

PLEASE REGISTER IN ADVANCE FOR ALL EVENTS.

WHATS HAPPENING

BUNCO

Chicken salad croissants and chips

Wednesday, April 1 | 10 a.m. | \$7

Taco salad

Wednesday, May 6 | 10 a.m. | \$7

BINGO

Please sign up early! Spots go extremely fast.

Fruit pizza sugar cookies

Wednesday, April 15 | 11 a.m. | \$7

Tres Leches cake

Wednesday | May 20 | 11 a.m. | \$7

POP UP BINGO

Carrot cake

Wednesday | April 22 | 11 a.m. | \$7

LUNCHEON

April Showers

Wednesday, April 8 | 11:30 a.m. | \$12

Skillet potatoes and ham, roasted asparagus, rolls and lemon blondies.

Fiesta

Wednesday, May 13 | 11:30 a.m. | \$12

Chips, salsa, ground beef tacos, beans, rice and churro cheesecake.

DINER DAYS

Wednesday, May 27 | 11:30 a.m. | \$10

Skillet potatoes and ham, roasted asparagus, rolls and lemon blondies.

FOODIE TOURS

The Blue Skillet

Wednesday, April 22 | 10:30 a.m. | \$7

Solamente Pizza

Wednesday, May 27 | 10:30 a.m. | \$7

BOOK CLUB

Discuss the upcoming books with fellow readers.

First Wednesday of month | 1:15 p.m. | FREE

APRIL 1: A WALK IN THE WOODS,
Bill Bryson

MAY 6: FIRST FAMILY,
David Baldacci

GARDEN MEETING | 9 A.M.

Join us every second Tuesday as we educate ourselves and the public on gardening in our desert climate.

April 14 | May 12

WRITERS CIRCLE

Calling all aspiring writers. Meet with fellow authors to collaborate. Fourth Friday of the Month.

April 24 | May 22

MONTHLY MOVIE | 10 A.M.

Join us the fourth Monday for a newly released movie.

April 27

All members need to scan their cards at the Active Adult Center before going to the YMCA.



Parks ♦ Rec ♦ Arts

#DiscoverLV

702.229.PLAY

TTY 711

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Find it all at LasVegasNevada.gov/Discover

PR-13612-01-26

CITY OF LAS VEGAS

CENTENNIAL HILLS ACTIVE ADULT CENTER

6601 N. BUFFALO DRIVE • 702.229.1702

OPEN: MONDAY-FRIDAY, 7 A.M. - 5 P.M.

APRIL/MAY CALENDAR

HOLIDAY FACILITY CLOSURES:

Memorial Day: Monday, May 25

GUEST LECTURES/TUESDAYS

Third Tuesday of every month. Stay tuned for lecture topics. Must Register in Advance

APRIL 21 | 10 A.M.:

SENIORS ON THE MOVE

MAY 19 | 10 A.M.: WATER DISTRICT

CENTENNIAL CREATIVE CLUB

Due to popular demand craft classes will now be held twice a month.

APRIL: BUTTON ART

Thursday, April 2 & 16 | 10:30 a.m. | \$7

MAY: FRUIT STAMPED TEA TOWELS

Thursday, May 7 & 21 | 10:30 a.m. | \$7

UKELELE

This easygoing ukelele class for seniors is all about fun, music, and connection. You'll learn the basics of playing the ukelele, practice familiar tunes, and enjoy making music together. The class moves at a comfortable pace and is perfect for beginners. Each student must bring their own ukelele and tuner.

Mondays | 3:30-4:30 p.m.



COUNTY FAIR

YEEHAW let's go pet some pigs and gorge ourselves on funnel cake! The Clark County Fair in Logandale, NV is a fun and easy daytrip. Bus will leave by 9 a.m. and get back to our center by 4 p.m. (ADA bus will not be available for this trip. Participants must be able to transport on and off the bus by themselves.).

Thursday, April 9 | 9 a.m.-4 p.m. | \$20

TIMELESS TEA

Clocks may tick but there is no rush here - just good company, cozy conversations, and a little magic in every sip. Dress to impress, we can't wait to see those beautiful hats. Come for the tea. Stay for the timeless memories.

Wednesday, April 29 | 11:30 a.m. | \$12

FLOWER ARRANGING

Let's brighten our mood with some flower sunshine. Come and create a stunning floral arrangement.

Thursday, April 30 | 10:30 a.m. | \$20

*Reminder! If you have United Health Care and use Renew Active, please bring in your insurance card to renew your fitness membership.

YEARLY MEMBERSHIP CARD GIVES YOU...

Bridge • Pinochle • Canasta • Mahjongg • Computer Lab access • Knitting & Crochet • Quilting
Monthly Movie • Fitness/ Weight Room • Indoor Lap Pool And more!

Membership is \$10 per year! | Fitness Pass \$10 for 30 days!

CENTENNIAL

ACTIVE ADULT CENTER

SUMMER 26

MONDAY

COMPUTER LAB
7 a.m.-4:30 p.m.

CHAIR YOGA*
9:15-10:15 a.m.
Multipurpose Room

LOW IMPACT CARDIO *
9:30-10:30 a.m.
CLV

GUIDED MEDITATION
9-10 a.m.

PICKLEBALL
9-11 a.m.
YMCA Small Gym

MONTHLY MOVIE
10 a.m.
Fourth week only

BEGINNING REIKI
10-11 a.m.

WATER AEROBICS
10:30 a.m.-11:30 p.m.
YMCA Lap Pool

CARD MAKING
10:30 a.m.-12:30 p.m.
First week only

LINE DANCE*
10:30 a.m.-12:30 p.m.
Multipurpose Room

BELLY DANCE*
10:30-11:30 a.m.
Classroom 3

**FUNCTIONAL STRENGTH
TRAINING (CHAIR BASED)***
10:45-11:30 a.m.
CLV Room

**CARDIO/WEIGHT ROOM
OPEN SWIM****
11 a.m.-3 p.m.

REIKI
11 a.m.-Noon

RED HATS
11 a.m.-12:45 p.m.
Second week only

CARDIO DANCE*
11:45 a.m.-12:45 p.m.
YMCA Studio 2

SCRABBLE
Noon-4:30 p.m.

CARDIO CORE*
1-2 p.m.
Multipurpose Room

PINOCHLE, ADVANCED
1-4:30 p.m.

RHYTHM & BEATS*
2:30-3:30 p.m.
Multipurpose Room

UKELELE
3:30-4:30 p.m.
Classroom 3

TUESDAY

COMPUTER LAB
7 a.m.-4:30 p.m.

QUILTING
8:30-11:30 a.m.

GARDEN
9-10 a.m.
Second Week Only

SIT 'N FIT*
9-10 a.m.
CLV Room

COUNTRY JAM
10 a.m.-Noon

GRIEF SUPPORT
10-11 a.m.

Second and fourth weeks only

GUEST SPEAKER+
10-11 a.m.

Third week only

INDOOR WALKING
10:30-11:30 a.m.
YMCA Large Gym

**CARDIO/WEIGHT ROOM
OPEN SWIM****
11:00 a.m.-3:00 p.m.

DUPLICATE BRIDGE
11 a.m.-2 p.m.

CORE & RESTORE
Noon-1 p.m.
Multi Purpose Room
Chair or Mat

**LOW IMPACT
CARDIO DANCE***
Noon-1 p.m.
YMCA Studio 2

DOMINOS
Noon-4:30 p.m.

POKER
1-3:30 p.m.

SELF DEFENSE*
1-2 p.m.
CLV Room

POWER HOUR*
1:15-2:15 p.m.
Multipurpose Room

BALANCE CLASS*
2:15-2:45 p.m.
CLV Room

ZUMBA EXPRESS*
2:45-3:15 p.m.
Multipurpose Room

WEDNESDAY

COMPUTER LAB
7 a.m.-4:30 p.m.

ZUMBA *
7:45-8:45 a.m.
CLV Room

KNIT & CROCHET
8-11 a.m.

OIL PAINTING
8:30-11:30 a.m.

4 FITNESS*
9-10 AM
CLV Room

Exercise mat required

INDOOR VOLLEYBALL
9-10:30 a.m.
YMCA Small Gym

COLOR HOUR
10 a.m.-Noon.

**CARDIO/WEIGHT ROOM
OPEN SWIM****
11 a.m.-3 p.m.

BALLET FOR FITNESS 1*
11:15 a.m.-12:15 p.m.
YMCA Studio 2

WATER AEROBICS
11:30 a.m.-12:30 p.m.
YMCA Lap Pool

GAME SPOT
Noon-4:30 p.m.

BALLET FOR FITNESS 2*
12:30-1:45 p.m.
YMCA Studio 2

ARTHRITIS AEROBICS
11:45 a.m.-12:45 p.m.
YMCA Lap Pool

BOOK CLUB
See back for book list.

1:15 -3:45 p.m.

First week only

PARTY BRIDGE
1-4:30 p.m.

SIT 'N FIT*
2:15-3:15 p.m.

Multipurpose Room

FLEX & STRETCH*
3:30-4:45 p.m.

Multipurpose Room
Exercise mat required

THURSDAY

COMPUTER LAB
7 a.m.-4:30 p.m.

SENIOR T.O.P.S.
8:15-9:15 a.m.

CHAIR YOGA*
8:45-9:45 a.m.
Multipurpose Room

**FUNCTIONAL STRENGTH &
CORE TRAINING***
9-10 a.m.
CLV Room

Exercise mat required

URBAN LINE DANCE*
10 a.m.-Noon
Multipurpose Room

JEWELRY DESIGN
9:30 a.m.-Noon

INDOOR WALKING
10:30-11:30 a.m.

YMCA Large Gym

WHINE & PAINT+
10:30 a.m. • \$10/class
Second and Fourth weeks

CREATIVE CLUB+
10:30 a.m.-12:30 p.m.

First and third Thursdays

**CARDIO /WEIGHT ROOM
OPEN SWIM****
11 a.m.-3 p.m.

CORE & RESTORE
11 a.m.-Noon
CLV Room

Chair or mat

POKER

11:30 a.m.-4:30 p.m.

VARIETY DANCE FITNESS
12:15-1:15 p.m.
CLV Room

4 FITNESS*
12:30-1:30 p.m.

YMCA Studio 2

Exercise mat required

RUMMIKUB
1-4:30 p.m.

BALANCE CLASS*
2-2:30 p.m.

Multipurpose Room

AIR DRY CLAY SCULPTING
2:30-4:30 p.m.

FRIDAY

COMPUTER LAB
7 a.m.-4:30 p.m.

BALLROOM BLAST*
8-9 a.m.
Multipurpose Room

AARP SMART DRIVE+
8:30 a.m.-12:30 p.m.
Third week only

**FUNCTIONAL STRENGTH &
CORE TRAINING ***
9-10 a.m.
CLV Room

Exercise mat required

LOW IMPACT CARDIO*
9:15-10:15 a.m.
Multipurpose Room

WRITER'S CIRCLE
10-11:30 a.m.

Fourth week only

BELLY DANCE*
10:30-11:30 a.m.
Multipurpose Room

**BLUEGRASS
SOCIETY JAM**
10:30 a.m.-12:30 p.m.

CURRENT EVENTS
10:30 a.m.-12:30 p.m.

Second & third weeks only

**CARDIO /WEIGHT ROOM
OPEN SWIM****
11 a.m.-3 p.m.

WATER AEROBICS
11 a.m.-Noon
YMCA Lap Pool

ARTHRITIS AEROBICS
12:15 p.m.-1:15 p.m.
YMCA Lap Pool

HAND & FOOT CANASTA
Noon-4:30 p.m.

MAH JONG/EUCHRE
Noon-4:30 p.m.

PICKLEBALL
1-4 p.m.

YMCA Small Gym

PARTY BRIDGE
1-4:30 p.m.

S.E.A.T.*
1:30-2:30 p.m.

Classroom 3

Please refer to the current fitness calendar for updates and changes to exercise classes.

*FITNESS PASS REQUIRED
+PLEASE REGISTER EARLY

Prices/fees are for the month

CLASSES, ACTIVITIES AND
EVENTS ARE SUBJECT TO
CHANGE OR CANCELLATION