


# CENTENNIAL YMCA CENTER OF GENERATIONS: Older Adult Program Calendar

## APRIL 2025

Hours M-F 10 AM-3 PM

Contact: 720-916-2485 [centennialcog@denverymca.org](mailto:centennialcog@denverymca.org)



April	Monday	Tuesday	Wednesday	Thursday	Friday
1-4		1 PM Silver Sneakers 2 PM Tom Foolery	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends 1:30 PM Art Club	10:30 AM Coffee w/ Friends-National Burrito Day 11 AM German with Friends 12 PM National Walking Day Let's Go! 1 PM Silver Sneakers	10:30 AM Silver Sneakers 11 AM Beginning Bridge 12 PM Knitting & Crochet 11 AM Knitting & Crochet 1 PM Celebrating National Poetry Month: Mary Oliver reads from A Thousand Mornings
7-11	10:30 AM Ageless Grace 11:30 AM Mahjong 12:30 PM Chair Yoga	10:30 AM Coffee w/Friends 11 AM Scrabble 1 PM Silver Sneakers 2:30 PM Active Minds: Wildfires	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends 2 PM Container Gardening	10:30 AM Coffee with Friends 11 AM German with Friends 1 PM Silver Sneakers	10:30 AM Silver Sneakers 11 AM Beginning Bridge 12 PM Knitting & Crochet 1 PM Canasta
14-18	10:30 AM Ageless Grace 11:30 AM Mahjong 12:30 PM Chair Yoga	10:30 AM Coffee with Friends/Discover Orkney Scotland 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 Medicaid 101/with Steve Nash	11 AM German with Friends 1 PM Silver Sneakers 2 PM Book Talk with ALD -find your next great read!	10:30 AM Silver Sneakers 11 AM Beginning Bridge 12 PM Knitting & Crochet 12:30 PM EARLY CLOSE
21-25	10:30 AM Ageless Grace 11:30 AM Mahjong 12:30 PM Chair Yoga 2 PM Book Club: Horse	10:30, Coffee with Friends 11 AM Scrabble 1 PM Silver Sneakers 1:30 Art Club & seed bombs for Earth Day	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends 2 PM Insurance Matters	11 AM German with Friends 1 PM Silver Sneakers 1:30 National Bucket List Day Movie: The Bucket List	10:30 AM Silver Sneakers 11 AM Beginning Bridge 12 PM Knitting & Crochet 1 PM Bunco 5 PM Beyond Skiing Everest
28-30	10:30 AM Ageless Grace 11:30 AM Mahjong 12:30 PM Chair Yoga	10:30, Coffee with Friends 11:30 AM Art Club-Painting with Kamri 1:00 PM Silver Sneakers	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends	<div style="text-align: center;">   <b>In partnership with</b>                      Fitness Classes \$5 residents \$10 nonresidents                 </div>	