

PLEASE REGISTER IN ADVANCE FOR ALL EVENTS.

WHAT'S HAPPENING

BUNCO

Chicken Ceaser croissant sandwich

Wednesday, Sept. 3 | 10 a.m. | \$7

"Spider" topped grilled cheese

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

Creamy chicken noodle soup

Wednesday, Nov. 5 | 10 a.m. | \$7

BINGO

Please sign up early! Spots go extremely fast.

Mini cupcake cones

Wednesday, Sept. 17 | 11 a.m. | \$7

Caramel popcorn trail mix

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

Mini pumpkin cheesecakes

Wednesday, Nov. 19 | 11 a.m. | \$7

POP UP BINGO

4th Wednesday | Oct. 22 | 11 a.m. | \$7

LUNCHEON

Happy Birthday to Everyone

Wednesday, Sept. 10 | 11:30 a.m. | \$12

Bee's Favorites: chicken casserole, salad, corn and Texas sheet cake. Get ready for the cake walk!

Haunted Halloween Luncheon

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

Chili con carnage, cornbread, deviled eggs and a sweet treat.

Friendsgiving

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

Turkey, stuffing, mashed potatoes, gravy, creamed corn, sweet potatoes, cranberry sauce, pumpkin pie and our famous homemade yeast rolls.

FOODIE TOURS

Winnie & Ethels

Wednesday, Sept. 24 | 10:30 a.m. | \$7

Pahrump Winery

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

Holiday shopping and lunch

Wednesday, Nov. 26 | 10:30 a.m. | \$7

DINER DAYS

Monte Cristo Sandwich & soda station

Wednesday, Sept. 24 | 11:30 a.m. | \$10

Pancakes, bacon & hot cocoa

Wednesday, Nov. 26 | 11:30 a.m. | \$10

BOOK CLUB

Discuss the upcoming books with fellow readers.

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

SEPT. 3: HORSE, GERALDINE BROOKS

OCT. 1: DREAMERS OF THE DAY,
MARY DORIA RUSSELL

NOV. 5: THE WOMEN,
KRISTEN HANNAH

GARDEN MEETING

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

Sept. 9 / Oct. 14 / Nov. 11 | 9 a.m.

MONTHLY THEMES:

SEPT.: HAPPY BIRTHDAY EVERYONE

OCT.: HAUNTED HAPPENINGS

NOV.: THANKFUL FOR YOU

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

You asked, we listened. Pop up Bingo/ Diner Day has been added on the 4th Wednesday of the month.



Parks • Rec • Arts

#DiscoverLV

702.229.PLAY

TTY 711



Find it all at LasVegasNevada.gov/Discover

PR-12388-07-25

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.

SEPT./OCT./NOV. CALENDAR

HOLIDAY CLOSURES: Sept. 1; Labor Day • Oct. 31; Nevada Day
Nov. 11; Veterans Day • Nov. 27 & 28 Thanksgiving/Family Day

GUEST LECTURES / TUESDAYS

Must Register in Advance

SEPT. 16 | 10 A.M.: INTERVENTION
PAIN MANAGEMENT

OCT. 21 | 10 A.M.: HOMEOPATHIC
REMEDIES

NOV. 18 | 10 A.M.: ESTATE PLANNING

CENTENNIAL CREATIVE CLUB

SEPTEMBER: FALL RAG WREATH

Thursday, Sept. 18 | 10:30 a.m. | \$7

OCTOBER: TERRACOTTA PUMPKIN

Thursday, Oct. 16 | 10:30 a.m. | \$7

NOVEMBER: WOOD SNOWMAN
ORNAMENT

Thursday, Nov. 20 | 10:30 a.m. | \$7

MONDAY NIGHT FOOTBALL & TAILGATE

Sliders, chips & soda. Eat with us, mingle and watch the game.

Monday, Sept. 29 | 5 p.m. | \$10



YEARLY MEMBERSHIP CARD GIVES YOU...

Bridge • Pinochle • Canasta • Mahjongg • Rummikub • Scrabble • Dominos • Lectures • Book Club • Garden Meetings
Card Making • Computer Lab • Knitting & Crochet • Quilting • Monthly Movie • Pickleball • Indoor Walking
Volleyball • Fitness/ Weight Room • Indoor Lap Pool • Service/Sleeping Mats • Library

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

HUMANA HEALTH EDUCATION SERIES

Must Register in Advance

FOODS TO FIGHT INFLAMMATION

Thursday, Sept. 4 | 10 a.m.

BOOST YOUR DIGESTION

Thursday, Oct. 2 | 10 a.m.

EATING THE MEDITERRANEAN WAY

Thursday, Nov. 5 | 10 a.m.

ACTIVE ADULT HEALTH FAIR - SCARE YOU HEALTHY!

Health Fair is FREE; lunch + t-shirt is \$10

This event is designed to keep Active Adults informed, empowered and proactive about their health. Vendors will be giving out information and demonstrations will take place that showcase our fitness classes. Sign up early to get your t-shirt and charcuterie box. We might even throw in some spooky fun.

Wednesday, Oct. 29 | Health Fair 9-11 a.m.

Lunch / Games 11 a.m.-Noon

FLOWER ARRANGING

Fall is for flowers. Come and create a stunning floral arrangement.

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

CENTENNIAL

ACTIVE ADULT CENTER

FALL 25

MONDAY

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

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

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

MONTHLY MOVIE
10 a.m.
Fourth week only

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

**FUNCTIONAL STRENGTH
TRAINING (CHAIR BASED)***
10:45-11:30 a.m.
Classroom 3

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

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

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

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

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*
2:30-3 p.m.
Multipurpose Room

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

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

KNIT & CROCHET
8-11 a.m.

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

4 FITNESS*
9-10 AM
CLV Room

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

COLOR HOUR
10 a.m.–Noon

BUNCO+
10 a.m.-12:30 p.m.
First week only

FOODIE TOUR+
10:30 a.m.-1:30 p.m.
Fourth week only

OR

POP UP EVENTS+
times vary
Fourth week only

BINGO+

11 a.m.-1 p.m.
Third week only

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.
Lap Pool

LUNCHEON+
11:30 a.m.-1:30 p.m.
Second week only

GAME SPOT
Noon-4:30 p.m.
Rummikub, Mah Jong,
Euclre and more.

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

ARTHRTIS AEROBICS*
12:45-1:45 p.m.
Therapy Pool

PARTY BRIDGE
1-4:30 p.m.

BOOK CLUB
See back for book list.
1:15 -3:45 p.m.
First week only

SIT 'N FIT*

2:15-3:15 p.m.
Multipurpose Room

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

Exercise mat required

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

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*
10-12 p.m.
Multipurpose Room

JEWELRY DESIGN
9:30 a.m.-Noon

HUMANA HEALTH SERIES+
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 and Fourth weeks

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

POKER

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

4 FITNESS*

12:30-1:30 p.m.
YMCA Studio 2

Exercise mat required

RUMMIKUB
1-4:30 p.m.

MY LIFE STORY
1:30-2:15 p.m.

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

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

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

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

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

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

MAH JONG
Noon-4:30 p.m.

ARTHRTIS AEROBICS*
12:45-1:45 p.m.
Therapy Pool

PICKLEBALL
1-4 p.m.
YMCA Small Gym

PARTY BRIDGE
1-4:30 p.m.

SIT 'N FIT*
3:30-4:30 p.m.
CLV Room

*FITNESS PASS REQUIRED

+PLEASE REGISTER EARLY

Prices/fees are for the month

CLASSES, ACTIVITIES AND

EVENTS ARE SUBJECT TO

CHANGE OR CANCELLATION