

CENTENNIAL YMCA CENTER OF GENERATIONS: Older Adult Program Calendar

HOURS: Monday - Friday 10 AM-3 PM | CONTACT: 720-918-6425 centennial cog@denverymca.org
<https://denverymca.org/centennial-center-generations>



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCT 30 -NOV 3	Chair Yoga 12:30 PM Introduction to Square Dance 2 PM-#3	Scrabble 11 AM Silver Sneakers 12 PM	Tai Chi 12 PM CultureLab presents: "Agony Aunts - Let's Write an Advice Column." 2 PM	Little Free Library Building the Box! Silver Sneakers 12 PM Pinochle 11:30 AM - 3 PM	Arapahoe Libraries Classic Game Club 11 AM Freestyle Floor Yoga 1 PM
NOV 6-10	Chair Yoga (SS) 12:30 PM Drop in Board Games, Coffee	Crochet/Knitting with a purpose 10:30 AM Silver Sneakers 12 PM Experimenting with Art Reg & Fee 2:30 PM	Tai Chi 12 PM Genealogy & All of Us Preview 2 PM Must Register in Advance	Silver Sneakers 12 PM Pinochle 11:30 AM - 3 PM	Hindu Temple and Cultural Center-Come learn about Diwali -the Festival of Lights Showing of "Good Morning Viet Nam" in honor of Veteran's Day 1 PM
NOV 13-17	MahJong Meets 10:30-12:30 with Kathleen Sutton Chair Yoga 12:30 PM Arapahoe Library Book Talk 2:00 PM	Drop In for coffee board games Silver Sneakers 12 PM Experimenting with Art 2:30 PM Reg & Fee	Blue Zone -Japan Okinawa 11:30 AM Reg & Fee Tai Chi 12 PM	Silver Sneakers 12 PM Travel to Liverpool, London and Dover with Curt Huber 1:15 PM Pinochle 11:30 - 3 PM	Gong Bath Immersion 10:30 -12:00 PM Reg & Fee EPIC Campus Lunch & Learn 12-1 PM Bingo with fun guy Don Sheehan 3 PM
NOV 20-24	MahJong Meets 10:30 AM SS/Chair Yoga 12:30 PM	Drop in for coffee board games Silver Sneakers 12 PM Experimenting with Art 2:30 PM Reg & Fee	Drop In for Coffee, Board Games Tai Chi 12 PM	CLOSED	CLOSED
NOV 27-30	Chair Yoga 12:30 PM ACCOA Understanding Long Term Care Insurance 1-3 PM FREE GIFT WRAPPING	Silver Sneakers 12 PM Experimenting w/Art Reg & Fee 2:30 PM	Tai Chi 12 PM Senior Safety with South Metro Fire 1:15 PM	Silver Sneakers 12 PM - 1 PM Pinochle 11:30 AM - 3 PM Fix your Feet Clinic 1:15 PM Reg & Fee	In partnership with 