

**YMCA Centennial of Generations**  
**Older Adult Program Calendar**  
**MAY 2024 Monthly Highlights**  
[Denverymca.org/centennial-center-generations](https://denverymca.org/centennial-center-generations)  
[Centennialcog@denverymca.org](mailto:Centennialcog@denverymca.org)

Mondays 12:30 PM	Silver Sneakers Chair Yoga
Mondays 12:30 PM	Beginning Mahjong
Tuesdays 10 AM	Morning Stretch and Coffee- start your Tuesdays with invigorating moves and coffee with friends
Tuesdays 11 AM	Beginning Crochet and Knitting-learn a new skill or bring your current project, enjoy the company of fellow crafters OR Play Scrabble or Sequence
Wednesdays 10:30 AM	Gentle Yoga
Wednesdays 12 PM	Exercise class tbd
Thursdays 10 AM	Mindfulness Mornings mindful writing to calm your mind and help you be present \$ registrations
May 2 1 PM	Growing tomatoes and other tasty things in Centennial presented by Lynn Cleveland
May 9 2 PM	Big Boats, Big Food, Big Scandals a wonderful presentation on cruising with Marydean Purves
May 10 1 PM	Afternoon Movie: The Beekeeper-Jason Statham means action and adventure. He fights against a crime ring targeting seniors
May 13 2 PM	Join Heid with Arapahoe Library District to hear about new releases creating buzz in the literary world. Get your next read.
May 14 2:15 PM	Active Minds: The Age of the Vikings
May 15 12 PM	Nutrition Demo: Feed your Brain \$20
May 16 2 PM	James Walsh UCD professor explored the history of Irish Immigrants who worked the Leadville mines, come learn how he discovered some of their living ancestors in Ireland.
May 20 2 PM	Book Club: Librarian Spy
May 21 2 PM	Reverse Mortgages: get the facts, pros and cons: learn how they can help you stay in your home, help your family
May 23 2 PM	Tagawa Gardens presents container gardening, flowers, vegetables to make your summer fun
May 23 3 PM	Vibrational Sound Bath with Laurine \$25 members \$35 nonmembers
May 24 1 PM	Classic Movie Club: Best Years of Our Lives 1946 movie focusing on 3 veterans who served in WWII
May 27	<b>Closed</b>

