

November 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, October 18.

CLASSES

AARP Facebook 101 (+)

Learn the basics of Facebook.
Tuesday, November 15, 10-11:30 a.m., \$5

AARP Twitter 101 (+)

Learn the basics of Twitter.
Wednesday, November 16, 10-11:30 a.m., \$5

Centennial Songbirds Choral Group

Learn new songs and meet new friends.
1st and 3rd Friday of each month
Friday, November 4 & 18, 10:30 a.m., FREE

CHAAC Book Club

November: Alias Grace by Atwood
December: Still Alice by Genova
Wednesday, November 2, 12:30 p.m., FREE

Current Events Discussion Group

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

Indoor Golf (+)

Mondays, November 7-28
9 a.m. **OR** 10:15 a.m., \$5

Jewelry Design Class

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

Knitting

Wednesdays, 8 a.m., FREE

Learn to Love Facebook (+)

In this intermediate, hands-on workshop, you'll learn
to get the most from social media.
Thursday, November 10, 2-3:30 p.m., \$5

Quilting

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

Scrapbooking and Card Making

Monday, November 14, 1 p.m., FREE

Vegan & Healthy Eating (+)

Learn how making small changes to
your diet can make you feel better.
Wednesday, November 16, 12:30 p.m., FREE

SPECIAL EVENTS

November Bunco (+)

Let's play Bunco and enjoy chicken enchilada soup.
Wednesday, November 2, 10 a.m., \$5

Step by Step to Optimal Health

"Lifestyle Management" (+)

Ida Connors will discuss how to create a better quality of
life for yourself by living life on your terms holistically.
Thursday, November 3, 9 a.m., FREE

Social Security 101 (+)

This seminar will cover the basics of Social Security.
Tuesday, November 8, 2 p.m., FREE

Organizing with Compassion Care (+)

You'll learn simple ways to de-clutter your home
to make your life easier.
Wednesday, November 9, 10 a.m., FREE

Breakfast (+)

Come enjoy pumpkin French toast and sausage.
Thursday, November 10, 2016, 9 a.m., \$5

iPad with Jen (+)

Come with your iPad questions.
Monday, November 14, 11 a.m., \$5

Movie- "Mr. Church"

Drama starring Eddie Murphy
Wednesday, November 16, 10 a.m., FREE

Thanksgiving Luncheon (+)

Please join us for a traditional Thanksgiving meal with
turkey, mashed potatoes & gravy, stuffing, vegetables, rolls
and dessert. Mayor Pro Tem Steve Ross is sponsoring the
turkeys!

Thursday, November 17, 12 p.m., \$7

Long Term Care (+)

Learn how to financially prepare for long-term care.
Tuesday, November 22, 10 a.m., FREE

Transgender Transformation (+)

Please join Missy Parker as she shares her story of gender
transition.

Tuesday, November 29, 1 p.m., FREE

Bingo (+)

Play bingo and enjoy snickerdoodle cookies
Wednesday, November 30, 11 a.m., \$5

**CHAAC will be CLOSED on
November 11th, 24th & 25th.**



Holiday Light Tour and Dinner (+)

Come join us for a holiday light tour extravaganza! We will meet at the center for an Italian dinner and then board the bus to go look at lights. Our first stop will be the Las Vegas Motor Speedway Glittering Lights show and then we'll head over to Ethel M Chocolate Factory's holiday light display.

Thursday, December 8, 5-10 p.m.

\$25, includes dinner, transportation and entrance fee.

Registration begins November 1

Tree Trimming & Potluck (+)

Help decorate our Christmas tree and enjoy eating, meeting new friends, and having FUN!

Monday, November 28, 11:30 a.m.

Free with a dish to share.

(Sign-up sheet will be out beginning Nov. 7)

Health, Wellness & Community Assistance

Grief & Loss Support Group

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

AARP "Smart Drive" Course (+)

Wednesday, November 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, 8 a.m., 1st meeting is FREE

Anything marked with a (+) requires pre-registration, which begins Tuesday, October 18.

*Happy
Thanksgiving*

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.

Pinocle

Mondays, 8:00 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.

