

Centennial YMCA Center of Generations: Older Adult Program Calendar

AUGUST 2026 | Hours: Monday – Friday 10 AM – 3 PM



Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 1 PM National Watermelon Day	4 10:30 AM Mahjong Next Gen-T 11:30 AM Art w/Kamri-T 1 PM Move with Becca	5 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/Friends 1 PM- Colorado History – How it started	6 10:30 AM Coffee w/friends 11 AM Mahjong 1 PM Silver Sneakers 1 PM Poker-T	7 10:30 AM Silver Sneakers 1 PM Bridge 1 PM Mexican Train-T
10 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Senior Planet: Digital Vaults	11 10:30 AM Mahjong Next Gen-T 1 PM Move with Becca 2:30 PM Active Minds: Women of Denver History	12 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/Friends 1 PM Dinosaur 13-AKA Sue	13 10:30 AM Coffee w/friends 11 AM Mahjong 1 PM Silver Sneakers 1 PM Left Handers Day Pictionary	14 10:30 AM Silver Sneakers 11 AM Bridge 1 PM Canasta
17 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Senior Planet: Creating an AI Agent with Gemini	18 10:30 AM Colorado History Clara Brown Angel of the Rockies 1 PM Move with Becca 1:30 PM Art Club 2 PM Drum Circle	19 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/Friends 1 PM Colorado History: Bob Howsam Member of Colorado Sports Hall of Fame	20 10:30 AM Colorado History: Chin Lin Sou 11 AM Mahjong 1 PM Silver Sneakers 1 PM Trivial Pursuit	21 10:30 AM National Senior Citizen's Day Breakfast (RSVP Required) 11 AM Bridge 1 PM Poker
24 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 1:30 PM Book Club: The Stolen Life of Collette Marceau	25 10:30 AM Take care of your Shoulders with Stu 1 PM Move with Becca 1:30 PM Centennial Senior Commission	26 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/Friends 2 PM Legendary Ladies	27 10:30 AM Colorado History Gen. Palmer and Glenn Eyrie Castle 11 AM Mahjong 1 PM Silver Sneakers 1 PM Mexican Train	28 10:30 AM Silver Sneakers 11 AM Bridge 1 PM Canasta
31 10:30 AM Ageless Grace-Video 11 AM Mahjong 12 PM Silver Sneakers 1:30 PM –Untold Story of Ralph Carr and the Japanese	1 11:30 AM Art w/ Kamri 1 PM Move with Becca	2 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/Friends	3 10:30 AM-You choose 11 AM Mahjong 1 PM Silver Sneakers 1 PM MexicanTrain	4 10:30 AM Silver Sneakers 11 AM Bridge 1PM BUNCO

Fitness Classes \$5 Residents \$10 Non Residents

In partnership with

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