

# CENTENNIAL YMCA CENTER OF GENERATIONS: Older Adult Program Calendar

## February 2025

HOURS: Monday-Friday 10 AM - 3 PM

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

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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEB 3-7	11:30 MahJong 12:30 Chair Yoga 2 PM Swedish Death Cleaning Club	10:30 AM Coffee Chat-ACSO Deputy Cooper 1 PM Silver Sneakers	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish w/Friends 1:30 PM Art Club	10:30 AM Restorative Yoga 11 AM German w/Friends 1 PM Silver Sneakers 2 PM Scrabble Social	10:30 AM Silver Sneakers 11 AM Knitting & Crochet 11 AM Bridge (Beg) 1 PM Valentine Cards
FEB 10-14	11:30 MahJong 12:30 Chair Yoga 2 PM Declutter for a cause	1 PM Silver Sneakers 2 PM Active Minds: Tuskegee Airmen	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish w/Friends 1:30 Art Club 2 PM Lincoln: The Making of a President Documentary	10:30 AM Restorative Yoga 11 AM German w/Friends 1 PM Silver Sneakers 2 PM Seed Starting with CSU Extension	10:30 AM Silver Sneakers 11 AM Knitting & Crochet 11 AM Bridge (Beg) 11:30 AM Valentine's Day Potluck
FEB 17-21	11:30 MahJong 12:30 Chair Yoga 2 PM Book Club: Remarkably Bright Creatures	1 PM Silver Sneakers 2 PM AgeWise Colorado <a href="http://agewisecolorado.org">agewisecolorado.org</a> -Comprehensive lists of resources and webinars	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish w/Friends 1:30 PM Art Club 2 PM Senior Planet: Streaming and Smart TVs	10:30 AM Restorative Yoga 11 AM German w/Friends 1 PM Silver Sneakers 2 PM Book talk	10:30 AM Silver Sneakers 11 AM Knitting & Crochet 11 AM Bridge (Beg) 1 PM Poker
FEB 24-28	11:30 MahJong 12:30 Chair Yoga 2 PM Swedish Death Cleaning Club	11:30 AM Paint w/ Kamri 1 PM Silver Sneakers	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish w/Friends 2 PM Scrabble Social	10:30 AM Restorative Yoga 11 AM German w/Friends 1 PM Silver Sneakers 2 PM Canasta	10:30 AM Silver Sneakers 11 AM Knitting & Crochet 11 AM Bridge (Beg) 1 PM Bunco

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

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