

**CENTENNIAL YMCA CENTER OF GENERATIONS: Older Adult Program Calendar**

**January 2025**

HOURS: Monday-Friday 10 AM - 3 PM

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



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 6-10	11:30 Mahjong 12:30 PM SS Chair Yoga New!! 2 PM Swedish Death Cleaning Club 1st and 4th Mondays	10:30 AM Coffee with friends 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 2 PM HB Elvis Movie: Elvis	10:30 AM Restorative Yoga 11 AM German w/friends 1 PM Silver Sneakers	10:30 AM Silver Sneakers 11 AM Beginning Bridge 11 AM Beginning Knitting & Crochet 1 PM 50 pages that changed the world
Jan 13-17	11:30 PM Mahjong 12:30 PM SS Chair Yoga 2 PM Remembering Martin Luther King Jr: Selma, the movie	10:30 Coffee with Vanessa Gates Homeless Outreach Coordinator 11 AM Beginning Knitting & Crochet 1 PM Silver Sneakers 1:30 PM Art Club 2:30 PM Active Minds-Benjamin Franklin	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends 2 PM Fraud Prevention with Arapahoe County Sheriff Deputy Meyer	10:30 AM Restorative Yoga 11 AM German w/friends 1 PM Silver Sneakers 2 PM German with Friends	10:30 AM Silver Sneakers 11 AM Beginning Bridge 11 AM Beginning Knitting & Crochet 1 PM Poker
Jan 20-24	11:30 PM Mahjong 12:30 PM SS Chair Yoga 2 PM Book Club: Fever in the Heartland	10:30 Coffee with Ryan, Centennial Neighborhood Services Manager 11 AM Beginning Knitting & Crochet 11:30 AM Art w/ Kamri 1 PM Silver Sneakers	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends	10:30 AM Restorative Yoga 11 AM German w/friends 1 PM Silver Sneakers	NATIONAL COMPLIMENT DAY 10:30 AM Silver Sneakers 11 AM Beginning Bridge 11 AM Beginning Knitting & Crochet
Jan 27-31	11:30 PM Mahjong 12:30 PM SS Chair Yoga 2 PM Swedish Death Cleaning Club	10:30 AM Coffee with friends 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 11 AM German w/friends 1 PM Silver Sneakers	10:30 AM Silver Sneakers 11 AM Beginning Bridge 11 AM Beginning Knitting & Crochet 1 PM HB Jackie Robinson-Movie: 42

In Partnership with



Fitness Classes:\$5 residents/\$10 Nonresidents Drop-in Classes: \$10 Nonresidents