

Centennial Hills Active Adult Center

6601 N. Buffalo Dr. 702-229-1702
 OPEN: Monday – Friday, 7a.m. – 5p.m.

MAY - JUNE CALENDAR

<p>BINGO</p> <p>Wednesday, May 15 \$5 11am Mini Peach Cobbler</p> <p>Wednesday, June 19 \$5 11am Orange Creamsicle Cake</p> <p>*Please sign up early! Spots go extremely fast</p>	<p>Luncheon</p> <p>Country Cookout Wednesday, May 8 \$10 11:30am Pulled pork sandwiches, baked beans, coleslaw, ranch Chex mix, and dirt cups. Life's a Beach</p> <p>Wednesday, June 12 \$10 11:30am "Crab" sandwiches, seashell cookies, and octopus tentacles fruit salad.</p>
<p>Bunco</p> <p>Wednesday, May 1 \$5 10am Walking Taco's</p> <p>Wednesday, June 5 \$5 10am Summer Salad</p>	<p>In House Foodie Tours</p> <p>PF Chang's Crispy honey chicken Wednesday, May 22 \$5 10:00-2:00 pm</p> <p>Olive Garden's Spinach Artichoke Dip Wednesday, June 26 \$5 10:00-2:00 pm</p>

Book Club:

May 1: *The Overstory*, *Richard Powers*
 June 5: *Lessons in Chemistry*, *Bonnie Garmus*
 Discuss the upcoming books with fellow readers
 1st Wednesday of the month at 1:15pm

Writer's Circle

Calling all creative writers! Bring your paper and pencils and let the writing flow.
 3rd Friday of the month at 10:00 am

Scrapbooking and Card Making

Create beautiful projects and make memories. You might even get a "goody bag" of supplies.
 1st Mondays at 10:30am

Boot Scoot Boogie Line Dance Party

Learn how to country line dance and kick up your heels with your friends. Homemade rootbeer floats will be served.
 Wednesday, May 29 11:30-1:00 \$5

Senior Mental Health Day

A day dedicated to mental health for seniors
 Thursday, May 30 all day

2024 Monthly Themes

May: Heildorado June: Life's a Beach

<p>Guest Lectures May: SNHD-Tobacco Control & Prevention Tuesday, May 21 10am Must Register in Advance</p> <p>June: Health and Wellness Tuesday, June 18 10am Must Register in Advance</p> <p>Centennial Creative Club Thursday's are for crafting! May 16: Farmhouse Sunflower June 20: Patriotic Table Garland 10:30 am \$7</p> <p>Steps to Optimal Health Holistic Eye and Dental Care Thursday, May 2 10 am Must Register in Advance</p> <p>Learn what foods, herbs, and practices can optimize your eye and dental health.</p> <p>Mushrooms for Health and Healing Thursday, June 6 10 am Must Register in Advance</p> <p>Discover the therapeutic benefits of mushrooms, how to choose supplements, and make medicine from these miraculous fungi.</p> <p>Garden Meeting Join us as we educate ourselves and the public on gardening in our desert climate. Every 2nd Tuesday May 14 June 11 9:00 am</p> <p>Whine & Paint Whine while you paint and have some fun with friends. May 9 & 23</p>	<p>Yearly Membership card gives you... Bridge Pinochle Canasta Mahjongg Rummikub Scrabble Dominos Lectures Book Club Garden Meetings Card Making Computer Lab access Knitting & Crochet Quilting Monthly Movie Pickleball Indoor Walking Volleyball Fitness/ Weight Room Indoor Lap Pool Service/Sleeping Mats Library</p> <p>Membership is \$10 per year! Fitness Pass: \$10 for 30 days</p> <p><i>Classes, Activities and Events are Subject To Change or Cancellation</i></p>
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Centennial Hills Active Adult Center • May/June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDIO/WEIGHT ROOM 10:00-11:00 am With instructor	CARDIO /WEIGHT ROOM 10:00-11:00 am With instructor	CARDIO /WEIGHT ROOM 10:00-11:00 am With instructor	CARDIO /WEIGHT ROOM 10:00-11:00 am With instructor	CARDIO /WEIGHT ROOM 10:00-11:00 am With instructor
OPEN SWIM 9-10 am	OPEN SWIM 9-10 am	OPEN SWIM 9-10 am	OPEN SWIM 9-10 am	OPEN SWIM 9-10 am
COMPUTER LAB 7 - 4:30 pm	COMPUTER LAB 7 - 4:30 pm	COMPUTER LAB 7 - 4:30 pm	COMPUTER LAB 7 - 4:30 pm	COMPUTER LAB 7 - 4:30 pm
TAI CHI* 8-9 am Multipurpose Room	QUILTING 8:30-11:30 am	KNIT & CROCHET 8-11 am	SENIOR T.O.P.S. 8:15-9:15 am	BALLROOM BLAST* 8-9 am Multipurpose Room
GUIDED MEDITATION 9-10 am	GARDEN 9:00-10:00 am Second Week Only	OIL PAINTING 8:30-11:30 am	FUNCTIONAL STRENGTH TRAINING* 9-10 am CLV Room <i>**Exercise mat required**</i>	AARP SMART DRIVE+ 8:30 -12:30 pm Third week only
PICKLEBALL 9-11 am YMCA Small Gym	SIT 'N FIT* 9-10 am CLV Room	4 FITNESS* 9-10 am CLV Room <i>**Exercise mat required**</i>	URBAN LINE DANCE* 9-11 am Multipurpose Room	FUNCTIONAL STRENGTH TRAINING * 9-10 am CLV Room <i>**Exercise mat required**</i>
CHAIR YOGA* 9:15-10:15 am Multipurpose Room	COUNTRY JAM 10 -12:00 pm	INDOOR VOLLEYBALL 9-10:30 am YMCA Small Gym	JEWELRY DESIGN 9:30 -12:00 pm	LOW IMPACT CARDIO* 9:15-10:15 am Multipurpose Room
MONTHLY MOVIE 10 am Fourth week only	GRIEF SUPPORT 10-11 am Second and fourth weeks only	FINE ARTS 10 – 12:00 pm	STEPS TO OPTIMAL HEALTH+ 10 -12:00 pm First week only	WRITER'S CIRCLE 10-11:30 am Third week only
BEGINNING REIKI 10-11 am	GUEST SPEAKER+ 10-11 am Third week only	TAI CHI* 10:30-11:30 am CLV Room	INDOOR WALKING 10:30-11:30 am YMCA Large Gym	JETSETTERS JUNCTION 10-11:30 am Second week only
CARD MAKING 10:30 -12:30 pm First week only	INDOOR WALKING 10:30-11:30 am YMCA Large Gym	WATER AEROBICS* 11 -12:00 pm Lap Pool	WHINE & PAINT+ 10:30 am • \$10 Second and fourth weeks only	SENIOR MIX & MINGLE 10:30-12:30 am Fourth week only
LINE DANCE* 10:30 - 12:30 pm Multipurpose Room	DUPLICATE BRIDGE 11 a.m.-2:00 pm	BALLET FOR FITNESS 1* 11:15 -12:15 pm YMCA Studio 2	CREATIVE CLUB+ 10:30-12:30 pm • \$7 Third Thursday	BELLY DANCE* 10:30-11:30 am Multipurpose Room
BELLY DANCE* 10:30-11:30 am CLV Room	CARDIO DANCE* 12:00 -1:00 pm YMCA Studio 2	MAH JONG 12:00 - 4:30 pm	Zumba Gold* 11:15 a.m.-12:15 pm Multipurpose Room	WATER AEROBICS* 10:30-11:30 am Lap Pool
WATER AEROBICS* 11 – 12:00 pm Lap Pool	DOMINOS 12:00 – 4:30 pm	MODIFIED YOGA/STRETCHING* 12:00 – 1:00 pm Classroom 1	POKER 11:30 a.m.-4:30 pm	BLUEGRASS SOCIETY JAM 10:30 a.m.-12:30 pm
REIKI 11 - 12:00 pm	POKER 1-3:30 pm	ARTHRITIS AEROBICS* 12:15-1:15 pm Therapy Pool	CARDIO CORE DANCE LOW IMPACT* 12:30-1:30 pm YMCA Studio 2	CURRENT EVENTS 10:30 a.m.-12:30 pm Second & third weeks only
RED HATS 11 - 12:45 pm Second week only	SELF DEFENSE* 1:00 - 2:00 pm CLV Room	BALLET FOR FITNESS 2* 12:30-1:45 pm YMCA Studio 2	CHAIR YOGA* 12:30–1:30 pm Multipurpose Room <i>**Exercise mat required**</i>	ARTHRITIS AEROBICS* 11:45 a.m.-12:45 pm Therapy Pool
BALLROOM BLAST* 11:45 - 12:45 pm YMCA Studio 2	POWER HOUR* 1:15-2:15 pm Multipurpose Room	BOOK CLUB <i>See back for book list.</i> 12:30 -2:00 pm First week only	RUMMIKUB 1-4:30 pm	TAI CHI* Noon-1 pm Studio 2
SCRABBLE 12:00 - 4:30 pm	BALANCE CLASS* 2:15 - 2:45 pm CLV Room	PARTY BRIDGE 1-4:30 pm	BALANCE CLASS* 1:45-2:15 pm Multipurpose Room	HAND & FOOT CANASTA Noon-4:30 pm
ARTHRITIS AEROBICS* 12:15-1:15 pm Therapy Pool		SIT 'N FIT* 2:15-3:15 pm Multipurpose Room	PERSONALIZED COMPUTER HELP 2-4 pm Computer Lab Call to make an appt.	MAH JONG Noon-4:30 pm
CARDIO CORE DANCE* 1:00 - 2:00 pm Multipurpose Room		FLEX & STRETCH* 3:30-4:45 pm Multipurpose Room <i>**Exercise mat required**</i>		PICKLEBALL 1-4 pm YMCA Small Gym
PINOCHLE, ADVANCED 1:00 - 4:30 pm				PARTY BRIDGE 1-4:30 pm
CROCHET SLEEPING MATS 1:00 - 4:00 pm Second and fourth weeks only				
RHYTHM & BEATS* 2:30 - 3:30 pm Multipurpose Room				
		*FITNESS PASS REQUIRED +PLEASE REGISTER EARLY		
			CLASSES, ACTIVITIES AND EVENTS ARE SUBJECT TO CHANGE OR CANCELLATION	