

Ed Jost, MBA Manager, Senior Citizen Programs Manager 749 Veterans Memorial Drive Las Vegas NV. 89031 (702) 229-6724

<u>Mission:</u> To empower older adults to contribute to their own physical and emotional health and well-being through an array of programs, actions and activities

# Division goals:

- To connect people and help them avoid isolation.
- ➤ To help people stay independent.
- > To help people learn about their community and themselves.
- > To provide opportunities for personal growth and development.
- To serve not only seniors but the entire community through outreach and special projects.

# Programs:

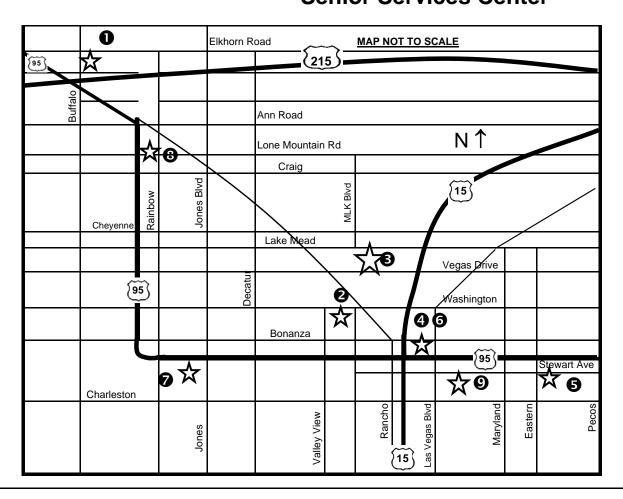
- Meal programs and events that bring people together to increase their quality of life and reduce isolation.
- Trips to local points of interests that encourage physical activity and education.
- Life Long learning classes that help participants stay connected, active and mentally alert.
- Exercise classes for all ability levels and interests.
- Dance classes that promote physical activity, creative expression and connect people.
- Non-traditional classes and activities to reach "baby boomers" and seniors that are more active.
- The Senior Citizens Law Project provides a legal safety net for seniors.

## Challenges and opportunities:

- Maintaining a variety of programs for the "traditional" senior participants.
- Meeting the changing needs of a growing senior population.
- Finding ways to connect the "baby boomers" through new activities and non-traditional programs.
- Providing programming for the "sandwich generation seniors".
- Finding ways to involve seniors who are living in low income housing that have barriers that reduce their ability to participate in our programs and services.
- Finding ways to maintain and expand services during tight financial times.



# City of Las Vegas Active Adult Center, Senior Centers and Senior Services Center



### Centers

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- Centennial Hills Active Adult Center (229-1702) 6601 N. Buffalo Dr. Hours: Mon.- Fri. noon 8 pm. Effective June 1, 2008 8 am-8 pm
- Derfelt Senior Center (229-6601) 3343 W. Washington Hours: Mon. Fri. 8am 4 pm
  - Doolittle Senior Center (229-6125) 1950 N. "J" Street at Lake Mead Hours: Mon. Fri. 8am 3pm
- Dula Gymnasium (229-6307) 441 E. Bonanza Rd. at Las Vegas Blvd.
- East Las Vegas Community/Senior Center (229-1515) 250 N. Eastern at Stewart Hours: Mon. Fri. 8:30 am 4:30 pm
- Las Vegas Senior Center (229-6454) 451 E. Bonanza Rd. at Las Vegas Blvd. Hours: Mon. Fri. 8 am-10pm, Saturday 8:30 am-3:30pm
  - Lieburn Senior Center (229-1600) 6230 Garwood Ave. (95 & Jones) Hours: Mon. Fri. 8 am 4pm
- Northwest Senior Center (229-4794) 6841 W. Lone Mountain Rd. at Rainbow-Hours: Mon.-Fri. 7am-4pm, closing June 1, 2008
- Senior Services

Downtown Senior Services Center (229-6690) 310 S. 9th St. at Bridger - Hours: Mon. - Fri. 8am-5pm Senior Citizens Law Project (229-6596) 2nd Floor