

DOOLITTLE ACTIVE ADULT CENTER FALL/WINTER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FITNESS ROOM 8 a.m.-4:30 p.m. ~~~</p> <p>GAME ROOM 8 a.m.-5 p.m. Play fun games Pinochle, Dominoes, Rummikub, Bid-Whist, Spades and More! ~~~</p> <p>STRENGTH TRAINING 9-10 a.m. Workout with weights. Class held at Doolittle Community Center ~~~</p> <p>KNITTING & CROCHET 9-10:30 a.m. Share patterns, ideas and designs ~~~</p> <p>CHAIR FITNESS 10-11 a.m. Exercise without strain on your body. These movements work to strengthen muscles while joints keep flexible! ~~~</p> <p>T.O.P.S 10:30-11:30 a.m. (Taking Off Pounds Sensibly) Weight loss support that works! ~~~</p> <p>BASIC LINE DANCE BEGINNERS 11:30 a.m.-12:30 p.m. Learn the basic steps, turns and calls. ~~~</p> <p>BRIDGE CLUB 11:30 a.m.-2 p.m. ~~~</p> <p>JEWELRY/BEADING 11:30 a.m.-12:30 p.m. ~~~</p> <p>PHOTOGRAPHY MEET-UP 12:30-2 p.m. Do you like to take pictures and videos? We can help. All cameras and cell phones welcome. Meets 1st & 3rd Monday of the month</p>	<p>FITNESS ROOM 8 a.m.-4:30 p.m. ~~~</p> <p>GAME ROOM 8 a.m.-5 p.m. Play fun games Pinochle, Dominoes, Rummikub, Bid-Whist, Spades and More! ~~~</p> <p>STRETCH-A-CISE 9:30-10 a.m. Increase flexibility and circulation in this fun class! ~~~</p> <p>YOGA** 10-11 a.m. Postures & Poses to Improve Flexibility. ~~~</p> <p>ZUMBA** 11 a.m.-Noon It's FUN, It's Fitness, It's ZUMBA! ~~~</p> <p>BINGO! Noon-1 p.m. • \$2 "Say It Loud"</p>	<p>FITNESS ROOM 8 a.m.-4:30 p.m. ~~~</p> <p>WALK-IT-OUT WEDNESDAY 8-9 a.m., Meets at Doolittle Park Track (Weather Permitted) ~~~</p> <p>GAME ROOM 8 a.m.-5 p.m. Play fun games Pinochle, Dominoes, Rummikub, Bid-Whist, Spades and More! ~~~</p> <p>STRENGTH TRAINING 9-10 a.m. Workout with weights. Class held at Doolittle Community Center ~~~</p> <p>GUITAR LESSONS 9:30-11 a.m. Must bring your own guitar. ~~~</p> <p>CHAIR FITNESS 10-11 a.m. Exercise without strain on your body. These movements work to strengthen muscles while joints keep flexible! ~~~</p> <p>BOOK CLUB 11 a.m.-Noon Calling All Readers! Meets every 2nd Weds. of the month (9/14, 10/12, 11/19, 12/14) ~~~</p> <p>RED HAT "DIVAS" 11 a.m.-1 p.m. Meets every 3rd Weds. of the month (9/21, 11/16, 12/21) ~~~</p> <p>BAND JAM Noon-3 p.m. Must Have Instructor Approval ~~~</p> <p>CHINESE MAHJONG 1-3 p.m. A tile-based game, based on Chinese characters & symbols. ~~~</p> <p>NO SEW-TIE FLEECE BLANKET/CRAFT WORKSHOP 1-3 p.m. • \$5 Every 4th Weds. of the month</p>	<p>FITNESS ROOM 8 a.m.-4:30 p.m. ~~~</p> <p>GAME ROOM 8 a.m.-5 p.m. Play fun games Pinochle, Dominoes, Rummikub, Bid-Whist, Spades and More! ~~~</p> <p>STRETCH-A-CISE 9:30-10 a.m. Increase flexibility and circulation in this fun class! ~~~</p> <p>CERAMICS 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>YOGA** 10-11 a.m. Postures & Poses to Improve Flexibility. ~~~</p> <p>ZUMBA** 11 a.m.-Noon It's FUN, It's Fitness, It's ZUMBA! ~~~</p> <p>BINGO! Noon-1 p.m. • \$2 "Say It Loud" ~~~</p> <p>INSPIRATIONAL MUSIC AND MESSAGES 1:30-3 p.m. To inspire, support and encourage. Meets every 3rd Thursday of the month (9/15, 10/20, 11/17, 12/15)</p>	<p>FITNESS ROOM 8 a.m.-4:30 p.m. ~~~</p> <p>GAME ROOM 8 a.m.-5 p.m. Play fun games Pinochle, Dominoes, Rummikub, Bid-Whist, Spades and More! ~~~</p> <p>STRENGTH TRAINING 9-10 a.m. Workout with weights. Class held at Doolittle Community Center ~~~</p> <p>CHAIR FITNESS 10-11 a.m. Exercise without strain on your body. These movements work to strengthen muscles while joints keep flexible! ~~~</p> <p>SOUL LINE DANCE Intermediate/Advance 11 a.m.-1 p.m. Have fun while you learn the steps to great music of R&B and Soul hits of yesterday and today. ~~~</p> <p>CRAFT-A-TEERS 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>SATURDAY</p> <p>THE SPIRIT OF SOUL LINE DANCING Noon-3 p.m. \$20/mo. • \$7/Drop-In Fee Must pre-register for this class <i>Space is Limited</i></p>
			<p>*Fitness Pass Required + PLEASE REGISTER EARLY Prices/fees are for the month</p>	<p>CLASSES, ACTIVITIES AND EVENTS ARE SUBJECT TO CHANGE OR CANCELLATION</p>
<p>**YOGA/ZUMBA **Fitness Pass Required** \$15/mo. or \$5/daily</p>				

DOOLITTLE ACTIVE ADULT CENTER AWARD-WINNING COMMUNITY GARDEN

Reap the benefits of fresh fruits, vegetables and flowers.

Location: 1200 Blankenship, Fee: \$10/bed for 6 months • Must Have Current CLV Senior Membership

Spring/Summer Session – April-September ~ Fall/Winter Session – October-March • Garden Attendant On-Site Wednesdays

FALL/WINTER SPECIALS

HOAGIE TUESDAY: Sept. 6, Oct. 4, Nov. 1 - \$4, 11 a.m., Your choice of hoagie includes soup OR chips and all the fixings!

BURGER DAY: Sept. 15, Oct. 20, Nov. 30, Dec. 22 - \$4, 11 a.m., Enjoy a homemade hamburger/cheeseburger with all the fixings!

BIRTHDAY CELEBRATION: Sept. 15, Oct. 20, Nov. 30, Dec. 22 - 11 a.m., Come and join the celebration.

NEVADA DAY BINGO! & LUNCH: Oct. 25 - \$5, Noon, Celebrate Nevada admission to statehood with BINGO & Lunch

CHICKEN & WAFFLES: Dec. 6, \$7, 11 a.m., Enjoy warm fluffy waffles, savory syrup and crispy chicken wings.

HOLIDAY CLOSURES

Monday, Sept. 5-Labor Day • Friday, Oct. 28-Nevada Day; • Friday, Nov. 11-Veterans' Day

Thursday, Nov. 24-Thanksgiving Day • Friday, Nov. 25-Family Day

Monday, Dec. 26-Christmas Day (Observed) • Monday, Jan. 2, 2023-New Year's Day (Observed)

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

SEPTEMBER

Sept. 7: Grandparents Day | 11 a.m.

Join us as we honor our grandparent's strength, guidance and wisdom. Food, fun & laughter. This is a free event.

Sept. 22: Picnic & Health Fair, \$7 | 11 a.m.

Join Doolittle Active Adult Center for a beautiful day at Doolittle Park. Enjoy a picnic style lunch, fun, music and health fair.

OCTOBER

Oct. 6: Hispanic Heritage Taco Luncheon, \$7 | 11 a.m.

In celebration of Hispanic Heritage Month! Enjoy tacos with all the traditional trimmings! Space is limited. R.S.V.P. and pay by Tuesday, Oct. 4.

Oct. 8: Ward 5 Customer Appreciation Celebration, Legacy Park | 11 a.m.

Celebrate the Ward 5 Community at Legacy Park. Legacy Park is located at 1600 Mt. Mariah Drive. Featuring Doolittle's "Never Too Late" Band, vendors, food and more.

Oct. 12: Floyd Lamb Park Nature Walk & Picnic, \$5 | 9 a.m.

Enjoy the beginning of the Fall season. Bring a packed lunch. Transportation and entry fee included. Departing at 9 a.m. SHARP! R.S.V.P. and pay by Monday, Oct. 10.

Oct 19: SeniorWeen, \$7 | 11 a.m.

Put on your costume for an afternoon of fun, food & games! Space is limited. R.S.V.P. by Monday, Oct. 17.

Oct 27: Goodtime Fish Fry, \$10 | 11 a.m.

Menu will include fried catfish, french fries and coleslaw. Space is limited. R.S.V.P. and pay by Tuesday, Oct. 25.



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.

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

NOVEMBER

Nov. 9: Harvest Potluck | 11 a.m

Fall brings on the taste for heartier foods. Let's explore our taste buds. Bring a dish large enough to share. Space is limited. R.S.V.P. by Monday, Nov. 7.

Nov. 15: Mob Museum Experience, \$5 | 10 a.m.

A view of organized crime and events that shaped Las Vegas. Bring money; we'll stop at an area restaurant or buffet for brunch. Space is limited. Transportation provided. Departing at 9 a.m. SHARP! R.S.V.P. and pay by Thursday, Nov. 10.

Nov. 17: Thanksgiving Luncheon, \$10 | 11 a.m.

A traditional Thanksgiving meal with all the trimmings. Space is limited. R.S.V.P. and pay by Tuesday, Nov 15.

DECEMBER

Dec. 8: Holiday BINGO & Cookie Exchange, \$5 | Noon

Bring 2 dozen homemade cookies to share with others and play for special BINGO prizes!

Dec. 14: Holiday Luncheon, \$10 | 11 a.m.

Enjoy a holiday luncheon with all the festive trimmings of the season. Space is limited. R.S.V.P. and pay by Monday, Dec. 12.

Dec. 20: Holiday Experience, \$15 | 6 p.m.

A holiday experience of the greater Las Vegas area, join as we experience finding the holiday spirit together. Space is limited. Transportation provided. Departing at 6 p.m. SHARP! R.S.V.P. and pay by Friday, Dec. 16.

Dec. 30: "Noon" Day Eve Countdown Celebration, \$5 | 10 a.m.

Bring in the "Noon" Year Eve with your Doolittle Active Adult Family. Music, games reflection and fun!

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