WHAT'S HAPPENING

BUNCO
Wednesday, March 1 | 10 a.m. | $5
Shepard's pie

Wednesday, April 5 | 10 a.m. | $5
Creamy tortellini with spring vegetables

BINGO
Wednesday, March 15 | 11 a.m. | $5
Chocolate Mint Brownies

Wednesday, April 19 | 11 a.m. | $5
English Trifle

LUNCHEON
Wednesday, March 8 | 11:30 a.m. | $10
Irish for Today! Corned Beef and cabbage, soda bread and angel food squares.

Wednesday, April 12 | 11:30 a.m. | $10
Mad Hatter Tea Party and a very merry "unbirthday" too you! Please come dressed for tea in your most stylish hat or fascinator.

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, March 22 | 11 a.m. | $5
We will be exploring Ireland and tasting Irish Boxty.

Wednesday, April 26 | 11 a.m. | $5
Georgia is the state for the month and we will be having peach crisp and sweet tea.

BOOK CLUB
First Wednesday of month | 12:30 p.m. | FREE
March: *The Remains of the Day, Kazuo Ishiguro*
April: *The Diamond Eye, Kate Quinn*

WRITER'S CIRCLE:
Third Friday | 10 a.m. | FREE
Calling all creative writers! Bring your paper and pencils and let the writing flow.

FLOWER ARRANGING WORKSHOP
Thursday, April 27 | Noon | $20

2023 MONTHLY THEMES!
Each month at the Centennial Hills Active Adult Center we will be celebrating a different theme. CHAAC will definitely be the place to be!

March: Luck of the Irish
April: Life needs more tea and sunshine

www.lasvegasparksandrec.com

TTY 711

PR-7211-02-23

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

CITY OF LAS VEGAS NEVADA

CENTENNIAL HILLS ACTIVE ADULT CENTER

6601 N. BUFFALO DRIVE • 702.229.1702

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

ACTIVITY CALENDAR

MARCH:

MOB MUSEUM
Tuesday, March 21 | 10 a.m. | Free
Las Vegas and the mob. Through vivid storytelling, guests are presented with the facts, the fiction and the gray area in between – showcasing the events and characters that played an integral (and infamous) role in U.S. History.

SELF DEFENSE
Starts on Tuesday, March 14 | 1-2 p.m.
Self defense anybody can use. Requires a fitness pass.

BALANCE CLASS
Starts on Tuesday, March 14 | 2:15-2:45 p.m.
Requires a fitness pass.

THIS & THAT - NATURAL DYED EASTER EGGS
Thursday, March 30 | Noon | $5
Traditional Swiss way of coloring Easter eggs using plants and flowers.

APRIL:

SAVVY SENIORS
Tuesday, April 18 | 10 a.m. | Free
Better Business Bureau – Don't take any wooden nickels!

STEPS TO OPTIMAL HEALTH

MARCH 2 | IMPROVING MEMORY, FOCUS AND CONCENTRATION
Find out how you can support your mental faculties and enhance your memory, focus and concentration.

APRIL 6 | CREATING A NATURAL PHARMACY AT HOME
Learn how to make easy, all natural, home remedies used for centuries from healthy ingredients.

CENTENNIAL CREATIVE CLUB
Thursday's are for crafting!
3rd Thursday | 11 a.m. | $7
March 16: Chunky bunnies
April: 20: Welcome sign

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!

CENTENNIAL HILLS ACTIVE ADULT CENTER

MARCH/APRIL 2023

MONDAY

FITNESS ROOM/ OPEN SWIM
7-9 a.m. • 11a.m.-3 p.m.

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

PICKLEBALL
9-11 a.m.
YMCA Small Gym

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

MONTHLY MOVIE
10 a.m.
Fourth week only

SCRAPBOOKING & CARD MAKING
10:30 a.m.
First Monday only

LINE DANCE*
10:30 a.m.- Noon
Multi-Purpose Room

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

REIKI
11a.m.

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

ALZHEIMER'S SUPPORT GROUP
1-2 p.m.
First and Third Monday

CARDIO CORE DANCE*
1-2 p.m.
YMCA Studio 2

PINOCHLE, ADVANCED
1 p.m.

SLEEPING MATS
1-4 p.m.
Second and fourth weeks only

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

TUESDAY

FITNESS ROOM/ OPEN SWIM
7-9 a.m. • 11 a.m.-3 p.m.

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

QUILTING
8:30 a.m.

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

COUNTRY JAM
10 a.m.

GRIEF SUPPORT
10 a.m.
Second and fourth weeks only

GUEST SPEAKER
10 a.m.
Third week only

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

DUPLICATE BRIDGE
11 a.m.

DOMINOS
Noon

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

POKER
1 p.m.

SELF DEFENSE*
1-2 p.m.
Classroom 1

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

BALANCE CLASS*
2:15-2:45 p.m.
Classroom 1

SCULPT & STRETCH*
2:30-3:30 p.m.
Multi-Purpose Room
Exercise mat required

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

WEDNESDAY

FITNESS ROOM/ OPEN SWIM
7-9 a.m. • 11 a.m.-3 p.m.

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

KNIT & CROCHET
8 a.m.

OIL PAINTING
8:30 a.m.

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

COLOR HOUR
10 a.m.

SCULPT & STRETCH*
9-10 a.m.
CLV Room
Exercise mat required

TAI CHI*
10:15-11:15 a.m.
CLV Room

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.
First week only

CURRENT EVENTS
12:30 p.m.
Second and third weeks only

PARTY BRIDGE
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.-3 p.m.

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

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+
10:30 a.m. • $10/class
Second week only

CRAFT PROJECT+
11 a.m. • $7
Third Thursday

INTERVAL TRAINING*
11-11:30 a.m.
CLV Room

POKER
11:30 a.m.

ZUMBA GOLD*
11:30–12:30 p.m.
Multi -Purpose Room

FLOWER ARRANGEMENT+
Noon • $20 per class
April 28

THIS OR THAT+
Noon-2:00 p.m.
March 30

RUMMIKUB
1 p.m.

CARDIO CORE DANCE LOW IMPACT*
12:45-1:45 p.m.
YMCA Studio 2

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

YOGA*
3:15-4:15 p.m.
Multi-Purpose Room
Exercise mat required

FRIDAY

FITNESS ROOM/ OPEN SWIM
7-9 a.m. • 11 a.m.-3 p.m.

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

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

AARP SMART DRIVE
9 a.m.-1 p.m.
Third week only

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

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

WRITER'S CIRCLE
10 a.m.
Third week only

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

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

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

TAI CHI*
Noon-1 p.m.
Studio 2

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

HAND & FOOT CANASTA
Noon

MAH JONG
Noon-4:30 p.m.

PICKLEBALL
1-4 p.m.
YMCA Small Gym

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