

# Centennial YMCA Center of Generations: Older Adult Program Calendar

January 2026 Hours: Monday – Friday 10 AM – 3 PM



| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
|   |  |  | 1<br>CLOSED  | 2<br>10:30 AM Silver Sneakers<br>11 AM Bridge<br>11:30 AM Needlework   |
| 5<br>10:30 AM Ageless Grace<br>11 AM Mahjong<br>12 PM Silver Sneakers<br>2 PM Senior Planet: Getting to know your iPhone  | 6<br>10:30 Coffee with Friends<br>11 AM German/ w Friends<br>11:30 AM Paint w/Kamri<br>1 PM Beginning German w/ Friends<br>1 PM Move w/Becca<br>1:30 PM Art Club | 7<br>10:30 AM Chair Yoga<br>12 PM Tai Chi<br>1 PM Spanish w/Friends<br>2 PM Senior Planet: Exploring and downloading apps to your iPhone | 8<br>11 AM Mahjong<br>1 PM Silver Sneakers<br>2 PM-David Fried-wisepatientAI                           | 9<br>10 AM Silver Sneakers<br>11 AM Bridge<br>11:30 AM Needlework Group<br>1 PM Canasta<br>1 PM Senior Planet: Managing your iPhone privacy settings     |
| 12<br>10:30 Ageless Grace<br>11 AM Mahjong<br>12 PM Silver Sneakers<br>2 PM Senior Planet: Protecting your personal setting online  | 13<br>10:30 AM Coffee/w friends<br>11 AM German<br>1 PM Beginning German w/ Friends<br>1 PM Move w/Becca<br>1:30 PM Art Club<br>2:30 PM Active Minds Pompeii     | 14<br>10:30 AM Chair Yoga<br>12 PM Tai Chi<br>1 PM Spanish w/Friends<br>2 PM Senior Planet: Setting up the iPhone password app           | 15<br>11 AM Mahjong<br>1 PM Silver Sneakers<br>2 PM Barry Roth NUFOHRC                                 | 16<br>10 AM Silver Sneakers<br>11 AM Bridge<br>11:30 AM Needlework Group<br>1 PM Poker<br>1 PM Senior Planet: using Siri & voice commands on your iPhone |
| 19<br>10:30 AM Ageless Grace<br>11 AM Mahjong<br>12 PM Silver Sneakers<br>2 PM Senior Planet: Using the contact app on your iPhone<br>2 PM Book Club: The Names, Florence Knapp | 20<br>10:30 AM<br>Coffee/w friends<br>11 AM German<br>1 PM Beginning German w/ Friends<br>1 PM Move w/Becca<br>1:30 PM Art Club<br>1:30 PM Centennial Senior     | 21<br>10:30 AM Chair Yoga<br>12 PM Tai Chi<br>1 PM Spanish w/Friends<br>2 PM Senior Planet: Sharing photos on iPhone                     | 22<br>11 AM Mahjong<br>1 PM Silver Sneakers<br>2 PM United Flight 629- Mike Hesse Denver Police Museum | 23<br>10 AM Silver Sneakers<br>11 AM Bridge<br>11:30 AM Needlework Group<br>1 PM Canasta   |
| 26<br>10:30 AM Ageless Grace<br>11 AM Mahjong<br>12 PM Silver Sneakers<br>2 PM Senior Planet: Protecting your personal setting online   | 27<br>10:30 AM Coffee/w friends<br>11 AM German<br>1 PM Beginning German w/ Friends<br>1 PM Move w/Becca<br>1:30 PM Art Club                                     | 28<br>10:30 AM Chair Yoga<br>12 PM Tai Chi<br>1 PM Spanish w/Friends<br>2 PM –Senior Planet: Getting Started w/iPhone health app         | 29<br>11 AM Mahjong<br>1 PM Silver Sneakers<br>2 PM Afternoon Movie: Victoria & Abdul                  | 30<br>10:30 AM Silver Sneakers<br>11 AM Bridge<br>11:30 AM Needlework Group<br>1 PM BUNCO  |

Fitness Classes \$5 Residents \$10 Non Residents

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In partnership with

