



City of Las Vegas Department of Parks and Recreation

## **CENTENNIAL HILLS ACTIVE ADULT CENTER**

*Your **RECREATION** center to have **FUN**, make new **FRIENDS** or become/stay **FIT***



**6601 N. Buffalo Dr., Las Vegas, NV. 89131**

**702.229.1702**

**Hours of operation: Monday – Friday, 7 a.m. - 6 p.m.**

# **List of staff and volunteers that make CHAAC a success!**

## **Centennial Hills Fulltime Staff**

Roney Fuller	Principal Community Program Specialist
Ashley Koehlmoos	Community Program Specialist
Priscilla Scott	Community Program Specialist
*Jen Winder	Sr. Inclusion Recreation Specialist

## **Front Desk Staff**

Gloria Sampson  
Nancy Presser  
Lester Bennett

## **Class Instructors**

Linda Blight	Fitness Instructor (Cardio, Power Hour and Sit 'N Fit)
Mike Dye	Line Dance Instructor
Natasha Mesheryakova	Fitness Instructor (Yoga, Tai Chi, Yoyalates, Weight Rooms Basics, Stretching and Meditation, Cardio)
Brenda Pye	Water Aerobics and Arthritis Water Aerobics
Grace Siegel	Oil Painting Instructor
Angela Maddox	Hot Hula

## **Volunteers (95 average volunteer hours per month)**

Jeanne Baer	Belly Dance and Weight Room Basics Instructor
Jerry Biberman	Motivational speaker
Judith Coleman	Knitting Instructor
Ida Conners	Quilting Instructor
Linda D'Agostino	Country Line Dance Instructor
Marian King	Jewelry Design Instructor
Mark Marccario	Word/Excel Instructor
Kate Merker Instructor	Basic Computers and EBay
Heather Molinari	Boomer Ballet Instructor
Kumiko Noriega	Japanese Instructor
Richard Perks	Digital Camera Instructor



## Centennial Hills Active Adult Center

### What's included in a participants \$10 annual membership

State-of-the-art fitness center (partnership with YMCA)  
(Stationary bikes, elliptical machines, treadmills, Smith machines  
and free weights)

#### CHAAC members allotted times: **Total 24.35 hours**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Weight/Cardio Room</b>	7:30-9:30 a.m. 12:30-2:30 p.m. 4-5:45 p.m.	7:30-9:30 a.m. 12:30-2:30 p.m.	7:30-9:30 a.m. 12:30-2:30 p.m. 4-5:45 p.m.	7:30-9:30 a.m. 12:30-2:30 p.m.	7:30-9:30 a.m. 12:30-2:30 p.m. 4-5:45 p.m.

#### (2) Indoor pools allotted times: **Total 35 hours**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lap Swim</b>	8a.m.-3 p.m.	8a.m.-3 p.m.	8a.m.-3 p.m.	8a.m.-3 p.m.	8a.m.-3 p.m.

#### Outdoor pool; summer months (June-Aug) **Total 10 hours**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Outdoor Pool</b>	1-3 p.m.	1-3 p.m.	1-3 p.m.	1-3 p.m.	1-3 p.m.

(8) - station Computer Lab; open daily from 7 a.m. – 5:45 p.m.

Library; 100's of current, DVD's and books on tape to check out

#### **Monday**

9 a.m. – noon	Pinochle
10 a.m.-Noon	Monthly Movie (once a month)
11:30-1:30 p.m.	Potluck (once a month)
Noon-2 p.m.	Red Hat Social Group (1 <sup>st</sup> Monday each month)
12:30 – 5:30 p.m.	Mah Jongg
2 - 5:30 p.m.	Pinochle
1-3 p.m.	Scrapbooking (2 <sup>nd</sup> Monday each month)

#### **Tuesday**

8:30-11:30 a.m.	Quilting
9-10 a.m.	Grief/Loss support group (2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays each month)
9-Noon	Euchre (1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays each month)
10:30-11:30 a.m.	Indoor Walking
1-5:30 p.m.	Poker
12:30-5:30 p.m.	Dominoes (Mexican Train)
2:30-5:30 p.m.	Pinochle

#### **Wednesday**

9-11:30 a.m.	Knitting
9:30-11 a.m.	Volleyball
11:30-2 p.m.	Tole Painting
12:30-2:30 p.m.	Book Club (1 <sup>st</sup> Wednesday of each month)



12:30-2:30 p.m.	Current Events Discussion group (2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday each month)
2-5:30 p.m.	Chinese Mah Jongg
12:30-2:30 p.m.	Duplicate Bridge
12:30-2:30 p.m.	Vegan and Healthy Eating Chat (3 <sup>rd</sup> Wednesday each month)
2:30-5:30 p.m.	Party Bridge
4-5:30 p.m.	Alzheimer Support group (3 <sup>rd</sup> Wednesday each month)

**Thursday**

9-11:30 a.m.	Senior TOPS
9-11:30 a.m.	Jewelry Design
10:30-11:30 a.m.	Indoor Walking
11:30-5:30 p.m.	Poker
1-5:30 p.m.	Rummikub

**Friday**

8:30-12:30 p.m.	Bridge
10:30-11:30 a.m.	CHAAC Choral Group
Noon-5:45 p.m.	Canasta

Various speakers/topics:

- Health topics; nutrition, wellness etc...
- Doc Talks; diabetes, COPD, heart issues, hearing & cancer screenings, eye health...
- Self Defense, Senior-safety
- Technology seminars; iPad, Android, Word/Excel, Facebook, Social Media etc...
- AARP "Smart Drive" and CarFit
- Civil War History seminars
- Social Security and Medicare information

With AARP we offer free tax preparation each year, February-April, and serve approximately 1,600 people.

We also serve approximately 60 seniors through the City's Utility Tax Rebate program. Qualifying seniors can receive a rebate from the City of franchise fee's they paid throughout the year.



## **Fun Facts!**

The City of Las Vegas Centennial Hills Community Center opened July/August 2007. The 100,000 sf facility is shared by the City of Las Vegas Centennial Hills Active Adult Center (CHAAC) and the YMCA.

CHAAC is allotted 10% of the YMCA's operating hours to use the cardio/weight rooms, pool areas, gymnasiums and dance studios for CHAAC members 50+. These areas are located on the YMCA side of the building.

Councilman Steve Ross has a satellite office which is located on the YMCA side of the building. Liaisons Christine Kramar & Jana Bruner regularly staff the satellite office.

Next to the Councilman's office is another City room (CLV Community Resources Room) that is utilized for neighborhood and HOA meetings in the evening. This room is scheduled by Roney Fuller (CHAAC staff).

The Active Adult Center is approximately 8,000 sf with 3 classrooms, a multi-purpose room, full kitchen, 8-station computer lab and library. Our hours of operation are M-F, 7 a.m. – 6 p.m.

CHAAC staff provides a wide variety of programs & activities for folks 50+. We have a strong focus on fitness for the active Baby Boomers as well as more sedentary programs & activities for the traditional senior.

Our membership fee is \$10 per year and includes access to many activities some of which have an additional fee. Please see monthly activity schedule and fitness schedule for a full listing of all programs.

Current memberships sold:

Current annual \$10 memberships = 3,621

1-month fitness memberships = 128

6-month fitness memberships = 14

12-month fitness memberships = 6

Average monthly membership visits/scans:

Annual \$10 memberships = 5,370

1-month fitness memberships = 855

6-month fitness memberships = 62

12-month fitness memberships = 68

Each month we produce a monthly newsletter and fitness schedule that is posted on the City Intranet, can be picked up in person at our center or is emailed out to over 5,500 members that we currently have on our email distribution list.

We also have a Community Garden with 14 gardeners, 10 full-sized garden beds, 4 half-sized garden beds, an orchard that consists of 3 fruit trees, corn, pumpkins, squash and asparagus.

The Adaptive Adult programming moved to the facility in January 2011 and utilizes space to implement their day program as well as other Leisure Education classes and events. Partnerships are made between the Center and Adaptive participants for programming such as the community garden, aquatic therapy, and fitness programs.



April 2016

Centennial Hills Active Adult Center 50+

6601 N. Buffalo Drive (702) 229-1702

Monday-Friday, 7 a.m. - 6 p.m.

**Pre-registration for all activities marked with a (+) begins Tuesday, March 22.**

**CLASSES**

**CHAAC Book Club**

April: The Farm by Tom Rob Smith  
May: The Orchardist by Amanda Coplin  
Wednesday, April 6, 12:30 p.m., FREE

**Computer Basics (+)**

Tuesdays, April 5 - 19  
Noon - 2 p.m., \$30

**Current Events Discussion Group**

This self-led, open-minded group meets the  
2nd and 4th Wednesday of each month.  
Wednesdays, April 13 & 27, 12:30 p.m., FREE

**Indoor Golf (+)**

Mondays, April 4 - 25  
9 a.m. OR 10:15 a.m., \$5

**iPad with Jen (+)**

Bring your iPad and questions for Jen.  
Monday, April 11, 11 a.m., \$5

**Jewelry Design Class**

Thursdays, 9:30-11:30 a.m., FREE

**Knitting**

Wednesdays, 8 a.m., FREE

**Quilting**

Tuesdays, 8:30 - 11:30 a.m., FREE

**Scrapbooking and Card Making**

Bring your current project and ideas to share.  
Monday, April 11, 1 p.m., FREE

**Vegan & Healthy Eating (+)**

Learn how making small changes to  
your diet can make you feel better.  
Wednesday, April 20, 12:30 p.m., FREE

**Anything marked with a (+) requires  
pre-registration, which begins  
Tuesday, March 22.**

**SPECIAL EVENTS**

**AARP Twitter 101 (+)**

Learn the basics of Twitter.  
Friday, April 1, 9-10:30 a.m., FREE

**Learn to Love Facebook (+)**

In this intermediate, hands-on workshop, you'll learn  
to get the most from social media.  
Wednesday, April 6, 9-10:30 a.m., FREE OR  
Thursday, April 21, 1 - 2:30 p.m., FREE  
*(Due to space restrictions, you may only register for one date)*

**April Bunco (+)**

Let's play Bunco and enjoy an egg salad  
sandwich and chips.  
Wednesday, April 6, 10 a.m., \$5

**AARP Facebook 101 (+)**

Learn the basics of Facebook.  
Tuesday, April 12, 9-10:30 a.m., FREE OR  
Thursday, April 28, 1-2:30 p.m., FREE  
*(Due to space restrictions, you may only register for one date)*

**Spring Luncheon (+)**

Please join us for us for glazed ham, potato salad,  
steamed vegetables and carrot cake for dessert.  
Wednesday, April 13, 11:30 a.m., \$8

**Movie - "The Big Short"**

Comedy/Drama starring Christian Bale & Steve Carell  
Wednesday, April 20, 10 a.m., FREE

**Introduction to Windows 10 (+)**

This 2-hour class is designed to introduce you to the  
features and benefits of Windows 10.  
This is not a hands-on class.  
Wednesday, April 20, 2 - 4 p.m., \$5

**Bingo & Breakfast (+)**

Play Bingo and enjoy French toast, bacon and fruit.  
Thursday, April 21, 9 a.m., \$7

**Kidney Disease Education Workshop (+)**

Learn how your kidneys function, causes of  
chronic disease and the best ways to manage  
your diet and health.  
Tuesday, April 26, 2 p.m., FREE

### CarFit with AARP (+)

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. A team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 30 minutes to complete.

Make your appointment beginning March 22.

Thursday, April 14, FREE

(you must have your car with you the day of your appointment)

### Step by Step to Optimal Health (+) "Supplementation and Alternative Medicine"

Ida Connor's will provide an overview of complementary habits and practices to add to your arsenal of healthy living.

Thursday, April 7, 9 a.m., FREE

### Health, Wellness & Community Assistance

#### Grief & Loss Support Group

This group is for anyone who's lost a loved one.

Tuesdays, April 12 & 26, 9 a.m., FREE

#### Diabetes with CareMore (+)

A physician will discuss diabetes.

Tuesday, April 19, 10 a.m., FREE

#### Medicare Applications (+)

Lee Jordan will answer your questions.

Tuesday, April 26, 10 a.m., FREE

#### AARP "Smart Drive" Course (+)

Wednesday, April 27, 1-5 p.m.

\$15/AARP member or \$20/non-member

(Check only made payable to AARP)

#### Senior TOPS (Taking Off Pounds Sensibly)

Thursdays, 8 a.m., 1st meeting is FREE

**Anything marked with a (+) requires pre-registration, which begins Tuesday, March 22.**

### Intro to Microsoft Office (+)

Learn the basics of Word and Excel. This is a hands-on class taught in our computer lab. You will learn how to create, edit and insert graphics into Word documents. With Excel you will learn to create formulas and create a budget worksheet.

Fridays, April 8 - 29, 3-5 p.m., \$30

### DAILY CARDS & GAMES

*Due to other activities, please don't arrive more than 15 minutes prior to the start of each game listed below.*

#### Bridge (Party)

Wednesdays, 3 p.m.

\*room access 2:50 p.m.

Fridays, 8:30 a.m. - 12:30 p.m.

#### Chinese Mah Jongg

Wednesdays, 2 p.m.

#### Dominos (Mexican Train/Chicken Foot)

Tuesdays, 12:30 p.m.

#### Duplicate Bridge

Wednesdays, Noon. - 2:45 p.m.

\*room access 11:50 a.m.

#### Hand & Foot Canasta

Fridays, noon

#### Mah Jongg (National League)

Mondays and Thursdays, 12:30 p.m.

#### Pinochle

Mondays, 8 a.m. - noon

Mondays, 2 p.m.

Tuesdays, 2:30 p.m.

#### Poker

Tuesdays, 1 p.m.

Thursdays, 11:30 a.m.

#### Rummikub

Thursdays, 1 p.m.

All afternoon games must **END** by 5:45 p.m.

Our annual membership fee is \$10 per year and includes access to all activities listed in this newsletter, some of which may have an additional fee. Through a partnership with the Centennial Hills YMCA, city of Las Vegas Centennial Hills Active Adult members have limited time usage of the cardio/weight room and the indoor lap pool. Pick up a fitness schedule at our front desk.



**Current FITNESS MEMBERSHIP is required for all instructed fitness classes**  
**\$25/month (30 days) \* \$145/six- consecutive months\* \$275/one-year\***

*\*Pro-rating/refunds are not available*

***The City of Las Vegas accepts Senior Dimensions which will pay for your fitness***

Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Yoga</b> 9-10:30 a.m. Multi-Purpose Room N (Natasha)	<b>Sit 'N Fit</b> 9-10 a.m. Active Adult Center Classroom 1 (Linda)	<b>Indoor Volleyball</b> 9:30-11 a.m. (Fitness Membership is not needed for this class)	<b>AM Yoga</b> 9-10:30 a.m. Multi-Purpose Room N (Natasha)	<b>Sit 'N Fit</b> 8-9 a.m. Multi-Purpose Room N (Linda/Kate)
<b>Beg. Belly Dancing</b> 10:30-11:15 a.m. Active Adult Center Room 1 (Jeanne)	<b>Line Dance</b> 9:30-11 a.m. CLV Community Resource Room (Mike) <b>Begins April 5</b>	<b>Water Aerobics</b> 12:30-1:30 p.m. Lap Pool (Brenda)	<b>Indoor Walking On Your Own</b> 10:30-11:30 a.m. Gym (Fitness Membership is not needed for this class)	<b>Water Aerobics</b> 8:30-9:30 a.m. Lap Pool (Brenda/Angela)
<b>Int. Belly Dance</b> 11:15-Noon Active Adult Center Room 1 (Jeanne)				
<b>Weight Room Basics</b> Noon-1 p.m. Meet at CHAAC front desk (Natasha)	<b>Indoor Walking On your Own</b> 10:30-11:30 a.m. Gym (Fitness Membership is not needed for this class)	<b>Dynamic Fitness Cardio</b> 1:30-2:30 p.m. Studio 2 (Linda)	<b>Tai Chi Gong</b> 12:30-1:30 p.m. Studio 2 (Natasha)	<b>Arthritis Aerobics</b> 9:30-10:30 a.m. Therapy Pool (Brenda/Angela)
<b>Water Aerobics</b> 12:30-1:30 p.m. Lap Pool (Brenda)	<b>Hot Hula</b> 11:30-12:30 a.m. Studio 2 (Angela)	<b>Arthritis Aerobics</b> 1:30-2:30 p.m. Therapy Pool (Brenda)	<b>Cardio Dance</b> 1:30-2:30 p.m. Studio 2 (Natasha)	<b>Belly Dancing</b> 10:30-11:30 a.m. Multi-Purpose Room 5 (Jeanne)
<b>Tai Chi Gong Fan</b> 1-1:30 p.m. YMCA Studio 2 (Natasha)	<b>Boomer-Ballet</b> 12:40-1:30 p.m. Studio 2 (Heather)	<b>Dynamic Fitness Power Hour</b> 2:30-3:30 p.m. Studio 2 (Linda)	<b>Line Dance</b> 2-4 p.m. Multi-Purpose Room (Mike)	<b>Dynamic Fitness Cardio</b> Noon-1 p.m. Studio 2 (Linda)
<b>Arthritis Aerobics</b> 1:30-2:30 p.m. Therapy Pool (Brenda)	<b>Weight Room Basics</b> 12:45-1:30 p.m. Meet at CHAAC front desk (Natasha)	<b>Yoga</b> 3:45-5 p.m. Multi-Purpose Room N (Natasha)	<b>Yogalates</b> 2:30-3:30 p.m. Studio 2 (Natasha)	<b>Dynamic Fitness Power Hour</b> 1-2 p.m. Studio 2 (Linda)
<b>Tai Chi Gong</b> 1:30-2:30 p.m. YMCA Studio 2 (Natasha)	<b>Cardio Dance</b> 1:30-2:30 p.m. Studio 2 (Natasha)	<b>Stretching and Relaxation</b> 5-5:30 p.m. Multi-Purpose Room (Natasha)	<b>Weight Room Basics</b> 3:30-4:30 p.m. Meet at CHAAC front desk (Natasha)	
<b>Stretching and Relaxation</b> 2:30-3pm YMCA Studio 2 (Natasha)	<b>Yoga</b> 2:30-3:30 p.m. Studio 2 (Natasha)			

**City of Las Vegas Department of Parks and Recreation**



[www.lasvegasparksandrec.com](http://www.lasvegasparksandrec.com)

3/28/16

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## CENTENNIAL HILLS ACTIVE ADULT CENTER 50+

6601 N. Buffalo Dr. Monday-Friday, 7 a.m. – 6 p.m. (702) 229-1702

Current FITNESS MEMBERSHIP is required for all instructed fitness classes

**\$25/month (30 days) \* \$145/six- consecutive months\* \$275/one-year\***

**\*Pro-rating/refunds are not available**

**The City of Las Vegas accepts Senior Dimensions which will pay for your fitness**

**Arthritis Aerobics** - A "zero-impact" workout for individuals with arthritis to help sustain and/or improve muscle and joint mobility. **(Beginning level)**

**Belly Dancing** – Learn to control your body with grace and style. It is not only fun to do, but good exercise too! **(Beginning level)**

**Boomer-Ballet** – This class will focus on posture, balance, flexibility and self-confidence. **(Beginning level)**

**Cardio Dance** – This class includes cardio dance that incorporates movements from yoga, martial arts, and modern dance that will increase strength and grace. **(Intermediate level)**

**Dynamic Fitness; Cardio** – This fun, motivating and upbeat class will provide a great cardio workout. **(Intermediate level)**

**Dynamic Fitness; Power Hour** – Maintain a balanced fitness with strength building and flexibility exercises. Stay strong with this enjoyable class. **(Beginning/Intermediate level)**

**Hot Hula** – This class, for all abilities, incorporates easy to perform dance movements set to traditional Polynesian drum beats fused with Reggae music. **(Beginning/Intermediate)**

**Indoor Walking** – Walk in a safe and climate controlled environment.

**Line Dance** - Learn traditional line dances to a variety of music including country, modern and pop. **(Beginning/intermediate level)**

**Sit 'N Fit** – This chair class is designed for people of all abilities to exercise in a convenient way to stay fit, maintain balance, strength and flexibility. **(Beginning level)**

**Stretching and Relaxation** – You'll focus on conscious breathing and meditation; leave this class feeling refreshed, calm and completely relaxed. **(Beginning level)**

**Tai Chi Gong** - Chi Gong improves blood and energy circulation, detoxifies the body and promotes balance, coordination and flexibility. **(Beginning level)**

**Tai Chi Gong Fan** – This class is a deeper exploration of different ancient forms of Chi Gong and Tai Chi including the Tai Chi Fan. **(Intermediate level)**

**Water Aerobics** - Refresh and energize your body with this low impact water workout. **(Beginning level)**

**Weight Room Basics** –This class is not a personal training session, it will show you how to safely and properly use the equipment. **Please bring your own workout towel.**

**Yoga** – Strengthen joints, relax your body and calm your nerves. **(Beginning level)**  
**An exercise mat is required for this class.**

**Yogalates** – This is a mat based yoga and Pilate's fusion class to optimize core strength, endurance and flexibility **(Beginning/Intermediate level)**

### FITNESS ON YOUR OWN

*With your annual \$10 membership you can enjoy a state-of-the art fitness center/pool; ride the stationary bike, treadmill or elliptical; use the free weights; or take a dip in the pool.*

**Please wear proper fitness attire, provide your own towel and bring water**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Weight/Cardio Room</b>	7:30-9:30 a.m. 12:30-2:30 p.m. 4-5:45 p.m.	7:30-9:30 a.m. 12:30-2:30 p.m.	7:30-9:30 a.m. 12:30-2:30 p.m. 4-5:45 p.m.	7:30-9:30 a.m. 12:30-2:30 p.m.	7:30-9:30 a.m. 12:30-2:30 p.m. 4-5:45 p.m.
<b>Lap Swim</b>	8 a.m. - 3 p.m.	8 a.m. - 3 p.m.	8 a.m. - 3 p.m.	8 a.m. - 3 p.m.	8 a.m. - 3 p.m.

**City of Las Vegas Active Adult members must stay within the time frames provided above UNLESS you also have a current YMCA membership.**