

# CENTENNIAL YMCA CENTER OF GENERATIONS: Older Adult Program Calendar

## JUNE 2025

HOURS: Monday-Friday 10 AM - 3 PM

Contact: 720-918-6425 [centennialcog@denveryymca.org](mailto:centennialcog@denveryymca.org)



JUNE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-6	10:30 AM Ageless Grace (video-Loelle out) 11:30 AM Mahjong <b>12 PM Silver Sneakers NEW CLASS!</b>	10:30 AM Coffee with Friends 11:30 AM <b>Paint with Kamri -NEW TIME!!</b> 1 PM Move w/Becca 2 PM Rumi Cube	10:30 AM Gentle Yoga 12 PM TaiChi 1 PM Spanish with Friends	10 AM Yoga in the Park 11 AM German with Friends 1 PM Silver Sneakers	<b>10 AM Silver Sneakers NEW CLASS!</b> 11 AM Beginning Bridge 12 PM Knitting & Crochet 1 PM Mexican Train
9-13	10:30 AM Ageless Grace 11:30 AM Mahjong 12 PM Silver Sneakers	10:30 AM Coffee with Friends 1 PM Move w/Becca 2:30 PM Active Minds-the Future of Bees	10:30 AM Gentle Yoga 12 PM TaiChi 1 PM Spanish with Friends 1:30 PM Art Club	10 AM Yoga in the Park 11 PM German with Friends 1 PM Silver Sneakers	10 AM Silver Sneakers 11 AM Beginning Bridge 12 PM Knitting & Crochet 1 PM Canasta
16-20	10:30 AM Ageless Grace 11:30 AM Mahjong 12 PM Silver Sneakers 2 PM Book Club: The River we Remember	10:30 AM Coffee with Friends-Who was Gudy Gaskill? 12 PM Nat'l Eat your Vegetable Day- Potluck 1 PM Move w/Becca	10:30 AM Gentle Yoga 12 PM TaiChi 1 PM Spanish with Friends 1:30 PM Art Club	10 AM Yoga in the Park 11 PM German with Friends 1 PM Silver Sneakers 2 PM Book Talk with Arapahoe Library	10 AM Silver Sneakers 11 AM Beginning Bridge 12 PM Knitting & Crochet 1 PM Poker
23-27	10:30 AM Ageless Grace 11:30 AM Mahjong 12 PM Silver Sneakers 1:30 PM The Deadly Heist	10:30 AM Coffee with Friends 1 PM Move w/Becca 1:30 PM Senior Commission -	10:30 AM Gentle Yoga 12 PM TaiChi 1 PM Spanish with Friends 1:30 PM Art Club 2 PM Swedish Death Cleaning Club BINGO!	10 AM Yoga in the Park 11 AM German with Friends 1 PM Silver Sneakers 2 PM Sunshine Home Share	10 AM Silver Sneakers 11 AM Beginning Bridge 12 PM Knitting & Crochet 1 PM Bunco 1 PM Honoring Helen Keller on her birthday-The Miracle Worker with Patty Duke and Ann Bancroft
30	10:30 AM Ageless Grace 11:30 AM Mahjong 12 PM Silver Sneakers 2 PM Nat'l Social Media Day-Senior Planet Class				

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

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