


Whitney Senior Center
• 5712 Missouri Avenue
• Las Vegas, NV 89122
702-455-7560



JULY SENIOR ACTIVITIES

Senior Building Hours: Tue - Thur - 8:00am - 3:00pm
Recreation Center Hours: Mon & Fri - 8:00am - 3:00pm

Bingo - Mon/Wed/Fri 11:00am - 12:00pm

★ Bingocize - Tue/Thurs 10:30am - 11:30am ★

Canasta - Mon/Wed/Fri 12:00pm - 2:45pm

Crocheting & Sewing - Mon/Wed/Fri 12:00pm - 2:45pm

Game Room- Mon-Fri 8:00am - 1:00pm

Line Dance - Wed 3:00pm -3:45pm - \$5/month

Mexican Train Dominoes - Mon/Wed 12:00pm - 2:45pm

Pinochle Double Deck - Tue/Thurs/Fri 12:00pm - 3:00pm

★ Senior Painters - Thurs 10:00am - 12:00pm ★



Sit and Stretch - Mon/Tue/Fri 9:30am - 10:15am

Spades/Uno- Tue 10:30am - 12:00pm & Fri 12:00pm - 3:00pm

Wii Bowling - Mon/Tue 10:00am - 11:30am

Yoga - Fri 3:00pm -3:45pm - \$5/month

Sign-ups for July will start on June 24th at 8:00am



July 4th: Closed - Independence Day

July 5th: Book Club and Coffee - (Cost: Free) Join us for an enriching journey as we delve into " Atomic Habits " at our upcoming book club with Whitney Library. The meeting starts at 10:15 am.

July 10th: Tech Talk - (Cost: Free) If you need help with any of your electronic devices, we will do our best to solve your problems. Please bring your device and chargers. Time: 12:00 pm – 1:00 pm

Beginning on July 11th, Bingocize - (Cost: Free) - It will be offered every Tuesday and Thursday by UNR for a duration of 10 weeks. This unique program combines fitness and health education with the classic game of bingo. Join us at 10:30 am on Tuesdays and Thursdays to be a part of Bingocize!

July 15th: Hummus Creations - (Cost: Free) Join us for a relaxed afternoon of cooking, chatting with other guests, and learning how to make hummus. Starts at 12:15 PM.

July 18th: P.F. Chang's - (\$3 trip + Dinner) P.F. Chang's offers a variety of Asian-inspired dishes and Chinese food, including hand-rolled sushi and traditional Chinese dim sum. There are also many gluten-free and vegetarian options available on our restaurant menu. We will leave at 5:00 pm and return around 8:30 pm

July 31st: Tie-Dye Socks - (Cost: Free) Join us for tie-dyeing socks with Centerwell. Starting at 12:15 pm