



togetherforbetter

Paradise Senior Newsletter

July 2024

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PHONE: 702-455-7513

Current Hours of Operation (as of 6/1/24):

Monday - Friday 7am - 7pm

CENTER CLOSURE

Paradise Recreation Center will be closed on **Thursday, July 4** for Independence Day.

REGISTRATION

July registration - Monday, June 24

August registration - Monday, July 29

Activity registration will occur on the last Monday of the previous month, unless otherwise noted on the activity. All field trips have a \$2 transportation fee due at time of registration.

Most field trips are free, but some will have an advertised admission price. All meals and souvenirs are on your own. All activities are on a first come, first served basis. All registration will occur with the Paradise Recreation Center's Front Desk.

OH NO, YOU'VE CANCELLED IT!

Remember to register early and at the Front Desk! At some point, a decision must be made on whether or not to cancel a program due to the lack of participation. Avoid disappointment by registering early!

COME JOIN US!

I hope that you find that this newsletter is chock full of new activities and fun things to do! As always, please feel free to attend our monthly Senior Meeting to provide your ideas and input on what we plan for you! Senior Meetings are held on the first Friday of the month at 11:00 a.m.

THE BREAKFAST CLUB

Join us for breakfast and a movie! Breakfast will be at a location of your choice within the destination listed below and movie will be your choice at the theater. All expenses for breakfast & movie are on your own.

REGAL CINEBARRE @ PALACE STATION

JULY 19

\$2 Transportation Fee

9:00 A.M. - 2:30 P.M.

LUNCH & LEARN

Join us for a three part series presented by the Mob Museum. Lunch provided.

JULY 11

LAS VEGAS MOB MUSEUM
LAS VEGAS AND THE MOB

12:00 P.M.

\$2 REGISTRATION FEE

JULY 25

LAS VEGAS MOB MUSEUM
LAS VEGAS ENTERTAINERS

12:00 P.M.

\$2 REGISTRATION FEE

COMMISSIONER GIBSON



DISTRICT G
COMMISSIONER JIM
GIBSON

WE THANK COMMISSIONER GIBSON FOR HIS CONTINUED SUPPORT OF PARADISE RECREATION CENTER PROGRAMS, PARTICIPANTS, COMMUNITY & STAFF!

FIELD TRIPS

**** THERE ARE NO REFUNDS ON FIELD TRIPS UNLESS CANCELED BY THE CENTER ****

**** FIELD TRIPS COULD BE CANCELLED DUE TO LOW ENROLLMENT ****

ALL FIELD TRIP TIMES ARE APPROXIMATE AND MAY CHANGE DUE TO UNFORSEEN CIRCUMSTANCES. THE REGISTRATION FEE SECURES YOUR SPOT ON THE BUS. WE DO NOT ALLOW "MEET UP'S" ON FIELD TRIPS

WINCHESTER CANVAS & COFFEE

4 WINCHESTER SENIOR PROGRAMS -
WC SENIOR CANVAS AND COFFEE JULY

Join us for a a themed picture and coffee with friends from Winchester.

JULY 12

10:00 A.M. - 1:00 P.M.

REGISTRATION COST: \$5.00

WINCHESTER CHRISTMAS IN JULY

4 WINCHESTER SENIOR PROGRAMS -
WC CHRISTMAS IN JULY

'Tis the season for the summer holiday cheer! Decorate the summer tree by creating summer ornaments! Join us for lunch, snacks, games and music.

JULY 17

11:00 A.M. - 2:00 P.M.

REGISTRATION COST: FREE

WEEKLY SOCIAL

Card Room

MONDAY, WEDNESDAY, & FRIDAY

8:00 A.M. - 3:00 P.M.

FREE

Scrabble

TUESDAY

8:00 A.M. - 3:00 P.M.

FREE

MONTHLY ACTIVITIES

BIRTHDAY CLUB

Celebrate monthly birthdays.
Cake and ice cream provided.

JULY 31

11:00 A.M. - 12:00 P.M.

REGISTRATION COST: FREE

SENIOR MEETING

Monthly meetings to plan future activities
and events. All suggestions welcome!

AUGUST 2

11:00 A.M. - 12:00 P.M.

BRING A FRIEND BINGO

Bring your friend and join us for a few
games of bingo. Light lunch is included.

Play for fun.

7/16, 8/20, 9/17

11:00 A.M. - 12:30 P.M.

REGISTRATION COST: FREE

SENIOR FITNESS

WALKING CLUB

Enjoy walking in a safe and climate
controlled environment! You are welcome to
wear your headphones and converse with
friends, while getting your steps in! Walking
may take place from 7:00 - 9:00 a.m., but is at
Instructor's discretion while classes are held
in gymnasium.

TUESDAYS & THURSDAYS

7:00 A.M. - 9:00 A.M.

FREE

(uninterrupted, safe zone time)

PICKLEBALL (NOVICE ONLY)

TUESDAY & THURSDAY

3:00 P.M. - 4:30 P.M.

FREE

YOGA

Join us as we slowly move through moves to
build strength, flexibility and discover our
inner stillness.

TUESDAYS

12:00 P.M. - 1:15 P.M.

\$10 (6 WEEK SESSION)

RESTORATIVE CHAIR YOGA & MEDITATION*

WEDNESDAY

11:30 A.M. - 12:30 P.M.

\$5 PER MONTH

MUSIC & MOVEMENT*

TUESDAYS & THURSDAYS

10:00 A.M. - 11:00 A.M.

\$5 PER MONTH

CARDIO & PUMP*

MONDAY, WEDNESDAY, & FRIDAY

10:00 A.M. - 11:00 A.M.

\$5 PER MONTH

REGISTER FOR TWO SENIOR FITNESS CLASSES (LISTED ABOVE AND MARKED WITH *)
FOR \$8 PER MONTH OR THREE SENIOR FITNESS CLASSES FOR \$12 PER MONTH