

CENTENNIAL YMCA CENTER OF GENERATIONS: Older Adult Program Calendar

September 2025

HOURS: Monday-Friday 10 AM - 3 PM

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



Sept	Monday	Tuesday	Wednesday	Thursday	Friday
1-5	CLOSED	10:30 AM Coffee w/Friends 11:30 Paint with Kamri 11 AM German w/friends 1 PM Move with Becca 2 PM Getting Older, Eating Better	10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/ Friends	11 AM Indian Art with Roger Collins 11 AM Mahjong 1 PM Silver Sneakers 1:30 PM Mexican Train	10 AM Silver Sneakers 11 AM Bridge 12 PM Knitting & Crochet 1 PM Bunco
8-12	10:30 AM Ageless Grace 11:00 AM Mahjong 12 PM Silver Sneakers 1:30 PM EARLY CLOSE	9:30 AM Senior Planet: Google Workspace 10:30 AM Coffee w/Friends 11 AM German w/Friends 1 PM Move with Becca 1:30 PM Art Club 2:30 PM Active Minds: UNESCO World Heritage	10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/ Friends	11 AM Mahjong 1 PM Silver Sneakers 2 PM Senior Planet: Gmail tips and Tricks -Class size limited-RSVP required	10 AM Silver Sneakers 11 AM Bridge 12 PM Knitting & Crochet 1 PM Canasta
15-19	10:30 AM Ageless Grace 11:00 AM Mahjong 12 PM Silver Sneakers 2 PM Book Club: Finding Margaret Fuller	10:30 AM Coffee w/Friends 11 AM German w/Friends 1 PM Move with Becca 1:30 PM Art Club 2 PM What's the Oldest Thing in Your House?	10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/Friends 2 PM Constitution and Citizenship Day	11 AM Mahjong 1 PM Silver Sneakers 2 PM Book Talk with Arapahoe Libraries	10 AM Silver Sneakers 11 AM Bridg 12 PM Knitting & Crochet 1 PM Poker
22-26	10:30 AM Ageless Grace 11:00 AM Mahjong 12 PM Silver Sneakers	9:30 AM Senior Planet: AM Google Photos 10:30 AM Coffee with Friends 11 AM German w/friends 1 PM Move with Becca 1:30 PM Art Club 2 PM Drum Circle	10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/ Friends 2 PM Senior Planet: Intro to AI	11 AM Mahjong 1 PM Silver Sneakers 2 PM Mexican Train	10 AM Silver Sneakers 11 AM Bridge 12 PM Knitting & Crochet 1 PM Rocky Mountain Paranormal Activity
29-30	10:30 AM Ageless Grace 11:00 AM Mahjong 12 PM Silver Sneakers 2 PM Senior Planet: AI Everyday Uses	10:30 AM Coffee with Friends 11 AM German/w Friends 1 PM Move with Becca			

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

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