

Centennial YMCA Center of Generations
JULY 2026 | Older Adult Calendar Highlights



July 2	10:30 AM Coffee and Conversation with Council Member Sandhu
July 7	2 PM Senior Planet: Google Workspace-more than a search engine, workspace is a suite of tools that includes spreadsheet,word processing, slides
July 8	2 PM Stacy Weigand, a nutritional health coach from Natural Grocers will speak about Nutrition for Bone Health
July 13	2 PM Senior Planet: Virtual Museum Tours-so much to see so little time, this class will enable you to enjoy many treasures you don' t have time to see in
July 14	11:30 AM Planning for those who do not have children-Webinar that provides estate solutions to those without children.Includes specific estate documents
July 14	2:30 PM Active Minds: Amelia Earhart
July 15	1 PM Linda Ronstadt: The Sound of My Voice-a documentary about the 1st Lady of Rock when the music was the show, not costumes and special effects. Rolling Stone calls the documentary a vibrant and well-deserved tribute to her unmatched vocal talent and boundary-pushing career.
July 16	10:30 AM-Enjoy a wonderful discussion about Cycling without Age. Barb Lotze will talk about this extraordinary program that helps everyone enjoy the great outdoors.
July 22	2 PM Senior Planet: Digital Legacy: What happens to your digital assets when you are no longer able to access them?
July 23	10:30 AM- Henna Party with Thappa Designs \$5-Older adults and teens invited-limited to 20 participants, please sign up. Learn the cultural importance
July 27	1 PM Crepe Paper flower craft – Teens invited
July 28	11:30 AM Don't Think You're Wealthy enough for an estate Plan? Think again. There are many reasons to have a variety of documents in place prior to the end of life.
July 28	1:30 PM Centennial Senior Commission-City Staff will provide an update on Midtown.Everyone is welcome to attend the meeting.
July 29	1 PM Centennial Classic Miniseries- Episode about Colorado's Statehood

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