

Centennial YMCA Center of Generations: Older Adult Program Calendar

November 2025

Hours: Monday – Friday 10 AM – 3 PM



Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers	4 10:30 AM Gratitude Gathering 11 AM German w/Friends 1 PM Beginning German w/ Friends 1 PM Move w/Becca 2 PM Cooking for 1 or 2	5 10:30 AM Chair Yoga 11:30 Webinar 1 PM Spanish w/Friends 2 PM Senior Planet: Understanding Frauds and Scams	6 11 AM Mahjong 1 PM Silver Sneakers 2 PM Great Artists: Camille Pissaro	7 10 AM Silver Sneakers 11 AM Bridge 11:30 AM Needlework Group 1 PM Necklace Making w/Cindy
10 10:30 Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers	11 10:30 AM Gratitude Gathering 11 AM German/ w Friends 1 PM Beginning German 1 PM Move w/Becca 1:30 PM Art Club 2:30 PM Active Minds Veteran's Day	12 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish 2 PM Senior Planet: Podcasts at a Glance	13 11 AM Mahjong 1 PM Silver Sneakers 2 PM Mexican Train	14 10 AM Silver Sneakers 11 AM Bridge 11:30 AM Needlework 1 PM Canasta
17 10:30 Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers	18 10:30 AM Gratitude Gathering 11 AM German 1 PM Beginning German 1 PM Move w/Becca 1:30 PM Art Club 2 PM Remedies for Winter Wellness	19 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish 2 PM Senior Planet: YOUTUBE	20 11 AM Mahjong 1 PM Silver Sneakers 2 PM Absurdi-Tea	21 10 AM Silver Sneakers 11 AM Bridge 11:30 AM Needlework 1 PM Poker
24 10:30 Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Senior Planet –Mindfulness Apps	25 10:30 AM Gratitude Gathering 11 AM German 1 PM Beginning German w/ Friends 1 PM Move w/Becca 1:30 PM Art Club	26 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/Friends 2 PM Classic Thanksgiving	27 Happy Thanksgiving!	28 10 AM Silver Sneakers 11 AM Bridge 11:30 AM Needlework Group 1 PM Bunco

Fitness Classes \$5 Residents \$10 Non Residents

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