WHAT'S HAPPENING

CULTURAL CUISINE

Join us as we take a cuisine tour of different countries and states. You will be provided with a sample of a dish relating to the region

Wednesday, July 27, $5 | 11 a.m.
Join us as we tour the country of Greece and have a sampling of Pastitsio (meat and tomato sauce with pasta topped with béchamel sauce.)

Wednesday, Aug. 24, $5 | 11 a.m.
Join us as we tour the state of Florida and have a sampling of a Cuban sandwich.

LUNCHEON

Wednesday, July 13, $7 | 11:30 a.m.
Backyard BBQ: bbq chicken, baked beans, potato salad, watermelon and dessert.

Wednesday, Aug. 10, $7 | 11:30 a.m.
Join us as we celebrate our 15th anniversary sock hop style! Cheeseburgers, fries, root beer floats, cherry pie.

BUNCO

Wednesday, July 6, $5 | 10 a.m.
Reuben sandwich

Wednesday, Aug. 17, $5 | 10 a.m.
Turkey Salad Croissant

BINGO

Wednesday, July 20, $5 | 11 a.m.
Campfire Berry-Peach Cobbler

Wednesday, Aug. 17, $5 | 11 a.m.
Banana Split Stackers

BOOK CLUB

July – A Walk in the Woods by Bill Bryson
August – The Descent by Jim Johnson

1st Wednesday | 12:30 p.m. | Free

WRITER'S CIRCLE

Calling all creative writers! Bring your paper and pencils and let your creative writing flow.
Meets the third Friday of the month at 10 a.m

FLOWER ARRANGING WORKSHOP

Thursday, Aug. 25, $20 | Noon

STEPS TO OPTIMAL HEALTH

Introduction to Using Herbs – Understand the ways an herbal approach can support wellness and manage disease. You will also feel more comfortable and excited about making and using your own teas and tinctures.

Thursday, July 7 | 10 a.m. | Free

Natural First Aid and Skin Care – Learn the many ways that herbs can be used for minor common ailments and create your own skin care recipes using botanicals and other safe, nourishing and non toxic ingredients.

Thursday, Aug. 4 | 10 a.m. | Free

www.lasvegasparksandrec.com

TTY 711

cityoflasvegas | lasvegasnevada.gov | #DiscoverTheFun | lasvegasparksandrec.com

PR-5951-06-22

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.

ACTIVITY CALENDAR

JULY

REGIONAL FLOOD CONTROL

The Regional Flood Control District's Public Information Program focuses to educate the public about the dangers of flash flooding and to inform the community about the progress of flood control in Clark County and the quality of water that drains to Lake Mead.
Tuesday, July 12, 10 a.m. | Free

CRAFT

Summer Wreath
3rd Thursday, 11 a.m. | $7

MOTHER HUBBARD CUPBOARD DRIVE THRU FOOD DISTRIBUTION

Derfelt Senior Center | 3343 W. Washington Ave.
Friday, July 22, 9-11 a.m.

AUGUST

NEPTUNE SOCIETY

Learn more about cremation planning and understand why people choose cremation. Learn about estate planning. Find state-specific information and get time-of-need guidelines.
Tuesday, Aug. 16, 10 a.m. | Free

CRAFT

Mod Podge Pumpkins
3rd Thursday, 11 a.m. | $7

GARDENING 101

Meet a master gardener & get ready for fall planting.
Friday, Aug. 19, Noon

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 $25 for 30 days!

PARKS & recreation

CENTENNIAL HILLS ACTIVE ADULT CENTER

JULY/AUG 2022

MONDAY

FITNESS ROOM/OPEN SWIM
7-9 a.m. • 11 a.m.-2:30 p.m.
~~~

COMPUTER LAB
Monday-Friday 7 a.m.-4:30 p.m.
~~~

PICKLEBALL
9-11 a.m | YMCA Small Gym
(Cancelled and will resumes 8/8)
~~~

AARP SMART DRIVING
9 a.m. | 3rd Monday
~~~

CHAIR YOGA*
9:15-10:15 a.m. | Classroom 1
~~~

MONTHLY MOVIE
10 a.m. | 4th week only
~~~

SCRAPBOOKING & CARD MAKING
10:30 a.m. | 1st Monday only
~~~

LINE DANCE*
10:30 a.m.-12:30 p.m.
Multi-Purpose Room
~~~

BELLY DANCE*
10:30-11:30 a.m. | CLV Room
~~~

WATER AEROBICS*
11 a.m.-Noon | Lap Pool
~~~

REIKI 1ST DEGREE
11 a.m.
~~~

RED HATS
11 a.m. – 12:45 p.m.
2nd week only
~~~

BALLROOM BLAST*
11:45 a.m.-12:45 p.m.
YMCA Studio 2
~~~

SCRABBLE
Noon
~~~

ARTHRITIS AEROBICS*
12:15-1:15 p.m. | Therapy Pool
~~~

CARDIO CORE*
1-2 p.m. | YMCA Studio 2
~~~

PINOCHLE, ADVANCED
1 p.m.
~~~

ALZHEIMER'S SUPPORT GROUP
1-2 p.m. | 1st & 3rd Monday
~~~

SLEEPING MATS
1-4 p.m.
2nd and 4th weeks only
~~~

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

TUESDAY

FITNESS ROOM/OPEN SWIM
7-9 a.m. • 11 a.m.-2:30 p.m.
~~~

COMPUTER LAB
Monday-Friday 7 a.m.-4:30 p.m.
~~~

QUILTING
8:30 a.m.
~~~

SIT 'N FIT*
9:30-10:30 a.m.
Classroom 1
~~~

COUNTRY JAM
10 a.m.
~~~

GRIEF SUPPORT
10 a.m.
2nd & 4th weeks only
~~~

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

DUPLICATE BRIDGE
11 a.m.
~~~

DOMINOS
Noon
~~~

YOGA*
Noon-1 p.m.
Multi-Purpose Room
~~~

POKER
1 p.m.
~~~

CARDIO DANCE*
1:30-2:30 p.m.
YMCA Studio 2
~~~

POWER HOUR*
2:30-3:30 p.m.
Multi-Purpose Room
~~~

SCULPT & STRETCH*
3:45-4:45 p.m.
Classroom 1
Exercise mat required

WEDNESDAY

FITNESS ROOM/OPEN SWIM
7-9 a.m. • 11 a.m.-2:30 p.m.
~~~

COMPUTER LAB
Monday-Friday-7 a.m.-4:30 p.m.
~~~

KNIT & CROCHET
8 a.m.
~~~

OIL PAINTING+
$24 per month | 8:30 a.m.
~~~

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

TOLE PAINTING
10 a.m.
~~~

SCULPT & STRETCH*
9 a.m. | CLV Room
Exercise mat required
~~~

TAI CHI*
10-11 a.m.
CLV
~~~

WATER AEROBICS*
11 a.m.-Noon | Lap Pool
~~~

BEGINNER BALLET*
11:15 a.m.-12:15 p.m.
YMCA Studio 2
~~~

ARTHRITIS AEROBICS*
12:15-1:15 p.m. | Therapy Pool
~~~

BOOMER BALLET*
12:30-1:45 p.m.
YMCA Studio 2
~~~

BOOK CLUB
See back for book list.
12:30 p.m. | 1st week only
~~~

CURRENT EVENTS
12:30 p.m.
2nd & 3rd weeks only
~~~

PARTY BRIDGE
1 p.m.
~~~

MAH JONGG
1 p.m.
~~~

SIT 'N FIT*
2:15-3:15 p.m.
Multi-Purpose Room
~~~

FLEX & STRETCH*
3:30-4:45 p.m.
Multi-Purpose Room
Exercise mat required

THURSDAY

FITNESS ROOM/OPEN SWIM
7-9 a.m. • 11 a.m.-2:30 p.m.
~~~

COMPUTER LAB
Monday-Friday 7 a.m.-4:30 p.m.
~~~

JAZZ *
7:45-8:45 a.m.
Multi-Purpose Room
~~~

NATIONAL MAH JONGG
8-11 a.m. | Classroom 2
~~~

SENIOR T.O.P.S.
8:15 a.m.
~~~

LINE DANCE*
9-11 a.m.
Multi-Purpose Room
~~~

JEWELRY DESIGN
9:30 a.m.
~~~

STEPS TO OPTIMAL HEALTH+
10 a.m. | 1st week only
~~~

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

WHINE & PAINT+
$10/class | 10:30 a.m.
2nd week only
~~~

CRAFT PROJECT
11 a.m. | 3rd Thursday | $5
~~~

POKER
11:30 a.m.
~~~

FLOWER ARRANGEMENT+
$20 per class | Noon | Aug. 25
~~~

ZUMBA GOLD*
12:15.-1:15 p.m. | Multi-Purpose Room
~~~

RUMMIKUB
1 p.m.
~~~

IPAD CLASS
1-2 p.m. | Aug. 18 | $5
~~~

CARDIO DANCE*
1:30-2:30 p.m. | YMCA Studio 2
~~~

SIT 'N FIT*
2:30-3:30 p.m.
Multi-Purpose Room
~~~

YOGA*
3:45-4:45 p.m.
Multi-Purpose Room
Exercise mat required

FRIDAY

FITNESS ROOM/OPEN SWIM
7-9 a.m. • 11 a.m.-2:30 p.m.
~~~

COMPUTER LAB
Monday-Friday 7 a.m.-4:30 p.m.
~~~

BALLROOM BLAST*
8-9 a.m.
Multi-Purpose Room
~~~

SCULPT & STRETCH*
9-10 a.m.
Classroom 1
Exercise mat required
~~~

LOW IMPACT CARDIO*
9:15-10:15 a.m.
Multi-Purpose Room
~~~

BLUEGRASS SOCIETY JAM
10 a.m. - Noon
~~~

WRITER'S CIRCLE
10 a.m.
3rd week only
~~~

ADVANCED BELLY DANCE*
10:30-11:30 a.m.
Multi-Purpose Room
~~~

WATER AEROBICS*
10:30-11:30 a.m.
Lap Pool
~~~

COFFEE WITH THE COORDINATOR
10:30 a.m.
Last Friday of the month
~~~

TAI CHI*
11 a.m. - Noon
Classroom 1
~~~

ARTHRITIS AEROBICS*
11:45 a.m.-12:45 p.m.
Therapy Pool
~~~

HAND & FOOT CANASTA
Noon
~~~

NATIONAL MAH JONGG
Noon-4:30 p.m.
~~~

PICKLEBALL
1-4 p.m.
YMCA Small Gym
(Cancelled and will resume 8/8)
~~~

PARTY BRIDGE
1 p.m.

Fitness pass required
+ PLEASE REGISTER EARLY
Prices/fees are for the month

CLASSES, ACTIVITIES AND EVENTS ARE SUBJECT TO CHANGE OR CANCELLATION