



Senior Citizens Advisory Board Agenda

Items listed on the agenda may be taken out of the order presented; two or more agenda items for consideration may be combined; and any item on the agenda may be removed or related discussion may be delayed at any time. Backup material for this agenda may be obtained from LuAnn D. Holmes, City Clerk, at the Office of the City Clerk, 495 South Main Street, 2nd Floor or on the city's webpage at www.lasvegasnevada.gov.

1. **Call to Order**
2. **Announcement Regarding: Compliance with Open Meeting Law**
3. **Public Comment:** Comment during this portion of the agenda must be limited to matters on the agenda for action. If you wish to be heard, come forward and give your name for the record. The amount of discussion, as well as the amount of time any single speaker is allowed, may be limited.
4. For possible action to approve the Final Minutes by reference of the Regular Meeting of September 5, 2019
5. Report by Linda Ryan, Recreation Supervisor, Department of Parks and Recreation, regarding senior events, activities and programs at City senior centers – All Wards
6. Presentation by the Office of Communications and discussion for possible action regarding staff management of online senior presence and representation on social media – All Wards
7. Report by Gregory Gray, Community Program Technician, Office of Community Services regarding senior issues received by the Office of Community Services – All Wards
8. Reports by Board Members regarding senior issues within their Council Wards and at large – All Wards
9. **Discussion regarding topics for future agenda items.** Comments made during this portion of the agenda by individual members shall refer solely to proposals for future agenda items and any discussion shall be limited to whether or not such proposed items are within the purview of the Board and/or whether such proposed items shall be placed on a future agenda. No discussion regarding the substance of any such proposed topic shall occur and no action shall be taken.
10. **Citizens Participation:** Public comment during this portion of the agenda must be limited to matters within the jurisdiction of the Board. No subject may be acted upon by the Board unless that subject is on the agenda and is scheduled for action. If you wish to be heard, come forward and give your name for the record. The amount of discussion on any single subject, as well as the amount of time any single speaker is allowed, may be limited.
11. **Adjournment**

Facilities are provided throughout City Hall for the convenience of persons with disabilities. Reasonable efforts will be made to assist and accommodate persons with disabilities or impairments. If you need an accommodation to attend and participate in this meeting, please call the City Clerk's office at 702-229-6311 and advise of your need at least 48 hours in advance of the meeting. Dial 7-1-1 for Relay Nevada.

THIS MEETING HAS BEEN PROPERLY NOTICED AND POSTED AT THE FOLLOWING LOCATIONS:

City Hall, 495 South Main Street, 1st Floor
Clark County Government Center, 500 South Grand Central Parkway
Grant Sawyer Building, 555 East Washington Avenue
City of Las Vegas Development Services Center, 333 North Rancho Drive

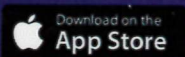


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Senior Citizens Advisory Board - Page 2



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Everyday of the year



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insurance* or \$149 cash

*Medicare and Medicaid included

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Submitted At Meeting

Date 12/3/19 Item 3
by Ilya Mayo

Centennial Hills Active Adult Center

City of Las Vegas Department of Parks and Recreation
October 2019

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, September 17th.

CLASSES

Acrylic Painting (+)

Bring your own brushes and project, paint supplied.
Fridays, October 4-18, 2-4 p.m., \$18

CHAAC Book Club

October: Educated: A Memoir by Tara Westover
November: Immortalists by Benjamin
Wednesday, October 2, 12:30 p.m., FREE

Coloring

Tuesdays, noon, FREE

Creating A Photobook (+)

Learn how to create a digital photobook
on the computer.
Mondays, October 7-28, 1-3 p.m., \$30

Current Events Discussion Group

This self-led, open-minded group meets the
2nd, 3rd & 4th Wednesday of each month.
Wednesdays, October 9-23, 12:30 p.m., FREE

Decorative/Tole Painting

Wednesdays, 11:30 a.m., FREE

Jewelry Design Class

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

Knitting & Crochet

Wednesdays, 8 a.m., FREE

Nutrition Support Group

Fridays, 9:00 a.m. -10 a.m., FREE

Oil Painting (+)

Learn the basics of oil painting. Pick up a supply list
at the front desk.
Thursdays, October 3-31
11:30 p.m.-1:30 p.m., \$30

Quilting

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

Writers Circle

Friday, October 18, 8 a.m., FREE

SPECIAL EVENTS

Scrubbie Making (+)

Bring your crochet hook and learn how to make a scrubbie.
They are easy to make and you'll never buy one again.
Tuesday, October 1, 10 a.m., \$10

October Bunco (+)

Let's play Bunco and enjoy chili and cornbread.
Wednesday, October 2, 10 a.m., \$5

Nuclear Waste in Nevada Seminar (+)

Learn the dangers, myths and realities. Get information about
nuclear waste in the United States and how it affects Nevada.
Thursday, October 3, 11:30 a.m., FREE

Step by Step to Optimal Health

"Alchemy of Herbs" (+)

Learn how to use herbs to improve your health.
Thursday, October 10, 9-11 a.m., FREE

Movie- "The Mule"

Drama starring Clint Eastwood & Bradley Cooper
Monday, October 14, 10 a.m., FREE

Bingo (+)

Come play bingo and enjoy a Halloween dessert.
Wednesday, October 16, 11 a.m., \$5

Home Security with Metro (+)

Learn how to keep your home protected.
Thursday, October 17, 10 a.m., FREE

RTC presents "Seniors on the Go" (+)

The RTC will educate you on fixed bus routes; showing how
easy, affordable, comfortable and safe riding the bus can be.
The program will show how to use the transit guide, read
transit maps and enter/exit the bus for those with mobility
devices.

Monday, October 21, 10 a.m., FREE

Breakfast (+)

You'll enjoy a made to order omelet, fruit and juice while
socializing with friends.

Wednesday, October 23, 9 a.m., \$6

Halloween Luncheon (+)

Come dressed in your best Halloween costume or attire and
enjoy meatloaf, twice baked potatoes, glazed carrots and a
spooky dessert!

Prizes will be awarded for the top 3 costumes.

Wednesday, October 30, 11:30 a.m., \$8

**We will be CLOSED on
10/25 for Nevada Day.**



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Senior Citizens Advisory Board - Page 4



American Civil War (+)

Stan Kaufman will present this 4 week lecture series on the beginning of the Civil War, the Peninsular Campaign, Second Manassas and Antietam.

Tuesdays, October 8-29, 9-11 a.m., FREE

Field Trip: Golden Knights Practice (+)

Can't get to a game? This is the next best thing! Join us as we watch the Golden Knights practice at City National Arena and then head to lunch at Downtown Summerlin.

Tuesday, October 29, 9:45 a.m.-2:00 p.m. \$5 transportation fee, plus lunch on your own.

Health, Wellness & Community Assistance

Veterans Benefits

Thursday, October 3, 10 a.m., FREE

Alzheimer Support Group

Monday, October 7 & 21, 1 p.m., FREE

Grief & Loss Support Group

This group is for anyone who's lost a loved one.
Tuesdays, October 8 & 22, 9 a.m., FREE

Medicare (+)

What's new for 2020?
Friday, October 11, 10 a.m., FREE

AARP "Smart Drive" Course (+)

Wednesday, October 30, 1-5 p.m.
\$15/AARP member or \$20/non-member
(Check only made payable to AARP)

Senior TOPS (Taking Off Pounds Sensibly)

Thursdays, Weigh-in begins at 8 a.m.,
Meeting starts at 8:55 a.m. 1st meeting is FREE

Anything marked with a (+) requires pre-registration, which begins September 17th.

American Red Cross Blood Drive

Help save a life and donate!
Walk-ins are welcome or call
1-800-RED-CROSS to make an
appointment

Thursday, October 24, 10 a.m.-4 p.m.

DAILY CARDS & GAMES

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

Advanced Pinochle

Mondays and Tuesdays, 2 p.m.

Bridge (Party)

Wednesdays, 2:45 p.m.

**room access 2:40 p.m.*

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

Chinese Mah Jongg

Wednesdays, 2 p.m.

Dominos (Mexican Train/Chicken Foot)

Tuesdays, noon-5 p.m.

Duplicate Bridge

Wednesdays, 11:30 a.m.- 2:30 p.m.

**room access 11:20 a.m.*

Hand & Foot Canasta

Fridays, noon-5 p.m.

Mah Jongg (National League)

Mondays and Thursdays, 12:30 p.m.

Pinochle

Mondays, 8:00 a.m. - noon

Poker

Tuesdays, 1 p.m.

Thursdays, 11:30 a.m.

Rummikub

Thursdays, 1 p.m.

Sakura

Thursdays, 9 a.m.-12 p.m.

**Sakura will not meet the 1st Thursday of the month.*

Skip Bo/UNO

Fridays, 10 a.m.- noon

**All afternoon games
must END by 5:30 p.m.**

Our current membership is \$5 for a 6-month pass 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 United Health which will pay for your fitness

Monday	Tuesday	Wednesday	Thursday	Friday
Hula 9:00-10:00 a.m. Active Adult Center Classroom 1 (Teri)	Sit 'N Fit 8-9 a.m. Active Adult Center Classroom 1 (Linda)	Indoor Volleyball 9:30-11 a.m. (Fitness Membership is not needed for this class)	AM Yoga 9:15-10:30 a.m. Multi-Purpose Room N (Natasha)	Sit 'N Fit 8-9 a.m. Multi-Purpose Room N (Linda/Heather)
AM Yoga 10:30-11:45 a.m. Multi-Purpose Room N (Natasha)	Sit 'N Fit 9:30-10:30 a.m. Active Adult Center Classroom 1 (Linda)	Water Aerobics 12:30-1:30 p.m. Lap Pool (Brenda P./Edith)	Indoor Walking 10:30-11:30 a.m. Gym (Fitness Membership is not needed for this class)	Water Aerobics 8:30-9:30 a.m. Lap Pool (Brenda P./Edith)
Belly Dance 10:30-11:30 a.m. Active Adult Center Classroom 1 (Jeanne)	Line Dance- Int/Advanced 9:30-11 a.m. CLV Room (Mike)			Arthritis Aerobics 9:30-10:30 a.m. Therapy Pool (Brenda P./Edith)
Urban Line Dance 11:45 a.m.-12:45 p.m. Active Adult Center Classroom 1 (Brenda D.)	Indoor Walking 10:30-11:30 a.m. Gym (Fitness Membership is not needed for this class)	Dynamic Fitness Cardio 1:30-2:30 p.m. YMCA Studio 2 (Linda)	Tai Chi Gong 12:30-1:30 p.m. Studio 2 (Natasha)	Belly Dancing 10:30-11:30 a.m. Multi-Purpose Room S (Jeanne)
Intro to Fitness Room Noon- 1 p.m. Schedule with CHAAC front desk staff. (Natasha)	Chair Yoga 12-1 p.m. YMCA Studio 1 (Natasha)	Arthritis Aerobics 1:30-2:30 p.m. Therapy Pool (Brenda P./Edith)	Zumba Gold® 12:30-1:30 p.m. Multi-Purpose Room (Laura)	Dynamic Fitness Cardio Noon-1 p.m. YMCA Studio 2 (Linda)
Zumba Gold® 11:45 a.m.- 12:45 p.m. Studio 2 (Laura)	Beginner Ballet 11:15 am-12:00 pm YMCA Studio 2 (Heather)	Dynamic Fitness Power Hour 2:30-3:30 p.m. YMCA Studio 2 (Linda)	Cardio Dance 1:30-2:30 p.m. YMCA Studio 2 (Natasha)	Dynamic Fitness Power Hour 1-2 p.m. YMCA Studio 2 (Linda)
Water Aerobics 12:30-1:30 p.m. Lap Pool (Brenda P./Edith)	Boomer-Ballet 12:15-1:30 p.m. YMCA Studio 2 (Heather)			
Pilates Mat 12:45-1:45 p.m. Multipurpose (Sarah)	Guided Meditation 1-1:30 p.m. YMCA Studio 1 (Natasha)	Flex & Stretch 3:45-5 p.m. Multi-Purpose Room (Heather)	Line Dance 2-4 p.m. Multi-Purpose Room (Mike)	
Tai Chi Gong 1-2 p.m. YMCA Studio 2 (Natasha)	Cardio Dance 1:30-2:30 p.m. YMCA Studio 2 (Natasha)		Body Sculpt & Stretch 2:30-3:30 p.m. YMCA Studio 2 (Natasha)	Pickleball 2:15-5 p.m. Gym (Fitness Membership is not needed for this class)
Restorative Yoga 1:45-2:45 pm Multipurpose (Sarah)	Yoga 2:30-3:30 p.m. YMCA Studio 2 (Natasha)		Intro to Fitness Room 3:30- 4:30 p.m. Schedule with CHAAC front desk staff. (Natasha)	
Arthritis Aerobics 1:30-2:30 p.m. Therapy Pool (Brenda P./Edith)				
Stretching and Relaxation 2-3 p.m. YMCA Studio 2 (Natasha)				

City of Las Vegas Parks and Recreation
CENTENNIAL HILLS ACTIVE ADULT CENTER 50+
6601 N. Buffalo Dr. Monday-Friday, 7 a.m. - 6 p.m. (702) 229-1702

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)**

Body Sculpt & Stretch - This is a mat based yoga and Pilate's fusion class to optimize core strength, endurance and flexibility **(Beginning/Intermediate level)**

Beginner Ballet - For brand new beginners, those with some experience and those who would like to refresh the basics.

Boomer-Ballet - This class will focus on posture, balance, flexibility and self-confidence for those who have Ballet experience.

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)**

Chair Yoga - This is a gentle form of yoga that is practiced sitting on a chair and adapts traditional yoga poses. **(Beginning 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)**

Guided Meditation

Guided meditation is simply "meditation with the help of a guide". It's one of the easiest ways to enter into a state of deep relaxation and inner stillness, and it's one of the most powerful ways to eliminate stress and bring about positive personal changes.

Intro to the Fitness Center/Weight Room - Learn how to safely and properly use the cardio and weighted equipment. *Please bring your own workout towel. Schedule a session at the front desk. \$3.00*

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

Line Dance Int. /Advanced - This class is a fast-paced class designed to learn more advanced dances to a variety of music. **(Intermediate/advanced level)**

Pilates Mat - floor class that works on core strength, flexibility and strength. Please bring a mat.

Restorative Yoga - is a practice that is all about slowing down and opening your body through passive stretching. ... During the long holds of **restorative yoga**, however, your muscles are allowed to relax deeply. It's a unique feeling because props, rather than your muscles, are used to support your body.

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)**

Urban Line Dance - Line dance to top 40 and R&B along with country music

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

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

Zumba Gold® Learn easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. **(Intermediate level)**

www.lasvegasparksandrec.com



Derfelt Senior Center

City of Las Vegas

Día de los Muertos

(Day of the Dead)

Saturday, Nov. 2
4-10 p.m.

Sammy Davis Jr. Festival Plaza
in Lorenzi Park • 720 Twin Lakes Drive

Ofrenda contest • Artisan vendors
Food • Kids activities • Entertainment
Dress in your best Catrina Costume
Bring your blankets and low rise chairs

For more information call 702.229.6601
or visit ArtsLasVegas.org

**FREE
EVENT**



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lasvegasnevada.gov
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lasvegasparksandrec.com



City of Las Vegas

BUNCO TIME!

\$5

Enjoy the game, laughs
and a light lunch.

Register in advance!

Wednesdays • 10 a.m.

Sept. 4 • Oct. 2

Nov. 6 • Dec. 4

DERFELT SENIOR CENTER
3343 W. Washington Ave.

For more information call 702.229.6601

or visit www.lasvegasparksandrec.com



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PR-1729-07-19 MC

City of Las Vegas

ESL

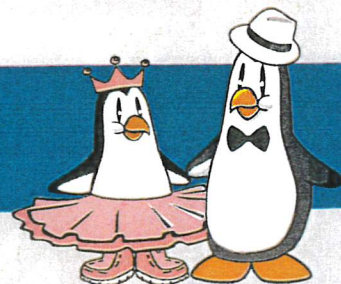
**Explore the world by
learning English as a
second language (ESL).**
*Classes will include instruction
in both verbal and written
English along with worksheets.*

Thursdays • 10 a.m.

Sept. 5 • Oct. 3

Nov. 7 • Dec. 5

→ **\$10** per month



Derfelt Senior Center
3343 W. Washington Ave.



**For more information call 702.229.6601
or visit www.lasvegasparksandrec.com**

Senior Citizens Advisory Board - Page 11

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PR-1804-08-19 MC

PLEASE REGISTER IN ADVANCE FOR ALL EVENTS.

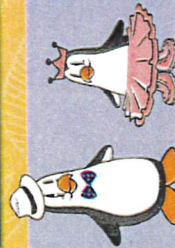
VOLUNTEERS NEEDED

- Park Ambassadors** – They are the eyes of the neighborhood and help keep the parks safe for everyone. In addition, they contribute their time and talents on projects at the hospitals and community centers for holidays and special occasions throughout the year. For more information please contact Stephanie Richard 702.229.2238.
- Instructors** – Are you talented in the arts, music, dance, crafts, photography or other areas? We are currently recruiting for volunteers to teach classes and would enjoy giving you the opportunity to share your knowledge and skills. You will meet new seniors and develop friendships that will last a lifetime!
- Community Garden** – Come be a part of Derfelt Senior Center's Community Garden. Our garden offers opportunities for social interaction, involvement with the community, and growing fresh fruits and vegetables. Participants will benefit from the educational and recreational experience.
- Mother Hubbard's Cupboard Food Pantry** – Mother Hubbard's Cupboard Food Pantry exists to provide healthy food to older adults and families in need, as well as nutrition and gardening education to help with making healthier food choices. We strive to provide services in ways that will continue to enhance the dignity, respect and self-reliance of everyone involved. Next distribution date: Friday, Oct. 18, 10 a.m.-12 p.m. For additional information, please contact Stephanie Richard at 702.229.2238.

OCTOBER SPECIAL EVENTS:

Oct. 2 Bunco Starts at 10 a.m. \$5	Oct. 16 Bingo Starts at 10 a.m. \$5
Oct. 3 Craft Class Starts at 10 a.m. \$5	Oct. 16 Cinema Time Starts at 1 p.m. \$2
Oct. 4 Izzy and Herman's 4-Year Anniversary Starts at 11:30 a.m. \$5	Oct. 18 Mother Hubbard's Cupboard Food Pantry Distribution From 10 a.m.-12 p.m. Free to Attend
Oct. 8 Haunted Tea Hat Making Class Starts at 12 p.m. \$3	Oct. 23 Barn Dance Luncheon Starts at 11:30 a.m. \$5
Oct. 9 Haunted Tea Luncheon Starts at 11:30 a.m. \$7	Oct. 24 Cooking Class Starts at 10 a.m. \$5
Oct. 10 Birthday Potluck Starts at 11:30 a.m. Free to Attend	Oct. 31 Halloween Luncheon Starts at 11:30 a.m. \$5
Oct. 11 Whine & Paint Starts at 12 p.m. \$7	Oct. 31 Internet 101 Starts at 2:30 p.m. \$6

PR-2021-05-19 RS



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lasvegasnevada.gov
#DiscoverTheFun
lasvegasparcsandrec.com

Join Derfelt's mascots Izzy and Herman for this month's events!

October



Upcoming Events

Yearly Membership Card Gives You More!

Membership is \$10 for the year!
Derfelt Fitness \$15 for a 30-day pass

- Canasta Groups
- Quilting
- Fitness
- Conversational Spanish
- Great Social Atmosphere to Meet People
- Game & Puzzle Clubs
- Writing Club
- Knitting/Crochet
- Mahjongg
- Mother Hubbard's Cupboard Food Pantry Distribution
Oct. 18
From 10 a.m.-12 p.m.
Free to Attend

Saturday, Nov. 2

Day Of The Dead

Sammy Davis Festival Plaza

Starts at 4 p.m. | Free to attend

Tuesday, Nov. 5

Field Trip: Hiking

Starts at 8:30 a.m. | \$5

Friday, Nov. 8

Veterans Day Lunch

Starts at 11:30 a.m. | \$5

Friday, Nov. 15

Paris In Fall Luncheon

Starts at 11:30 a.m. | \$5

Wednesday, Nov. 20

Thanksgiving Luncheon

Starts at 11:30 a.m. | \$7

DERFELT SENIOR CENTER

3343 W. Washington Ave.

Open: Tuesday-Friday | 8 a.m.-5 p.m.

702.229.6601 | TTY 7-1-1

Conversational Spanish

*Do you
speak Spanish?*

Habla Español?



*Come learn the basics of Spanish.
Learn simple phrases and explore the culture.*

THURSDAYS • 8:30 a.m.

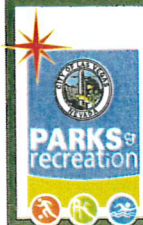
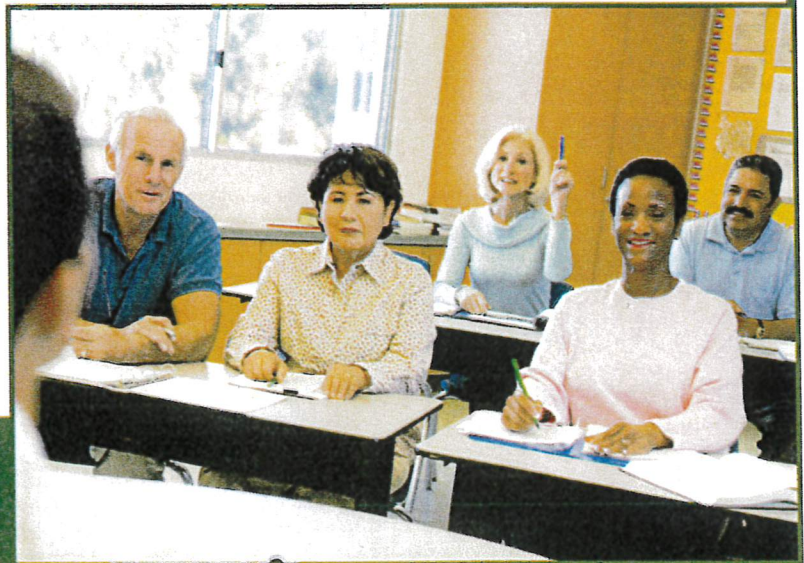
Sept. 5

Oct. 3

Nov. 7

Dec. 5

\$10 per
month



DERFELT SENIOR CENTER

3343 W. Washington Ave.

Las Vegas, NV 89107 • 702.229.6601

Senior Citizens Advisory Board - Page 15



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PR-1805-08-19 MC

Happenings 2019



Winter



SEPTEMBER



9/11 Memorial Luncheon

Remember those who gave their lives on this day.

Wednesday, Sept. 11 at 11:30 a.m. – \$5

Burlesque Workshop

Come join us for an hour full of fun in this burlesque workshop.

Friday, Sept. 13 at 11:30 a.m. – \$3

Midsummer Eve Ball

Join us for a fun filled ball. Costumes are optional
Friday, Sept. 20 at 11:30 a.m. – \$5

World Series Scavenger Hunt Luncheon

Take me out to the ball game and let's get those thinking caps on for this scavenger hunt!

Friday, Sept. 27 at 11:30 a.m. – \$5



OCTOBER



Izzy and Herman's Four Year Anniversary!

It has been four years since they tied the knot and we are still celebrating!

Friday, Oct. 4 at 11:30 p.m. – \$5

Haunted Tea Luncheon

Get your scary hats out and join us for a haunted tea luncheon
Wednesday, Oct. 9 at 11:30 a.m. – \$5



Barn Dance Luncheon

Get your boots and cowboy hats for a hee-hawing good time!
Wednesday, Oct. 23 at 11:30 a.m. – \$5



Halloween Luncheon

Come dressed in costume as we have a haunting good time!
Thursday, Oct. 31 at 11:30 a.m. – \$5

NOVEMBER



Veteran's Day Luncheon

Let's celebrate all our Veterans!
Friday, Nov. 8 at 11:30 a.m. – \$5

Paris in the Fall Luncheon

Bonjour Mes Amis!
Enjoy a Paris-themed luncheon!
Friday, Nov. 15 at 11:30 a.m. – \$5

Thanksgiving Luncheon

Come and join us as we have turkey and all the fixings.
Wednesday, Nov. 20 at 11:30 a.m. – \$7



DECEMBER

Cookie Exchange

Bake some cookies and spread some holiday cheer at Derfelt!
Friday, Dec. 6 at 2 p.m. – \$3



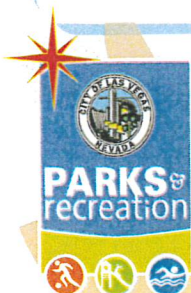
Petmas

Bring your pet as we celebrate the holidays during this luncheon. No pet? No worries.
Come join us for a good time.
Wednesday, Dec. 11 at 11:30 a.m. – \$5



Scrooge Holiday Luncheon

Join us for our annual holiday luncheon, as Scrooge will make an appearance.
Thursday, Dec. 19 at 11:30 a.m. – \$5



DERFELT SENIOR CENTER

3343 W. Washington Ave.

For more information call 702.229.6601, or visit

www.lasvegasparksandrec.com



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Doolittle Senior Center

CITY OF LAS VEGAS

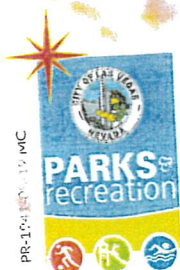
Ceramics Workshop

Thursdays
9:30 a.m. - noon
\$5 per month

This instructional workshop brings out the inner artist in you, while getting your hands dirty (in a good way).

Supplies not included.

DOOLITTLE SENIOR CENTER
1930 N. J St.



For information call, 702.229.6125
or visit www.lasvegasparksandrec.com.



City of Las Vegas

Trips • Outings & Excursions

All trips require advance registration and payment.

OCTOBER

10/5 Fishing & Nature Walk-Floyd Lamb Park at Tule Springs, 9 a.m. | \$5

Fishing trip! Join us as we try and catch the BIG ONE! and enjoy the beginning of the Fall season at Floyd Lamb Park. Transportation and entry fee included-space is limited. *Van leaves at 9 A.M. SHARP! Bring a packed lunch.* Please R.S.V.P. before Friday, Sept. 27. Must have current CLV Membership.

10/16.. "Antique Mall of America" Antique Store & Treasure Hunt, 9 a.m. | \$5

A favorite destination for antiques and collectible merchandise under one roof and much more! Wear comfortable shoes. Bring your lunch money; we'll stop at an area restaurant for lunch. *Transportation provided-space is limited. Van leaves at 9 A.M. SHARP!* Please R.S.V.P. before Friday, Oct. 11. Must have current CLV Membership.

NOVEMBER

11/15.. Mob Museum Experience, 9 a.m. | \$5

The Mob Museum offers a bold and authentic view of organized crime and events that influenced the development of Las Vegas. Wear comfortable shoes. Bring your lunch money; we'll stop at an area restaurant for lunch. *Transportation provided-space is limited. Van leaves 9 A.M. SHARP!* Please R.S.V.P. before Wednesday, Nov. 13. Must have current CLV Membership.

DECEMBER

12/19.. Holiday Light Tour, 4 p.m. | \$10

Doolittle Senior Center is known for doing everything to the "MAX" and the holiday light tour is no exception! Must have current CLV Membership. *Transportation provided-space is limited. Bus leaves at 4 P.M. SHARP!* Please RSVP before Tuesday, Dec. 17.

*Must have a current
city of Las Vegas senior membership.*

*All trips/outing/excursions are non-refundable
and non-transferable.*



DOOLITTLE SENIOR CENTER

1930 N. J St. | 702.229.6125

Senior Citizens Advisory Board - Page 17



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Seniors Got Talent

Special Guest DJ
Ronnie O
Mixing at the Mingle



Featuring:
The Doolittle Never Too Late Band

**Nov. 14
11 a.m.**

PR-2006-09-19FS



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Showcase Mix & Mingle

Join us at the West Las Vegas Library Theatre for this event as seniors showcase **GREAT** talent through music, poetry, dance and more. If you are 50+ and would like to participate in the Seniors Got Talent Showcase, please contact Cassandra Lewis at **702.229.6125**.

Try out dates:

Oct. 22, Tuesday, 1-3 p.m.
Oct. 23, Wednesday, 10 a.m.-noon
at Doolittle Senior Center

Join us at the senior center, located at 1930 N. J. St., for a mix & mingle immediately following the Seniors Got Talent Showcase.

Cost is \$6 | R.S.V.P. by Nov. 7.

This showcase is open and free to the public.

702.229.PLAY

Seniors Got Talent

Special Guest DJ
Ronnie O
Mixing at the Mingle



Featuring:
The Doolittle Never Too Late Band

**Nov. 14
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Cost is \$6 | R.S.V.P. by Nov. 7.

This showcase is open and free to the public.

702.229.PLAY

CITY OF LAS VEGAS

GOOD TIME FISH FRY

Thursday, Oct. 17 | 11 a.m.

**Doolittle Senior Center
1930 N. J St.**

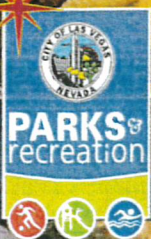
\$10 Menu

Fried Fish, French Fries, Green Salad and Dessert

Please RSVP before Thursday, Oct. 10

Space is limited.

**Call 702.229.6125
for more information.**



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TTY
7-1-1

CITY OF LAS VEGAS

SENIOR-WEEN

HALLOWEEN COSTUME PARTY

WEDNESDAY, OCT. 30 • 11 A.M.

DOOLITTLE SENIOR CENTER
1930 N. J St.

\$6

Enjoy an afternoon of fun, games and music!
Put on your best costume to see who gets the best dressed prize!

SPACE IS LIMITED.

Please RSVP before
Friday, Oct. 25.

Must have current
CLV Membership.



TTY
7-1-1

For more information, please call 702.229.6125

lasvegasparksandrec.com

Senior Citizens Advisory Board - Page 20

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City of Las Vegas

Thanksgiving LUNCHEON

Thursday, Nov. 21 • 11 a.m. • \$7

*Enjoy a traditional Thanksgiving
meal with all the trimmings!*

Space is Limited. Please RSVP before Tuesday, Nov. 19. Must have current CLV Membership.

For more information, please call 702.229.6125

DOOLITTLE SENIOR CENTER

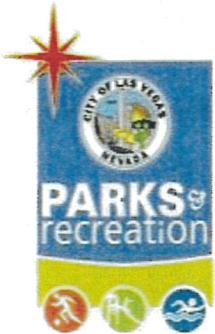
1930 N. J St.



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East Las Vegas Community Center

East Las Vegas Community Center



Visit us at lasvegasparksandrec.com

250 North Eastern Avenue
Las Vegas, NV 89101
702.229.1515
TTY 702.886.9108

Hours of Operation

Monday/Saturday 8am-6pm
Tuesday – Friday 8am-9pm

October

We will be closed Friday
October the 25th for
Nevada Day.
We will reopen Saturday
October the 26th.

NOW SHOWING

Every Friday at 6pm, we will be offering a film for you viewing pleasure.



October 4th

Stand and Deliver



October 11th

McFarland, USA



October 18th

Halloweentown



October 31st

Hocus Pocus

East Las Vegas Community Center offers you more!

Free Wi-Fi
Ugly Apron Café
Meeting Rooms
Activities for all Ages
Outdoor Courtyard w/Bandstand
Free Movies on Friday
Seasonal and Summer Camps
Community Partnerships

Rental Opportunities
Free Billiards (age 18+)
Youth Game Room
Computer Lab
Special Events
Lending Library
Batteries Included and Youth Council
And an awesome staff!!

September Classes and Activities begin Monday, September 30th!

Program	Code	Ages	Day	Time	Fee
Senior Arts Programs					
Crochet	202306-09	50+	M	9:00-11:00a	\$20
Porcelain/ Ceramics	202301-30	50+	Tu	11:30a-1:00p	\$20
Japanese Embroidery Workshop		50+	Tu	9:00a-12:00p	Free
Woodcarving Workshop		50+	Tu	9:30-11:30a	Free
Quilting		50+	W	9:00a-2:00p	Free
Senior Dance Programs					
Hot Hula					
Round Dance- Advanced		50+	M	3:45-5:45p	Free
Musical Theatre- Backstage Revue		50+	Tu	12:30-2:30p	Free
Tuesday Social Dance		50+	Tu	3:00-5:30p	\$4/dance
Round Dance- Intermediate		50+	W	3:00-5:00p	Free
Musical Theatre		50+	Th	11:30a-2:30p	Free
Ballroom/ Swing		50+	F	12:00-2:00p	\$25
Belly Dance Workshop		50+	F	11:00a-1:00p	Free
Friday Social Dance		50+	F	2:00-4:30p	\$4/dance
Must have previous tap experience for the following					
Performance Tap	202312-14	50+	Tu	10:00a-12:00p	\$30
Tap Dance- Inter/ Advance	202312-13	50+	F	9:00-11:00a	\$30
Senior Social Card Groups					
Texas Hold'Em		50+	M/W/Th/F	12:30-3:30p	Free
Desert Wins Duplicate Bridge Club		50+	M	11:00a-3:00p	Free
Bridge		50+	T	11:00a-3:30p	Free
Mah Jong		50+	F	11:00a-3:00p	Free
Senior Programs					
Indoor Walking Group		50+	Tu/Th	9:00-10:00a	Free
Ukulele- Intermediate		50+	Th	12:00-2:30p	Free
Movie Madness		50+	Th/F	1:00-3:00p	Free
Senior Special Programs					
Halloween Craft Project	202301-31	50+	W	10:00a-12:00p	\$6
Hispanic Heritage Luncheon	203337-15	50+	W	11:30a-1:30p	\$6
Senior Masquerade Ball	203337-62	50+	W	5:30-8:30p	\$10
Spooks Galore Halloween Luncheon	203337-64	50+	W	11:30a-1:30p	\$6
AARP Smart Driver	205030-01	50+	Th	9:00a-1:00p	Free

(Senior Programs require a senior RecPass. Please see the front desk for more information.)

Senior Special Programs:

October 2: Hispanic Heritage Luncheon

October 10: AARP Smart Driver

October 10: Lost City Museum & Valley of Fire

October 16: Halloween Craft Project

October 18: Senior Masquerade Ball Senior Citizens Advisory Board - Page 24

October 30: Spooks Galore Halloween Luncheon

Special Events:

Saturday October 12th, 11am-2pm

Free and Open to the Public



**Hispanic Heritage
Family Fiesta**

September Classes and Activities begin Monday, September 30th!

Program	Code	Ages	Day	Time	Fee
Smart Start Programs					
Story and Art	202038-31	4-6	W	5:00-6:00p	\$18
Dance Programs					
Folklorico Dance Workshop	202018-24	5+	Th	6:00-7:00p	Free
Folorico Dance Workshop	202018-25	5+	Th	6:00-7:00p	Free
Ballet 1	202005-25	3-5	F	4:30-5:15p	\$15
Ballet 2	202006-06	6-8	F	5:15-6:15p	\$18
Rhythm and Dance, Beginners	202018-07	5-10	W	5:30-6:30p	\$18
Rhythm and Dance, Advance	202018-08	10-18	W	6:30-7:30p	\$18
Dress Attire for Ballet: Pink/ Black leotards with pink tights. Dress Attire for Dance and Rhythm: black tights and leotards. (Rhythm and Dance will be taught in Spanish/ English)					
Education Programs					
Computer Skills, English	205139-08	18+	Tu/Th	1:00-3:00p	\$30
Computer Skills, English	205139-09	18+	Tu/Th	1:00-3:00p	\$30
The above are two week courses.					
Private Computer Lessons		18+	Tu/Th	TBD	\$20/hour
(Private Computer Lessons are scheduled to fit your schedule)					
Citizenship Classes	205030-10	18+	Tu/W/Th	6:00-8:00p	\$30
CPR/ First Aid		16+	M	3:00p-5:00p	\$40
CPR/ Child Care		16+	Sa	11:30a-1:30p	\$40
Martial Arts					
Karate, Beginners	202092-01	6+	W	6:00-7:00p	\$18
Karate, Intermediate	202092-02	6+	W	7:00-8:00p	\$18
Karate, Mixed Levels	202092-08	6+	F	6:30-7:30p	\$18
Music Lessons					
Group Guitar	202110-05	8+	T	4:00-5:00p	\$24
Group Keyboard	202110-06	8+	T	5:00-6:00p	\$24
Private Music Lessons		8+	Tu/Th	4:30-6:00p	\$50
Private Lessons- keyboard, piano, or guitar. 30 minute lessons, Monday or Tuesday. Please see the front desk for availability.					
Youth Sports					
Basketball Skills	202119-20	3-5	Th	6:30-7:30p	\$18
League: Soccer					
League: Flag Football					
*Financial Assistance Available for Title 1 School Students					

Computer Lab



Monday – 8a-5p
Tuesday – 8a-1p and 3-6p
Wednesday 8a-8:00p
Thursday – 8a-1p and 3-6:00p
Friday – 8a-1p and 5-8:00p
Saturday – 8a-5p

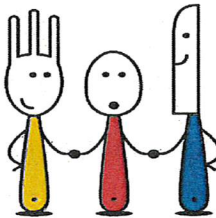
Please sign in a front desk. There is a 2 hour limit.

NO FOOD OR DRINK ALLOWED IN LAB!

The Ugly Apron Café

Get a bite to eat at our café! Excellent food and wonderful recipes.

Monday	8:30am – 2pm
Tuesday	8:30am – 1pm
Wednesday	8:30am – 2pm
Thursday	8:30am – 2pm
Friday	8:30am – 2:30pm



East Las Vegas Community Center
250 N. Eastern Avenue
Las Vegas, NV 89101

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Partners

ESL by CC Library District – Call 702.507.3530 to register. Classes begin every eight weeks.

FAYM (Foundation to Assist Young Musicians) – Call 702.279.6858 or visit www.thefaym.org. Open enrollment is every August.

FEAT (Families for Effective Autism Treatment) of So. NV – 702.368.3328

Milagros Escondidos – Special Needs parent support group (Spanish) - 702.901.4200

Big Brothers/Big Sisters; www.bbbsn.org for info.

CCDFS Parenting Class – call 702.455.5295 to register.

NV Council for the Blind – meets every 3rd Wednesday monthly.

Three Square - food services for children under 18. Monday-Friday, 3:30-5pm during the scholastic year.

CITY OF LAS VEGAS

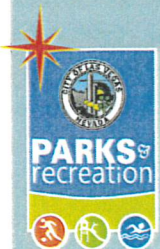


HOLIDAY Handi-Craft Sale

**SATURDAY, DEC. 7
10 A.M. - 1 P.M.**

Free Entrance

All crafts are handmade and will include a variety of selections from quilts, photo albums, crocheted and knitted items, ceramics, jewelry, holiday crafts and many more.



PR-1905-08-19 MC



**EAST LAS VEGAS
COMMUNITY CENTER**
250 N. Eastern Ave. • 702.229.1515

Senior Citizens Advisory Board - Page 27



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City of Las Vegas

Veterans Day Luncheon

FREE
for
Veterans

Thursday, Nov. 7
11:30 a.m.-1 p.m.

All
others
\$6

Please join us as we honor our veterans during our annual Veterans Day luncheon.

Once again we will have the pleasure of the Rancho High School JROTC students posting the colors and joining us for the luncheon.

Code: 213337-62 free for Vets
Code: 213337-63 \$6 all others

Please pre-register prior to Oct. 24
as we would like to add your name to our plaque.

Pre-registration is required.

Must be 50+ to register and have a current senior membership.

East Las Vegas Community Center
250 N. Eastern Ave.

For additional information, please call 702.229.1515



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Senior Citizens Advisory Board - Page 28



PR-2026-09-19 RS

You're invited to the
2nd Annual Active Adult

Masquerade BALL

Friday, Oct. 18 • 5:30 ~ 8 p.m.

\$10 per person | must pre-register | Code: 203337-62



Dress in your finest attire and don't forget your mask.

Be ready to dance the night away.

Finger foods, good music and an enchanted evening will be provided.

Best dressed contest with a mask:

• couple • female individual • male individual



**EAST LAS VEGAS
COMMUNITY CENTER**

250 N. Eastern Ave.

Call 702.229.1515 for more information

Senior Citizens Advisory Board - Page 29



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Lieburn Senior Center

NEIGHBORHOOD Clean-Up

Please join the Howard Lieburn Senior Center and Mirabelli Community Center as we clean up our neighborhood to make life better!

Senior and youth volunteers will focus on the Bonanza Trail, Mirabelli Park and surrounding neighborhood alleyways.

This is a wonderful opportunity to get your school service hours!

Saturday, Nov. 2 • 9 a.m. SHARP!

LIEBURN SENIOR CENTER
6230 Garwood Ave.



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lasvegasparksandrec.com

For more information, call 702.227.1600



BINGO!



Join us for an afternoon
of bingo, food and fun
on the fourth Thursday
of every month.

A light lunch will be served
\$5 at 1 p.m.

Lieburn Senior Center
6230 Garwood Ave.

For more information call 702.229.1600







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PR 0025-02 17 MC

Please register in advance for all events.

November Trip

Clark County Museum and Lunch. Museum admission is \$2 and not included. Please bring money for lunch. We will stop on the way back.

Thursday, November 21 10 a.m. \$5



A Look Ahead

Lieburn Lecture Series

AARP is coming to talk about Fraud Prevention.
Thursday, November 14 10 a.m. FREE

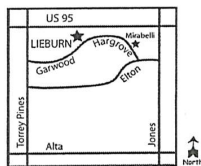
Foodie Fanatics

Come and learn to make yummy dinner rolls for all of your holiday feasts. Please register by November 5.
Tuesday, November 12 1 p.m. \$3

Veteran's Social

Join us for an afternoon to honor our veterans. Refreshments will be served. FREE for veterans only. Please register in advance.
Wednesday, November 6 2:30 p.m. \$1

Lieburn Senior Center
6230 Garwood Avenue
Las Vegas NV 89107



#discoverthefun

November Meals

Build Your Own Omelet

Choose your fillings and we will cook it to order.
Friday, November 1 9:30 a.m. \$5

Turkey Dinner Luncheon

Thanksgiving dinner with all the fixin's.
Friday, November 15 11:30 a.m. \$7



Lieburn Senior Center

6230 Garwood Avenue
(702) 229-1600 - TTY (702) 886-9108
Open: Monday-Friday, 8 a.m.-5 p.m.

October Calendar

Old Timers Social

Friday, October 11, 2019 at 1p.m.
Join us to learn about Old Las Vegas.
\$3/person

Howling Halloween Party

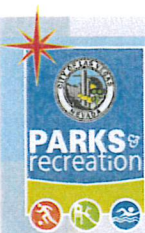
Thursday, October 31, 2019 at 1p.m.
Join us for games and food.
\$3/person

Yearly membership card gives you more!

- Book and Movie Checkout
- Bridge, Pinochle, Canasta Groups
- Mah Jongg, Party Bridge (looking for more players)
- Computer Lab - High-Speed Internet
- Great social atmosphere to meet people
- Game & Puzzle Clubs
- Knitting/Crochet, Quilting
- Walk & Talk Club
- Movie Days
- Red Hat Groups

www.lasvegasparksandrec.com

Mon	Tue	Wed	Thu	Fri
OCTOBER HIGHLIGHTS 10/4 – Pumpkin French Toast 10/10 – Valley of Fire 10/10 – Senior Advocacy Program Lecture 10/11 – Old Timer Social 10/18 – Chili Cook-off 10/24 – Bingo & Lunch 10/31 – Howling Halloween Party	1 8 a.m. Oil Painting 8 a.m. Walk & Talk 8:30 a.m. Meet the Master Gardener 8:30 a.m. Floor Exercise* 9 a.m. Sculpt & Flexibility* 9:30 a.m. Computer Basics \$25 for 4 classes 9:30 a.m. NARFE Service Office 10:15 a.m. Health Group 11:30 a.m. FABS fitness class* 11:30 a.m. Am/Chi Mah Jongg 12 p.m. Quilting Group 12 p.m. Texas Hold 'Em 1 p.m. Table Tennis 1 p.m. Scrabble Group	2 9 a.m. – 2 p.m. Resource Help 9 a.m. Chair Yoga* 9:30 a.m. Learn the Internet 10 a.m. Tai Chi/Chi Gong 10 a.m. Grief Group (fee for book) 10:30 a.m. Knit & Crochet 11 a.m. Corndog/Weiner Wednesday \$3 11a.m. Pilates* 11:30 a.m. Am/Chi Mah Jongg 12 p.m. Pinochle 12 p.m. Zumba* 1 p.m. Calendar Girls Red Hat Group 1:30 p.m. Phase 10 2:15 p.m. Movie: Mrs. Winterbourne 4:15 p.m. Hiking Group meeting 	3 8 a.m. Walk & Talk 8:30 a.m. Meet the Master Gardener 8:30 a.m. Floor Exercise* 9 a.m. Sculpt & Flexibility* 9:30 a.m. Computer Basics 10 a.m. Hand & Foot Canasta 10:15 a.m. Yoga* 11:30 a.m. FABS fitness class* 12 p.m. American & Siamese Mah Jongg 12 p.m. Party Bridge 12 p.m. Cribbage 1 p.m. Table Tennis 	4 9:30 a.m. Blood Pressure Check 9:30 a.m. BREAKFAST: Pumpkin French Toast \$5 10 a.m. Tai Chi/Chi Gong* 10 a.m. Hand & Foot Canasta 11 a.m. Pilates* 12 p.m. Pinochle 12:30 p.m. Good Time Singers 12:30 p.m. Silver & Fit* 1:30 p.m. Table Tennis 
7 8:30 a.m. Hike 9 a.m. Yogoda* 9:30 a.m. Learn the Internet 10 a.m. Yoga* 10 a.m. Ceramics \$25/mo. 10:30 a.m. Plan B Art Study 10:30 a.m. Conversational Spanish 11 a.m. Pilates* 12 p.m. American & Siamese Mah Jongg 12 p.m. Power Fitness* 12 p.m. Pinochle 1 p.m. Table Tennis 	8 8 a.m. Oil Painting 8 a.m. Walk & Talk 8:30 a.m. Meet the Master Gardener 8:30 a.m. Floor Exercise* 9 a.m. Sculpt & Flexibility* 9:30 a.m. Computer Basics 9:30 a.m. NARFE Service Office 10:15 a.m. Health Group 11:30 a.m. FABS fitness class* 11:30 a.m. Am/Chi Mah Jongg 12 p.m. Quilting Group 12 p.m. Texas Hold 'Em 1 p.m. Table Tennis 1 p.m. Scrabble Group 	9 9 a.m. – 2 p.m. Resource Help 9 a.m. Chair Yoga* 9:30 a.m. Learn the Internet 10 a.m. Tai Chi/Chi Gong 10 a.m. Grief Group (fee for book) 10:30 a.m. Knit & Crochet 11 a.m. Corndog/Weiner Wednesday \$3 11a.m. Pilates* 11:30 a.m. Am/Chi Mah Jongg 12 p.m. Pinochle 1:30 p.m. Phase 10 2:15 p.m. Movie: The Ultimate Gift 4:15 p.m. Hiking Group meeting 	10 8 a.m. Walk & Talk 8:30 a.m. Meet the Master Gardener 8:30 a.m. Floor Exercise* 9 a.m. TRIP: Lost City Museum/Valley of Fire \$7 9 a.m. Sculpt & Flexibility* 9:30 a.m. Computer Basics 10 a.m. Hand & Foot Canasta 10 a.m. Lieburn Lecture Series: Senior Advocacy - FREE 10:15 a.m. Yoga* 11:30 a.m. FABS fitness class* 12 p.m. American & Siamese Mah Jongg 12 p.m. Party Bridge 1 p.m. Cribbage 1 p.m. Table Tennis 2 p.m. Bingo – Bring a prize	11 10 a.m. Tai Chi/Chi Gong* 10 a.m. Hand & Foot Canasta 11 a.m. Pilates* 11 a.m. Sweet Honey Bees Red Hat Group 12 p.m. Pinochle 12:30 p.m. Good Time Singers 12:30 p.m. Silver & Fit* 1 p.m. Old Timer Social \$3 1:30 p.m. Table Tennis 
14 8:30 a.m. Hike 9 a.m. Yogoda* 9:30 a.m. Microsoft Word \$25 for 4 classes 10 a.m. Yoga* 10 a.m. Ceramics \$25/mo. 10:30 a.m. Conversational Spanish 11 a.m. Pilates* 12 p.m. American & Siamese Mah Jongg 12 p.m. Power Fitness* 12 p.m. Pinochle 1 p.m. Table Tennis 	15 8 a.m. Oil Painting 8 a.m. Walk & Talk 8:30 a.m. Meet the Master Gardener 8:30 a.m. Floor Exercise* 9 a.m. Sculpt & Flexibility* 9:30 a.m. Windows 10 \$25 for 4 classes 9:30 a.m. NARFE Service Office 10:15 a.m. Health Group 11:30 a.m. FABS fitness class* 11:30 a.m. Am/Chi Mah Jongg 12 p.m. Quilting Group 12 p.m. Texas Hold 'Em 1 p.m. Table Tennis 1 p.m. Scrabble Group 	16 9 a.m. – 2 p.m. Resource Help 9 a.m. Chair Yoga* 9:30 a.m. Microsoft Word 10 a.m. Tai Chi/Chi Gong 10 a.m. Grief Group (fee for book) 10:30 a.m. Knit & Crochet 11 a.m. Corndog/Weiner Wednesday \$3 11 a.m. Pilates* 11:30 a.m. Am/Chi Mah Jongg 12 p.m. Pinochle 12 p.m. Zumba* 1:30 p.m. Phase 10 2:15 p.m. Movie: Spirit of the Eagle 4:15 p.m. Hiking Group Meeting 	17 8 a.m. Walk & Talk 8:30 a.m. Meet the Master Gardener 8:30 a.m. Floor Exercise* 9 a.m. Sculpt & Flexibility* 9:30 a.m. Windows 10 10 a.m. Hand & Foot Canasta 10:15 a.m. Yoga* 11 a.m. AARP Driving Course 11:30 a.m. FABS fitness class* 12 p.m. American & Siamese Mah Jongg 12 p.m. Party Bridge 12 p.m. Cribbage 1 p.m. Table Tennis 	18 10 a.m. Tai Chi/Chi Gong* 10 a.m. Hand & Foot Canasta 10 a.m. Pilates* 11:30 a.m. LUNCHEON: Chili Cook-off and Cowboy Music \$6 12 p.m. Pinochle 12:30 p.m. Silver & Fit* 12:30 p.m. Good Time Singers 1:30 p.m. Table Tennis 
21 8:30 a.m. Hike 9 a.m. Yogoda* 9:30 a.m. Microsoft Word 10 a.m. Yoga* 10 a.m. Ceramics \$25/mo. 10:30 a.m. Plan B Art Study 11 a.m. Pilates* 12 p.m. Ladies of Joy Red Hat Group 12 p.m. American & Siamese Mah Jongg 12 p.m. Power Fitness* 12 p.m. Pinochle 1 p.m. Table Tennis 	22 8 a.m. Oil Painting 8 a.m. Walk & Talk 8:30 a.m. Meet the Master Gardener 8:30 a.m. Floor Exercise* 9 a.m. Sculpt & Flexibility* 9:30 a.m. Windows 10 9:30 a.m. NARFE Service Office 10:15 a.m. Health Group 11:30 a.m. FABS fitness class* 11:30 a.m. Am/Chi Mah Jongg 12 p.m. Quilting Group 12 p.m. Texas Hold 'Em 1 p.m. Table Tennis 1 p.m. Scrabble Group 	23 9 a.m. – 2 p.m. Resource Help 9 a.m. Chair Yoga* 9:30 a.m. Microsoft Word 10 a.m. Tai Chi/Chi Gong 10 a.m. Grief Group (fee for book) 10:30 a.m. Knit & Crochet 11 a.m. Corndog/Weiner Wednesday \$3 11 a.m. Pilates* 11:30 a.m. Am/Chi Mah Jongg 12 p.m. Pinochle 12 p.m. Zumba* 1:30 p.m. Phase 10 2:15 p.m. Movie: Men In Black International 4:15 p.m. Hiking Group Meeting 	24 8 a.m. Walk & Talk 8:30 a.m. Meet the Master Gardener 8:30 a.m. Floor Exercise* 9 a.m. Sculpt & Flexibility* 9:30 a.m. Windows 10 10 a.m. Hand & Foot Canasta 10:15 a.m. Yoga* 11:30 a.m. FABS fitness class* 12 p.m. American & Siamese Mah Jongg 12 p.m. Party Bridge 12 p.m. Cribbage 1 p.m. Table Tennis 1 p.m. Bingo & Lunch \$5	25 CLOSED Nevada Day 
28 8:30 a.m. Hike 9 a.m. Yogoda* 9:30 a.m. Learn the Internet \$25 for 4 classes 10 a.m. Yoga* 10 a.m. Ceramics \$25/mo. 10:30 a.m. Conversational Spanish 11 a.m. Pilates* 12 p.m. American & Siamese Mah Jongg 12 p.m. Power Fitness* 12 p.m. Pinochle 1 p.m. Table Tennis 	29 8 a.m. Oil Painting 8 a.m. Walk & Talk 8:30 a.m. Meet the Master Gardener 8:30 a.m. Floor Exercise* 9 a.m. Sculpt & Flexibility* 9:30 a.m. Windows 10 9:30 a.m. NARFE Service Office 10:15 a.m. Health Group 11:30 a.m. FABS fitness class* 11:30 a.m. Am/Chi Mah Jongg 12 p.m. Quilting Group 12 p.m. Texas Hold 'Em 1 p.m. Table Tennis 1 p.m. Scrabble Group 	30 9 a.m. – 2 p.m. Resource Help 9 a.m. Chair Yoga* 9:30 a.m. Microsoft Word 10 a.m. Tai Chi/Chi Gong 10 a.m. Grief Group (fee for book) 10:30 a.m. Knit & Crochet 11 a.m. Corndog/Weiner Wednesday \$3 11 a.m. Pilates* 11:30 a.m. Am/Chi Mah Jongg 12 p.m. Pinochle 12 p.m. Zumba* 1:30 p.m. Phase 10 2:15 p.m. Movie: Halloween Town 4:15 p.m. Hiking Group Meeting 	31 8 a.m. Walk & Talk 8:30 a.m. Meet the Master Gardener 8:30 a.m. Floor Exercise* 9 a.m. Sculpt & Flexibility* 9:30 a.m. Windows 10 10 a.m. Hand & Foot Canasta 10:15 a.m. Yoga* 11:30 a.m. FABS fitness class* 12 p.m. American & Siamese Mah Jongg 12 p.m. Party Bridge 12 p.m. Cribbage 1 p.m. Table Tennis 1 p.m. Howling Halloween Party \$3	* part of fitness membership \$20 for 30 days or drop in for \$5 per class A table tennis pass is required to play. The fee is \$10 for 30 days or drop in for \$2 per day.



SEPTEMBER-DECEMBER *Happenings* 2019

All activities and programs require a senior center membership. \$10 a year

Special Events

Bingo & Lunch | Fourth Thursday of each month,
1-3 p.m. | \$5

Join us for a light lunch and BINGO fun! We will provide lunch and prizes, so gather your friends and get ready to yell out BINGO!

Old Timer Social | Friday, Oct. 11, 1 p.m. | \$3

Come on in to reminisce about Old Vegas. We will provide refreshments. Please sign up by Oct. 5.

Howling Halloween Party | Thursday, Oct. 31, 1 p.m. | \$3

Dress up in your costume and join us for fun and games.

Veteran's Social | Wednesday, Nov. 6, 2:30-4 p.m. | \$1

Join us for an afternoon social honoring our veterans. Refreshments will be provided. Free for veterans.

Lectures

Medicare Options | Thursday, Sept. 12, 10 a.m. | FREE

Senior Advocacy Program/SHIP | Thursday,
Oct. 10, 10 a.m. | FREE

AARP Fraud Prevention | Thursday, Nov. 14, 10 a.m. | FREE

Meals

Apple Pancakes Breakfast | Friday, Sept. 6, 9:30 a.m. | \$5
Apple pancakes and syrup, breakfast meat, fruit, juice and coffee. **Please register by Sept. 5.**

Hawaiian Luau Luncheon | Friday, Sept. 20, 11:30 a.m. | \$6
Kahlua pork with all the fixin's and fun entertainment.
Please register by Sept. 18.

Breakfast French Toast with Pumpkin Syrup
Friday, Oct. 4, 9:30 a.m. | \$5
French toast with homemade pumpkin syrup, breakfast meat, fruit, juice and coffee. **Please register by Oct. 2.**

Chili Cook-off Lunch | Friday, Oct. 18, 11:30 a.m. | \$6
It's the Annual Chili Cook-off. We provide corn bread and dessert. FREE if you bring a pot of chili to share.
Please register by Oct. 16.

Meals, continued

Breakfast Omelets | Friday, Nov. 1, 9:30 a.m. | \$5
Build your own omelet with a variety of fillings and toppings, fruit, juice and coffee. **Please register by Oct. 30.**

Lunch: Turkey Dinner | Friday, Nov. 15, 11:30 a.m. | \$7
Thanksgiving dinner with all the fixin's.
Please register by Nov. 13.

Breakfast Casseroles | Friday, Dec. 6, 9:30 a.m. | \$5
Sweet and savory casseroles, fruit, juice, and coffee.
Register by Dec. 4.

Holiday Luncheon | Friday, Dec. 13, 11:30 a.m. | \$7
Ham, cheesy potatoes, salad, veggies, dessert and a fun sing-a-long. **Please register by Dec. 12.**

Trips

Smith Center Tour and Lunch | Monday, Sept. 16, 9 a.m. | \$5
Tour the beautiful Smith Center for the Performing Arts, near downtown Las Vegas. We will go out to lunch after. Lunch is on your own.

Lost City Museum/Valley of Fire
Thursday, Oct. 10, 9 a.m. | \$7
Travel with us to Overton, Nevada where you can tour the Lost City Museum. (Admission is \$5 at the door.) We will then go to Valley of Fire State Park, to see the sights and eat your lunch. Bring your own sack lunch.

Clark County Museum and Lunch
Thursday, Nov. 21, 10 a.m. | \$5
Enjoy the Clark County Museum and the history of Las Vegas and the local area. Tour period homes, the museum and other historical buildings. Entrance to the museum is \$2. We will go out to lunch after. Lunch is on your own.

Holiday Glittering Light Tour
Thursday, Dec. 11, 5 p.m. | \$5
Join us for a light adventure. The tour will include the Las Vegas Motor Speedway Lights. This is a van trip and participants will need to be able to get in and out of the van. Get into the holiday spirit and enjoy the holiday lights.

For additional information and full class and program schedule call 702.229.6359



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lasvegasparksandrec.com

LIEBURN SENIOR CENTER

Senior Citizens Advisory Board - Page 35



PR-1751-08-19 RS

Senior Citizens' Advisory Board Meeting October 3, 2019

**SUBMITTED AT MEETING –
Beyond the Neon Magazine
Submitted by Linda Ryan**

**SUBMITTED AS BACKUP FOR
ITEM 5 – FILED WITHIN
MEETING DOCUMENTATION**

THE 8th ANNUAL

SPOTLIGHT SPECTACULAR

OVER 50? YOU SHOULD BE HERE!

LIVE Entertainment! FREE Food!

SATURDAY, October 19, 2019

8th Annual

SPOTLIGHT Spectacular

Southern Nevada's LARGEST Health, Lifestyle and Entertainment EXTRAVAGANZA for Seniors & Veterans!

Live Big Band! FREE FOOD! Raffle Prizes! FREE to Attend! Fun for the Whole Family!

Proceeds to Benefit:

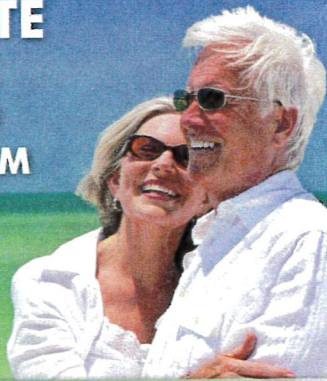
Veterans  Services

SAVE THE DATE
SATURDAY,
October 19, 2019
10:00 AM – 3:00 PM


 (Dallas & Houston Ballrooms)

Call for FREE VIP Tickets
(702) 409-1252

visit our website:
www.SPOTLIGHTSpectacular.com



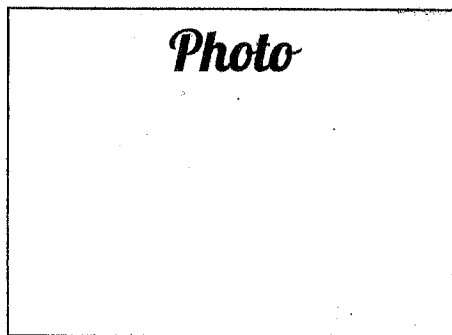
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(Name), *(Faint, illegible text)*

Is This *(Faint, illegible text)*

Your Life? *(Faint, illegible text)*

(Today's Date)



Your Innocence is Unassailable

Born (Year) to

(Mother) -----

(Father) -----

In or around (location, [city, state]).

Notes:

You have a Beautiful Mind

What do you remember of your education? Schools?

Locations?

And your work? What? When? Where?

What of your travels?

Your Priceless Presence Cannot be Overvalued

People in your life? Where you lived?

*What did you learn from your parents that you
incorporated into your life?*

What else would you like to say about your life?

What would you like the next generation to know?

City of Las Vegas, Senior Citizens' Advisory Board, Introduction to the American Community Survey (ACS), US Census, Sept 11, 2019

Introduction to the American C. x +

← → ↺ census.gov/data/academy/webinars/2019/acs-introduction.html ☆ ○ □ ▢ ⋮

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// Census.gov > Census Academy > Recorded Webinars > Introduction to the American Community Survey

Census Academy

< Back to Recorded Webinars

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Introduction to the American Community Survey

SEPTEMBER 11, 2019

Description

Discover the detailed social, economic, and housing statistics that the American Community Survey (ACS) provides for every community every year. You will learn about basics of the yearly estimates and datasets produced from the ACS, resources available on our website, and how to access ACS data products through a variety of tools.

Introduction to the American Community Survey

Watch later Share

Introduction to the American Community Survey (ACS)

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Upcoming Webinars

Is this page helpful? x

👍 Yes 👎 No

<div style="text-align: center; font-size:10pt; font-family:Arial,Helvetica,sans-serif;">

Senior Citizens Advisory Board -

about basics of the yearly estimates and datasets produced from the ACS, resources available on our website, and how to access ACS data products through a variety of tools.

 Introduction to the American Community Survey

Watch later Share

Introduction to the American Community Survey (ACS)



September 11, 2019

Charles Gamble
Survey Statistician

 United States
Census Bureau

U.S. Department of Commerce
Economics and Statistics Administration
U.S. CENSUS BUREAU
census.gov

1

Webinar Materials

 Webinar Recording

 Presentation [4.4 MB]

 Transcript [<1.0 MB]

Last Revised: September 16, 2019

<https://www.census.gov/data/academy/webinars/2019/acs-introduction.html>



CITY OF LAS VEGAS

VETERANS CAREER EXPO

Children
Are
Welcome!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★
Saturday, Oct. 19
10 a.m. – 2 p.m.

REGISTER
NOW!

City Hall | 495 S. Main St.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★
AN ALL-INCLUSIVE EVENT THAT INCLUDES:

- ★ Mock Interviews ★ LinkedIn Workshops
- ★ Resume Writing ★ Networking Opportunities

Take the opportunity to meet with local employers in the fields of construction, hospitality, gaming, education and more!

Experts will be providing workshops on LinkedIn, mock interviews, resume writing and networking opportunities. If you or anyone you know is a veteran, active duty member, spouse, family member or civilian, please join us for this exciting event. This event is open to the general public and will include youth enrichment activities, so children are welcome to attend.

Submitted At Meeting

Date 10/31/19 Item 10
by Kellee Nash

For more information, please contact: Kellee Nash 702.229.5931 or knash@lasvegasnevada.gov

Please register at: https://cityoflasvegas.formstack.com/forms/veterans_career_expo



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lasvegasnevada.gov