

# Membership Options and Hours

Hays Center membership is open to anyone 50 years of age or older. You don't have to live in North Little Rock to join! The price is the same no matter where you live in Arkansas.

Individuals residing outside of Arkansas may become members at the \$150/year rate only.

## CORE HOURS MEMBERSHIP

**\$45/YEAR**

M-F 8:00 am–4:30 pm

Sat 7:00 am–1:00 pm

Sun 12:00 pm–5:00 pm

## EXTENDED HOURS MEMBERSHIP

**\$150/YEAR**

M-F 7:00 am–8:00 pm

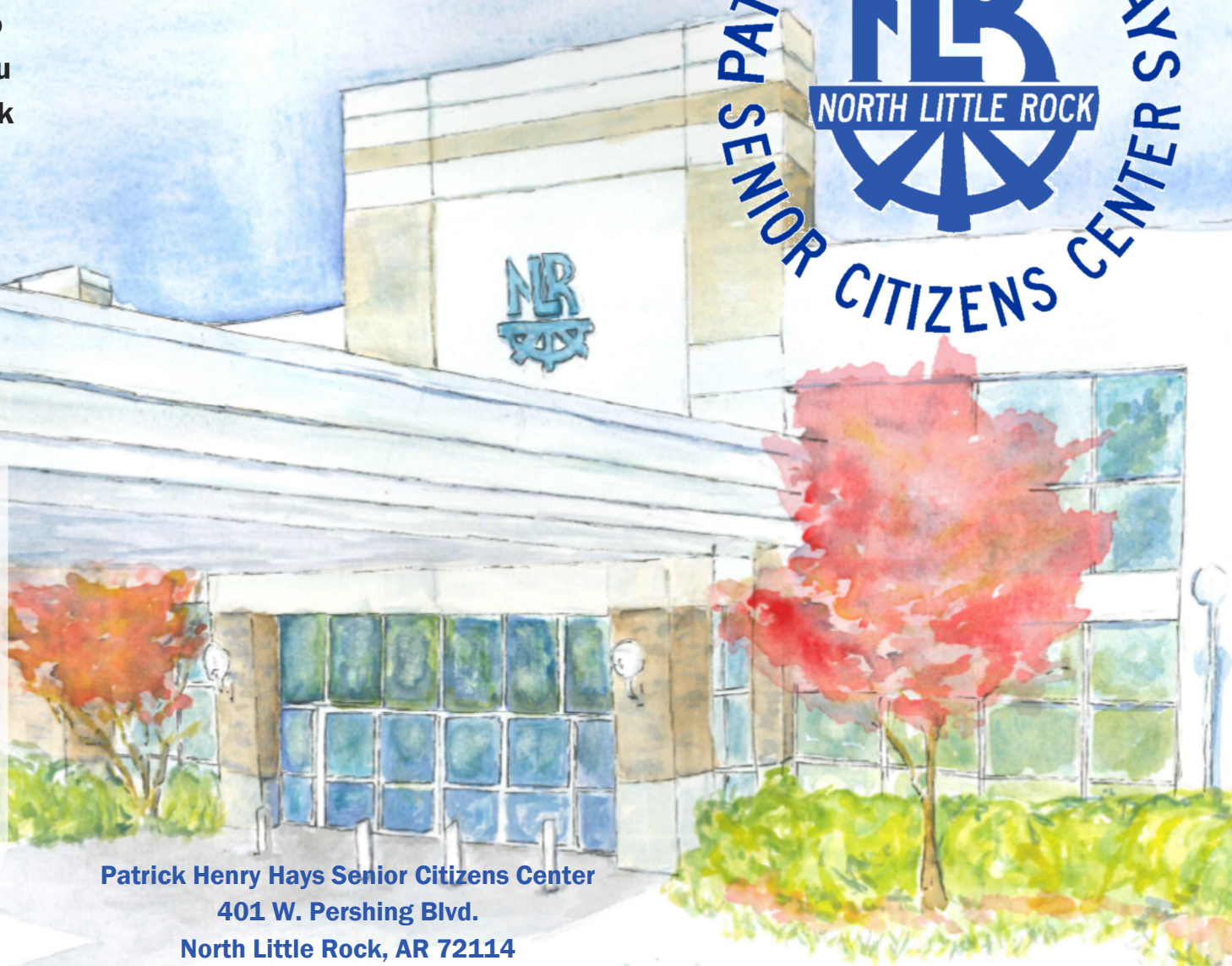
Sat 7:00 am–1:00 pm

Sun 12:00 pm–5:00 pm

Individuals 50 and over may utilize the Center on a limited basis without purchasing a membership. Day passes cost \$5 per day.

Individuals may purchase up to five day passes per year.

Original artwork by  
Maggie Billings



Patrick Henry Hays Senior Citizens Center  
401 W. Pershing Blvd.  
North Little Rock, AR 72114

(501) 975-4297

[haysseniorcenter@nlr.ar.gov](mailto:haysseniorcenter@nlr.ar.gov)

[nlr.ar.gov/hayscenter](http://nlr.ar.gov/hayscenter)

[facebook.com/hayscenter](https://facebook.com/hayscenter)

**WHERE THE YOUNG AT  
HEART COME TO PLAY**

## Classes, Games & Activities

Learn a new skill or just do what you love in the company of friends. The Hays Center offers an array of crafts, games, music, and events to keep you active and entertained.

- Billiards
- Bingo
- Cards
- Computer classes
- Dominoes
- Gospel singing
- Knitting
- Mahjongg
- Painting
- “Pickin’ and Grinnin’” music & song sessions
- Puzzles
- Sewing
- Spanish classes
- Special events & holiday parties
- Quilting

View our complete daily activity schedule at [nlr.ar.gov/hayscenter](http://nlr.ar.gov/hayscenter).



## Health & Fitness

From water aerobics to weight lifting, we have your fitness needs covered at the Hays Center!

- Heated aerobics & lap pools
- Indoor walking track
- Over 60 pieces of exercise equipment including treadmills, exercise bicycles, rowing machines, elliptical machines, and two sets of strength training machines
- Exercise room with yoga, Tai Chi, line dancing, Zumba, cardio & more
- Wellness screenings
- Semi-annual health fair

## Team Sports

Keep your competitive edge with sports like Bean Bag Baseball, Chair Volleyball, Pickleball, Pool Volleyball, and Ping Pong.



## Trips

Travel the state with your Hays Center friends! We take about 8 trips per month to fun destinations and events across Arkansas. We also take two out-of-state trips per year to amazing destinations across the country.

View upcoming trips on our monthly calendar at [nlr.ar.gov/hayscenter](http://nlr.ar.gov/hayscenter).