

**Centennial YMCA Center of Generations**  
**MARCH 2026 Older Adult Calendar Highlights**



March 2	2 PM SENIOR PLANET Introduction to Booking Vacation Stays online
March 4	2 PM SENIOR PLANET Food Delivery Apps
March 5	11 AM Minding Your Balance – In this interactive program, Susan Chandler, Author of Minding Your Balance, will explore mind and body techniques to improve your balance and prevent falls.
March 9	2 PM Gardening Tech at a Glance
March 10	2:30 PM- Active Minds-Ireland, and Northern Ireland- after the United Kingdom (including Northern Ireland) completed BREXIT, its departure from the European Union, new instability was introduced to the region, given that the Republic of Ireland remains a member of the EU. Join Active Minds as we discuss the history of Ireland and explore its cloudy future.
March 11	2 PM SENIOR PLANET Antivirus & Malware removal programs
March 14	9 AM-AARP Drive Safe Class- \$20 for AARP members and \$25
March 17	2 PM Grow your own luck -let's plant a little luck on St. Patrick's Day.
March 19	2 PM-National UFO Historical Records Center lecture- Join Barry Roth, Chief Archivist and Historian, to hear about the new UFO records collection center in Rio Rancho New Mexico.
March 23	1:30 PM – Arapahoe County Council on Aging Meeting
March 25	2 PM SENIOR PLANET Passwords, Passkeys and More
March 26	2 PM- Who Gets Grandma's Yellow Pie Plate: CSU Extension provides practical strategies to protect your family relationships when passing on personal possessions.
March 31	2 PM SENIOR PLANET Understanding Frauds and Scams