

# CENTENNIAL YMCA CENTER OF GENERATIONS: Older Adult Program Calendar

## August 2024

HOURS: Monday-Friday 10 AM - 3 PM

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



Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Aug 1-2</b>	August is National Happiness Happens Month- Happiness is not a destination, but rather a life-long pursuit. Joy can be found anywhere at any time.			10 AM Morning Mindfulness/Restorative Yoga 10:30 Mahjong Madness, play all day 11 AM Yoga in the Park	10 AM Let's Move 11 AM Beginning Bridge 1 PM Bunco
<b>Aug 5-9</b>	11:30 AM Mahjong 12:30 PM Chair Yoga 2 PM Beautiful Words-Writing that sparks your joy? Come share your favorite	10:30 AM Sudoku Savants 11 AM Beginning Knitting and Crochet 11:30 AM Art Club 1 PM Silver Sneakers	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends 2 PM City of Centennial updates: ADUs and the	10 AM Morning Mindfulness/Restorative Yoga 11 AM Yoga in the Park 1 PM Silver Sneakers 2 PM Mexican Train	10 AM Let's Move 11 AM Beginning Knitting & Crochet 11 AM Beginning Bridge 1 PM Friday Movie: Lift
<b>Aug 12-16</b>	11:30 AM Mahjong 12:30 PM Chair Yoga 2 PM Book Talk ALD	10 AM Healing Power of Touch \$5 10:30 Sudoku Savants 11 AM Beginning Knitting and Crochet 1 PM Silver Sneakers 1:30 PM Art Club	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends 2 PM National Code Talkers Day: Navajo Code Talkers of World War II -Documentary	10 AM Morning Mindfulness/Restorative Yoga 11 AM Yoga in the Park-LAST DAY 1 PM Silver Sneakers 2 PM Woodstock Began this day in 1969-play our trivia game-	10 AM Let's Move 11 AM Beginning Knitting & Crochet 11 AM Beginning Bridge 1 PM Poker
<b>Aug 19-23</b>	11:30 AM Mahjong 12:30 PM Chair Yoga 2:30 PM Book Club: Vera Wong's Unsolicited Advice for Murderers	10:30 Sudoku Savants 11 AM Beginning Knitting and Crochet 1 PM Silver Sneakers 1 :30 AM Art Club 2 PM Snack & Chat with Y Dietician -The Truth about Sugar	9:00 AM National Senior Citizens Day-Breakfast with Rich Mauro \$RSVP 10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends	10 AM Morning Mindfulness Restorative Yoga 11 AM Scrabble 1 PM Silver Sneakers 2 PM Movie: The Lost King	10 AM Let's Move 11 AM Beginning Knitting & Crochet 11 AM Beginning Bridge 1 PM Bunco
<b>Aug 26-30</b>	11:30 AM Mahjong 12:30 PM Chair Yoga	10:30 Sudoku Savants 11 AM Beginning Knitting and Crochet 11:30 AM Art Club 1 PM Silver Sneakers 2 PM Senior Commission	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends 2 PM Denver's own Vance Kirkland internationally celebrated artist	10 AM Morning Mindfulness 11 AM Scrabble 1 PM Silver Sneakers	10 AM Let's Move 11 AM Beginning Bridge 1 PM Classic Movie: The Sting

In partnership with



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

Drop in classes: \$10 - non residents



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