

Extra Time On Your Hands?



We Have A Lot To Offer!



Little Rock Parks & Recreation



Aging & Active Programs



501-371-6854
501-371-6832 (FAX)

www.lrpr.org



AGING & ACTIVE PROGRAMS

LITTLE ROCK PARKS & RECREATION offers a variety of recreational programs and activities for persons 55 years of age and older. Activities provide opportunities for active senior adults to use their leisure time to travel, pursue old hobbies and learn new ones, increase their knowledge, socialize with friends or meet new ones, become physically fit and much more. For that extra time you have, the Aging & Active Program has a lot to offer. Get up and go!



CITYWIDE SENIOR ACTIVITIES

A wide variety of special events are held throughout the year for senior adults within the Little Rock area. Events include May Day, Senior Health & Fitness Day, Volunteer Appreciation, Fun & Games Day, Tacky Day, Cards/Dominoes/Bean Bag Baseball/Horseshoe Tournaments and other interesting activities where seniors are invited to participate and use their skills.

STEPHENS SENIOR PROGRAM

Stephens Community Center
3701 W 18TH & Oak
501-603-9974



Ceramics

Skill Crafts

Field Trips

Informative Speakers

Card Games

Out-to-Lunch

Exercise/Dancercise

Table Games



SOUTHWEST SENIOR PROGRAM

**Southwest Community Center
6401 Baseline Rd
501-918-3975/501-918-3995**



Informative Speakers

Bowling/Chair Volleyball

Sewing/Crafts

BINGO

Field Trips

Book Club

Walking Club

Member Potlucks

Birthday Celebration



SENIOR ACTIVITY CENTERS

DUNBAR, EAST LITTLE ROCK, SOUTHWEST AND STEPHENS senior programs are open Monday through Friday, 8:30am. – 1:30pm Membership fee is \$1.1:30pm Membership fee is \$1.50 per month or an annual fee of \$15.00 (annual fee has to be paid by January 31). Daily and weekly activities include ceramics, creative crafts, exercise, religious discussions, field trips (in town and out-of-town), checkers, cards, dominoes and other table games. Birthday club, walking club, center council, and a volunteer program are available for persons to join and participate. Each center prepares and distributes a monthly calendar to members informing them of upcoming activities and events. Call or come by the centers for additional information.



DUNBAR SENIOR ACTIVITY CENTER

Dunbar Community Center
1001 W 16th @ Chester
501-374-4817

Hours; M – F, 8:30 a.m. – 1:00 p.m.



Monthly skill craft projects

Ceramics

Informative Speakers

Cards/Dominoes/Bridge

Field Trips

Quilting/Sewing

PEPPI Exercise

Health Screenings

Computer Class

Birthday Club

Walking Club



EAST LITTLE ROCK SENIOR CENTER

2500 E. 6th Street
501-375-9132

Hours: M – F, 9:00 a.m. – 1:30p.m.



Bean Bag Baseball

Ceramics

Learn-A-Skill Activities

Field Trips

Informative Speakers

Seniorcise

Birthday Club

Games

