



# PARADISE RECREATION CENTER

4775 MCLEOD DRIVE, LAS VEGAS, NV

(702) 455-7513

MONDAY-FRIDAY: 7:00AM-7:00PM

SATURDAY AND SUNDAY: CLOSED

Paradise Recreation Center has a variety of leisure classes and opportunities for your personal interests. 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.

Remember to register early! Registering at the last minute may mean that the class has already been cancelled due to low enrollment. Visit the front desk or call us at 702-455-7513 for more information about programs.

Online Registration can be found at:  
[www.ClarkCountyNV.Gov/ParksRegistration](http://www.ClarkCountyNV.Gov/ParksRegistration)

## PROGRAMMING

### BIRTHDAY CLUB

Celebrate monthly birthdays. Cake and ice cream provided.

**Day Time**

Thu Aug 29 11:00 AM-12:00 PM

Thu Sep 26 11:00 AM-12:00 PM

Wed Oct 30 11:00 AM-12:00 PM

**Cost: Free!**

### BRING A FRIEND BINGO

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

**Day Time**

Tues Aug 20 11:00 AM-12:30 PM

Tues Sep 17 11:00 AM-12:30 PM

Tues Oct 15 11:00 AM-12:30 PM

**Cost: Free!**

### CARDS WITH FRIENDS

Play, socialize, and make new friends!

**Day Date Time**

M/W/F 8/01-8/31 8:00 AM-3:00 PM

**Cost: Free!**

## SENIOR MEETING

Monthly meetings to plan future activities and events.

All suggestions welcome!

**Friday, August 2  
11:00 A.M. - 12:00 P.M.**



### SCRABBLE CLUB

Come enjoy casual word play with a welcoming and friendly group of people.

**Day Date Time**

Tues 8/01-8/31 8:00 AM-3:00 PM

**Cost: Free!**

### SUNRISE STROLL

Enjoy walking in a safe and climate controlled environment! You are welcome to wear your headphones or 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.

**Day Date Time**

T/TH 8/01-8/31 7:00 AM-9:00 AM

**Cost: Free!**

### LUNCH AND LEARN

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

**Day Time**

Thur Aug 08 11:00 AM-12:00 PM

**Cost: \$2 Prohibition: The Best Thing**

# SENIOR NEWSLETTER

## August 2024

## REGISTRATION INFORMATION

**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 CANCELED 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!

## SENIOR DEAL REGISTRATION INFORMATION

Register for two (2) Senior Fitness classes (listed below and marketed with \*) for \$8 per month or three (3) Senior Fitness classes for \$12 per month.

## FIELD TRIPS

Advanced registration, in person, is required. Trips are non refundable. Additional fees may apply. Please arrive 15 minutes before departure time.

### CORA COLEMAN CHAIR VOLLEYBALL

**Day Time**  
Tues Aug 6 1:30pm-4:00pm

**Cost Activity Code**  
\$2 - Fee 5 Cora Coleman Grief Share Group

### SUMMER SPLASH

**Day Time**  
Thurs Aug 8 7:30am-10:30am

**Cost Activity Code**  
\$2 - Fee + \$1 Pool Entry 8 Paradise Senior

### BREAKFAST CLUB

**Wednesday, August 14**

**Price: \$2 - Van + \$ Food/Movie**

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 at Palace Station  
9:00 AM - 2:30 PM**

### CORA COLEMAN GRIEF SUPPORT

**Day Time**  
Mon Aug 19 10:30am-12:30pm

**Cost Activity Code**  
\$2 - Fee 5 Cora Coleman Grief Share Group

## HEALTH & FITNESS

### YOGA

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

**Day Date Time Age**  
Tues 8/01-8/31 12:00 PM-1:15 PM 16+  
**Cost Activity Code**  
\$10 8 Paradise Senior

### RESTORATIVE CHAIR YOGA AND MEDITATION \*

Restorative chair yoga and meditation encourages physical, mental, and emotional relaxation.

**Day Date Time Age**  
Wed 8/01-8/31 11:30 AM-12:30 PM 50+  
**Cost Activity Code**  
\$5 8 Paradise Senior

### MUSIC AND MOVEMENT \*

Music and Movement include a mix of guided dance and improvised movement activities.

**Day Date Time Age**  
T/TH 8/01-8/31 10:00 AM-11:00 AM 50+  
**Cost Activity Code**  
\$5 8 Paradise Senior

### CARDIO AND PUMP \*

A low intensity workout combines cardio, strength, and flexibility, all modified to a seated position.

**Day Date Time Age**  
M/W/F 8/01-8/31 10:00 AM-11:00 AM 50+  
**Cost Activity Code**  
\$5 8 Paradise Senior

### PICKLEBALL

Stay active and social. Senior Pickleball offers an approach to age & skill-based novice games for seniors 50+, fostering a vibrant community.

**Day Date Time**  
T/TH 8/01-8/31 3:00 PM-4:30 PM

**Cost: FREE!**