

May in-person events

Be sure to call to RSVP at **702-269-5200**.
Class times and dates are subject to change.



1000 N. Green Valley Pkwy.
Suite 720
Henderson, NV 89074
702-269-5200 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:30 - 11:30 a.m. SilverSneakers® Classic* 11:30 a.m. - 12:30 p.m. SilverSneakers® Yoga* 12:30 - 2:30 p.m. Meditative art	2 9:30 - 10:30 p.m. SilverSneakers® Line Dancing* 11:30 a.m. - 3:30 p.m. Café game time & mahjong	3 10:30 - 11:30 a.m. SilverSneakers® Classic* 11 a.m. - 2 p.m. Charity crafters 1 - 3 p.m. Movie & popcorn: The Lost City (2022)
6 10 - 11 a.m. Understanding wills, trusts, and advance directives with Nikki Mooney 11:30 a.m. - 3:30 p.m. Café game time & mahjong	7 9:30 - 10:30 a.m. SilverSneakers® Line Dancing* 10:30 - 11:30 a.m. Gratitude workshop	8 10:30 - 11:30 a.m. SilverSneakers® Classic* 11:30 a.m. - 12:30 p.m. SilverSneakers® Yoga* 12:30 - 2:30 p.m. Meditative art	9 9:30 - 10:30 p.m. SilverSneakers® Line Dancing* 11:30 a.m. - 3:30 p.m. Café game time & mahjong	10 10:30 - 11:30 a.m. SilverSneakers® Classic* 11 a.m. - 2 p.m. Charity crafters 1 - 3 p.m. Movie & popcorn: Indiana Jones and the Dial of Destiny (2023)
13 11:30 a.m. - 3:30 p.m. Café game time & mahjong	14 9:30 - 10:30 a.m. SilverSneakers® Line Dancing* 10:30 - 11:30 a.m. MIND diet: Foods to fight dementia 11:30 a.m. - 12:30 p.m. Healthy cooking demo with Chef Travis	15 10:30 - 11:30 a.m. SilverSneakers® Classic* 11:30 a.m. - 12:30 p.m. SilverSneakers® Yoga* 12:30 - 2:30 p.m. Meditative art	16 9:30 - 10:30 a.m. SilverSneakers® Line Dancing* 11:30 a.m. - 3:30 p.m. Café game time & mahjong	17 10:30 - 11:30 a.m. SilverSneakers® Classic* 11 a.m. - 2 p.m. Charity crafters 1 - 3 p.m. Movie & popcorn: Baywatch (2017)
20 9:30 - 10:30 a.m. MIND diet with Intermountain Healthcare 10:30 - 11:30 a.m. Healthy cooking demo with Chef Travis 11:30 a.m. - 3:30 p.m. Café game time & mahjong	21 9:30 - 10:30 a.m. SilverSneakers® Line Dancing* 10 - 11 a.m. Qualified Appliance Replacement with NV Energy	22 10:30 - 11:30 a.m. SilverSneakers® Classic* 11:30 a.m. - 12:30 p.m. SilverSneakers® Yoga* 12:30 - 2:30 p.m. Meditative art	23 9:30 - 10:30 a.m. SilverSneakers® Line Dancing* 11:30 a.m. - 3:30 p.m. Café game time & mahjong	24 Center closing early at noon in observance of the holiday.
27 Happy Memorial Day! We are closed in observance of the holiday.	28 9:30 - 10:30 a.m. SilverSneakers® Line Dancing* 2 - 3:30 p.m. Find your feel great weight series: Week 5 (RSVP)	29 10:30 - 11:30 a.m. SilverSneakers® Classic* 11:30 a.m. - 12:30 p.m. SilverSneakers® Yoga* 12:30 - 2:30 p.m. Meditative art	30 9:30 a.m. - 10:30 a.m. SilverSneakers® Line Dancing* 11:30 a.m. - 3:30 p.m. Café game time & mahjong	31 10:30 - 11:30 a.m. SilverSneakers® Classic 11 a.m. - 2 p.m. Charity crafters 1 - 3 p.m. Movie & popcorn: The Tomorrow War (2021)



*For Humana members with this benefit only.
For accommodations of persons with special needs at meetings, call **702-269-5200 (TTY: 711)**.