

PLEASE REGISTER IN ADVANCE FOR ALL EVENTS.

WHAT'S HAPPENING

CHAIR VOLLEYBALL **NOW TWICE A WEEK!**

Chair volleyball is a modified version of traditional volleyball that is played while seated in chairs. It's a fun and engaging sport that can be adapted to suit players of all physical abilities.

**Fitness membership required*

Tuesday & Thursday9:45-10:45 a.m.

NEW CORE FUSION FITNESS CLASS

Participants will engage in dynamic mat-based exercises that effectively strengthen the core, targeting the abdominal muscles, back muscles, and pelvic floor for enhanced stability and power.

**Fitness membership required.*

M/W/F 11:15 a.m.-12:15 p.m.

HEALTHY LIVING SOCIAL GROUP

Join us twice a month to support each other in adopting healthy habits that boost independence and enhance our overall well-being. Together, we can inspire positive change!

First & third Weds. month10-11 a.m.

MONTHLY LECTURES | **FREE**

The Center provides monthly lecture series with various topics. Call for information about the monthly speaker. Please share your ideas for topics with us.

June 12: Archwell Health | *Snack and chat discuss importance of hydration (on 2nd Thurs. due to holiday)*

July 17: AARP | *Getting to know your smartphone*

Aug. 21: AARP | *Fraud prevention*

Third Thurs.10:30-11:30 a.m.

BUNCO LUNCH BINGO | \$7

(Monthly fourth Thursday)

Play the games and enjoy the lunch! Prizes for winners. Must play at least one of the games to enjoy lunch.

10 a.m.-noon..... Bunco

NoonLunch

Noon-2 p.m.Bingo

Upcoming Bunco Lunch Bingo Menus

June 12Navajo Tacos

July 24 Chicken Bundles

Aug. 28Chef Salad

UPCOMING EVENTS

Sept.-Dec. 2025

LUNCHEONS

Sept. 19: Fiesta Luncheon\$10

Oct. 17: Masquerade Luncheon\$10

Nov. 14: Friendsgiving Feast\$10

Dec. 19: Ugly Sweater Luncheon.....\$10

HOLIDAY HIGH TEA

Join us for our cozy annual holiday high tea! Enjoy tasty tea, finger sandwiches, fresh scones and delicious pastries. It's a great chance to relax and celebrate the season with friends and family. We can't wait to see you!

Tuesday, Dec. 9.....\$10

SUMMER TRIPS

NEW Taste Explorers will travel on a Monday each month to explore the different cuisines in town!

Travel cost: \$5. Bring money for your lunch.

***See front desk for more details.**

CITY OF LAS VEGAS

LIEBURN

ACTIVE
ADULT
CENTER

OPEN: MONDAY-FRIDAY, 8 A.M.-5 P.M. • 6230 GARWOOD AVE. • 702.229.1600

JUNE-AUGUST 2025

NEW AND UPCOMING EVENTS

NEW Taste Explorers

Embark on a culinary adventure in Las Vegas! This vibrant city is a food lover's paradise, featuring an incredible selection of restaurants. Join us each month as we explore a new dining gem, indulging in unique flavors and unforgettable experiences. Don't miss out on the chance to savor the culinary delights that Las Vegas has to offer! For more information, please inquire at the front desk.

18th Annual Senior Idol Showcase

The Senior Idol Showcase will take place on Thursday, January 22, 2026, from 3 p.m. to 5 p.m. Auditions for the showcase will be held at the East Las Vegas Community Center on October 21-23. For more information, please inquire at the front desk.

FOOD EVENTS

WIENER WEDNESDAY | 11 A.M.-1:30 P.M. | \$4

Join us for our Weekly Weiner Wednesday.

Enjoy your choice of an all-beef hot dog, turkey dog or corn dog with the trimmings, chips and a drink. *Sweet treats available for an additional charge.*

MONTHLY BREAKFAST | 9 A.M. | \$7

First Friday of the month. Enjoy fruit, juice and coffee along with the main course!

June 6 / Western Omelet with hashbrowns

July 11 / All American breakfast

Pancakes, eggs and bacon

Aug. 8 / Sausage Pancake Sandwich with hashbrowns

MONTHLY LUNCHEONS

(Third Friday of the Month, unless noted otherwise)

Wild West Luncheon

BBQ pulled pork, mac and cheese, coleslaw, salad and texas sheet cake.

June 27.....11:30 a.m. \$10

Stars & Stripes Luncheon

Salisbury steak, mashed potatoes, onion gravy, vegetables, salad, rolls and cake.

July 18.....11:30 a.m. \$10

Summer Vibes Luncheon

Chicken salad sandwich, salad, roasted veggies, chips and bread pudding.

Aug. 22.....11:30 a.m. \$10

UPCOMING 2025 FACILITY CLOSURES:

Juneteenth: Thursday, June 19 | Independence Day: Friday, July 4



Parks ♦ Rec ♦ Arts

#DiscoverLV

702.229.PLAY

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Find it all at LasVegasNevada.gov/Discover

PR-12021-04-25

WEEKLY SCHEDULE

CLASSES/FEES AND SCHEDULE IS SUBJECT TO CHANGE

To participate in classes/programs listed participants must purchase an Annual \$10 Active Adult Membership *class requires a \$10 monthly fitness pass.

MONDAY

8:45 a.m. Tai Chi*
9 a.m. Ceramics / \$6 drop in/
\$20 for 4 week month/\$25 for 5 week month
9 a.m. Korean Calligraphy (no instruction)
10 a.m. Tai Chi, Int*
10 a.m. Yoga*
11:15 a.m. Pilates*
Noon Pinochle
Noon Jewels of the Desert Red Hatters (2nd Monday)
1:30 p.m. Table Tennis*

TUESDAY

8 a.m. Oil Painting (no instruction)
8 a.m. Walk and Talk
9 a.m. Quilting (no instruction)
9:30 a.m. NARFE Office
9:30 a.m. Computer Classes/T/TH (see schedule)
9:45 a.m. Chair Volleyball*
11 a.m. Weights and More*/(1/2 hour)
11:30 a.m. Move and Groove*
Noon Mahjongg
12:40 p.m. Line Dance Cardio*
1 p.m. Scrabble
1 p.m. Sisters at Heart Red Hatters / (2nd Tuesday)
1:30 p.m. Table Tennis*

WEDNESDAY

8:45 a.m. Chair Fitness/Exercise*
9 a.m. Computer Lab Resource Help
9 a.m. Computer Private Lessons / \$25 hr
10 a.m. Tai Chi*
110 a.m. Healthy Living (1st and 3rd Wed)
10 a.m. Cooking Class / (monthly see schedule)
10:a.m. Crafters Corner / (monthly see schedule)
10:30 a.m. .. Knit and Crochet
11 a.m. Wiener Wednesday / \$4+
11:15 a.m. Core Fusion*
Noon Library Hour (1st Wed)
Noon Pinochle
Noon Mahjongg
Noon Calendar Girls Red Hat (1st Wed.)
12:25 p.m. R.S.B.P.(Restore, Strength, Balance & Practice)*
1:30 p.m. Yoga*
2 p.m. Weekly Movie **Free**

THURSDAY

8 a.m. Walk and Talk
9:30 a.m. Computer Classes/T/Th (see schedule)
9:45 a.m. Chair Volleyball*
10 a.m. Korean Calligraphy (no instruction)
10 a.m. Bunco Lunch Bingo/(4th Th) / \$7
10:30 a.m. Lecture Series (3rd Th - call for details)
11 a.m. Writing For Fun
11 a.m. Zumba Gold (1/2 hr)*
11 a.m. NARFE Quarterly Chapter Mtg
11:30 a.m. Move and Groove*
12:30 p.m. Mexican Train Dominos
12:30 p.m. Cribbage
12:40 p.m. Line Dance Cardio*
1:30 p.m. Table Tennis*

FRIDAY

9 a.m. Monthly Breakfast/(1st Fri see schedule) / \$7
9 a.m. Tai Chi Adv*
10 a.m. Tai Chi*
10 a.m. Canasta
10:30 a.m. Good Time Singers
11 a.m. Sewing for Fun
11:15 a.m. Core Fusion*
11:30 a.m. Ukulele
11:30 a.m. Monthly Luncheon
(3rd Fri except as noted on schedule)
Noon Sweet Honey Bees Red Hatters/(2nd Fri)
Noon Pinochle
1 p.m. Japanese Dance Group
1:30 p.m. Table Tennis*
3 p.m. Ballroom Dance Instruction/\$3 drop in/
\$12 for 4 week month/\$15 for 5 week month

* included in Fitness Pass \$ additional fee may apply

MOVIES

Every Wednesday 2 p.m.

JUNE

6/4 ...Magnificent Seven	6/18 ..Cry Macho
6/11...True Grit	6/25 .First Cow

JULY

7/2....Captain America	7/23..American Graffiti
7/9....The Sandlot	7/30 .Johnny Lingo
7/16 ..Great Outdoors	

AUGUST

8/6 ...Trap	8/20 .The Founder
8/13 ..Logan Lucky	8/27..Always Be My Maybe

NATIONAL ACTIVE RETIRED FEDERAL EMPLOYEES (NARFE)

Weekly, quarterly, annual meetings and events.
NARFE is here to assist retired federal employees
connect you to appropriate agencies for your needs.
For more information, please contact
Service Officer Grace 702.645.2399
Secretary/Treasurer Gale 360.201.0347
See schedule for meeting days/times

Fitness pass info

To participate in our fitness class you will need an additional monthly pass, and a current Active Adult membership.
Fitness Pass Fees: \$10 a month or \$2 per day
All fitness classes at the facility are included in the monthly fitness pass. This fitness pass gives you access to not only the fitness classes offered at Lieburn Active Adult Center but most City of Las Vegas recreation facilities. The monthly pass allows you to attend as many fitness classes and workout areas per month that you desire. Classes covered in the fitness pass are noted with an * in the calendar.

TECHNOLOGY

COMPUTER LAB

Active Adult membership required

Hours: Monday - Friday, 8 a.m.-5 p.m.

Closed during Scheduled class times. *Limit 2 hours/
day *5 participant minimum is required to hold class

COMPUTER CLASSES

Computer classes are offered every two weeks.
Tuesday and Thursday 9:30-11:30 a.m.

\$20 per session (no class on June 19)

Windows 10 June 3-12

Email and More June 17-July 1

Microsoft Word July 8-17

Into to Computer Basics July 22-31

Windows 10 Aug. 5-14

Email and More Aug. 19-28

Private Lessons

Personalized one hour session are available
for asking individualized questions on various
subjects.

Call for details..... \$25 per hour

Computer Resource Help

Available Wednesday 9 a.m.-1:30 p.m.

Our computer instructor is available to ask
questions and assist with limited projects.

SPECIAL EVENTS

ICE CREAM SOCIAL | \$3

Join us for our annual Ice Cream Social in
celebration of National Ice Cream Month! Create
your perfect sundae with over ten tasty toppings
and enjoy a cool treat on a hot summer day!

Wednesday, July 16.....11 a.m.-1 p.m.

INDOOR GARAGE SALE

Got items to sell? Turn your trash into treasure!
Purchase a table at our event. Please note: no
food items, large appliances, live plants, or large
furniture allowed. Don't miss this opportunity to
declutter and earn some cash!

Tables \$5 (Max 2 tables)

SHOPPERS: You may come and SHOP for FREE!

Saturday, Aug. 9..... 9a.m.-2 p.m.

**Space is limited and you must sign up for a table no
later than 8/4/25**

WORKSHOPS

CRAFTERS CORNER

All supplies included. Call for details about the
classes. All classes are 10-11:30 a.m.

Upcoming Classes:

Fourth of July Tray

Wednesday, June 25\$8

Wall Hanger

Wednesday, July 23.....\$8

Welcome Sign

Wednesday, Aug. 20\$8

COOKING CLASSES

All supplies included. Call for details about the
classes. Enjoy samples of everything we make.
All classes are 10-11:30 a.m.

Upcoming Classes:

Fajitas

Dive into a fun and delicious adventure as you
create and savor your very own mouthwatering
fajitas! Don't miss the chance to indulge in this
delightful experience!

Wednesday, June 11\$10

Fried Rice

Join us for a fun cooking class where you'll learn
to make delicious Chinese fried rice. It's the
perfect way to enjoy some tasty moments!

Wednesday, July 9\$10

Smoothies

Strawberry, mango, many more let's make
smoothies and sample them all. Take home some
fun recipes.

Wednesday, Aug. 13.....\$6

Program Registration

Please register for classes and programs in advance. Registrations
opens for all programs the 1st business day on the month prior to the
program. Space is limited and programs fill quickly. If the program is
full we will place you on a waitlist and if space becomes available calls
will be made in that order to fill a spot. **For all events registration
ends two days prior to the event.** Once registration ends refunds
will not be available.

Active Adult Membership Info

A current active adult membership is required to participate in all
programs offered at the facility. You may only register for programs if
you have a current membership.
Membership's fees are \$10 annually or \$1 per month. This membership
gives you access to many of these programs including but not limited to:
books and movie check out, card games, mahjongg, computer lab
access, good time singers, games and puzzles, knitting and crochet,
mexican train dominoes, quilting, sewing, movies and more. Please
ask for details. **Some programs and activities require additional fees.**