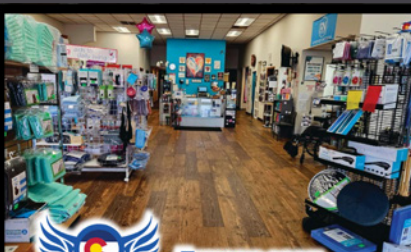
Alyce Chermack
Platinum Group Realtors

Providing real estate expertise to older adults and their families with care and compassion.
303-475-2792



Tami Gale
Gale Force Organizers

Creating organized and inviting spaces that function for how you want to live.
719-653-5610



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719-632-4036

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info@highestpointrealestate.com



If you're 50+, put your trust in a Realtor® trained to support you.

Partner with a Seniors Real Estate Specialist®

- ✓ Resource for aging in place (see Senior Center class schedule)
- ✓ Downsizing assistance
- ✓ Free referral lists for contractors and professionals
- ✓ Free referral service for HECM and reverse mortgages

Call Senior Trust...
719-572-1234
Julie Rush SRES
Charlie Brown SRES



ENGAGE! 
LEARNING MORE • LIVING WELL

6.27.26

A one-day conference designed to inspire curiosity, connection, & confidence among adults 55+. *Hands-on learning, expert insight, and community collaboration.*

WHERE: Colorado Springs Senior Center
Tickets are \$25 and on sale April 15!



HOLIDAY DINNER DANCE  11.7.26
EST. 2006

The **Holiday Dinner Dance** is more than just an event; it is a celebration of our community's **spirit, love, and togetherness**. Enjoy an evening of dancing, dinner and fun with your community! This is a free event! **Limited seats available.** Registration opens in September!

SENIORRESOURCECOUNCIL.ORG



Age with dignity & independence

- Activity Centers
- Connections Café
- Meals on Wheels
- Transportation
- Companionship
- Thrift Stores
- Food Pantry



Scan to learn more or visit silverkey.org

We're here to listen, help, and celebrate life together.



719-884-2300
info@silverkey.org



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STAY CONNECTED

WE WANT TO HEAR FROM YOU!

Active Adult Newsletter

Each month, the Active Adult Newsletter is emailed out to our patrons. The newsletter highlights upcoming programs, special announcements, updates and changes, and more. Want to receive the newsletter? Contact the front desk or provide your email at the time of registration.

Follow Us on Facebook

Check out the Colorado Springs Senior Center Facebook page at facebook.com/ColoradoSpringsSeniorCenter for pictures, events, and promotions.

Submit Your Photos

Have you taken great photos from Senior Center events or programs? Share with us by emailing them to chazlett@ppymca.org

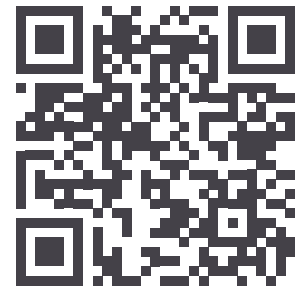
Class Ideas

Do you have a great idea for a class offering or day trip? Share with us so we can make it happen by emailing chazlett@ppymca.org.

VIEW OUR CLASS SCHEDULES ONLINE OR IN-HOUSE. WE OFFER:

- Exercise Classes
- Dance Classes
- Health Classes
- Special Events
- Art Classes
- Day Trip Outings
- Groups/Clubs
- Technology Classes
- Lifelong Learning Classes
- AND MORE!

Learn More At seniorcenter.ppymca.org/events-programs/



LOCAL RESOURCES

Affordable Medical Supply
719.632.4036

Alzheimer's Association
719.266.8773

Apply for Medicaid / Health First Program
800.221.3943

Area Agency On Aging
719.471.2096

Assisted Living Locators
719.728.2468

Colorado Legal Services
719.471.0380

Colorado Springs Senior Center
719.955.3400

Crestview Assisted Living
719.473.6339

Department of Human Services
719.636.0000

Dial 211 for Community Resources / Option 5 for a Community Navigator
719.955.0742

Gale Force Organizers
719.653.5610

Highest Point Real Estate
719.466.4377

Home Repair: Number One Sons
719.203.6603

Housing: Colorado Connects / Brothers Redevelopment
844.926.6632 / 719.888.9134

The Independence Center
719.471.8181

The Justice Center
719.473.6212

LEAP - Low Income Energy Assistance Program
866.432.8435

Medicare Mentors
970.457.6155

Morey Law
719.465.4324

Mountain Medical Foot Care
719.510.5990

Non-Emergency Police Line
719.444.7000

Pikes Peak United Way
211 (Landline) 719.955.0742

Platinum Group Realtors
303.475.2792

Remax Properties - Senior Real Estate Specialists
719.572.1234

Seniors' Blue Book - Resources for Aging Well
800.201.9989

Silver Key Senior Services
719.884.2300

Social Security Office
888.880.0688

University of Colorado - Aging Center
719.255.8002



JUNE 5-7, 2026



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2026 SPORTS

Archery | Badminton | Basketball | Basketball Skills | Billiards 8 Ball | Bowling | Golf | Pickleball | Power Walk | Powerlifting | Race Walk | Racquetball | Softball | Swimming | Tennis | Track and Field | Volleyball





Colorado Springs Senior Center

Providing quality of life experiences for older adults.



An Innovative Partnership with



SeniorCenter.pymca.org