Cora Coleman SUNRISE SOUNDER

January - April 2017

2100 Bonnie Ln.
Las Vegas, NV 89156
(702) 455-7617

Center Hours of Operation:
Monday - Friday
7:15 am - 5:00 pm
Pool Hours of Operation:
Monday - Friday
7:30 am - 3:00 pm
(702) 455-2120
Visit our webpage at www.clarkcountynv.gov/parks

CLASS REGISTRATION

Sessions 1 & 2 Information:

Mail-In Registration:	Dec. 8, 2016
Online Registration:	Dec. 10, 2016
Walk-In Registration:	Dec. 12, 2016

Session 1: Tuesday, Jan. 3 - Monday, Feb. 13, 2017
Session 2: Tuesday Feb. 21 - Monday, April 3, 2017
Break weeks : December 19 - 31, 2016, Feb 14 - Feb. 18, 2017 and April 4 - April 15, 2017
Center is closed: Jan. 2, Jan. 16, and Feb. 20 in observance of the holidays

Oh no, you've cancelled it!

Remember to register early! At some point, a decision must be made on whether or not to cancel a program due to lack of participation. Registering at the last minute may mean that the class has already been cancelled. Many participants use the center, specifically because it is reserved for adult use. Adults age 55+ are given priority registration status, however, adults age 21 -54 may fill activity spots if they still exist within the week prior to the activity date.

Happy New Year

Wellness and Healthy Aging

The eight dimensions of wellness and why they are important to seniors healthy aging are:

Physical: Regular exercise can help seniors improve their balance and mobility and even minimize the impact of some chronic conditions.

Emotional: Feeling well is an important part of staying healthy. Becoming involved socially and staying active can boost your mood and keep you connected to loved ones.

Social: After you retire, you'll have more time to spend with friends and family. Developing a support system and meeting new people who share your interests is vital to healthy aging.

Intellectual: Continuing to find ways to expand your skills and knowledge throughout your life is helpful to keeping your mind active and fit, and can help with memory issues and overall brain function.

Occupational: Even after you've retired, there are still ways to get enrichment from your past career through sharing your knowledge by consulting. Or consider volunteering to stay connected and give back to your community.

Spiritual: Finding a connection to your inner values helps expand your sense of purpose and give more meaning to your days, making it easier for you get through any of those more difficult times.

Environmental: Our surroundings help us feel comfortable, engaged and inspired. Staying active by getting outdoors for activities like gardening and involving ourselves in community events as often as possible can play a major role in our wellness.

Financial: When we retire, we want to make sure we are satisfied with our current financial situation, and that our futures will be secure.

Www.gallowayridge.com

SENIOR DIMENSIONS

If you have Senior Dimensions, your health insurance will cover the following:
Annual Open Lane Swimming Pass
Annual Fitness Room Pass and
One monetary Health/Fitness Class per Session
(may be an aquatics class or exercise based class in center) ***All passes expire on 5/31/17 - please update your card at the front desk beginning June 1, 2017***

WHAT WE HAVE BEEN UP TO...

FITNESS CENTER

HOURS OF OPERATION:
MONDAY-FRIDAY
7:15 A.M. - 5:00 P.M.
The Fitness Center comes complete with cardiovascular equipment and weight resistance machines. To ensure a safe and productive work out, all new members must participate in a fifteen minute orientation prior to working out

MEMBERSHIP FEES:

Seniors(55+)	Adults (21-54)
$3 per day	$4 per day
$15 per month	$16 per month
$105 per year	$115 per year

DANCE

Line Dance Level I
Free - Wednesday
3:15 pm – 4:15 pm

Line Dance Level II
Free - Tuesday & Thursday
11:00 am – 12:00 pm

Tap Dancing Level I
Free - Friday
1:00 pm - 2:00 pm

Tap Dancing Level II
Free - Friday
2:00 pm – 3:00 pm

Tap Dancing Level III
Free - Wednesday
2:00 pm – 3:00 pm

EXERCISE

Chair Aerobics
Free - Monday & Friday
8:45 am – 9:45 am
10:00 am – 11:00 am
Free - Wednesday
10:00 am - 11:00 am

Chair Yoga
$37 - Tuesday & Thursday
12:15 pm – 1:15 pm

Commit To Be Fit
$37 - Tuesday & Thursday
9:00 am - 10:00 am

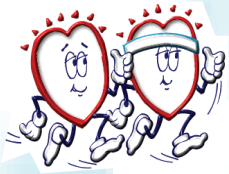
Pilates
$26 - Tuesday
10:00 am - 11:00 am

Tai Chi Level I
$26 - Wednesday
8:45 am - 9:45 am

Yoga
$37 - Tuesday & Thursday
1:15 pm - 2:15 pm

Zumba Gold
$37
Monday 12:45 pm - 1:45 pm
Wednesday 11:15 am - 12:15 pm

Empower Hour
$37 - Monday & Friday
11:00 am - 12:00 pm
Begins session 2



Look for new classes coming soon to help you maintain a healthy lifestyle!
Please welcome our new fitness instructors.

SPANISH

SPANISH CLUB
FREE
Registration is required
Wednesdays
10:00 am - 12:00 pm
Thursdays
9:30 am - 10:30 am
The purchase of a language book may be required. Participation in this club may improve your use and comprehension of the Spanish language.

COMPUTERS

Beginning Computers
Tuesday 10:00 am - 12:00 pm
$37 per six-week session
Workshops coming soon
How to Email
Social Media
Tuesday (Dates TBA)
$10.00 per workshop

Registration is required for all classes and workshops!
PRIVATE LESSONS AVAILABLE
$14/30 MINUTE LESSON
$19/45 MINUTE LESSON
$24/1 HOUR LESSON
This class provides one-on-one lessons.

Open Computer Lab
A yearly membership card is now required. Cost is $3.00 for adults 21 - 54 and $2.00 for seniors 55 & up. A $2.00 drop in fee is charged if you forget your card. See front desk.

Hours:
Monday - Wednesday - Friday
8:00 am - 12:00 pm
Tuesday - Thursday
1:00 pm - 4:00 pm

Membership cards are valid thru January 1st - December 31st

KELLY'S CORNER

Here we are in 2017, wow how did that happen? Along with starting a new year, we have so much to be thankful for here at Cora Coleman. Each one of you is an important ingredient in our Cora Coleman family. This center brings so much more than just activities to both you & I. It brings us together socially, it brings exercise, it brings creativity, it brings emotional connections…it brings friends! All of these things are an important part of staying healthy both mentally and physically. For the New Year, I truly hope that each one of you will take every opportunity for the new adventures or challenges that might be presented to you. But above all, I hope that you take advantage of the social interaction that the center offers you.

Kelly

ARTS & CRAFTS

Jewelry Workshops
Fridays, Dates Vary
please see front desk for dates
11:00 am - 2:00 pm
$5.00 PER WORKSHOP
Registration is required
All supplies provided.

Craft Workshop
Spring Décor 3/23
12:00 pm - 2:00 pm
$5 per workshop
Registration is required

Sewing Class/Club
Tuesday
10:00 am - 2:00 pm
$5.00 per 6 week session
Registration is required!
Participants will work on projects, learn new techniques and practice their skills at sewing. Beginners are welcome to join. Participants bring their lunch and take a break during class to eat.

Adult Coloring
Tuesday
9:00 am - 11:00 am
Free
Color for fun or charity - you choose!

Knit & Crochet "Social" Club
Wednesdays
1:00 am - 3:00 pm
Free

Painting Social Club
Monday, 11:30 am - 2:00 pm
Bring your own supplies/projects
no instructor provided

The Sketch Pad
Wednesday 11:15 am - 12:30 pm
Free

Paint on "Things
Wednesday 12:45 pm - 2:00 pm
Free
Volunteer instructor and space is limited - No additional supplies required. Price subject to change if needed.

Creative Consulting
Thurs. 1/5, 1/19, 2/2, 2/16, 3/2 or 3/16
2:30 pm - 3:30 pm
you must register & Space is limited

Ask me about our Dept. Scholarships

WHITE ELEPHANT BINGO

1st Thursday of each month
12:00 - 12:30 pm
Bring your own lunch
12:30 - 2:00 pm Bingo play
Bring a white elephant prize
Registration is required.
Please note the new day!

FREE MOVIES

Monthly Matinee
Last Thursday
1/26, 2/23, 3/30, 4/27
1:00 - 3:00 p.m.
CALL CENTER FOR TITLES
Intergenerational Days
1/20, 3/24 - Movie
2:00 - 4:00 pm Free
4/21 - TBD & Movie
11:00 am - 4:00 pm - BYOL
Registration required!
Popcorn provided for movies

BOOK CLUB

3rd Tuesday
12:30 pm - 1:30 pm
Free
Participants come prepared for lively led discussion. The group will meet on the following dates:
January 18 - TBD
February 15 - TBD
March 15 - TBD
April 18 - TBD
Please contact the front desk 1 month ahead for the next book title.
Registration is required for each month you wish to attend!

BUNCO MANIA

Thurs. 1/19 $2.00
12:30 - 2:30 pm
Friday 3/17 $2.00
11:15 - 1:15 pm
Thursday 5/11 $2.00
12:30 pm - 2:30 pm
Join us for the party. We will play Bunco, for laughs and prizes. Bring a friend. Participants must register in advance for each date
Participants play for fun & donated prizes.

SOCIAL GAME/CLUBS

new

Mondays
Phase 10 / Rummikub 9:00 am - 11:30 am
Train Dominoes 12:00 pm - 3:30 pm

Tuesdays
Canasta 9:00 am - 12:00 pm
Players wanted -
Wii Bowling 11:15 am - 1:30 pm
Marx Madness Tournament 3/30 - $5.00 – registration required.
Scrabble 12:30 pm - 3:00 pm

Wednesdays
Pinochle 12:00 pm - 4:00 pm
1/25/17 lunch & prizes $2.00 - Registration required.
Bocce Ball 9:30 am - 11:30 am

Thursdays
Chinese Mah Jongg 10:00 am -12:00 pm
Shuffleboard 1:30 pm - 3:00 pm
Begins January 12th

Friday
Texas Hold 'Em 1:00 pm - 4:00 pm

Monday - Friday
Billiards 8:00 am - 4:45 pm
Ping Pong 8:00 am - 4:45 pm
Horseshoes 8:00 am - 4:00 pm
can be checked out at the front desk with an id.

Players wanted for all games!

DONATIONS of prizes are accepted, see staff for details. Prizes are used for games like Bingo, Texas Hold'Em and Bunco. **Participants must be in the system and sign up for all activities they wish to attend for each 6-week session.**

Clark County Department of Parks & Recreation welcomes individuals of all abilities to participate in our programs. We will fully comply with the Americans with Disabilities Act in making reasonable accommodations to encourage participation in our programs. We are committed to provide assistance to those with mental and physical disabilities who require special accommodation to participate in a program or activity.

FIELD TRIPS

CC Water Rec. District & Lunch
Thursday, January 12, 2017
9:15 am - 3:00 pm
$2.00
Lottery is Thurs., Jan. 5th

Valley of Fire Hike & BBQ
Wednesday, February 22, 2017
9:00 am - 3:15 pm
$5.00
Lottery is Wed., Feb. 15th

Eldorado Canyon Mine Tour
Thursday, March 9, 2017
9:00 am - 2:30 pm
$2.00 plus $13 cash day of trip
Lottery is Thurs., March 2nd

Mystery Monday Trip
Monday, March 20, 2017
11:15 am - 3:00 pm
$2.00
Lottery is Mon., March 13th

Clark County Fair & Rodeo
Thursday, April 13, 2017
9:00 am - 3:15 pm
$2.00
Lottery is Fri., April 7th

Get out and explore the valley with us!

Field Trip Registration Info

- **All registrations are done by a lottery system**
- **All purchases and meals are at your own expense.**
- **You may register yourself and *one* other person only.**
- **You may not be listed on more than one other person's ticket.**
- **You may not register other people if you yourself are not attending**
- **Tickets are drawn at 9:00 a.m. sharp!**

SPECIAL EVENTS

Cupid Connection
Monday, February 13, 2017
11:00 am - 2:00 pm
$5.00
Held at Cambridge Comm. Center
Open to singles 50 and over

Sweetheart Luncheon
Tuesday, February *14, 2017*
12:00 pm - 1:00 pm
$5.00

Hot Shots 8-Ball Tournament
Wednesday, February 15, 2017
9:30 am - 12:30 pm
$2.00 includes prizes and snacks
Singles play - Double elimination

Sounds of Motown
Thursday, February 23, 2017
11:45 am - 1:30 pm
$3.00
Includes snack & desserts

St. Patrick's Day Dinner
Thursday, March 16, 2017
4:00 - 6:00 pm
$TBD
Includes dinner and dancing

CC's VIP Art Show
Wednesday, March 22, 2017
9:00 - 3:00 pm open viewing
Free Demos -
Look for more info in February

Country Shin Dig
Thursday, April 6, 2017
4:00 - 6:00 pm
$TBD
Includes dinner and dancing

Community Pancake Breakfast
Fire Station #20
Saturday, April 15, 2017
8:30 am until supplies last
Free

Mark your calendars for one or all of our upcoming special events.

SPEAKERS & WORKSHOPS

Nevada Legal Services
1st Wednesdays 9:00 - 10:00 am
different topics each month

Your Life Your Legacy w/Palm Mort.
Monday, January 9, 2017
11:15 am - 12:15 pm incl. lunch

Public Art in Clark County
Friday, January 13, 2017
11:15 am - 12:30 pm

SNVHD Emer. Preparedness
Friday, January 20, 2017
11:15 am - 12:30 pm

Better Business Bureau
Thursday, January 26, 2017
Thursday, February 23, 2017
9:00 - 10:00 am

Heaven Can Wait Sanctuary
Friday, February 3, 2017
11:15 am - 12:30 pm

Women's Health by Valley Health
Monday, February 6, 2017
11:15 am - 12:30 pm

Dan Rather Just Hang Up
Parts I, II & III -
Wed., February 8, 2017
Wed., March 8, 2017
3:00 - 4:00 pm / $2.00

Preparing Your Soil by UNCE
Master Gardener Howard Galin
Friday, February 17, 2017
11:15 am - 12:30 pm

Protect Yourself From Scams
NV State Contractors Board
Monday, February 27, 2017
11:15 am - 12:15 pm

Attracting Birds, Butterflies & Bees
Master Gardener Denise McConnell
Monday, March 6, 2017
11:!5 am - 12:45 pm

Code Enforcement Workshop
Friday, March 10, 2017
11:15 am - 12:30 pm

Depression & Senior health
Talk w/Doc program
Friday, March 24, 2017
11:15 am - 12:30 pm

Seniors on the Go by the RTC
Monday, March 27, 2017
11:15 am - 12:30 pm

DISCOVER CLARK COUNTY PARKS AND RECREATION it
CLARKCOUNTYNV.GOV/PARKS

CCPR Website | CCPR Mailing List | CCPR Facebook Page | CCPR YouTube Channel

Clark County Board of Commissioners
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Susan Brager, Chris Giunchigliani,
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Lawrence Weekly
Yolanda King, County Manager
Jane Pike, Director of Parks & Recreation