

CENTENNIAL YMCA CENTER OF GENERATIONS: Older Adult Program Calendar

JULY 2025

HOURS: Monday-Friday 10 AM – 3 PM

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



July	Monday	Tuesday	Wednesday	Thursday	Friday
1-4		10:30 AM Coffee with Friends 1 PM Move with Becca	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends 1:30 PM Art Club	11 AM German with Friends 1 PM Silver Sneakers 2 PM 4th of July Ice Cream Social	CLOSED 4 Independence Day
7-11	10:30 AM Ageless Grace 12 PM Silver Sneakers 2 PM Lucky Triple 7 The Wheel of Enormous Proportions	10:30 AM End of Life Options 11:30 AM Paint with Kamri 1 PM Move with Becca 2:30 PM Active Minds: The United Nations	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends 1:30 PM Art Club	10 AM Yoga in the Park 11 AM German with Friends 1 PM Silver Sneakers 2 PM Croquet	10 AM Silver Sneakers 11 AM Bridge 12 PM Knitting & Crochet 1 PM Canasta
14-18	10:30 AM Ageless Grace 12 PM Silver Sneakers 1:30 PM A Tale of Two Cities for Bastille Day	9:30 AM All Things Apple 10:30 AM Coffee with Friends 1 PM Move with Becca 2 PM Drum Circle	10:30 AM Gentle Yoga 12 PM Tai Chi 1 PM Spanish with Friends 1:30 PM Art Club	10 AM Yoga in the Park 11 AM German with Friends 1 PM Silver Sneakers 2 PM Book Talk w/Arapahoe Libraries	10 AM Silver Sneakers 11 AM Bridge 12 PM Knitting & Crochet 1 PM Poker
21-25	10:30 AM Ageless Grace 12 PM Silver Sneakers 2 PM Book Club: The Fellowship of the Puzzle makers	9:30 Instagram Posts and Stories 10:30 AM Coffee with Friends 1 PM Move with Becca 2 PM The Balloon Boy	10:30 AM Gentle Yoga 11:30 Webinar –Mobile Medical Care 12 PM Tai Chi 1PM Spanish with Friends 1:30 PM Art Club	10 AM Yoga in the Park 11 AM German with Friends 1 PM Silver Sneakers 2 PM Getting Started with Facebook	10 AM Silver Sneakers 11 AM Bridge 12 PM Knitting & Crochet 1 PM Bunco
28-31	10:30 AM Ageless Grace 12 PM Silver Sneakers 1:30 PM, Necklace Making with Cindy	10:30 AM Coffee with Friends 12 PM Nat'l Lasagna Day-Lasagna Love 1 PM Move with Becca	10:30 AM Gentle Yoga 12 PM Tai Chi 1PM Spanish with Friends 1:30 PM Art Club	10 AM Yoga in the Park 11 AM German with Friends 1 PM Silver Sneakers 2 PM Passwords Pass Keys and More	

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

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