

**YMCA Centennial of Generations
Older Adult Program Calendar
May 2025 Monthly Highlights
Denverymca.org/centennial-center-generations
Centennialcog@denverymca.org**

May 1	2 PM	Beauty and the Bees	Join Lisa Mason from CSU Extension to learn what you can do in your own yard to support pollinators and bees.
May 2	9:15 AM	Walking Club	Join your fellow Center of Generations members and Stacy a Y instructor for this new walking club. There will be groups for strollers and those who enjoy a brisk walk.
May 5	11:30 AM	Taco Bar	Celebrate Cinco de Mayo with a delicious Taco Bar and a presentation by Melissa Smith MPH, CHES Community Health Promotion Specialist-Healthy Aging- <u>Registration Required. 25 spaces available.</u> Email, phillman@denverymca.org
May 7	2 PM	Touring on the River	On this National Tourism Day, we welcome Carol and Phil Bryant, COG Members, to learn about River Cruising
May 8	2 PM	The Mighty Mississippi	Enjoy exploring the Mississippi River on the anniversary of the day it was reached by DeSoto.
May 12	2 PM	Swedish Death Cleaning	Let's check in to see what progress we have made in our decluttering efforts.
May 13	2:30 PM	Active Minds: Greenland	Join Active Minds as we discuss the history of this remote but strategically placed part of the global story.
May 14	1:30 PM	Watercolors with Kathryn	Enjoy learning the basics of watercolor painting with COG member Kathryn
May 15	2 PM	Book Talk	Heidi, a librarian with Arapahoe county Library District will discuss 6-8 new books -find your next great read.
May 19	2 PM	Book Club	The Personal Librarian
May 20	10:30 AM	National Quiche Lorraine Day	Join Coffee with Friends and enjoy Quiche Lorraine
May 21	2 PM	Stress Reduction	Join Laurie Weiss to learn a simple European self-coaching technique to reclaim your energy when it is sapped by stress. With over 50 years of experience, Dr. Weiss has helped 60,000+ individuals reclaim their energy.
May 22	2 PM	May Movie	Good Morning Viet Nam starring Robin Williams
May 23	10:30 AM	World Turtle Day	Tricia from Panama City Beach will Zoom in with us to talk about her volunteer work to save the baby turtles on the beach.
May 27	2 PM	Centennial Senior Commission	This meeting is open to all. Get updated on issues affecting Seniors.

