

Centennial YMCA Center of Generations: Older Adult Program Calendar



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:30 AM Ageless Grace</p> <p>11 AM Mahjong</p> <p>12 PM Silver Sneakers</p> <p>1:30 Movie: 1776</p>	<p>2</p> <p>10:30 AM Mahjong NexGen</p> <p>11:30 AM Paint w/ Kamri</p> <p>1 PM Move with Becca</p>	<p>3</p> <p>10:30 ChairYoga</p> <p>12 PM Tai Chi</p> <p>1 PM Spanish with Friends</p>	<p>4</p> <p>10:30 AM Coffee Clatch</p> <p>11 AM Mahjong</p> <p>1 PM Silver Sneakers</p> <p>2 PM Ukulele Fest- enjoy refreshments and fun</p>	<p>5</p> <p>11 AM Bridge</p> <p>11:30 AM Needle work</p> <p>1 PM Canasta</p>
<p>8</p> <p>10:30 AM Ageless Grace</p> <p>11 AM Mahjong</p> <p>12 PM Silver Sneakers</p> <p>1:30 Movie: The Crossing</p>	<p>9</p> <p>10:30 AM Mahjong NexGen</p> <p>1 PM Move with Becca</p> <p>1:30 PM Art Club</p> <p>2:30 PM Active Minds: Iran</p>	<p>10</p> <p>10:30 AM Chair Yoga</p> <p>12 PM Tai Chi</p> <p>1 PM Spanish W/Friends</p> <p>1 PM Arapahoe County Focus Group</p> <p>Community Needs Assessment</p>	<p>11</p> <p>10:30 AM Coffee Clatch</p> <p>11 AM Mahjong</p> <p>1 PM Silver Sneakers-Video</p> <p>2 PM Gardening Under Drought Conditions</p>	<p>12</p> <p>11 AM Bridge</p> <p>11:30 AM Needle work</p> <p>1 PM Euchre for beginners</p>
<p>15</p> <p>10:30 AM Ageless Grace</p> <p>11 AM Mahjong</p> <p>12 PM Silver Sneakers</p> <p>1:30 PM Book Club: Demon Copperhead</p>	<p>16</p> <p>10:30 AM Mahjong NexGen</p> <p>1 PM Move with Becca</p> <p>1:30 PM Art Club</p>	<p>17</p> <p>10:30 AM Chair Yoga</p> <p>12 PM Tai Chi</p> <p>1 PM Spanish w/Friends</p> <p>2 PM Senior Planet: Digital Tools for Brain Health</p>	<p>18</p> <p>10:30 AM Coffee Clatch</p> <p>11 AM Mahjong</p> <p>1 PM Silver Sneakers</p> <p>2 PM Trivial Pursuit</p>	<p>19</p> <p>11 AM Bridge</p> <p>11:30 AM Needle work</p> <p>1 PM Poker</p> <p>4:00 PM 3 for 3-3rd Story Slam for the COG's 3rd anniversary</p>
<p>22</p> <p>10:30 AM Ageless Grace</p> <p>11 AM Mahjong</p> <p>12 PM Silver Sneakers</p> <p>1:30 PM Movie: Hamilton</p> <p>4:00 PM Summer Solstice Soundbath</p>	<p>23</p> <p>10:30 AM Mahjong NexGen</p> <p>1 PM Move with Becca</p> <p>1:30 PM Art Club</p> <p>2 PM Drum Circle</p>	<p>24</p> <p>10:30 AM Chair Yoga</p> <p>12 PM Tai Chi</p> <p>1 PM Spanish w/Friends</p> <p>2 PM Senior Planet: Tech Tips for Disaster Preparedness</p>	<p>25</p> <p>10:30 AM Coffee Clatch</p> <p>11 AM Mahjong</p> <p>2 PM Just One-a cooperative party game</p>	<p>26</p> <p>11 AM Bridge</p> <p>11:30 AM Needlework</p> <p>1 PM Canasta</p>
<p>29</p> <p>10:30 AM Ageless Grace</p> <p>11 AM Mahjong</p> <p>12 PM Silver Sneakers</p> <p>1:30 PM Movie: The Patriot</p>	<p>30</p> <p>10:30 AM Mahjong NexGen</p> <p>1 PM Move with Becca</p> <p>1:30 PM Art Club</p> <p>1:30 PM Centennial Senior Commission @The Space</p>	<p>1</p> <p>10:30 AM Chair Yoga</p> <p>12 PM Tai Chi</p> <p>1 PM Spanish w/Friends</p> <p>1:30 PM Art Club</p>	<p>2</p> <p>10:30 AM Coffee Clatch</p> <p>11 AM Mahjong</p> <p>1 PM Silver Sneakers</p>	<p>3</p> <p>11 AM Bridge</p> <p>11:30 AM Needle work</p> <p>1PM BUNCO and Ice Cream Social</p>

Fitness Classes \$5 Residents \$10 Non Residents

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In partnership with

