

CENTENNIAL YMCA CENTER OF GENERATIONS: Older Adult Program Calendar

May 2025

HOURS: Monday-Friday 10 AM - 3 PM

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



May	Monday	Tuesday	Wednesday	Thursday	Friday
1-2				11 AM German with Friends 1 PM Silver Sneakers 2 PM Beauty and the Bees	9:15 Walking Club 10:30 AM Silver Sneakers 11 AM Knitting & Crochet 11 AM Beginning Bridge 1 PM Canasta
5-9	11:30 AM Taco Bar & Arapahoe County Health Department 2 PM Chair Yoga	10:30 Coffee with Friends 1 PM Move with Becca 1:30 Art Club	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish w/ Friends 2 PM National Tourism Day	11 AM German with Friends 1 PM Silver Sneakers 2 PM Explore the Mighty Mississippi	9:15 Walking Club 10:30 AM Silver Sneakers 11:30 AM Mahjong 11 AM Beginning Bridge 12 PM Knitting & Crochet
12-16	10:30 AM Ageless Grace 11:30 AM Mahjong 12:30 PM Chair Yoga 2 PM Swedish Death Cleaning Club	10:30 AM Coffee with Friends 1 PM Move with Becca 1:30 PM Art Club 2:30 PM Active Minds: Greenland	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends 1:30 PM Watercolors/ Kathryn	11 AM German with Friends 1 PM Silver Sneakers	9:15 Walking Club 10:30 AM Silver Sneakers 11 AM Beginning Bridge 12 PM Knitting & Crochet 1 PM Poker
19-23	10:30 AM Ageless Grace 11:30 AM Mahjong 12:30 PM Chair Yoga 2 PM Book Club:	10:30, Coffee with Friends-Nat'l Quiche Lorraine Day 1 PM Move with Becca 1:30 PM Art Club	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends 2 PM Lori Weiss Stress Reduction	11 AM German with Friends 1 PM Silver Sneakers 2 PM May Movie: Good Morning Viet Nam	9:15 Walking Club 10:30 AM World Turtle Day-Join a Zoom with a volunteer turtle "herder" in Panama City Beach FL 10:30 AM Silver Sneakers 11 AM Knitting & Crochet 11 AM Beginning Bridge 1 PM Canasta
26-30	-CLOSED-	10:30, Coffee with Friends 11:30 AM Art Club-Painting with Kamri 1:00 PM, Move with Becca	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends	11 AM German with Friends 1 PM Silver Sneakers	9:15 Walking Club 10:30 AM Silver Sneakers 11 AM Knitting & Crochet 11 AM Beginning Bridge 1 PM Bunco

Fitness Classes: \$5 Residents/\$10 Nonresidents

In Partnership with

