

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

Sept 2	2 PM Getting Older Eating Better:As a result of this presentation, participants will be able to: Name 4 nutrients that are important as we age and identify foods that provide those nutrients. Detect dehydration and feel confident in selecting foods with optimal nutrition for aging.
Sept 4	2 PM American Indian Art with Roger Collins-Mr. Collins shares his knowledge and passion for American Indian Art to help us understand our brothers and sisters, the American Indian
Sept 9	9:30 AM Senior Planet Google Workspace- Google Workspace Individual offers a useful set of tools for individuals. These tools help create a more productive and professional online experience, especially for those who rely on cloud-based collaboration and communication
Sept 11	2 PM Senior Planet: GMail tips and tricks-This 90-minute hands on workshop is limited to 6 people so RSVPs are required. You will learn how to format Emails, spellcheck emails, add a signature, search your inbox, attach files, insert files from your drive, and useful shortcuts.
Sept 16	2 PM What's the Oldest thing in your house? If you can, bring it, if you can't, bring a picture of it. Tell us its story and why you hold onto it. Refreshments provided.
Sept 17	2 PM In honor of National Constitution and Citizenship Day- Citizen U.S.A.: A 50 State Road Trip-the director of this short documentary travels across the U.S. to meet new Americans in this illuminating look at the naturalization process in America (51- minute run time)
Sept 18	2 PM Heidi from Arapahoe Library District will talk about new books causing a buzz in the literary world
Sept 24	2 PM Senior Planet Introduction to AI-this lecture will be a good introduction to the AI program series. It is a broad overview of the subject that includes what it can and cannot do, some everyday uses and some concerns.
26 Sept	1 PM In honor of National Ghost Hunting Day we will host Rocky Mountain Paranormal Research Society to hear stories from their 25 years of paranormal research
29	2 PM Senior Planet: AI Everyday Uses

