

CENTENNIAL YMCA CENTER OF GENERATIONS: Older Adult Program Calendar

December 2024

HOURS: Monday-Friday 10 AM - 3 PM

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



Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec 2-6	11:30 AM Beginning Mahjong 12:30 PM Chair Yoga	11 AM Beginning Knitting & Crochet 1 PM Silver Sneakers 1:30 PM Art Club	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends	10:30 AM Restorative Yoga 1 PM Silver Sneakers 1:30 PM Christmas Wreaths	10:30 AM Let's Move 11 AM Beginning Knitting and Crochet and Bridge
Dec 9-13	11:30 AM Beginning Mahjong 12:30 PM Chair Yoga 1 PM Remembering Pearl Harbor Movie: Tora! Tora! Tora!	10:30 AM Coffee with Chad Clifford 11 AM Beginning Knitting & Crochet 1 PM Silver Sneakers 1:30 PM Art Club	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends	10:30 AM Restorative Yoga 1 PM Silver Sneakers	10:30 AM Let's Move 11 AM Christmas Brunch
Dec 16-20	11:30 AM Beginning Mahjong 12:30 PM Chair Yoga 2 PM Book Club-Orphan Train	11 AM Beginning Knitting & Crochet 1 PM Silver Sneakers 1:30 PM Art Club 2 PM Snack and Chat with a Dietitian	10:30 AM Gentle Yoga 12 PM TaiChi 1 PM Spanish with Friends 2 PM Hot Chocolate Bar	10:30 AM Restorative Yoga 12 PM AI All Around: Artificial Intelligence Tools 1 PM Silver Sneakers 2 PM Book Talk	10:30 AM Let's Move 11 AM Beginning Knitting and Crochet and Bridge 1 PM Poker
Dec 23-27	11:30 AM Beginning Mahjong 12:30 PM Chair Yoga 1:30 PM Monday Movie: Peanut Butter Falcon	24 Closed	25 Closed Merry Christmas! Happy Hanukkah!	26 Closed	10:30 AM Let's Move 11 AM Beginning Knitting and Crochet and Bridge 1 PM Bunco
Dec-30-31	11:30 AM Beginning Mahjong 12:30 PM Chair Yoga	11 AM Beginning Knitting & Crochet 1 PM Silver Sneakers 3 PM New Year's Eve Party Trivia or other games with the Teens	Fitness Classes:\$5 Residents; \$10 Nonresidents Drop-in classes: \$10 nonresidents		

