

**YMCA Centennial of Generations**  
**December Monthly Highlights**  
[Denverymca.org/centennial-center-generations](http://Denverymca.org/centennial-center-generations)  
[Centennialcog@denverymca.org](mailto:Centennialcog@denverymca.org)

	<b>Mondays</b>
11:30 AM	Mahjong & Beginning Mahjong- join our expanding group of players, always someone willing to instruct beginners
12:30 PM	Chair Yoga
	<b>Tuesdays</b>
11 AM	Beginning Knitting and Crocheting, come learn or bring your current project and meet some new friends
1 PM	Silver Sneakers Classic
	<b>Wednesdays</b>
10:30 AM	Gentle Yoga
12 PM	Tai Chi-This class is perfect for anyone seeing a gentle yet effective workout.This beginner friendly class focuses on "silk reeling" exercises, the foundation of Tai Chi.
1:30 PM	Learn Spanish with Friends
	<b>Thursdays</b>
10 AM	Morning Mindfulness-meditation and restorative yoga
1 PM	Silver Sneakers Classic
	<b>Fridays</b>
10:30 AM	Let's move-Silver Sneakers to a video
11 AM	Beginning Knitting & Crochet and Bridge
DEC 5 1:30 PM	Christmas wreath craft
DEC 6 1 PM	Finland Day-learn about Finnish traditions with Lynn Cleveland
DEC 9 1 PM	Remembering Pearl Harbor: Tora! Tora! Tora!
DEC 13 11 AM	Christmas at the COG - Enjoy brunch, White Elephant Gift Exchange, and Christmas Carol Karaoke - must register by December 6th email <a href="mailto:phillman@denverymca.org">phillman@denverymca.org</a>
Dec 17 10:30 AM	Come Meet Chad Clifford, District 37 State Representative - he will provide insight to the upcoming legislative session
Dec 17 2 PM	Snack & Chat with a Dietitian - Mindful Eating for the Holidays
Dec 18 2 PM	Hot Chocolate Bar
Dec 19 12 PM	AI All Around: Can AI Tools help you?
DEC 23 2 PM	Monday Movie: The Peanut Butter Falcon is a sweet, tender and joyful portrayal of an unlikely friendship, and it won't fail to charm.



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