

CENTENNIAL YMCA CENTER OF GENERATIONS: Older Adult Program Calendar

APRIL 2024

HOURS: Monday-Friday 10 AM - 3 PM

Contact: 720-918-6425 centennialcog@denverymca.org



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 1-5	11 AM Mexican Train 12:30 PM SS Chair Yoga 12:30 PM Beginning Mahjong	11 AM Beginning Needle Work (Crochet/Knitting etc) 1 PM Silver Sneakers 1:30 PM Art Club-Henry Matisse: the Cut Outs	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Learn Spanish with friends	11 AM Players Choice 1 PM Silver Sneakers 2 PM Let's Celebrate April Birthdays	10 AM Let's Move 11 AM Beginning Bridge 1 PM Poker
April 8-12	11 AM Mexican Train 12 PM PM Eclipse Watch 12:30 PM SS Chair Yoga 12:30 PM Beginning Mahjong 2 PM Book Talk w/ALD	11 AM Beginning Needle Work (Crochet/Knitting etc) 1 PM Silver Sneakers 1:30 PM Art Club-Henry Matisse: the Cut Outs	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Learn Spanish with friends	11 AM Players Choice 1 PM Silver Sneakers 2 PM Cruising... Big Boat, Big, Food, Big Scandals	10 AM Let's Move 11 AM Beginning Bridge 1 PM Poker 2 PM Monthly Mocktails-let's talk about the World Happiness Report
April 15-19	11 AM Mexican Train 12:30 PM SS Chair Yoga 12:30 PM Beginning Mahjong 1 PM Secrets of the Titanic 2:30 PM Book Club: West	11 AM Beginning Needle Work (Crochet/Knitting etc) 1 PM Silver Sneakers 1:30 PM Art Club-Henry Matisse: the Cut Outs	10:30AM Gentle Yoga 12 PM Tai Chi 12 PM Nutrition Demonstration registration\$ 1 PM Learn Spanish with friends 2 PM Property Tax Relief?	11 AM Players Choice 1 PM Silver Sneakers 2 PM Movie: One Love	10 AM Lets Move
					APRIL 20: AARP SMART DRIVER COURSE 8:15 AM-1 PM
April 22-26	11 AM Mexican Train 12:30 PM SS Chair Yoga 12:30 PM Beginning Mahjong	11 AM Beginning Needle Work (Crochet/ Knitting etc) 1 PM Silver Sneakers 1:30 PM Art Club 2 PM Full Moon Fung Shei	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Learn Spanish with friends 2 PM How does your garden grow?	11 AM Players Choice 1 PM Silver Sneakers 2 PM Active Minds	10 Lets Move 11 AM Beginning Bridge 1 PM Classic Movie Club Wild Strawberries
April 29-30	11 AM Mexican Train 12:30 PM SS Chair Yoga 12:30 PM Beginning Mahjong	11 AM Beginning Needle Work (Crochet/ Knitting etc) 1 PM Silver Sneakers 1:30 PM Art Club	APRIL IS NATIONAL VOLUNTEER MONTH		

In partnership with



Fitness classes: \$5 - residents; \$10 non-residents

Drop in classes: \$10 - non residents



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