PARKDALE SENIOR CENTER

3200 Ferndale St.
Las Vegas, Nv 89121
(702)455-8502

Senior Building
Monday - Friday 8 AM - 3 PM

Activity Registration Dates

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

11/11	VETERANS DAY
11/26	THANKSGIVING
11/27	FAMILY DAY
12/25	CHRISTMAS 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

Lets Keep On Dancing
This Dance Party for adults 50+ is a fun exercise class to stay active, socialize and have fun
Wed 12/2-12/16
Cost: $20

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!
11/3-11/19(3 weeks)
12/1-12/17(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: Wednesdays 11/18-12/16
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: Thursdays 11/12-12/17
Time: 5PM-6PM
Ages: 18+
Cost: $20

ART CLASSES

QUILT CLUB
Tues/Fri | 10 AM - 3 PM | FREE

WATERCOLOR CLASS WITH LORI
Tuesdays 11/17-12/1
10:30 AM - 12:00 PM | $10

Thanksgiving Craft With Lori
Friday, November 20th
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
Regisration Required

Chelseas Mystery Craft Class
2nd Wednesday of the month
Date: Monday 11/23
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 :11/9, 11/23

Time:1:00 - 2:00 PM

Cost: Free

Regstration Required

SENIOR SPECIAL EVENTS

Thanksgiving Luncheon

Tuesday 11/24

12PM

Cost: $5 per person

Pancakes and Pajamas

Thursday 12/17

10AM

Cost: $5 per person



Field Trips

Culinary Cruisers

The Hat World Famous Pastrami

Friday, November 13th | 11AM

$2 Transportation Fee

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

Regisration Required



