

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

HOURS: Monday-Friday 10 AM - 3 PM

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



Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 1-5	11 AM Mexican Train 12:30 PM Chair Yoga 12:30 PM Beginning Mahjong	10 AM Morning Stretch & Coffee 11 AM Beginning Knitting/Crochet 1 PM Silver Sneakers 1:30 PM Art Club	10:30 AM Gentle Yoga 12 PM TaiChi 1:30 PM Learn Spanish with Friends	Closed	10 AM Let's Move 11 AM Beginning Bridge
July 8-12	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 Beginning Knitting/Crochet 1 PM Silver Sneakers 1:30 PM Art Club 2:30 PM Active Minds-Water in Colorado	10:30 AM Gentle Yoga 12 PM TaiChi 1:30 PM Learn Spanish with Friends	10 AM Morning Mindfulness 11 AM Yoga In the Park 1 PM Silver Sneakers 2 PM The Healing Power of Touch	10 AM Let's Move 11 AM Beginning Bridge 1 PM Friday:Bunco!
July 15-19	11 AM Mexican Train 12:30 PM Chair Yoga 12:30 PM Beginning Mahjong 2 PM Arapahoe County Budget Options	10 AM Morning Stretch & Coffee 11 AM Beginning Knitting /Crochet 1 PM Silver Sneakers 2 PM Beading with friends \$5 2 PM Snack and Chat with a Registered Dietician- REGISTER	10:30 AM Gentle Yoga 12:00 PM TaiChi 1:30 PM Learn Spanish with Friends	10 AM Morning Mindfulness 11 AM Yoga in the Park 1 PM Silver Sneakers 2 PM CPR and AED-be prepared	10 AM Lets Move 11 AM Beginning Bridge 1 PM Poker
July 22-26	11 AM Mexican Train 12:30 PM Chair Yoga 12:30 PM Beginning Mahjong 2:30 PM Book Club: The Mittford Affair	10 AM The Healing Power of Touch 11 AM Beginning Knitting /Crochet 1 PM Silver Sneakers 1:30 PM Art Club 2 PM Centennial Senior Commission	10:30 AM Gentle Yoga 1:30 PM Learn Spanish with friends 2 PM National Amelia Earhart Day	10 AM Morning Mindfulness 11 AM Yoga In the Park 1 PM Silver Sneakers 2 PM July Celebration	10 AM Let's Move 11 AM Beginning Bridge 1 PM Classic Movie: JAWS
July 29-31	11 AM Mexican Train 12:30 PM Chair Yoga 12:30 PM Beginning Mahjong	10 AM Morning Stretch & Coffee 11 AM Beginning Knitting /Crochet 1 PM Silver Sneakers 1:30 Art Club	10:30 AM Gentle Yoga 1:30 PM Learn Spanish with friends 2 PM National Avocado Day-Fun Facts about the Avocado	"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator, with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness." — The Declaration of Independence, 1776	



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



FOLLOW US ON SOCIAL!

@centerofgenerations.ymca