

Centennial YMCA Center of Generations: Older Adult Program Calendar

MARCH 2026 Hours: Monday - Friday 10 AM - 3 PM



Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Senior Planet: Intro to Booking Vacation Stays online	3 11 AM German w/Friends 11:30 AM Paint w/Kamri 1 PM Beginning German w/Friends 1 PM Move w/Becca	4 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish W/Friends 2 PM Senior Planet: Food Delivery Apps	5 11 AM Minding your Balance 11 AM Mahjong 1 PM Silver Sneakers 1 PM Open Game Time	6 10:30 AM Silver Sneakers 11 AM Bridge 11:30 AM Needle work 1 PM Canasta
9 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Senior Planet: Gardening Tech at a Glance	10 11 AM German w/Friends 1 PM Beginning German w/Friends 1 PM Move w/Becca 2:30 PM Active Minds-Ireland and Northern Ireland	11 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish W/Friends 1:30 PM Art Club 2 PM Antivirus & malware removal	12 11 AM Mahjong 1 PM Silver Sneakers	13 10:30 AM Silver Sneakers-video 11 AM Bridge 11:30 AM Needle work 1 PM Afternoon Movie-Eleanor the Great
16 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Book Club	17 11 AM German w/Friends 1 PM Beginning German w/Friends 1 PM Move w/Becca 2 PM Grow your own luck!	18 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish W/Friends 1:30 PM Art Club	19 11 AM Mahjong 1 PM Silver Sneakers 2 PM Book Talk 2 PM National UFO Historical Records Center	20 10:30 AM Silver Sneakers-video 11 AM Bridge 11:30 AM Needle work 1 PM Canasta
23 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 1:30 PM: Arapahoe County Council on Aging	24 11 AM German w/Friends 1 PM Beginning German w/Friends 1 PM Move w/Becca 2 PM Centennial Senior Commission	25 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish W/Friends 1:30 PM Art Club 2 PM Senior Planet Passwords, Passkeys, and More	26 11 AM Mahjong 1 PM Silver Sneakers 2 PM Who gets Grandma's Yellow Pie Plate	27 10:30 AM Silver Sneakers 11 AM Bridge 11:30 AM Needle work 1 PM Bunco
29 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers	30 11 AM German w/Friends 1 PM Beginning German w/Friends 1 PM Move w/Becca	31 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish W/Friends 1:30 PM Art Club March 31 2 PM Understanding Frauds and		

Fitness Classes \$5 Residents \$10 Non Residents

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