

Centennial YMCA Center of Generations: Older Adult Program Calendar

October 2025

Hours: Monday – Friday 10 AM – 3 PM



Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/ Friends 2 PM AI & Disinformation	2 11 AM Mahjong 1 PM Silver Sneakers	3 10 AM Silver Sneakers 11 AM Bridge 11:30 AM Needle Felting
6 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Intro to Chatting w/ AI	7 9 AM–11 AM Encore Job Fair 10:30 Coffee w/Vanessa Gates Homeless Coordinator 11 AM German 11:30 AM Paint w/Kamri 1 PM German Beginning 1 PM Move w/Becca	8 10:30 AM Brunch w/Breezy 12 PM Tai Chi 1 PM Spanish w/ Friends 2 PM AI Image Generation	9 10:30 AM Coffee w/Dennis Dempsey ACSO 11 AM Mahjong 1 PM Silver Sneakers 2 PM Charge into Fire Safety™	10 10 AM Silver Sneakers 11 AM Bridge 11:30 AM Needle Felting 1 PM Bingo!
13 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM AI Voice & Video Generators	14 11 AM German 1 PM German beginning 1 PM Move w/Becca 1:30 PM Art Club 2 PM Active Minds: Monsters & Legends	15 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/ Friends 2 PM Getting to know your Android	16 11 AM Mahjong 1 PM Silver Sneakers 2 PM Book Talk w/Arapahoe Library	17 10 AM Silver Sneakers 11 AM Bridge 11:30 AM Needle Felting 1 PM Poker
20 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Book Club	21 11 AM German 1 PM German beginning 1 PM Move w/Becca 1:30 PM Art Club 1:30 PM Centennial Senior Commission	22 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/ Friends 2 PM Navigating Medicare information online	23 11 AM Mahjong 1 PM Silver Sneakers– 1 PM One Woman One Vote (run time 1:51)	24 10 AM Silver Sneakers 11 AM Bridge 11:30 AM Needle Felting 1 PM Canasta
27 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers	28 11 AM German 1 PM German beginning 1 PM Move w/Becca 2 PM Drum Circle	29 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/ Friends 1:30 PM Art Club 2 PM Stroke Awareness	30 11 AM Mahjong 1 PM Silver Sneakers 2 PM Insects all around us Friends or Foes?	31 10 AM Silver Sneakers 11 AM Bridge 11:30 AM Needle Felting 1 PM Halloween Bunco

Fitness Classes \$5 Residents \$10 Non Residents

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6972 S Vine Street #366 720-918-6425

In Partnership with

