

Senior News/Information

West Flamingo Center
6255 W. Flamngo 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 .

NRC - SOCIAL SENIORS

Join the Social Seniors, Mon through Thu 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, Mon through Thu. 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 KEY-

BOARDING 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. (Instructor 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

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 (Free)

Students will learn basic drawing techniques using pencils and pastels. All skill levels. DAY(S) TIME FEE Wed 8:30am-11:30am

QUILTING

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

"The Good Times Square Dancers

invite you to our weekly lessons at 5:30 - 7:00 p.m. Riviera Mobile Home Park community clubhouse 2038 Palm St. Las Vegas 89104 First lesson is FREE! additional \$7 per class. Call: 702-526-6192