

# Centennial YMCA Center of Generations

## October 2025 Older Adult Calendar Highlights



|       |          |   |
|-------|----------|---|
| 10-1  | 2 PM     | Senior Planet: AI & Disinformation- AI can help and harm. Learn about disinformation, deepfakes and best practices for evaluating information   |
| 10-3  | 11:30 AM | NEW!! Needle Felting-come learn Needle Felting. Craft cute ornaments or work on your own project.   |
| 10-6  | 2 PM     | Senior Planet: Intro to Chatting with AI: you don't have to understand how AI works to use it! Learn how to make the most out of generative AI platforms by constructing  |
| 10-7  | 9 AM     | Encore Career Fair-Join Arapahoe Douglas Works for this opportunity to meet employers seeking employees.  |
| 10-7  | 10:30 AM | Vanessa Gates the Centennial Homeless Outreach Liason will be here to have coffee and chat about her efforts on behalf of the City to reach our homeless population.  |
| 10-7  | 2 PM     | Join us for this screening of Lives Well Lived. The first event celebrating Active Older Adult Week. Diverse people share their secrets and insights to living a meaningful life. The accompanying book available as a pdf, will be available to those interested.  |
| 10-8  | 10:30 AM | Brunch with Breezy-Come enjoy light brunch offerings with Breezy Bolden the President and CEO of the Denver Metro YMCA. She is fun, engaging and inspiring. You won't want to miss meeting her!   |
| 10-9  | 10:30 AM | Come have coffee with Arapahoe County Sherriff Deputy Dennis Dempsey from the Traffic Investigations Motor Unit.  |
| 10-9  | 2 PM     | National Fire Prevention Day-Join Selena Silva, Community Risk Reduction Specialist at South Metro Fire Rescue to hear about the latest fire prevention strategies.   |
| 10-10 | 1 PM     | Let's Play Bingo!   |
| 10-13 | 2 PM     | AI Voice & Video Generators- Upgrade your productivity and produce something that exceeds your expectations Using text-to-voice or text-to-speech (TTS): This is a type of generative AI tool that creates realistic and natural-sounding speech based on text input and text-to-video: AI tools create entire videos based on your "prompt," which just refers to your specific instructions or text input. Send out Holiday videos this year maybe? |
| 10-14 | 2 PM     | Active Minds: Monsters & Legends  |
| 10-15 | 2 PM     | Senior Planet: Getting to know your Android   |
| 10-16 | 2 PM     | Heidi from Arapahoe Library District will give a synopsis of 8 new books and if you'd like to check one out no need to go on a waiting list!  |
| 10-21 | 1:30 PM  | Centennial Senior Commission: join to hear updates about what is happening in Centennial  |
| 10-22 | 2 PM     | Senior Planet: Navigating Medicare Information Online   |
| 10-23 | 1 PM     | On the anniversary of first National Women's Rights Convention (1850) lets view the documentary One Woman One Vote (run time 1:51)  |
| 10-30 | 2 pm     | Insects all around us: Friend or Foe? Join Lisa Mason, CSU entomologist for a fun talk about those pesky creepy crawlers.   |
| 10-31 | 1 PM     | Halloween BUNCO   |