



# Winchester Cultural Center

## October - December Senior Events



### SENIOR REGISTRATION Wednesday, October 3



REGISTRATION BEGINS AT 10:00 AM

Please do not arrive early, our facility does not open until 10:00 am.

Registration is on a first come, first served basis. Upon entering the center you will be given a number, and you must be present with that number to register. Numbers do not reserve a space.

### SENIOR TRIPS

#### October

**Desert Wildlife Refuge  
&  
Fiesta Buffet**

Oct. 25 10:00 am - 3:00 pm  
Trip Fee: \$2 (bring extra for food)

Encompassing six major mountain ranges and seven distinct life zones, Desert NWR showcases the abundance and variety of nature that can be found in Southern Nevada, all just a short drive from Las Vegas.

#### November

**Bellagio Conservatory  
&  
Gallery Tour**

Nov. 20 10:00 am - 4:00 pm  
Trip Fee: \$2  
Gallery Tour: \$12

Bellagio's Conservatory & Botanical Gardens welcomes guests to embark on a serene journey through its new fall display. The seasonal exhibit, titled "Falling Asleep," is inspired by the mythology of the goddess of harvest.

#### December

**Cowboy Christmas**

Dec. 13 10:00 am - 2:00 pm  
Trip Fee: \$2

From great shopping to interactive displays, the Junior NFR to Flint Rasmussen, there's something for everyone. To add to the overall experience, RMEF's Hunter & Outdoor Christmas Expo will be co-located upstairs again this year in the South Halls.

FIELD TRIPS ARE NON-REFUNDABLE

### Movie Club

#### October

**Coco**

Oct. 18 10:30 am

#### November

**Planes, Trains  
& Automobiles**

Nov. 15 10:30 am

#### December

**Scrooged**

Dec. 20 10:30 am

# Fun and Games

## Cards and Friends

This is an opportunity to meet new friends. We are always looking for new members who want to play cards and socialize. Enthusiasm, friendship, and participation are what this gathering is all about.

**Wednesdays 10:00 am - 3:30 pm**

**Come join the fun! Bring a snack to share.**

## Wii Bowling

Live active, live better, meet friends and have fun! Come to socialize and be prepared to have a good time! Also, improve your overall health by increasing eye-hand coordination and muscle strength.

**Wednesdays 10:00 am - 12:00 pm**

**New members are always welcome.**

## Holiday Social & Games

If laughter and fun is what you're looking for, Bingo Social is for you! There is no money involved.

**Oct. 23 10:00 am - 12:00 pm Halloween Party!**

**Nov. 8 10:00 am - 12:00 pm Turkey Bingo Potluck!**

**Dec. 6 10:00 am - 12:00 pm Christmas Party!**

**Prizes will be provided by participants (please bring all prizes pre-wrapped)**

# Workshops

## Cafe Common Ground with Suzy Martinez

**(This is part of a series of connected workshops)**

Come and share your life experiences through creative interactive expression. Through the use of journaling, conversation, and visual arts you will develop your own unique treasure box. What you put in it - is up to you!

**Oct. 16 10:00 am - 12:00 pm \$2 materials fee**

**Nov. 13 10:00 am - 12:00 pm \$2 materials fee**

**Dec. 11 10:00 am - 12:00 pm \$2 materials fee**

Coffee bar will be available. Feel free to bring your own snacks.

## Creative Movement with Suzy Martinez

**Oct. 11 10:00 am - 12:00 pm \$2**

Dress comfortably and ready to move. Coffee bar will be available. Feel free to bring your own snacks.

## Chair Yoga & Health Education with Kristen Sroczyński

Yoga has been proven to help with strengthening both the mind and body. Come join Kristen and the Roseman University Nursing Students to learn the benefits of yoga and other health topics.

**Oct. 4 10:00 am - 12:00 pm**

Refreshments to follow

# Senior Speaks

## Dr. Wendy and Colleen: Left/Right Brain; Brain Health and Juggling,

Join us for an interactive lecture about the brain as you learn to juggle.

**Oct. 9 10:00 am - 12:00 pm**

## Katrina: Day of the Dead History & Crafts

**Oct. 30 10:00 am - 12:00 pm**

## Dr. Wendy: Meditation

Dr. Wendy Altamura, PH-D is a kriyaban member of the Self-Realization Fellowship and has received her Kriya Yoga initiation (1984). This class will review beginning meditation, relaxation, and stress reducing. Bring a pillow and towel.

**Nov. 6 10:00 am - 12:00 pm**

Coffee and snacks will be provided.

## TBD: Motivation and Inspiration

**Nov. 27 10:00 am - 12:00 pm**

Coffee and snacks will be provided.

## Dr. Wendy: Meditation

**Dec. 4 10:00 am - 12:00 pm**

Coffee and snacks will be provided.

# Arts and Crafts

**Oct. 19: Fun with Stamping: \$2 materials fee**

**Nov. 16: Game Day with Prizes: \$2 materials fee**

**Dec. 7: Wreath Decorating Potluck: \$2 materials fee**

