

# DOOLITTLE ACTIVE ADULT CENTER

# SPRING 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FITNESS ROOM</b> 8 a.m.-4:30 p.m. ~~~</p> <p><b>GAME ROOM</b> 8 a.m.-5 p.m. Play fun games Pinochle, Dominoes, Rummikub, Bid-Whist, Spades and More! ~~~</p> <p><b>STRENGTH TRAINING</b> 9-10 a.m. Workout with weights. Class held at Doolittle Community Center ~~~</p> <p><b>KNITTING &amp; CROCHET</b> 9-10:30 a.m. Share patterns, ideas and designs ~~~</p> <p><b>CHAIR FITNESS</b> 10-11 a.m. Exercise without strain on your body. These movements work to strengthen muscles while joints keep flexible! ~~~</p> <p><b>T.O.P.S</b> 10:30-11:30 a.m. (Taking Off Pounds Sensibly) Weight loss support that works! ~~~</p> <p><b>BASIC LINE DANCE BEGINNERS</b> 11:30 a.m.-12:30 p.m. Learn the basic steps, turns and calls. ~~~</p> <p><b>BRIDGE CLUB</b> 11:30 a.m.-2 p.m. ~~~</p> <p><b>JEWELRY/BEADING</b> 11:30 a.m.-12:30 p.m. ~~~</p> <p><b>PHOTOGRAPHY MEET-UP</b> 12:30-2 p.m. Do you like to take pictures and videos? We can help. All cameras and cell phones welcome. Meets 1st &amp; 3rd Monday of the month</p>	<p><b>FITNESS ROOM</b> 8 a.m.-4:30 p.m. ~~~</p> <p><b>GAME ROOM</b> 8 a.m.-5 p.m. Play fun games Pinochle, Dominoes, Rummikub, Bid-Whist, Spades and More! ~~~</p> <p><b>STRETCH-A-CISE</b> 9:30-10 a.m. Increase flexibility and circulation in this fun class! ~~~</p> <p><b>YOGA**</b> 10-11 a.m. Postures &amp; Poses to Improve Flexibility. ~~~</p> <p><b>ZUMBA**</b> 11 a.m.-Noon This class focuses on balance, range of motion and coordination. It's FUN, It's Fitness, It's ZUMBA! ~~~</p> <p><b>BINGO!</b> Noon-1 p.m. • \$2 "Say It Loud" ~~~</p>	<p><b>FITNESS ROOM</b> 8 a.m.-4:30 p.m. ~~~</p> <p><b>WALK-IT-OUT WEDNESDAY</b> 8-9 a.m., Meets at Doolittle Park Track (Weather Permitted) ~~~</p> <p><b>GAME ROOM</b> 8 a.m.-5 p.m. Play fun games Pinochle, Dominoes, Rummikub, Bid-Whist, Spades and More! ~~~</p> <p><b>STRENGTH TRAINING</b> 9-10 a.m. Workout with weights. Class held at Doolittle Community Center ~~~</p> <p><b>GUITAR LESSONS</b> 9:30-11 a.m. Must bring your own guitar. Meets every Weds. of the month. ~~~</p> <p><b>CHAIR FITNESS</b> 10-11 a.m. Exercise without strain on your body. These movements work to strengthen muscles while joints keep flexible! ~~~</p> <p><b>BOOK CLUB</b> 11 a.m.-Noon Calling All Readers! Meets every 2nd Weds. of the month (1/11, 2/8, 3/8, 4/12, 5/10) ~~~</p> <p><b>RED HAT "DIVAS"</b> 11 a.m.-1 p.m. Meets every 3rd Weds. of the month (1/18, 2/15, 3/15, 4/19, 5/17) ~~~</p> <p><b>BAND JAM</b> Noon-3 p.m. Must Have Instructor Approval ~~~</p> <p><b>WELLNESS WEDNESDAY</b> 1-2 p.m. Join us, have fun as we meditate on ourselves.</p>	<p><b>FITNESS ROOM</b> 8 a.m.-4:30 p.m. ~~~</p> <p><b>GAME ROOM</b> 8 a.m.-5 p.m. Play fun games Pinochle, Dominoes, Rummikub, Bid-Whist, Spades and More! ~~~</p> <p><b>STRETCH-A-CISE</b> 9:30-10 a.m. Increase flexibility and circulation in this fun class! ~~~</p> <p><b>CERAMICS</b> 9:30 a.m.-Noon • \$12/mo. This class brings out the inner artist in you while getting your hands dirty (in a good way!) ~~~</p> <p><b>YOGA**</b> 10-11 a.m. Postures &amp; Poses to Improve Flexibility. ~~~</p> <p><b>ZUMBA**</b> 11 a.m.-Noon This class focuses on balance, range of motion and coordination. It's FUN, It's Fitness, It's ZUMBA! ~~~</p> <p><b>BINGO!</b> Noon-1 p.m. • \$2 "Say It Loud" ~~~</p> <p><b>NO SEW-TIE FLEECE BLANKET WORKSHOP</b> 1-3 p.m. • \$5 Every 4th Thursday of the month.</p>	<p><b>FITNESS ROOM</b> 8 a.m.-4:30 p.m. ~~~</p> <p><b>GAME ROOM</b> 8 a.m.-5 p.m. Play fun games Pinochle, Dominoes, Rummikub, Bid-Whist, Spades and More! ~~~</p> <p><b>STRENGTH TRAINING</b> 9-10 a.m. Workout with weights. Class held at Doolittle Community Center ~~~</p> <p><b>CHAIR FITNESS</b> 10-11 a.m. Exercise without strain on your body. These movements work to strengthen muscles while joints keep flexible! ~~~</p> <p><b>SOUL LINE DANCE</b> Intermediate/Advance 11 a.m.-1 p.m. Have fun while you learn the steps to great music of R&amp;B and Soul hits of yesterday and today. ~~~</p> <p><b>CRAFT-A-TEERS</b> 11 a.m.-1 p.m. Join the Doolittle Craft-A-Teers and make hats, scarves, blankets and more for others in need.</p>
<p><b>+ PLEASE REGISTER EARLY</b> Prices/fees are for the month</p> <p><b>**YOGA/ZUMBA **Fitness Pass Required** \$15/mo. or \$5/daily</b></p>				<p><b>SATURDAY</b></p> <p><b>THE SPIRIT OF SOUL LINE DANCING</b> Noon-3 p.m. \$20/mo. • \$7/Drop-In Fee Must pre-register for this class <i>Space is Limited</i> Class meets every Saturday of the month</p>

## DOOLITTLE ACTIVE ADULT CENTER AWARD-WINNING COMMUNITY GARDEN

Reap the benefits of fresh fruits, vegetables and flowers. Open to all community gardeners  
 Location: 1200 Blankenship • Fee: \$10/bed for 6 months • Must Have Current CLV Membership  
 Spring/Summer Session: March-Aug. ~ Fall/Winter Session: Sept.- Feb. • Garden Attendant On-Site Wednesdays

## SPRING FOOD SPECIALS

- HOAGIE TUESDAY:** March 7 - \$4, 11 a.m., Your choice of hoagie includes soup OR chips and all the fixings!
- ROOT BEER FLOAT DAY:** Jan. 26, Feb. 23, May 25 - \$1, 11 a.m., the vanilla ice cream the scrumptious root beer; how can anyone resist!
- BURGER DAY:** Jan. 26, Feb. 23, May 25 - \$4, 11 a.m., Enjoy a homemade hamburger/cheeseburger with all the fixings!
- BAKED POTATO DAY:** March 23 - \$4, 11 a.m., Your choice of three toppings!
- CHICKEN & FRIES:** April 27 - \$7, 11 a.m., Crispy chicken wings with a generous portion of fries.
- BIRTHDAY CELEBRATION:** 11 a.m., Come and join the monthly birthday celebration every 4th Thursday of the month.

## HOLIDAY CLOSURES

Monday, Jan. 2-New Year's Day (Observed); Monday, Jan. 16-Martin Luther King Jr. Day;  
 Monday, Feb. 20-President's Day; Monday, May 29, Memorial Day

**ALL CLASSES, EVENTS AND ACTIVITIES REQUIRE A \$10 ANNUAL MEMBERSHIP. MUST BE 50+**

## JANUARY

### 12: MLK Potluck Celebration | 11 a.m.

Bring a dish large enough to share. One dish per household. Please sign up by Tuesday, Jan. 10.

### 13: Martin Luther King Day of Service | 10 a.m.

Sponsored by the Alpha Kappa Alpha. Blankets donated for the less fortunate. Handmade by Doolittle Active Adult Center Craft-A-Teers.

### 16: Dr. King 2023 Parade | 10 a.m.

Come out and support Doolittle Active Adult Center as they participate in this year's parade and celebrate the legacy of Dr. King. This event takes place Downtown Las Vegas.

### 22: Dr. King Peace Week | 3 p.m.

Join us as we celebrate the legacy of Dr. Martin Luther King Jr. Event located in the West Las Vegas Library Theater.

## FEBRUARY

### 2: Good Time Fish Fry, \$10 | 11 a.m.

Join us for our traditional catfish fry with all the trimmings! Laughter, a goodtime and fun. Space is limited. Open to the public. Please RSVP and pay by Tuesday, Jan. 31.

### 14: Fancy Dancers Black History Talent Show | 11 a.m.

Enjoy performances by the Doolittle Active Adult Center's Fancy Dancers at the West Las Vegas Library Theatre, featuring senior talent. Space is limited. Please RSVP by Friday, Feb. 10. For more information, please contact Lucy Eatmon at 702.463.1607.

### 16: Mid-Day Inspirational Showcase & Luncheon, \$10 | 11 a.m.

The year's showcase will feature singing, spoken word, opera and ballroom dancers. This event will be held at the Historic Fifth Street School, 401 S. Fourth St. Space is limited. RSVP and pay by Tuesday, Feb. 14.

### 18: Just Like Mama Did It, \$10 tasting fee | 11 a.m.

Make your favorite dish "Just Like Mama Did It". Vendors/Cooks: If you would like to participate, please prepare a dish large enough for tasting for 30+ people. Grand prizes awarded for the crowd favorite. Purchased dishes will not be accepted. Please fill out a vendor form and register your dish by Friday, Feb. 10. Contact 702.229.6125 for more information.

**PLEASE NOTE: CLASSES, ACTIVITIES AND EVENTS ARE NON-REFUNDABLE AND NON-TRANSFERABLE.**

## VOLUNTEERS NEEDED

**Doolittle Active Adult Center is always looking for instructors to teach a variety of courses to active adults. Please contact Doolittle Active Adult Center at 702.229.6125.**

## MARCH

### 14: Irma "IB" Black BINGO & Lunch | Noon

Happiness is shouting "IB" BINGO! Join the Black family in the 2nd annual "IB" BINGO in honor of Mom Black . Special prizes. This is a FREE event. Space is limited.

### 16: Pot o' Gold Luncheon, \$7 | 11 a.m.

Celebrate with a traditional luncheon of corned beef and cabbage. Space is limited. Please RSVP and pay by Tuesday, March 14.

### 29: Women Authors | 11 a.m.

In celebration of Women's "Herstory" Month these phenomenal and talented women will get you started and keep you going with stories of fearlessness, vision, laughter and creativity.

## APRIL

### 5: Spring Planting Spectacular | 9 a.m.

Reap the benefits of fresh fruits, vegetables and flowers share gardening tips and ideas. Garden located at 1200 Blankenship.

### 6: Clark County Fair, \$15 | 9 a.m.

Enjoy exhibits, live entertainment, games, food and more. Space is limited. Fee includes entry and transportation. Departing at 9 a.m. SHARP! Please RSVP by Tuesday, April 4.

### 19: Camel Safari Las Vegas, \$40 | 8 a.m.

Let's go!...for a hands-on camel experience and safari tour. Meet sloths, African porcupines and other exotic animals. Bring a packed lunch. Refreshments will be served. Picnic area available. Space is limited. Please RSVP and pay by Monday, April 17.

## MAY

### 5: Cinco de Mayo, \$7 | 11 a.m.

Celebrating Cinco de Mayo with a traditional taco bar and virgin margaritas. Dress in your sombreros and ponchos. Space is limited. Please RSVP by Wednesday, May 3.

### 11: Kentucky Derby Mothers' Day Brunch, \$10 | 11 a.m.

Doolittle's annual Mother's Day Kentucky Derby Brunch and Tea. BIG hats, virgin mint julep, music and entertainment by Mr. Ken Young. Space is Limited. Please RSVP and pay by Tuesday, May 9.

### 17: Mt. Charleston Lodge Lunch & Hike, \$15 | 9 a.m.

Join us for a bus ride as we take in the beautiful views of the mountains, have lunch at the lodge's restaurant and end with a short trail hike. Transportation Provided. Space is Limited. Please RSVP and pay by Monday, May 15.

# 2023

## UPCOMING EVENTS AND ACTIVITIES

*City of Las Vegas will be celebrating Black History Month starting in January.*

## JANUARY 2023

Dr. Martin Luther King Peace Week Celebration

Dr. Martin Luther King Basketball Tournaments

Stay Prepared for School Fair

## FEBRUARY 2023

City of Las Vegas Celebrating 45 Years of Black History

Mid-Day Inspirational Showcase

Generation-To-Generation Softball Game

Goodtime Fish Fry

Youth Talent Show

Black History Youth Essay Contest



**DOOLITTLE**  
ACTIVE ADULT CENTER

1930 N. J St. | 702.229.6125



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