

**YMCA Centennial of Generations  
Older Adult Program Calendar  
August 2025 Monthly Highlights  
Denverymca.org/centennial-center-generations  
6972 S Vine Street #366 @ the Streets of Southglenn**

Aug 1	10:30 AM	Mahjong Madness! Celebrating World Mahjong Day with prizes and delicious snacks. All are welcome.
Aug 5	9:30 AM	Senior Planet at the COG: Protecting Your Personal Information
Aug 8	1 PM	Celebrating National Bowling Day with The Big Lebowski.
Aug 11	1:30 PM	Drum Circle-Gain a sense of community, increase your creativity and mindfulness, and throw in a few laughs. Great stress relief and fun!
Aug 12	9:30 AM	Senior Planet: Protecting Personal information
Aug 13	2 PM	Arapahoe County Sherrif Deputy Dennis Meyer will discuss an alarming new scam surrounding crypto currency
Aug 14	10:30 AM	Minding Your Balance, this 90-minute program will provide you with practical tools you can use in everyday movement. You will learn how balance works, why falls
Aug 21	10:30 AM	Coffee and Donuts for National Senior Citizen Day. Let's celebrate our Seniorness! Surprise Guest !
Aug 25	2 PM	Enos Mills: Chasing a Dream for Colorado Enos 1884 arrival in Colorado at age 14 was the start of an abiding reverence for nature. Five years later, a chance encounter would inspire him to wonder: could he do for the Rocky Mountains what Muir did for Yosemite? Take a journey through this first-person narrative inspired by adventurous times when grizzlies still roamed Colorado and a national park was an elusive dream. History-storyteller Kurtis Kelly has performed throughout the Front
Aug 27	2 PM	The Art of Care-Roslyn Carter said, "There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers." Join Linda Klein for this lively presentation about caregiving. \$5 members \$10 nonmembers
Aug 28	2 PM	Ishi, the last Yahi documentary with Linda Hunt. Early in the morning of August 29, 1911, two butchers heard dogs barking in the corral of their slaughterhouse outside Oroville, California. When they go out to check, they encounter Ishi believed to be the last surviving member of the Native American Yahi tribe.

