

Centennial YMCA Center of Generations: Older Adult Program Calendar

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



Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:30 Art W/Kamri 12 PM Tai Chi 1 PM Move with Becca	2 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish with Friends	3 10 AM Knitting Circle 10:30 AM Seated Pilates-Video 11 AM Mahjong 1 PM Silver Sneakers 1 PM Mexican Train	4 10:30 AM Silver Sneakers 1 PM Bridge 1 PM Bunco
7 CLOSED	8 10:30 AM Cardio Dance Party-Video 12 PM Tai Chi 1 PM Move w/Becca 1 PM Art Club 2:30 PM Active Minds: Hong Kong	9 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish with Friends 1 PM–Senior Planet: Passwords, Passkeys & More	10 10 AM Knitting Circle 10:30 AM Seated Pilates-Video 11 AM Mahjong 1 PM Silver Sneakers-VIDEO 1 PM Tripoli 4 PM Tony Kovalski	11 10:30 AM Silver Sneakers 11 AM Bridge 1 PM Canasta
14 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers	15 10:30 AM Cardio Dance Party-Video 1 PM Move w/ Becca 1 PM Art Club 2 PM Tai Chi	16 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish with Friends 2 PM Hacks for Healthy Blood Sugar Balance	17 10 AM Knitting Circle 10:30 AM Seated Pilates-Video 11 AM Mahjong 1 PM Silver Sneakers 1 PM Trivial Pursuit	18 10:30 AM Silver Sneakers 11 AM Bridge 1 PM Poker
21 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 1:30 PM Book Club: Good People	22 10:30 AM Cardio Dance Party-Video 1 PM Art Club 1 PM Move with Becca 1:30 PM Centennial Senior Commission 2 PM Tai Chi	23 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish with Friends 1 PM Senior Planet: Everyday Uses of AI	24 10 AM Knitting Circle 10:30 AM–Seated Pilates-Video 11 AM Mahjong 1 PM Silver Sneakers 1 PM Mexican Train	25 10:30 AM Silver Sneakers 11 AM Bridge 1 PM Canasta
28 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Senior Planet: Tech Tips for Responsible Tech Disposal	29 10:30 AM Cardio Dance Party-Video 1 PM Art Club 1 PM Move w/Becca 2 PM Tai Chi	30 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish with Friends 1 PM Senior Planet: Exploring the new Senior Planet Website	1 10 AM Knitting Circle 10:30 AM Seated Pilates-Video 11 AM Mahjong 1 PM Silver Sneakers 1 PM Mexican Train	2 10:30 AM Silver Sneakers 11 AM Bridge 1 PM BUNCO

Fitness Classes \$5 Residents \$10 Non Residents

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

In partnership with

