



Clark County Parks and Recreation

West Flamingo Senior Center 6255 W Flamingo Rd., LV 89103

Contact Information and Hours of Operation

Phone 702-455-7742
 Fax 702-367-3264
 Monday - Friday
 8:00 am - 5:30 pm
Closed: Saturday and Sunday
The West Flamingo Senior Center welcomes adults 50+ of all skills and abilities.
FT Staff
Diane Olson-Baskin,
Recreation Program Supervisor
Cheryl Marion,
Recreation Specialist II
Al Galvin,
Recreation Specialist II



Center Newsletter: 2nd Print
February 20 - April 14, 2018

Diane's Corner: "In the Spotlight"

Well, it had to happen...one year from now, I plan to retire from Clark County after 20 years of service. So maybe someday, I will also be swimming or dancing alongside you in class! Until then, I plan to drive carefully, nurture my relationships with others, protect my health and enjoy learning, so I may continue to serve you and the public at large. Like Jeff Jeffries says at the end of every comedy segment "We can all do better!"

Let's celebrate life by enjoying our traditions and holidays too! West Flamingo staff wish you a very Happy Valentine's Day, a learned Black History Month, a celebratory President's Day, a Happy Chinese New Year, and a green St. Patrick's Day!

As always, thank you for allowing us to serve you. May your days ahead be filled with happiness!

Your Opinion Counts!

The center has a suggestion box located in the hallway between Room 1 and Room 2. We are open to suggestions for movies, field trips, new classes, groups and clubs.



Online Registration

An email address is required. Please speak to a FT staff member with any questions.

Refunds

Please see the front desk for questions regarding Clark County Parks and Recreation's Refund Policy.

Clark County Board of Commissioners
 STEVE SISOLAK, Chair,
 CHRIS GIUNCHIGLIANI, Vice-Chair
 SUSAN BRAGER, LARRY BROWN,
 LAWRENCE WEEKLY, MARILYN KIRKPATRICK,
 JAMES GIBSON
 YOLANDA KING, County Manager
 MINDY MEYERS, Acting Director of Parks & Rec.
 Clark County is an Equal Opportunity Employer



Computer Lab & Library

Monday: 8:00 am – 10:00 am
 1:00 - 5:00 pm
Tuesday: 2:45 pm - 5:00 pm
Wednesday: 8:00 am – 10:00 am
 12:00 pm - 1:45 pm
Thursday: 8:00 am – 10:00 am
 1:00 - 4:00 pm
Friday: 10:15 am – 12:00 pm
 3:15 pm - 5:00 pm

Game Room

Monday - Friday 8:00 am - 5:00 pm
 \$15 Yearly / 50 & up
 Game Room participants must register for use of the classroom for a \$15 fee and have a swipe card on file.

Park & Room Rentals

The center rents rooms and the gazebo. Think of us for your next party or meeting needs. See front desk staff for prices.

IMPORTANT NUMBERS

CC Administration 455-8200
 CC Aquatics 455-7798
 CC Senior Advocate
 455-7051
 WF Pool 455-4192
Dial 211, 24 hours a day!
 Nevada 211 gets you connected to answers about services, resources and information for seniors.
 Non Emergency Assist. 311
 Emergency Assistance 911
 CSN English as Second Language - 651-4487
 AARP - Safe Driving contacts available at the front desk.

Session 2 Registration Dates:**Mail In Registration begins: January 31, 2018****Online Registration begins: February 2, 2018****Walk In Registration begins: February 5, 2018****Session 2: (6 week session)****Class Dates: February 20 - April 7, 2018****Break Week #1 - March 26 - March 31, 2018****Break Week #2 - April 9 - April 14, 2018****Holiday Closure: Presidents Day - February 19, 2018.****Scholarship Program:** Clark County offers a scholarship program. All participants must complete a new application and submit the required documents. It takes approximately 1 week for discounts to be approved. **Applications are accepted year-around, and will expire on December 31st each year.** See staff for more information.**Workshops, Events, & Guest Speakers - Snacks are available during screenings, speakers & events.**

United Health Care Monthly Birthdays	Wed, 3/7, 4/4	10:30 -11:30 am	Lobby	Free	Drop-in
Blood Pressure Checks: Guardian Angels	Wed, 3/14, 4/11	9:30 - 10:30 am	Lobby	Free	Drop-in
Workshop: AARP Caregiver Resources	Friday, 3/2	9:30 - 10:30 am	MP Rm	Free	211800-00
Workshop: Free Health Screening	Friday, 3/16	9:30 - 10:30 am	MP Rm	Free	211800-01
Bingo by: Care Solutions	Friday, 3/23	9:30 - 10:30 am	MP Rm	Free	211801-00
Workshop: Diane -Cigar Box Purses	Friday, 3/30	9:30 - 11:30 am	MP Rm	Free	211800-03
Workshop: AARP Con-Artists Prevention	Friday, 4/6	9:30 - 10:30 am	MP Rm	Free	211800-02
Bingo by: Altea Research	Friday, 4/13	9:30 - 10:30 am	MP Rm	Free	211801-01

DANCE CLASSES**Line dance levels are determined by counts, turns and the complexity of step sequences taught. Beginning Basic and/or Introductory level students may not enroll in Intermediate/Advanced classes.**

Line Dance Intermediate I	Monday	9:00 - 10:30 am	Mp Room	\$2	211100-00
Line Dance Intermediate I	Monday	10:00 - 11:30 am	Room 1	\$2	211100-01
Line Dance Intermediate II	Tuesday	10:30 - Noon	Room 1	\$2	211100-02
Line Dance Social	Thursday	9:00 - 10:30 am	Mp Room	\$2	211100-04
Line Dance Intermediate III/Advanced	Wednesday	10:00 - 11:30 am	Room 1	\$2	211100-05
Line Dance Intermediate III /Advanced	Friday	10:15 - 11:45 am	Room 1	\$2	211100-06
Line Dance Advanced Beginner	Tuesday	8:30 - 10:00 am	MP Room	\$2	211100-07
Exercise Line Dance	Tuesday	2:00 - 3:00 pm	Ex Room	\$2	211300-03
Korean Dance / Line Dance	Mon/Wed	10:00 - Noon	Ex Room	\$2	211100-08
Beginning Tap	Tues/Fri	Tues 1:00-2:30pm	Fri 1:30-3:00p	\$53 (\$4.50)	211101-04
Intermediate Tap I	Tues/Thurs	2:30 - 4:00 pm	Room 1	\$53 (\$4.50)	211101-00
Intermediate Tap II	Mon/Wed	2:30 - 4:00 pm	Room 1	\$49 (\$4.50)	211101-01
Advance Tap	Mon/Wed	1:00 - 2:30 pm	Room 1	\$49 (\$4.50)	211101-03
Ballroom Dance	Monday	4:00 - 5:00 pm	Mp Room	\$2	211102-00
Japanese Dance Beginning	Thursday	1:45 - 2:30 pm	Ex Room	\$2	211104-00
Japanese Dance Intermediate	Thursday	2:30 - 3:15 pm	Ex Room	\$2	211104-01
Japanese Dance Advanced	Thursday	3:15 - 5:15 pm	Ex Room	\$2	211104-02

EXERCISE & FITNESS CLASSES

Low Impact	Tues/Thurs	9:30 - 10:30 am	Ex Room	\$37 (\$3.50)	211300-00
Low Impact	Tues/Thurs	10:35 - 11:35 am	Ex Room	\$37 (\$3.50)	211300-01
Chair Exercise	Tues/Thurs	11:40 -12:25 pm	Ex Room	\$32 (\$2.75)	211300-02
Zumba	Mon/Wed	11:45 -12:45 pm	Room 1	\$34 (\$4.50)	211300-04
Zumba	Thursday	10:30 - 11:30 am	Room 1	\$26 (\$4.50)	211300-05
Zumba	Mon/Wed/Fri	8:45 - 9:45 am	Room 1	\$50 (\$4.50)	211300-06
Zumba	Mon/Wed	8:45 - 9:45 am	Room 1	\$37 (4.50)	
Zumba	Thurs/Friday	10:30 - 11:30 am /	11:50-12:50 am	\$37 (\$4.50)	211300-07
Yoga	Mon/Wed	3:00 - 4:00 pm	Ex Room	\$34 (\$3.50)	211301-00
Yoga Beginning	Friday	10:15 -11:15 am	Ex Room	\$26 (\$4.50)	211301-01
Yoga Intermediate	Friday	11:30 -12:45 pm	Ex Room	\$30 (\$5.00)	211301-02
Chair/Easy Yoga	Wednesday	1:45 - 2:45 pm	Ex Room	\$26	211301-03
Tai Chi Practice	Mon/Fri	12:15 - 1:15 pm	Mp Room	\$2	211302-01
Tai Chi Stick	Mon/Fri	1:15 - 1:45 pm	Mp Room	\$2	211302-02
Disco Walk & Move	Mon/Wed/Fri	4:00 - 4:30 pm	Room 1	\$2	211303-03
Core Strengthening	Friday	9:00 - 10:00 am	Ex Room	\$26	211304-00
Hulacise	Tuesday	12:30 - 1:30 pm	Ex Room	\$2	211303-00
Just Arms	Tuesday	9:00 - 9:30 am	Room 1	\$2	211303-01
Just Legs	Tuesday	9:45 - 10:15 am	Room 1	\$2	211303-02

MUSIC, SPECIAL INTEREST & EDUCATIONAL CLASSES

Karaoke	Friday	2:00 - 4:00 pm	Ex.Room	\$2	211700-02
Jigsaw Puzzles	Monday	9:00 - 11:00 am	Room 2	\$2	911001-07
Pathway to Poetry	Wednesday	2:00 - 4:00 pm	Comp Lab	\$2	211700-00
Speaking French	Friday	9:00 -10:00 am	Comp Lab	\$2	211700-05
Photography/ Garden Trip	Tues	9:30 -1:00 pm	Off-site	\$1	211703-05
Bereavement	Tues	1:30 - 2:30 pm	Comp Lab	Free	211700-03
Antiques & Collectables (Trips & Talks)	1st Tues 3/6, 4/3	9:30 -10:30 am	Room 2	\$2	211703-06
Chinese to English	Monday	11:45-12:45 pm	Comp Lab	\$2	211700-04
Culinary Delights Dinner Club	Wed, 2/21, 3/21,	4:00 -6:00 pm	Varies	\$1	211704-02
Hiking Club	Mon 2/26, 3/26	9:00 -1:00 pm	Varies	\$1	211703-07
Piano Lessons	Call Instructor	Call Instructor	Misc.	\$15/half hour	By Appt
“Pop It Up Friday” Movies	Every Friday	2:00 -5:00 pm	Mp Room	Free	Drop In

ARTS AND CRAFTS CLASSES

Basic Jewelry Making	Wednesday	3:00 - 5:00 pm	Room 3	\$2	211001-00
Intro to Drawing	Tuesday	3:00 - 4:00 pm	Room 3	\$2	211001-08
Open Sewing	Tuesday	9:00 – 1:45 pm	Room 3	\$2	911001-09
Coloring Therapy/ Open Media Group	Friday	11:45 - 1:45 pm	Room 3	\$2	911001-04
Open Crafts	Monday	9:00 - 3:00 pm	Room 3	\$2	211001-02
Knit & Crochet I	Wednesday	9:00 - 11:15 am	Room 3	\$2	211001-04
Knit & Crochet II	Wednesday	11:45 - 1:45 pm	Room 3	\$2	211001-05
Scrapbooking	Friday	9:00 - 11:00 am	Room 3	\$2	211001-06
Beginning Acrylic Painting	Friday	3:15 - 5:15 pm	Room 3	\$37	211001-01
Yarnstorming Club (public art projects)	Ongoing	Ongoing	NA	\$1	911001-06

TABLE GAME CLASSES *Beginners welcome - Participants must register for these yearly classes.

Canasta (hand & foot) seating drawn 11:50	Tues/Friday	11:40 - 4:00 pm	Room 2	\$15	911900-02
Cribbage	Wednesday	9:00 - Noon	Room 2	\$2	911900-03
Mahjong (Chinese open play)	Wednesday	1:00 - 4:30 pm	Room 2	\$2	911900-04
Rummikub	Thursday	11:45 - 1:45 pm	Room 3	\$2	911900-00
Party Bridge	Thursday	11:15 - 4:00 pm	Mp Rm	\$15	911900-01
Mexican Train Dominoes	Thursday	2:00 - 5:00 pm	Room 3	\$2	911900-05
Scrabble (Casual play)	Thursday	8:30 - 11:00 am	Room 2	\$2	911900-08
Manipulation Rummy	Friday	9:00 - 11:30 am	Room 2	\$2	911900-06
Learn to Play Hand & Foot Canasta	2nd/4th Friday	10:30 - 11:30 am	Room 2	\$2	911900-09

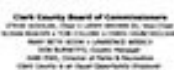
SPORTS CLASSES Participants must register for these year round classes.

Pickleball	Wednesday	10:00 - 3:00 pm	Mp Room	\$7.50	911403-04
Pickleball	Tuesday*	10:00 - 3:00 pm	Mp Room	\$7.50	911403-05
Table Tennis / Billiards	Mon -Fri	8:00 - 5:00 pm	Game Rm	\$15	ID Card
Wii Practice - Open Play	Thursday	9:00 - 11:45 am	Room 3	\$2	911403-00

COMPUTER CLASSES

Basic Computer	Mon/Wed	10:30 - 11:30 am	Lab	\$34	211701-00
Private Lesson	Mon - Fri	45 minutes	Lab	\$19	By Appt
Private Lesson	Mon - Fri	1 hour	Lab	\$24	By Appt

Check us out online at:
www.clarkcountyNV.gov/parks/pages/community-center-west-flamingo



Field Trips

Registration for all trips is **in person only** and begins approximately one month prior to the date of the trip. Trips are very popular, so please mark your calendars. On registration day, we will start handing out numbers at 8:00 am. **A transportation fee of \$3.00 must be paid at the time of registration.** Other fees may be due on the day of the trip at the destination. You may register yourself and one additional person (person must have a blue form on file with the center). If the trip is full, you will be placed on the waiting list. A trip handbook is available.

The Dome at Container Park **Thursday, March 8, 2018** **11:30 am - 4:00 pm**
Registration begins on: 2/14/18 *Cost: \$3.00 transportation fee, \$9.00 admission* 211703-00
 The Dome is a unique 4D theatre experience that features various music shows of world famous bands. We'll be enjoying the "U2" show. Lunch and shopping is on your own at Container Park before the show.

Vegas Valley Winery **Wednesday, March 21, 2018** **9:30 am - 2:00 pm**
Registration begins on: 2/14/18 *Cost: \$3.00 transportation fee* 211703-01
 Las Vegas valley's first winery is open and ready for business! We'll tour the facility to learn all about the wine making process, and then enjoy lunch at Sweet Tomatoes.

NLV Search & Rescue **Thursday, April 5, 2018** **10:30 am - 3:00 pm**
Registration begins on: 3/7/18 *Cost: \$3.00 transportation fee* 211703-02
 An informative tour on what goes on behind the scenes when a Search & Rescue team is needed. An interesting video presentation and a tour of the NLV airport hangar. Lunch is before the tour at Texas Station.

Clark County Fair & Rodeo **Thursday, April 12, 2018** **9:00 am - 4:00 pm**
Registration begins on: 3/7/18 *Cost: \$5.00 transportation fee* 211703-03
 Travel with us by charter bus for a fun day out at the Clark County Fair in Logandale. Enjoy a variety of entertainment, exhibits, food choices, and more. All purchases are at your own expense.

Zion National Park **Wednesday, April 25, 2018** **8:00 am - 8:00 pm**
Registration begins on: 3/7/18 *Cost: \$35.00* 211703-04
***Fee includes roundtrip transportation by a chartered coach bus and entrance fee in to the park.**
 Experience the great outdoors on this fun adventure trip to Zion National Park. Please be advised to dress in comfortable clothes for hiking, bring along a jacket and a bottle of water. Food may be purchased at the park, or feel free to bring your own picnic lunch.



Pop It Up Movie Matinee

Join us every Friday at 2:00 pm and enjoy the experience of watching great movies with friends. Closed Captioning is provided for the hearing impaired. Movie suggestions are always welcome.



Special Events

St Patty's Bluegrass Bash

Friday, March 9
11:30 am - 1:30 pm

Cost: \$6.00

211801-02

**Registration begins:
2/14/18**

Wear your favorite green attire and enjoy a hearty Irish lunch. Live Irish music will be provided for your entertainment.

March Madness Wii Tourney

Thursday, March 22, 2018

9:00 am - 1:30 pm

\$5.00 per player/spectator

208854-01

**Registration begins:
2/5/18**

Travel with us to Parkdale Center as "Wii" bowl to compete with other centers for prizes and fun. Sign up to bring a potluck item.

"Go Green" Spring Party

Friday, April 20

11:30 am - 1:30 pm

Cost: \$6.00

211801-03

**Registration begins:
3/7/18**

An Earth Day party in celebration of our planet! Enjoy lunch, entertainment, and raffle prizes at our eco-friendly event.