

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



Sept. 8	2:30 PM Active Minds: Hong Kong, learn about its past present and future. Recent clashes between the Chinese government and protestors objecting to greater governmental controls will be discussed.
Sept. 9	1 PM Senior Planet: Passwords, Passkeys & More-Tired of resetting your password all the time? Join this lecture to discover password alternatives and different ways to manage your passwords.
Sept. 10	4 PM Honoring the victims and first responders of 9/11 on the 25th anniversary of the deadliest attack on U.S. soil. Tony Kovaleski, former investigative reporter for Denver 7, will share his firsthand experience reporting from Ground Zero in the aftermath of the attacks.
Sept. 16	2 PM Stacey Weigand, Nutritional Coach from Natural Grocers, presents a program about Healthy Hacks to manage blood sugar.
Sept. 23	1 PM Senior Planet: Everyone is talking about AI! Come to this class to see how AI is part of everyday life.
Sept. 28	2 PM Senior Planet: Tech Tips for responsible tech disposal. Learn how to clear out that old tech drawer while protecting both your privacy and the planet.
Sept. 30	1 PM Senior Planet: Exploring SeniorPlanet.org-Discover the exciting, new and improved features of the redesigned Senior Planet website. You'll explore the smarter search function and learn how to easily find the classes and resources you're looking for. We'll also go over creating an account and discuss the benefits of using your new Senior Planet account to sign up for classes, save videos, and more.