

WHAT'S HAPPENING

BINGO

Please sign up early! Spots go extremely fast.

Wednesday, March 20 | 11 a.m. | \$5

Carrot cake bars

Wednesday, April 17 | 11 a.m. | \$5

Lemon blueberry cake

BUNCO

Wednesday, March 6 | 10 a.m. | \$5

Broccoli cheese soup and french bread

Wednesday, April 3 | 10 a.m. | \$5

Crack chicken sandwiches and chips

LUNCHEON

Shenanigans at the CHAAC
St. Patrick's Day Luncheon

Wednesday, March 13 | 11:30 a.m. | \$10

Come join our green luncheon and be Irish for the day!
Pesto pasta, green salad with green goddess dressing,
garlic bread and grasshopper cake.

Mad Hatter Murder Mystery Luncheon

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

We're late! We're late! We're late for a very important date! You're invited to Wonderland as we host a murder mystery luncheon. (You can trust us on the food!).

FOODIE TOURS

Wednesday, March 7 | 10 a.m.-2 p.m. | \$5

Rosallie French Café

Wednesday, April 24 | 10 a.m.-2 p.m. | \$5

The Parlour (Downtown)

AARP INCOME TAX AIDE

Call 702.381.0655 or log onto
<https://tinyurl.com/3t3hee8r>
to schedule an appointment.

BOOK CLUB

Discuss the upcoming books with fellow readers
First Wednesday of month | 12:30 p.m. | FREE

March 6: *Killers of the Flower Moon: Osage Murders / Birth of FBI*, David Grann

April 3: *A Woman of No Importance- WWII Spy*, Sonia Purnell

WRITER'S CIRCLE:

Third Friday | 10 a.m. | FREE

Calling all creative writers! Bring your paper and pencils and let the writing flow.

SCRAPBOOKING AND CARD MAKING

First Mondays of the month | 10:30 a.m.

Create beautiful projects and make memories. You might even get a "goody bag" of supplies.

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: Patrick's Day/ Easter

April: Welcome Spring

CENTENNIAL HILLS ACTIVE ADULT CENTER

6601 N. BUFFALO DRIVE • 702.229.1702

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

MARCH - APRIL CALENDAR

GUEST LECTURES:

MARCH: AARP- *Disrupt Aging*

Tuesday, March 19 | 10 a.m. | Free
Must register in advance

APRIL: Neptune Society
Importance of Pre-planning

Tuesday, April 16 | 10 a.m. | Free
Must register in advance

CENTENNIAL CREATIVE CLUB

3rd Thursday | 10:30 a.m. | \$7

March 21: *PEEP Wood Bunnies*

April 18: *Dot Mandala Coasters*

FIELD TRIP:

CLARK COUNTRY FAIR

We will be taking a bus (easy access entry) and eating our way through the festivities. Come with us and pet a pig!

Thursday, April 11 | 9 a.m.-4 p.m. | \$20

UTILITY TAX SEWER REBATE PROGRAM

Ends Friday, March 15

Thursdays and Fridays | 2:30-4 p.m. | Free

Must register in advance

GARDEN MEETING

Join us as we educate ourselves and the public on gardening in our desert climate. Every 2nd Tuesday.

March 12, April 9 | 9 a.m. | Free

STEPS TO OPTIMAL HEALTH

ESSENTIAL OILS 201

Discover how essential oils can be used for emotional support and healing.

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

Must register in advance

SUPERFOODS = SUPER NUTRITION

See if you are consuming as many nutrient dense foods as you can to supercharge health and healing.

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

Must register in advance

YEARLY MEMBERSHIP CARD GIVES YOU...

Bridge • Pinochle • Canasta • Mahjonn • Computer Lab Access • Knitting & Crochet • Quilting
Monthly Movie • Indoor Lap Pool • And More

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



Parks ♦ Rec ♦ Arts

#DiscoverLV

702.229.PLAY

TTY 711



Find it all at LasVegasNevada.gov/Discover

PR-9462-02-24

CENTENNIAL HILLS ACTIVE ADULT CENTER

MARCH/APRIL 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

TAI CHI*
8-9 a.m.
Multipurpose Room

OPEN SWIM
9-10 a.m.

GUIDED MEDITATION
9-10 a.m.

PICKLEBALL
9-11 a.m.
YMCA Small Gym

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

MONTHLY MOVIE
10 a.m.
Fourth week only

CARDIOWEIGHT ROOM
10-11 a.m.
With instructor

BEGINNING REIKI
10-11 a.m.

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.
CLV Room

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

REIKI
11 a.m.-Noon

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-4:30 p.m.

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

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

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

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

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

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

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

OPEN SWIM
9-10 a.m.

GARDEN
9-10 a.m.
Second Week Only

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

CARDIOWEIGHT ROOM
10-11 a.m.
With instructor

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

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

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

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

KNIT & CROCHET
8-11 a.m.

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

OPEN SWIM
9-10 a.m.

4 FITNESS*
9-10 AM
CLV Room
Exercise mat required

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

CARDIOWEIGHT ROOM
10-11 a.m.
With instructor

COLOR HOUR
10 a.m.-Noon

TAI CHI*
10:30-11:30 a.m.
CLV Room

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

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

MAH JONG
Noon-4:30 p.m.

**MODIFIED YOGA/
STRETCHING***
Noon-1 p.m.
Classroom 1

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

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

BOOK CLUB
See back for book list.
12:30 -2 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

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

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

OPEN SWIM
9-10 a.m.

**FUNCTIONAL STRENGTH
TRAINING***
9-10 a.m.
CLV Room
Exercise mat required

URBAN LINE DANCE*
9-11 a.m.
Multipurpose Room

JEWELRY DESIGN
9:30 a.m.-Noon

CARDIOWEIGHT ROOM
10-11 a.m.
With instructor

**STEPS TO OPTIMAL
HEALTH+**
10 a.m.-Noon
First week only

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

WHINE & PAINT+
10:30 a.m. • \$10/class
Second week only

CREATIVE CLUB+
10:30-12:30 p.m. • \$7
Third Thursday

FLOWER ARRANGEMENT+
10:30 a.m. • \$20/class
Quarterly (April)

ZUMBA GOLD*
11:15 a.m.-12:15 p.m.
Multipurpose Room

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

**CARDIO CORE DANCE
LOW IMPACT***
12:30-1:30 p.m.
YMCA Studio 2

CHAIR YOGA*
12:30-1:30 p.m.
Multipurpose Room
Exercise mat required

RUMMIKUB
1-4:30 p.m.

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

**PERSONALIZED
COMPUTER HELP**
2-4 p.m.
Computer Lab
Call to make an appt.

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

OPEN SWIM
9-10 a.m.

**FUNCTIONAL STRENGTH
TRAINING ***
9-10 a.m.
CLV Room
Exercise mat required

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

CARDIOWEIGHT ROOM
10-11 a.m.
With instructor

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

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

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

**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

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

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

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

MAH JONG
Noon-4:30 p.m.

PICKLEBALL
1-4 p.m.
YMCA Small Gym

PARTY BRIDGE
1-4:30 p.m.

***FITNESS PASS REQUIRED
+PLEASE REGISTER EARLY**
Prices/fees are for the month

**CLASSES, ACTIVITIES AND
EVENTS ARE SUBJECT TO
CHANGE OR CANCELLATION**