

**CENTENNIAL YMCA CENTER OF GENERATIONS**  
**Older Adult Program Calendar ~**  
**NOVEMBER 2023 Monthly Highlights**



Wednesday, NOV. 1 2 PM	<b>CultureLab presents: "Agony Aunts - Let's Write an Advice Column."</b> Ben Franklin was the first 'Mr. Lonely Hearts' – advising on how to keep a mistress!
Tuesday, NOV.7 10:30 AM	<b>Crafting for a Purpose:</b> For projects 'Loose Ends', 'Knots of Love', 'Warm Hearts-Warm Babies', and Women's Shelters to create and donate handicrafts. PREVIEW MEETING.
Tuesdays, NOV. 7, 14 & 21 2:30 – 4 PM	<b>Experimenting with Art, Hands-on:</b> Pam Reich, Art Educator and Aficionado, helps you discover your inner artist. <b>On-site Registration and Fee (\$10 CoC residents, \$20 non-residents).</b>
Wednesday, NOV.8 2:00 PM	<b>Exploring Genealogy Preview:</b> We'll discuss the basics and set up for future sessions to learn how to research. Jess Giffin will also share details about the NIH "All of Us" <b>Genetic Research Project</b> so we can contribute to scientific health databases. <b>NO FEE, but on-site registration please!</b>
Friday, NOV. 10 11:00 AM	<b>Celebrate Diwali, Indian Festival:</b> A festival of lights celebrating the triumph of light over darkness, good over evil. A Speaker from the HINDU TEMPLE AND CULTURAL CENTER OF THE ROCKIES will join us.
Monday, NOV.13,20, 10:30-12:30 PM	<b>Member-led Mahjongg Meet-up.</b> Informal play, no instructor. We have tiles! <b>(Please confirm with Kathleen Sutton katsutton@comcast.net)</b>
Monday, NOV. 13 2:00 pm	<b>Arapahoe Libraries Monthly Book Talk:</b> Heidi brings a selection of books to preview, and folks will share what they are reading.
Wednesday, NOV.16 11:30 – 1 PM	<b>THE BLUE ZONE Nutrition Demonstration and Lunch:</b> We are going to the island of Okinawa, Japan. <b>ONLINE Registration and Fee (\$10 CoC residents, \$15 non-residents).</b>
1:15-2:00 PM	<b>Travels with Curt:</b> Liverpool, London and Dover with Curt Huber.
Friday, NOV.17 10:30-12:00 PM	<b>Experience pre-holiday Bliss!</b> Take a Gong Bath to bring in mindfulness as people prepare for the stress of the Holiday Season. Wear comfortable clothes, bring a pillow! <b>ONLINE Registration and Fee. ( CoC residents \$20, non-residents \$25).</b>
12:00 – 1:00 PM	<b>EPIC Campus Students Lunch and Learn:</b> Get your IT Assistance and mix it up intergenerationally! Snacks provided.
3:00 – 5:00 PM	<b>Bingo Lingo!:</b> We are introducing the real deal Bingo – cage, cards and caller Don Sheehan.
Monday, NOV. 27 1:00 – 3:00 PM	<b>ACCOA Monthly Meeting:</b> Guest Speaker on Long Term Insurance, and <b>Free Gift Wrap supplies!</b>
Wednesday, NOV.29 1:15 PM	South Metro Fire-Senior Safety: Our fire-fighting friends will share tips and advice.
Thursday, NOV.30 1:15 – 2:15 PM	Fix Your Feet Clinic: Our feet hold up the World! Give them some TLC. <b>ONLINE Registration and Fee (\$20 CoC residents, \$30 non-residents).</b>

IN PARTNERSHIP WITH



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