



PARADISE RECREATION CENTER

4775 MCLEOD DRIVE, LAS VEGAS, NV

(702) 455-7513

MONDAY-FRIDAY: 7:00AM-7:00PM

SATURDAY AND SUNDAY: CLOSED

togetherforbetter

Paradise Recreation Center has a variety of leisure classes and opportunities for your personal interests. Please feel free to attend our monthly Senior Meeting to provide your ideas and input on what we plan for you! Senior Meetings are held on the first Friday of the month at 11:00 a.m. Remember to register early! Registering at the last minute may mean that the class has already been cancelled due to low enrollment. Visit the front desk or call us at 702-455-7513 for more information about programs.

Online Registration can be found at:

www.ClarkCountyNV.Gov/ParksRegistration

SENIOR NEWSLETTER

FALL 2024

REGISTRATION INFORMATION

SEPTEMBER PROGRAMMING - Thursday, August 22

OCTOBER PROGRAMMING - Thursday, September 19

NOVEMBER PROGRAMMING - Thursday, October 17

DECEMBER PROGRAMMING - Thursday, November 21

Anyone requiring special accommodations must request them on registration day. All meals and souvenirs are on your own. All registration will occur with the Paradise Recreation Center's Front Desk.

PROGRAMMING

BIRTHDAY CLUB

Celebrate monthly birthdays. Cake and ice cream provided.

Day	Time
Thur Sep 26	11:00 AM-12:00 PM
Wed Oct 30	11:00 AM-12:00 PM
Wed Nov 20	11:00 AM-12:00 PM
Wed Dec 18	11:00 AM-12:00 PM

Cost: Free!

BRING A FRIEND BINGO

Bring your friend and join us for a few games of bingo. Light lunch is included. Play for Fun!

Day	Time
Fri Sep 20	11:00 AM-12:00 PM
Fri Oct 18	11:00 AM-12:00 PM
Fri Nov 22	11:00 AM-12:00 PM
Fri Dec 20	11:00 AM-12:00 PM

Cost: Free!

CARDS WITH FRIENDS

Play, socialize, and make new friends!

Day	Time
M/W /F	8:00 AM-3:00 PM

Cost: Free!

SUNRISE STROLL

Day	Time
T/TH	7:00 AM-8:00 AM

Cost: Free!

SCRABBLE CLUB

Enjoy casual word play with a welcoming and friendly group.

Day	Time
Tues	8:00 AM-3:00 PM

Cost: Free!

SENIOR DEAL REGISTRATION INFORMATION

Register for two (2) Senior Fitness classes (listed below and marketed with *) for \$8 per month or three (3) Senior Fitness classes for \$12 per month.

HEALTH & FITNESS

YOGA

Slowly move through moves to build strength and flexibility and discover our inner stillness.

Day	Time	Cost
Tues	12:00 PM-1:15 PM	\$10

RESTORATIVE CHAIR

YOGA AND MEDITATION *

Encourages physical, mental, and emotional relaxation.

Day	Time	Cost
Wed	11:30 AM-12:30 PM	\$5

MUSIC AND MOVEMENT *

Music and Movement include a mix of guided dance and improvised movement activities.

Day	Time	Cost
T/TH	10:00 AM-11:00 AM	\$5

CARDIO AND PUMP *

A low intensity workout combines cardio, strength, and flexibility, all modified to a seated position.

Day	Time	Cost
M/W/F	10:00 AM-11:00 AM	\$5

PICKLEBALL

Stay active and social. Pickleball offers an approach to age & skill-based novice games for ages 18+, fostering a vibrant community.

Day	Time
M/W/F	7:30 AM-9:30 AM
F	12:30 PM - 2:30 PM (NOVICE)

SENIOR MEETING

Monthly meetings to plan future activities and events will be held on the first Friday of the month. All suggestions welcome!

No registration required.

Sep. 6, Oct. 4, Nov. 1, and Dec. 6.

11:00 AM - 12:00 PM

FIELD TRIPS

Advanced registration, in person, is required. Registration is on a first come first serve basis. All field trips have a \$2 transportation fee due at time of registration. Trips are non refundable. Additional fees may apply. Please arrive 15 minutes before departure time.

SEPTEMBER FIELD TRIPS

BELLAGIO CONSERVATORY

Day Time

Thur Sep 5 11:00am-2:00pm

Cost

\$2 - Fee + Spending Money

BREAKFAST CLUB: BREAKFAST & MOVIE

Day Time

Thur Sep 19 9:00am-2:00pm

Cost

\$2 - Fee + Spending Money

SHARK REEF AQUARIUM

Day Time

Tues Sep 24 12:30pm-2:00pm

Cost

\$18 - **CASH ONLY** Fee + Spending Money

OCTOBER FIELD TRIPS

ARTS DISTRICT: SIGHTS & BITES

Day Time

Tues Oct 8 12:00pm-3:00pm

Cost

\$2 - Fee + Spending Money

NEON MUSEUM

Day Time

Wed Oct 9 7:30am-10:00am

Cost

\$2 - Fee + Spending Money

BOULDER CITY ANTIQUE SHOPPING

Day Time

Tues Oct 22 11:00am-2:00pm

Cost

\$2 - Fee + Spending Money

NOVEMBER FIELD TRIPS

OMEGA MART @ MEOW WOLF

Day Time

Thur Nov 7 11:00am-2:00pm

Cost

\$12 - **CASH ONLY** Fee + Spending Money

GILCREASE ORCHARD

Day Time

Tues Nov 12 9:30am-1:00pm

Cost

\$10 - **CASH ONLY** Fee + Spending Money

BREAKFAST CLUB: BREAKFAST & MOVIE

Day Time

Thur Nov 21 9:00am-2:00pm

Cost

\$2 - Fee + Spending Money

DECEMBER FIELD TRIPS

NV STATE RAILROAD MUSEUM: SANTA TRAINS

Day Time

Thur Dec 5 9:00am-12:30pm

Cost

\$12 - **CASH ONLY** Fee + Spending Money

CLARK COUNTY MUSEUM

Day Time

Fri Dec 13 5:00pm-7:00pm

Cost

\$2 - Fee + Spending Money

ETHEL M. CHOCOLATES: CACTUS GARDEN

Day Time

Thur Dec 19 5:00pm-7:00pm

Cost

\$2 - Fee + Spending Money