

CENTENNIAL YMCA CENTER OF GENERATIONS: Older Adult Program Calendar MAY 2024

HOURS: Monday-Friday 10 AM - 3 PM

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



Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apr 29- May 3	11 AM Mexican Train 12:30 PM Chair Yoga 12:30 PM Beginning Mahjong	11 AM Scrabble 1 PM Silver Sneakers 1:30 PM Art Club	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Learn Spanish with friends	11 AM Player's Choice 12 PM Silver Sneakers 1 PM Growing Tomatoes & other tasty things	10 AM Lets Move 11 AM Beginning Bridge 1 PM Derby de Mayo celebration
May 6-10	11 AM Mexican Train 12:30 PM Chair Yoga 12:30 PM Beginning Mahjong	10 AM Morning Stretch & Coffee 11 AM Scrabble Knitting/Crochet-beginning 1 PM Silver Sneakers 1:30 PM Art Club	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Learn Spanish with friends	10 AM Morning Mindfulness 11 AM Player's Choice 1 PM Silver Sneakers 2 PM Big Boats Big Food Big Scandals	10 AM Let's Move 11 AM Beginning Bridge 1 PM Friday Movie: The Beekeeper
May 13-17	11 AM Mexican Train 12:30 PM Chair Yoga 12:30 PM Beginning Mahjong 2 PM Book Talk ALD	10 AM Morning Stretch & Coffee 11 AM Scrabble 1 PM Silver Sneakers 1:30 PM Art Club 2:15 PM Active Minds-The Age of the Vikings	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Learn Spanish with friends	10 AM Morning Mindfulness 11 AM Player's Choice 1 PM Silver Sneakers 2 PM Irish Immigrant Experience in Colorado	10 AM Lets Move 11 AM Beginning Bridge 1 PM Poker
May 20-24	11 AM Mexican Train 12:30 PM Chair Yoga 12:30 PM Beginning Mahjong 2:30 PM Book Club "The Librarian Spy"	10 AM Morning Stretch & Coffee 11 AM Scrabble 1 PM Silver Sneakers 1:30 PM Art Club 2 PM Reverse Mortgages, how do they really work?	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Learn Spanish with friends	10 AM Morning Mindfulness 11 AM Player's Choice 1 PM Silver Sneakers 2 PM Container Gardening with Tagawa Gardens 3 PM Vibrational Soundbath	10 AM Let's Move 11 AM Beginning Bridge 1 PM Classic Movie Club: Best Years of Our Lives
May 27-31	CLOSED -Honoring those who lost their lives in service to America	11 AM Scrabble 1 PM Silver Sneakers 1:30 PM Art Club	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Learn Spanish with friends	10 AM Morning Mindfulness 11 AM Player's Choice 1 PM Silver Sneakers	10 AM Lets Move 11 AM Beginning Bridge 1 PM Poker



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



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