

# Senior News/Information

West Flamingo Center  
6255 W. Flamingo Rd.  
Las Vegas, NV 89103  
702-455-7742

Howard Lieburn Senior Center  
6230 Garwood Ave.  
Las Vegas, NV 89107  
702-229-1600

Senior Citizens Center of Las Vegas  
451 E. Bonanza Rd.  
Las Vegas, NV 89101  
702-229-6454

East Las Vegas Community Senior Center  
250 N. Eastern Ave.  
Las Vegas, NV 89101  
702-229-1515

## Where can I get food for seniors in Las Vegas?

Check your local store for opening times. Helping Hands of Vegas Valley, 3640 N. 5th St., Suite 140, is giving food to seniors 60+ Monday to Wednesday, 8 a.m. to 12 p.m. Photo ID required. They are also delivering emergency food bags to housebound senior citizens 60+; call 702-633-7264 to make arrangements.

## How to contact senior services in Las Vegas?

We offer information and referrals to resources and services that seniors and their families can utilize. Programs are available to active adults and their families, including multiple senior centers and volunteer opportunities. For more information contact Gregory Gray at 702-229-6690 or email [ggray@lasvegasnevada.gov](mailto:ggray@lasvegasnevada.gov).

## NRC - SOCIAL SENIORS

Join the Social Seniors, Monday through Thursday from 8:00am until 1:00pm for a variety of recreational and educational opportunities. Daily leisure activities including Wii, billiards, card games; instructional classes; special events and excursions are offered to those age 55 and older. For more information, please call (702) 633-1600. Social Senior Membership - \$3 annually. 1638 N Bruce st. NLV NV 89030

**NEIGHBORHOOD CAFÉ**  
Spend the morning at the Neighborhood Recreation Center participating in a class or workshop, and then join us for a hot lunch, served at 12:00noon, Monday through Thursday. Cost of lunch is \$2 per person.

## SENIOR SPECIAL EVENTS / SENIOR TRIPS

**FITNESS, MOVEMENT & MORE FITNESS ROOM**  
Social Senior members can use a variety of fitness machines, free weights, and treadmills to help improve and maintain overall fitness. DAY(S) TIME FEE Mon-Thu 8:00am-12:00noon FREE

## GYM WALKING

Don't let the weather dictate your fitness routine. Join your friends and walk in the gym. It's a great way to start your day. DAY(S) TIME FEE Mon-Thu 8:00am-9:00am FREE

**TOTAL BODY WORK-OUT (LOW IMPACT AEROBICS)** You'll feel energized and refreshed after this low impact aerobics workout. DAY(S) TIME FEE Mon, Wed 10:00am-11:00am

**BEGINNER BOOT CAMP**  
Join us for the ultimate circuit work-out that is tailored to the needs of older adults. DAY(S) TIME FEE Tue, Thu 8:30am-9:15am FREE

**BASIC PIANO KEYBOARDING** Learn to play the piano with a step by step method. You'll be playing songs from the first lesson! Learn to recognize piano keys, notes, and rhythm. \*Please call the NRC desk at (702) 633-1600 to reserve your space. DAY(S) TIME FEE Tue 9:00am-10:00am \$8 10:00am-11:00am \$8 11:00am-12:00noon \$8

## ZUMBA GOLD

ZUMBA Gold is a fitness program designed for the active older adult who grew up doing the Jitterbug, Swing, Cha Cha and Twist. Inspired by Latin music, this class will provide you with a safe, effective, fun total body workout! DAY(S) TIME FEE Tue, Thu 9:30am-10:30am FREE

**BELLY DANCING BASICS** Learn the mysterious art of belly dancing and tone muscles, burn calories and have fun all at the same time! DAY(S) TIME FEE Thu 9:30am-10:30am FREE

**TAP DANCE** Tap dancing is a great form of exercise, as it requires use of the entire body. Join the fun! DAY(S) TIME FEE Thu 10:30am-11:30am FREE

## CRAFT CLASSES / CRAFT CORNER

Do you walk through craft fairs and admire all the items? Would you like to create your own works of art? Craft Corner projects are designed to be completed in one or two classes. (In-

structor will provide material list) DAY(S) TIME FEE Mon 9:00am-10:30am FREE

## SEWING 101

Beginners welcome! This class will focus on projects that take one or two sessions to complete. (Instructor will provide material list) DAY(S) TIME FEE Mon 9:00am-11:30am FREE

## CERAMICS STUDIO

Limited instruction is available to help students clean, glaze and fire molded ceramic pieces. Use of the potter's wheel requires either experience or attendance at the Potter's Wheel Workshop. DAY(S) TIME FEE Tue, Thu 9:00am-11:30am FREE

## CARD DESIGN

Learn how to design and create your own cards! Students learn about paper, adhesives, stamping, and even make their own envelopes. (Instructor will provide material list) DAY(S) TIME FEE Tue 10:00am-11:30am FREE

## DRAWING & PAINTING: ALL LEVELS

Students will learn basic drawing techniques using pencils and pastels. The class also offers the opportunity to explore different painting styles with acrylics and water colors. All skill levels are welcome in this class. (Instructor will provide material list) DAY(S) TIME FEE Wed 8:30am-11:30am FREE

## QUILTING

Some experience using a sewing machine is helpful but not required for this basic quilting class. (Instructor will provide material list) DAY(S) TIME FEE Thu 9:00am-11:30am FREE