

Centennial YMCA Center of Generations: Older Adult Program Calendar

APRIL 2026 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 Understanding Frauds and Scams | 2 10 AM Highline Canal Conservancy-zoom 1 PM Silver Sneakers 1 PM Mexican Train 3:30 PM Learn to Knit (Cost: \$25-5 sessions) | 3 10:30 AM Silver Sneakers 11 AM Bridge 11:30 AM Needle work 1 PM Canasta |
| 6 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Senior Planet: Digital Vaults | 7 10:30 AM Coffee w/Micah from the Life Center 11 AM Beginning German 11:30 Paint w/Kamri 1 PM Move w/Becca 1 PM German | 8 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish W/Friends 2 PM-Digital Genealogy | 9 11 AM Mahjong 1 PM Silver Sneakers 1 PM Trivial Pursuit 3:30 PM Learn to Knit | 10 10:30 AM Silver Sneakers-video 11 AM Bridge 11:30 AM Needle work 1 PM Canasta |
| 13 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Book Club: Lion Women of Tehran | 14 10:30 AM Sustainability Talks 11 AM Beginning German 1 PM Move w/Becca 1 PM German 1:30 PM Art Club 2:30 PM Active Minds-Shakespeare | 15 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish W/Friends | 16 11 AM Mahjong 1 PM Silver Sneakers 2 PM Drum Circle 3:30 PM Learn to Knit | 17 10:30 AM Silver Sneakers 11 AM Bridge 11:30 AM Needle work 1 PM Poker |
| 20 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Senior Planet: Intro to TikTok | 21 10:30 AM Sustainability Talks 11 AM Beginning German 1 PM Move w/Becca 1 PM German 1:30 PM Art Club 2 PM CSU ext: Gut Health | 22 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/Friends 2 PM Earth Day-“Salon” | 23 11 AM Mahjong 1 PM Silver Sneakers 2 PM Movie: Shakespeare in Love 3:30 PM Learn to Knit | 24 9 AM AARP Drive Safe Class (Cost: \$25) 10:30 AM Silver Sneakers 11 AM Bridge 11:30 AM Needle work 1 PM Bunco |
| 27 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Senior Planet: Smart TVs and Streaming | 28 10:30 AM Sustainability Talks 1:30 PM Art Club 1 PM Move w/Becca 2 PM Centennial Senior Commission | 29 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish W/Friends 2 PM Senior Planet: Is that AI? | 30 11 AM Mahjong 1 PM Silver Sneakers 3:30 PM Learn to Knit | |

Fitness Classes \$5 Residents \$10 Non Residents

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