

**YMCA Centennial of Generations
Older Adult Program Calendar
JUNE 2024 Monthly Highlights
Denverymca.org/centennial-center-generations
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Mondays	11 AM Mexican Train, 12:30 PM SS Chair Yoga, 12:30 PM Beginning Mahjong
Tuesdays	10 AM Morning Stretch and Coffee 11 AM Beginning Knitting & Crochet 1 PM Silver Sneakers Classic 1:30 PM Art Club
Wednesdays	10:30 AM Gentle Yoga, 1:30 PM Spanish with Friends
Thursdays	10 AM Morning Mindfulness, 11 AM Board Games, 1 PM Silver Sneakers
Fridays	10 AM Let's Move (video instructor) Silver Sneakers, 11 AM Beginning Bridge-come learn or help us learn
June 3 - 2 PM	Bunco, Snacks and Prizes, Help us kick off our Anniversary celebration
June 4 - 2 PM	Our Anniversary celebration continues! Paint & Snack-come paint a picture with an instructor who can show you how to create a lovely picture to take home
June 5 - 6 PM	Party games and Pizza! The games are the design of our teen members. Come play and win prizes!
June 6 - 3:00 PM	Streets of Southglenn Scavenger hunt produced by the folks at the Clue Room. Big Fun for all.
June 7 - 2 PM	Come to the final event celebrating the Center of Generations' first Anniversary. Weather permitting, there will be outdoor games and entertainment. Whatever the weather there will be CAKE!
June 10 - 2 PM	Come talk books with Arapahoe Librarian Heidi and members of the Center-get your next great read!
June 12 - 2 PM	Member recommended documentary about the "greatest survival story of all time", Shackleton's Antarctic Adventure
June 13 - 2 PM	Meow Wolf, what the heck is it? Or I went so you don't have to. But you may want to!
June 14 - 1 PM	Friday Movie: American Fiction
June 17 - 2:30	Book Club: The Great Divide (we have copies at the Center if interested)
June 18 10 AM	Join Bonnie Caruso to learn about the healing power of touch. A licensed massage therapist will discuss the importance of touch and will focus on neck & shoulders.
June 19 - 12 PM	Nutrition Demonstration: Fuel your longevity with Blue Zone Foods
June 19 - 2 PM	Juneteenth: Faith & Freedom learn the importance of this day in history
June 20 - 2 PM	Kick the Sugar Cravings with Natural Grocers' nutritionist Stacey Kruse
June 24 - 2 PM	Sally Vanmenen Reinemer healthy Gut tips and make sourdough bread together. You'll take home a loaf in process and a "mother" that you can feed off for a lifetime! \$20
June 28 - 1 PM	Classic movie club: The Assassination at Sarajevo-showing on the 110th anniversary of the assassination of Archduke Ferdinand

