

Centennial YMCA Center of Generations: Older Adult Program Calendar

December 2025

Hours: Monday – Friday 10 AM – 3 PM



Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30 AM Ageless Grace-Video 11 AM Mahjong 12 PM Silver Sneakers 1 PM Christmas Tree Decorating	2 10:30 AM Nokbox 11 AM German 11:30 AM Paint w/Kamri 1 PM Move w/Becca	3 10:30 AM Chair Yoga 12 PM Tai Chi 2 PM Senior Planet: Passwords, Passkeys and More	4 11 AM Mahjong 1 PM Silver Sneakers	5 10 AM Silver Sneakers 11 AM Bridge 11:30 AM Needlework Group 2 PM Canasta
8 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Shopping Online	9 10:30 Coffee with Friends 11 AM German/ w Friends 1 PM Beginning German w/ Friends 1 PM Move w/Becca 1:30 PM Art Club 2:30 PM Active Minds New York City	10 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/Friends 2 PM Senior Planet: Intro to Digital Wallets	11 11 AM Mahjong 1 PM Silver Sneakers 2 PM – Socieity of Servant Pilgrims	12 10 AM Silver Sneakers 11 AM Bridge 11:30 AM Needlework Group 1 PM Canasta
15 10:30 Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 1 PM Book Club:The Briar Club 2 PM Senior Planet: Spotify	16 10:30 AM Coffee/w friends 11 AM German 1 PM Beginning German w/ Friends 1 PM Move w/Becca 1:30 PM Art Club	17 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/Friends 2 PM Senior Planet: Intro to Sleep Technologies	18 11 AM Mahjong 1 PM Silver Sneakers 2 PM Book Talk	19 10 AM Silver Sneakers 11 AM Bridge 11:30 AM Needlework Group 2 PM Holiday Party –Ain't Done Yet
22 10:30 Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers	23 10:30 AM Coffee/w friends 11 AM German 1 PM Beginning German w/ Friends 1 PM Move w/Becca 1:30 PM Art Club	24 Closed	25 Merry Christmas	26 Closed
29 10:30 Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers	30 11 AM German 1 PM Beginning German 1 PM Move w/Becca 1:30 PM Art Club 2 PM Drum Circle	31 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/Friends 2 PM –Early Close		

Fitness Classes \$5 Residents \$10 Non Residents

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