

YMCA Centennial of Generations

Older Adult Program Calendar

July 2024 Monthly Highlights

[Denverymca.org/centennial-center-generations](https://denverymca.org/centennial-center-generations)

Centennialcog@denverymca.org

July 9 - 2:30 PM	Active Minds: Water in Colorado-this class will help us understand our water history, the current challenges and what the future holds for our use of this precious resource.
July 11 - 2 PM	The Healing Power of Touch-paired seniors will exchange guided 20-minute light touch massage as you learn the benefits of a healthy touch
July 15 - 2 PM	Katherine Smith, Director of Community Resources, Arapahoe County will share information about the Arapahoe County Budget shortfall and options being considered to alleviate it.
July 16 - 2 PM	Beading with Friends-come learn how to make a beautiful, beaded bracelet. \$5 fee to cover the cost of materials.
July 16 - 2 PM	Snack and Chat with a Dietician – Let’s talk healthy eating with the Y’s nutritionist Jen. No Fee, but please register.
July 18 - 2 PM	Learn CPR and the use of an Automated external defibrillator -AED-Lynn Taylor a certified instructor will lead this class that will be of value to all
July 23 - 2 PM	Centennial Senior Commission-offsite meeting at 7272 S Eagle Street, Centennial 80112
July 24 - 2 PM	Remembering Amelia Earhart with the showing of the 2009 movie "Amelia" starring Hilary Swank
July 25 - 2 PM	Let’s celebrate July with Rootbeer Floats
July 31 - 2 PM	National Avocado Day-learn about the history of avocados, share your wildest recipes and taste some delicious avocado infused delights



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