



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Senior Connections



LasVegasYMCA.org

**OFFERED AT ALL 4
Y LOCATIONS!**

To find out more info or to sign-up,
please see the front desk!

**Are you new to the Y?
If so, WELCOME!**



Free snacks &
refreshments included!

We invite you to get plugged in & join us for the next Senior Connections event! This 30 minute monthly mingle will give you the opportunity to discover all of our senior programs, services & amenities we offer – all while meeting your Health & Wellness team & new Y friends! You will learn all about our fitness equipment, benefits of frequent exercise, healthy living programs, social programs, volunteer opportunities & more!



Centennial Hills YMCA
702.478.9622

Durango Hills YMCA
702.240.9622

Heinrich YMCA
702.877.9622

SkyView YMCA
702.522.7500