

Centennial YMCA Center of Generations: Older Adult Program Calendar

JULY 2026 | Hours: Monday - Friday 10 AM - 3 PM



Monday	Tuesday	Wednesday	Thursday	Friday
T= TEENS WELCOME		1 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/ Friends	2 10:30 AM Coffee with Council Member Sandhu 11 AM Mahjong 1 PM Silver Sneakers	3 10:30 AM Silver Sneakers 1 PM Bridge 1 PM BUNCO & Ice Cream Social
6 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers	7 10:30 AM Mahjong Next Gen-T 11:30 Art W/Kamri 1 PM Move with Becca 2 PM Senior Planet: Google Workspace	8 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish with W/Friends 2 PM Nutrition for Bone Health	9 10:30 AM Teen Tech Office Hours 11 AM Mahjong 1 PM Silver Sneakers 1 PM Rummikub-T	10 10:30 AM Silver Sneakers 11 AM Bridge 1 PM Canasta
13 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Senior Planet: Virtual Museum Tours	14 10:30 AM Mahjong Next Gen-T 11:30 Planning for those w/out Children 1 PM Move with Becca 1:30 PM Art Club 2:30 PM Active Minds: Amelia Earhart	15 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/ Friends 1 PM Linda Ronstadt: The Sound of My Voice	16 10:30 AM Cycling without age 11 AM Mahjong 1 PM Silver Sneakers 1 PM Trivial Pursuit	17 10:30 AM Silver Sneakers 11 AM Bridge 1 PM Poker
20 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 1:30 PM Book Club: The God of the Woods	21 10:30 AM Mahjong Next Gen-T 1 PM Move with Becca 1:30 PM Art Club 2 PM Drum Circle	22 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/Friends 2 PM Senior Planet: Digital Legacy	23 10:30 AM Henna-Party \$5-T 11 AM Mahjong 1 PM Silver Sneakers 1 PM Just One-T	24 10:30 AM Silver Sneakers 11 AM Bridge 1 PM Canasta
27 10:30 AM Ageless Grace-Video 11 AM Mahjong 12 PM Silver Sneakers 1 PM - Crepe Paper Flowers-T	28 10:30 AM Mahjong Next Gen-T 11:30 Think you don't need an Estate Plan? 1 PM Move with Becca 1:30 PM Centennial Sr. Commission, Midtown Update	29 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/ Friends 1 PM Centennial-classic mini-series episode about Colorado's statehood	30 10:30 AM Teen Tech Office Hour 11 AM Mahjong 1 PM Silver Sneakers 1 PM Mexican Train	31 10:30 AM Silver Sneakers 11 AM Bridge 1 PM BUNCO

