

Centennial YMCA Center of Generations: Older Adult Program Calendar

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



Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:30 AM Silver Sneakers-video 11 AM Bridge 11:30 AM Needle work
4 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Senior Planet: Practicing w/Google Docs Pt I	5 11 AM German 11:30 AM Paint w/ Kamri 1 PM Move w/Becca 1 PM German	6 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish W/Friends 2 PM Senior Planet: Practicing w/Google Docs Pt. II	7 10:30 AM AI and Medicine: Your Secret to Better Health 11 AM Mahjong 1 PM Silver Sneakers 2 PM Mexican Train	8 10:30 AM Pound Workout-video 11 AM Bridge 11:30 AM Needle work 1 PM Euchre-let's learn to play together
11 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Senior Planet: Digital Legacy	12 10:30 AM Why do I Hurt? 11 AM German 1 PM Move w/Becca 1 PM Beginning German 1:30 PM Art Club 2:30 PM Active Minds-Venezuela	13 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish W/Friends	14 10:30 Using AI With Your Doctor 11 AM Mahjong 1 PM Silver Sneakers 2 PM Trivial Pursuit	15 10:30 AM Silver Sneaker-video 11 AM Bridge 11:30 AM Needle work 1 PM Poker
18 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 1 PM The Colorado Trail 2 PM Book Club-The Memory Gardener	19 11 AM German 1 PM Move w/Becca 1 PM German 1:30 PM Art Club 2 PM Drum Circle	20 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish W/Friends 2 PM Remembering General Rose, A Colorado WWII Hero	21 11 AM Mahjong 1 PM Silver Sneakers 2 PM Just One-a cooperative party game	22 10:30 AM Pound Workout-Video 11 AM Bridge 11:30 AM Needle work 1 PM Canasta
25 CLOSED	26 11 AM German 1 PM Move w/Becca 1 PM German 1:30 PM Art Club 2 PM Centennial Senior Commission-Medicaid Waivers	27 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish W/Friends	28 9 AM "Seeing the Signs: When to Speak Up and Who to Call" 11 AM Mahjong 1 PM Silver Sneakers	29 10:30 AM Silver Sneakers -Video 11 AM Bridge 11:30 AM Needle work 1 PM BUNCO

Fitness Classes \$5 Residents \$10 Non Residents

6972 S Vine Street #366 720-918-6425 CentennialCOG@denverymca.org

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