



PARKDALE SENIOR CENTER

3200 Ferndale St.
Las Vegas, Nv 89121
(702)455-7517

Senior Building

Monday - Friday 8 AM - 3 PM

Activity Registration Dates

Session 7

Online Registration starts: 9/10

Walk-In Registration starts: 9/15

Class Dates: 10/5 - 10/28

Session 8

Online Registration starts: 10/23

Walk-In Registration starts: 10/29

Class Dates: 11/9 - 12/21

BREAK WEEK: 11/23-11/27

HOLIDAY CLOSURES

10/30 NEVADA DAY

Occasionally there may be an error in days, times, registration requirements or fees in this brochure.

Thank you for your patience and understanding!

SENIOR PROGRAMS (50+ YEARS)

HEALTH & FITNESS

Silver Slippers Ballet

Designed for adults 50+ who are just starting or returning to dance after a hiatus. This non-impact class promotes strength, flexibility, and balance.
Mon 10/5-10/26 (4 weeks)
Cost: \$25

Lets Keep On Dancing

This Dance Party for adults 50+ is a fun exercise class to stay active, socialize and have fun
Wed 10/7-10/28 (4 weeks)
Cost: \$25



HEALTH & FITNESS

SIT & FIT

Join us for a dynamic in person class where you follow along an instructor
Mon & Wed | 9:30 - 10:30 AM
Fridays | 9:00 - 10:00 AM
Cost: \$5 Monthly

YOGA

Strengthen your body and mind with our live yoga class! This class is suitable for all skill levels and you'll learn all the benefits of this practice!

10/7-10/22(3 weeks)

11/3-11-19(3 weeks)

Days: Tuesday & Thursday

Time: 8:15 - 9:00 AM

Cost: 3 WEEKS \$20

FAMILY YOGA

Join us for a fun filled fitness class that the whole family can enjoy. Up to 4 participants

Date: W 10/7-10/21

Time: 4PM-5PM

Ages 3 & Up

Cost: 3 WEEKS \$30

PILATES

Join us for a fun filled fitness class that focuses on building core strength, enhancing flexibility, and improving overall body alignment.

Date: Tues/Thurs 10/6-10/22

Time: 5PM-6PM

Ages: 18+

Cost: 3 WEEKS \$20

ART CLASSES

QUILT CLUB

Tues/Fri | 10 AM - 3 PM | FREE

WATERCOLOR CLASS WITH LORI

10/6-10/20

10:30 AM - 12:00 PM | \$10

Spooky Craft With Lori

Friday, October 16th

10:30-12:30PM

Registration required

Cost: \$5

DROP IN PAINT CLUB

Bring your paints, brushes, canvas, paper, etc. and share our space with others with the same interest! This is an open program with no formal instruction.

Thursdays | 11 AM - 3 PM | FREE

Registration Required

Chelseas Mystery Craft Class

2nd Wednesday of the month

Date: 10/7

Time: 10:30-12:00PM

Free! Registration Required



SENIOR WORKSHOPS

Bereavement Support

Join this group that provides hope, empathy and new understandings to those who've experienced loss.

Day: Mondays :10/5, 10/19

Time: 1:00 - 2:00 PM

Cost: Free

Registration Required

Lunch and Learn

Healthcare

Date: 10/14 | 11:00 AM-12:00PM

Free! Registration Required

Lunch and Learn

Majestic Insurance

Date: 10/21 | 12PM-2PM

Free! Registration Required



Field Trips

Springs Preserve

Friday, October 16th

9AM

Cost: \$2

Admission to Springs Preserve:

\$8.95

SENIOR TEAM SPORTS

Wii BOWLING

Come and enjoy Wii bowling and meet new friends. Keep fit, active, and socialize!

Day

Mondays (Practice) 11 AM -12PM

Thursdays (Game Day) 10AM-11:30 AM

Cost: Free

Registration Required

SENIOR SPECIAL EVENTS

Brenda's Bingo Boo Bash

Come celebrate Spooky Season play a few rounds of bingo and win some prizes.

Date: Friday, October 23

Time: 12PM

Free!

Registration Required

