

Stephens Community Center

3720 W 18th
Little Rock, AR 72204

501-603-9377

Hours: T-F, 8:00 am- Noon

Birthday Bash

Cards/Dominoes

Ceramics

Crafts/Sewing

Exercise

Field Trips

Fun & Games

Greedy

Health Screenings

Informative Speakers

Out-to-Lunch

West Central Community Center

4521 John Barrow Rd.
Little Rock, AR 72204

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

Aging & Active Programs

Ages: 55 +

Membership Fee:

Monthly- \$1.50

Yearly- \$15

Karen Johnson

Recreation Supervisor

501-371-6854

Little Rock Parks and Recreation

500 W Markham Room 108

Little Rock, AR 72201

501-371-6832



Dunbar Community Center

1001 W 16th
Little Rock, AR 72202

501-374-4817

Hours: T-F, 8:30 am- 1:00 pm



Birthday Club

Ceramics

Crafts

Cards/Dominoes

Field Trips

Health Screenings

Informative Speakers

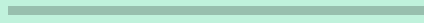
Seniorcise

East Little Rock Community Center

2500 E 6th
Little Rock, AR 72202

501-375-9132

Hours: T-F, 9:00 am- 1:00 pm



Bean Bag Baseball

Birthday Celebrations

Ceramics

Crafts

Field Trips

Fun Day

Health Screenings

Informative Speakers

Mardi Gras

Senior Fitness

Southwest Community Center

6401 Baseline Rd.
Little Rock, AR 72209

501-918-3995

Hours: M-F, 9:00 am- 1:00 pm



Bingo

Birthday Celebrations

Chair Aerobics

Crafts

Field Trips

Health Screenings

Informative Speakers

Sewing

Table Games

Walking Club