

**YMCA Centennial of Generations
Older Adult Program Calendar
April 2025 Monthly Highlights
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April 1	Tues	2 PM	Tom Foolery	This day calls for play and a little trickery. Let's play 3 truths & a lie. Who can fool and who will be fooled?
April 3	Thurs	10:30 AM	Coffee with Friends-National Burrito Day	Breakfast Burrito anyone?
April 3	Thurs	12 PM	National Walking Day- let's go!	Let's plan our walking group and do a walking video to get us going!
April 4	Fri	1:PM	Celebrate National Poetry Month	Video: Mary Oliver reads from a Thousand Mornings
April 8	Tues	2:30 PM	Active Minds: Wildfires	Join Active Minds which will address the issue of wildfires from a variety of perspectives
April 9	Wed	2 PM	Container Gardening with CSU	You will leave understanding the design principles that will create interest and make your containers pop.
April 15	Tues	10:30 AM	Coffee with Friends/Discover Orkney Scotland	Join Dona Sherwood to hear about the fascinating history of Orkney Scotland
April 16	Wed	2 PM	Steve Nash Re: Medicaid	Have questions about Medicaid? Come to this Medicaid 101.Mr. Nash is with Arapahoe County Human Services
April 23	Wed	2 PM	Insurance Matters	Gary Fleming, an insurance professional and member of the Centennial Senior Commission, will speak about insurance issues after the recent natural disasters.
April 24	Thurs	1:30	Movie: The Bucket List Starring Jack Nicholson and Morgan Freeman	This classic movie highlights the importance of not waiting for a perfect moment to pursue your passions and dreams
April 25	Fri	5 PM	Beyond Skiing Everest	Jim Giles who has skied Mt Everest and has an amazing photo portfolio will share his incredible experiences skiing peaks over 8,000 meters.

