

**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, April 19.***

**CLASSES**

**CHAAC Book Club**

May: The Orchardist by Amanda Coplin

June: The Sandcastle Girls by Bohjalian

Wednesday, May 4, 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, May 11 & 25, 12:30 p.m., FREE

**Indoor Golf (+)**

Mondays, May 2-23

9 a.m. OR 10:15 a.m., \$5

**iPad with Jen (+)**

Bring your iPad and questions for Jen.

Monday, May 23, 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, May 9, 1 p.m., FREE

**Vegan & Healthy Eating (+)**

Learn how making small changes to your diet can make you feel better.

Wednesday, May 18, 12:30 p.m., FREE

***Anything marked with a (+) requires pre-registration, which begins Tuesday, April 19.***

**SPECIAL EVENTS**

**AARP Twitter 101 (+)**

Learn the basics of Twitter.

Tuesday, May 3, 9-10:30 a.m., FREE

**Cinco de Mayo Luncheon (+)**

Please join us for us for chicken enchiladas, rice, beans and Tres Leches cake for dessert.

Wednesday, May 4, 11:30 a.m., \$8

**AARP Facebook 101 (+)**

Learn the basics of Facebook.

Tuesday, May 10, 9-10:30 a.m., FREE **OR**

Wednesday, May 25, 9-10:30 a.m., FREE

*(Due to space restrictions, you may only register for one date)*

**May Bunco (+)**

Let's play Bunco and enjoy a Taco Bake.

Wednesday, May 11, 10 a.m., \$5

**Movie - "The Martian"**

Action/Drama starring Matt Damon

Monday, May 16, 10 a.m., FREE

**May Breakfast (+)**

You'll enjoy English Muffin Pizza's, yogurt and fruit.

Thursday, May 19, 9 a.m., \$5

**Learn to Love Facebook (+)**

In this intermediate, hands-on workshop, you'll learn to get the most from social media.

Friday, May 20, 1 - 2:30 p.m., FREE **OR**

Tuesday, May 31, 9 - 10:30 a.m., FREE

*(Due to space restrictions, you may only register for one date)*

**Bingo (+)**

Play Bingo on our electronic board and enjoy Caramel Apple Salad.

Thursday, May 26, 11 a.m., \$5

**Emotional Intelligence (+)**

Dr. Biberman will help you explore the different aspects of emotional intelligence and how to get more proficient at dealing with our own feelings and those of others.

Tuesday, May 31, 10:30 a.m., \$5

The Center will be **CLOSED** on Monday, May 30

### Windows 10 Workshop (+)

This 4-week class is an in depth study of the main features of Windows 10. We will study the new Start Menu, find and install apps. We will also look at the new browser Edge and the new personal assistant, Cortana. This is not a basic computer class. You can bring your own laptop or tablet. Make sure your device is fully charged, no electricity will be provided.

Fridays, May 6 - 27, 3 - 5 p.m., \$30

### Causes of the Civil War (+)

This four-week seminar will be instructed by Stan Kauffman.

#### Week one:

The Transportation Revolution

#### Week two:

American System of Manufacture

#### Week three:

The Mexican War; 1846-1847

#### Week four:

Changing American Political Scene

Mondays, May 2 - 23, 9-11 a.m., FREE

### Step by Step to Optimal Health (+) "Lifestyle Management"

Ida Connor's will discuss how to create a better quality of life by living on your terms holistically.

Thursday, May 5, 9 a.m., FREE

## 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 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.**

## Health, Wellness & Community Assistance

### **Grief & Loss Support Group**

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

Tuesdays, May 10 & 24, 9 a.m., FREE

### **Health & Fitness with CareMore (+)**

A fitness professional will show you easy ways to keep moving to improve your health.

Tuesday, May 17, 10 a.m., FREE

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

Wednesday, May 25, 1-5 p.m.

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

**(Check only made payable to AARP)**

### **How Short Term Care Can Work for You (+)**

Lee Jordan will lead this Medicare discussion.

Tuesday, May 31, 10 a.m., FREE

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

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

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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.

