Stephens

Stephens Community Center
3701 W. 18th
501-603-9377
Hours: T – F, 8:00 – 12:00

Ceramics

Crafts/Sewing

Exercise

Field Trips

Informative Speakers

Birthday Bash

Fun & Games

Out-To-Lunch

Cards/Dominoes

Greedy

Health Screenings

Aging & Active Programs

For persons 55 years of age and older, the Dunbar, East Little Rock, Southwest, Stephens and West Central Senior Programs.

Membership fee is $1.50 per month or an annual fee of $15.00 (must be paid by January 31).

Daily and weekly activities include ceramics, creative craft projects, exercise/fitness, field trips (in town and out-of-town) informative speakers, cards, dominoes and other table games.

Book clubs, birthday clubs, travel clubs and volunteer programs are available for persons to join and participate. A noon meal provided by Care Link is served at Dunbar and East Little Rock, Southwest .

Aging & Active Programs

Little Rock Parks & Recreation
500 W Markham, #108
Little Rock AR 72201
501-371-4770
FAX: 501-371-6832

Karen Johnson
Recreation Supervisor
501-371-6854

Dunbar

Dunbar Community Center
1001 W 16th @ Chester
501-374-4817
Hours: T – F, 8:30 AM – 1:00 PM

Ceramics

Craft Projects

Informative Speakers

Cards/Dominoes

Field Trips

Informative Speakers

Seniorcise

Health Screenings

Birthday Club

East Little Rock Sr. Center

2500 E. 6th @ Townsend
501-375-9132
Hours: T – F, 9:00 AM– 1:00 PM

Ceramics

Crafts

Senior Fitness

Fun Day

Bean Bag Baseball

Birthday Celebrations

Field Trips

Informative Speakers

Health Screenings

Mardi Gras

Southwest

Southwest Community Center
6401 Baseline Rd
501-918-3995
Hours: M – F, 9:00 AM– 1:00 PM

Crafts

Chair Aerobics

Walking Club

Sewing

Birthday Celebration

Field Trips

Table Games

Bingo

Informative Speakers

Health Screenings

West Central

West Central Community Center
4521 John Barrow Rd.
(501) 379-1894
Hours: M-F 9:00 AM-1:00 PM

Aerobics

Bean Bag Baseball

Bingo

Birthday Celebrations

Chair Volleyball

Empowerment Class

Field Trips

Health Screenings

Informative Speakers

Table Games