

CENTENNIAL YMCA CENTER OF GENERATIONS: Older Adult Program Calendar

MARCH 2025

HOURS: Monday-Friday 10 AM - 3 PM

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



MARCH	Monday	Tuesday	Wednesday	Thursday	Friday
3-7	10:30 AM Ageless Grace 11:30 AM Mahjong 12:30 PM Chair Yoga	11:30 AM Scrabble 12:30 PM Silver Sneakers 2 PM Mardi Gras- King Cake and Movie: Bury the Hatchet	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish w/friends 1:30 PM Art Club	10:30 Coffee with Friends 11 AM German w/Friends 1 PM Silver Sneakers	10:30 AM Silver Sneakers 12 PM Knitting & Crochet Beginning Bridge 1 PM Name that Tune
10-14	10:30 AM Ageless Grace 11:30 AM Mahjong 12:30 PM Chair Yoga	11:30 AM Scrabble 1 PM Silver Sneakers 2:30 PM Active Minds Georgia O'Keefe	10:30 AM Gentle Yoga 12 PM Tai Chi 12:30 PM 1 PM Spanish w/friends 1:30 PM Art Club 1:30 PM Art Club	10:30 Coffee with Friends 11 AM German w/Friends 12 PM Advanced Care Planning-the MOST form 1 PM Silver Sneakers	10:30 AM Silver Sneakers 12 PM Knitting & Crochet Beginning Bridge 1 PM Movie: The Quiet Man
17-21	10:30 AM St Patrick's Story 11:00:00 AM The Lost Irish Miners of Leadville 11:30 PM Mahjong 12:30 PM Chair Yoga 2 PM Book Club: Boys in the Boat	11:30 AM Scrabble 12:30 PM Silver Sneakers	10:30 AM Gentle Yoga 12 PM Tai Chi 12 PM Spring Fling Sack Lunch And the language of Flowers 1 PM Spanish w/friends 1:30 PM Art Club -Water Colors	10:30 AM Coffee with Friends 11 AM German w/Friends 12 PM Gardening for Cut Flowers- CSU 1 PM Silver Sneakers 2 PM Book Talk w/ALD	10:30 AM Silver Sneakers 12 PM Knitting & Crochet Beginning Bridge 1 PM Poker
24-28	10:30 AM Ageless Grace 11:30 AM Mahjong 12:30 PM Chair Yoga	11:30 AM Painting with Kamri 12:30 PM Silver Sneakers 2 PM Dance with Becca	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish w/friends	10:30 AM Coffee with friends 11 AM German w/Friends 1 PM Silver Sneakers	10:30 AM Silver Sneakers 12 PM Knitting & Crochet Beginning Bridge 1 PM Bunco 4:30 PM CenGen Story Slam
31	10:30 AM Ageless Grace 11:30 AM Mahjong 12:30 PM Chair Yoga	Fitness Classes:\$5 residents/\$10 Nonresidents Drop-in Classes: \$10 Nonresidents Follow Us On Facebook: https://www.facebook.com/ymcacog			

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