

# Centennial YMCA Center of Generations: Older Adult Program Calendar

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

CentennialCOG@denverymca.org 720-918-6425



| Monday                                                                                                                               | Tuesday                                                                                                                                      | Wednesday                                                                                                                           | Thursday                                                                                                                     | Friday                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                      |                                                                                                                                              |                                                                                                                                     | 1<br>10 AM Knitting Circle<br>11 AM Mahjong<br>1 PM Silver Sneakers-Hazel<br>1 PM Mexican Train                              | 2<br>10:30 AM Silver Sneakers Video<br>11 AM Bridge<br>1 PM Bunco                                                |
| 5<br>10:30 AM Ageless Grace<br>11 AM Mahjong<br>12 PM Silver Sneakers-Susan<br>1 PM Monday Movie: The Founder: Ray Kroc & McDonald's | 6<br>10:30 AM Cardio Dance Party-Video<br>11:30 AM Paint w/Kamri<br>12 PM Tai Chi<br>1 PM Move w/ Becca                                      | 7<br>10:30 AM Chair Yoga<br>12 PM Tai Chi<br>1 PM Spanish with W/Friends<br>1 PM Open game play                                     | 8<br>10 AM Knitting Circle<br>11 AM Mahjong<br>1 PM Silver Sneakers-Hazel<br>1 PM Rumi Kube                                  | 9<br>10:30 AM Silver Sneakers -Video<br>11 AM Bridge<br>1 PM Canasta                                             |
| 12<br>10:30 AM Ageless Grace<br>11 AM Mahjong<br>12 PM Silver Sneakers<br>2 PM Senior Planet: Introduction to 3D printing            | 13<br>10:30 AM Cardio Dance Party-Video<br>12 PM Tai Chi<br>1 PM Move w/ Becca<br>1 PM Art Club<br>2:30 PM Active Minds: History of Broadway | 14<br>10:30 AM Chair Yoga<br>12 PM Tai Chi<br>1 PM Spanish with Friends<br>2 PM Medicare Roundtable with Dawn Haskins               | 15<br>10 AM Knitting Circle<br>11 AM Mahjong<br>1 PM Silver Sneakers<br>2 PM Fall and Winter Landscape Care C.S.U. Extension | 16<br>10:30 AM Silver Sneakers Video<br>11 AM Bridge<br>1 PM Poker                                               |
| 19<br>10:30 AM Ageless Grace<br>11 AM Mahjong<br>12 PM Silver Sneakers<br>1:30 PM Book Club: Rules of Civility                       | 20<br>10:30 Cardio Dance Party-Video<br>12 PM Tai Chi<br>1 PM Art Club<br>1 PM Move with Becca<br>2 PM Drum Circle                           | 21<br>10:30 AM Chair Yoga<br>12 PM Tai Chi<br>1 PM Spanish with Friends<br>2 PM Senior Planet: Navigating Medicare Resources Online | 22<br>10 AM Knitting Circle<br>11 AM Mahjong<br>1 PM Silver Sneakers<br>2 PM Arapahoe County 911 Authority                   | 23<br>10:30 AM Silver Sneakers Video<br>11 AM Bridge<br>1 PM Canasta                                             |
| 26<br>10:30 AM Ageless Grace<br>11 AM Mahjong<br>12 PM Silver Sneakers<br>1:30 PM Spellbinders w/ Larry                              | 27<br>10:30 Cardio Dance Party-Video<br>12 PM Tai Chi<br>1 PM Art Club<br>1 PM Move with Becca<br>1:30 PM Centennial Senior Commission       | 28<br>10:30 AM Chair Yoga<br>12 PM Tai Chi<br>1 PM Spanish with Friends<br>2 PM Senior Planet: Free Streaming with TUBI             | 29<br>10 AM Knitting Circle<br>11 AM Mahjong<br>1 PM Silver Sneakers                                                         | 30<br>10:30 AM Silver Sneakers Video<br>11 AM Bridge<br>1:30 PM Halloween Party with Trivia hosted by Bill Jones |

Fitness Classes \$5 Residents \$10 Non Residents

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

In partnership with

