

CENTENNIAL YMCA CENTER OF GENERATIONS: Older Adult Program Calendar

AUGUST 2025

HOURS: Monday-Friday 10 AM - 3 PM

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



AUG	Monday	Tuesday	Wednesday	Thursday	Friday
1					10 AM Silver Sneakers 11 AM Bridge 11:30 Mahjong Madness 1
4-8	10:30 AM Ageless Grace 11:30 PM Mahjong 12 PM Silver Sneakers 4	9:30 AM Senior Planet: Protecting Personal Information 11 AM German with Friends 11:30 AM Painting with Kamri 1 PM Move with Becca 5	10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish with Friends 1:30 PM Art Club 6	10 AM Yoga in the Park 11 AM Mahjong 1 PM Silver Sneakers 7	10 AM Silver Sneakers 11 AM Bridge 12 PM Needlework Group 1 PM The Big Lebowski 8
11-15	10:30 AM Ageless Grace 11:30 PM Mahjong 12 PM Silver Sneakers 1:30 PM Drum Circle 11	9:30 AM Senior Planet: Staying Safe Online 11 AM German with Friends 1 PM Move w/Becca 2:30 PM Active Minds: Nuclear Power 12	10:30 AM Chair Yoga 12 PM Tai Chi 1PM Spanish With Friends 1:30 PM Art Club 2 PM Deputy Sherriff Meyer Crypto Currency Scams 13	10 AM Yoga in the Park 10:30 AM Minding your Balance \$ 5 11 AM Mahjong 1 PM Silver Sneakers 14	10 AM Silver Sneakers 11 AM Bridge 12 PM Needlework Group 1 PM Poker 15
18-22	10:30 AM Ageless Grace 11:30 PM Mahjong 12 PM Silver Sneakers 2 PM Book Club: The Giver of Stars 18	11 AM German with Friends 1 PM Move Becca 2 PM 9:30 AM Senior Planet: Peer to Peer Payments 19	10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish with Friends 1:30 PM Art Club 20	10:30 AM National Senior Citizen Day Coffee and Donuts 11 AM Mahjong 1 PM Silver Sneakers 21	10 AM Silver Sneakers 11 AM Bridge 12 PM Needlework Group 1 PM BUNCO 22
25-29	10:30 AM Ageless Grace 11:30 PM Mahjong 12 PM Silver Sneakers 2 PM Enos Mills-father of RMNP 25	10:30 AM Coffee with Friends 11 AM German with Friends 1 PM Move with Becca 2 PM Senior Planet:Getting Started with Venmo 26	10:30 AM ChairYoga 12 PM Tai Chi 1 PM Spanish with Friends 1:30 PM Art Club 2 PM The Art of Care \$5 members \$10 nonmembers 27	11 AM Mahjong 1 PM Silver Sneakers 2 PM Ishi, the Last Yahi 28	10 AM Silver Sneakers 11 AM Bridge 12 PM Needlework Group 1 PM Canasta 29

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

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