Centennial YMCA Center of Generations: Older Adult Program Calendar

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

2 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers	3 10:30 AM Cardio Dance Party-Video 11:30 AM Paint w/Kamri 12 PM Tai Chi 1 PM Move w/ Becca	4 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish with w/Friends	5 10 AM Knitting Circle 11 AM Mahjong 1 PM Silver Sneakers 1 PM Decorating Pumpkins for fall	6 10:30 AM Silver Sneakers 11 AM Bridge 1 PM Bunco
9 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 1 PM Graphic Design Tool	10 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: Native Americans of	11 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish with w/Friends 1 PM Movie: Windtalkers	12 10 AM Knitting Circle 11 AM Mahjong 1 PM Silver Sneakers- 2 PM Getting Started with Canva	10 10:30 AM Silver Sneakers 11 AM Bridge 1 PM Canasta
16 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 1:30 PM Book Club 2 PM Senior Planet: Practicing Canva	17 10:30 AM Cardio Dance Party-Video 12 PM Tai Chi 1 PM Move w/ Becca- 1 PM Art Club 2 PM Drum Circle	18 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish with Friends 2 PM Tripoli	19 10 AM Knitting Circle 11 AM Mahjong 1 PM Silver Sneakers 1 PM Practicing Canva	20 10:30 AM Silver Sneakers 11 AM Bridge 1 PM Poker
23 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 1:30 PM ACCOA-hear from Leverage older adult advocates	24 10:30 Cardio Dance Party-Video 12 PM Tai Chi 1 PM Art Club 1 PM Move with Becca	25 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/ Friends 1 PM Poker	26 Happy Thanksgiving!	27 10:30 AM Silver Sneakers 11 AM Bridge 1 PM Canasta
30 10:30 AM Ageless Grace 11 AM Mahjong 12 PM Silver Sneakers 2 PM Senior Planet: Practicing Canva	1 10:30 Cardio Dance Party-Video 12 PM Tai Chi 1 PM Art Club 1 PM Move with Becca 2 PM Understanding Fraud and Manipulation 2026	2 10:30 AM Chair Yoga 12 PM Tai Chi 1 PM Spanish w/ Friends 2 PM Senior Planet: Getting Started with Spotify	3 10 AM Knitting Circle 11 AM Mahjong 1 PM Silver Sneakers	4 10:30 AM Silver Sneakers 11 AM Bridge 1 PM Canasta

Fitness Classes $5 Residents $10 Non-Residents

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In partnership with

Centennial YMCA Center of Generations

November 2026 | Older Adult Calendar Highlights

Nov 9, 12, 16, 19, 30	2 PM	Design your own holiday cards with Canva Introduction to Graphic Design Tools, Introduction to Canva, and Practice on the COG Computers
Nov 5	1 PM	Fall Pumpkin Decoration-let's take a plain pumpkin and turn it into a beautiful decoration
Nov 11	1 PM	Veteran's Day – Windtalkers, is a 2002 American war film directed and starring Nicolas Cage and Adam Beach, based on the real story of Native American code talkers
Nov 18	5 PM	Learn about the City of Centennial's initiative called Table Talk at this Open House. A wonderful opportunity to share what's on your mind with City Staff.