

Walnut Senior Newsletter

Hot Spot
For
Active
Adults 50+
Dec. 2016/
Jan. 2017



Fitness

Games

Trips

Crafts



Walnut Rec Center
3075 N. Walnut Road
Las Vegas, NV 89115
(702) 455-8402

Senior Rec Coordinator
Henry Newby

Hours of Operation
8:00 am—2:00 pm
(Monday—Friday)

When New Center opens, add
10:00am - 2:00pm (Sat.)

Hot Spot Trips / Events

Please register for all activities and field trips at the front desk



LEDGER FOR COST

\$= \$25+under

\$\$= \$26-\$50

\$\$\$= \$51+UP

\$\$\$\$= \$61+UP



More than tea & toast

December

Code-610115-08

No breakfast club for the month of December .

We will prepare for the Grand-Opening of our new Hot Spot addition which takes place in Walnut's Gym.

Date: December 17, 2016

Time: 4:00pm – 7:00pm

January Code-110130-01 \$

Breakfast will be at Lou's Diner then we continue our trip to the Fantastic Indoor Swap Meet. (Decatur/Oakey)

Entry Fee \$1.00

Date: January 13, 2016

Time 8:30am - 3:00pm

Guest Speaker



Code 710115-12 Free

The guest speaker of the month is Deborah Ace from Clear Captions. She will discuss Ensemble (a captioned phone for people with hearing loss and how to qualify). Requirements are hearing loss, landline and internet.

Date: December 21, 2016

Time: 11:00am – 12:00pm

Field Trips & Activities: All are subject to change

Getaway Friday

December

Code-710130-05 \$

Dinner at Black Bear Diner (2751 Green Valley Pkwy), then off to see Christmas lights at Ethel M and The Motor Speedway.

Date: December 9, 2016

Time: 4:00pm – 8:00pm

January Code-110130-02 \$

Start out the day at Red Rock Station, then see a movie or go shopping at downtown Summerlin.

Date: January 27, 2016

Time: 8:30 am—3:00 pm



Bingo

Code 710115-13

Free

Join us for exciting Bingo in the Hot Spot and you may win prizes. Caremore will sponsor bingo this month.

December 22, 2016

11:00am – 1:00pm

All Hot Spot trips and events

are held at or depart from the

Walnut Recreation Center

3075 N. Walnut Rd., Las Vegas, NV 89115.

For more info, please call (702) 455-8402.

MONTHLY ACTIVITIES

Seniors Meeting First Thursday 11:00am—12:00pm Free

Monthly meeting to plan future activities and events. Please attend. All suggestions welcomed.



Breakfast Club Fridays 9:30am—3:30pm Cost: Varies

Travel throughout Las Vegas discovering new, traditional, and innovative breakfast establishments.



Arts & Crafts Wednesdays 11:00am—1:00pm Free

Bring your crafts and ideas. On some days, crafts will be provided.



Game Day Wednesdays 11:00am—1:00pm Free

Join us and play a variety of board and video games.



Chop-Shop Fridays 8:30—9:30 am Free

A beginners basic computer class. Instructor helps with emails, Internet, laptops and cell phones.

Guest Speakers TBD 11:00am—12:00pm Free

Guest speakers are invited to introduce and discuss topic relevant to senior experiences.



Bingo TBD 11:00 am—1:00pm Free

Join us for exciting Bingo in the Hot Spot. Prizes may be awarded



Getaway Friday Fridays 8:30am—3:00pm Free

We'll grab a quick bite to eat, then venture around town.



Birthday Celebration Tuesdays 11:00am—12:00pm Free

Celebrate birthdays on the last Tuesday of each month. Cake and ice cream provided.

SENIOR FITNESS

Fitness Room:

Open Mon-Fri 7am-8pm, Sat 10am-6pm Registration Required
Adults 18 & 54 Daily \$4 Monthly \$16 Yearly \$115
Adults 55 & Up Daily \$3 Monthly \$15 Yearly \$105

◆ Fit For Life Club (Senior Dimensions)

If you are a current member of Senior Dimension's Fit For Life program, then you qualify to participate in several activities at Walnut. Participation includes free monthly access to the fitness room and one free health-related class or activity per session. Please see front desk for more details, or ask Senior Program Coordinator.

Indoor Walking Track

Monday—Friday 7:00-10:00am Free Gymnasium Code: *Please Swipe Card*

Enjoy walking in a safe and controlled environment inside the Walnut Recreation Center's gymnasium.

You are welcome to wear your headphones or converse with friends, while exercising.

Seniorcise

Tuesday/Thursday 8:00—8:30am Free Dance Room Codes: Dec—710630-02 Jan—110630-02

Seniorcise is a low-impact aerobic exercise program that has been developed especially for senior adults.

Stretch & Tone

Monday—Thursday 8:30—9:00am Free Dance Room Codes: Dec—710630-01 Jan—110630-01

Senior Stretch & Tone helps with stretching techniques, relaxation, and improves your balance, flexibility, and strength.

NEWS YOU CAN USE . . .

Looking For A Job?



Easter Seals of Southern Nevada
6200 W. Oakey – Las Vegas, NV 89146
702-870-7050

Job training and employment services for disabled persons - Assists unemployed and under-employed adults challenged with multiple barriers to job employment and job skills necessary to find jobs leading to self-sufficiency

Visit the websites listed below.

- Workforce50.com
- RetirementJobs.com
- Care.com
- SeniorJobBank.org

AARP Foundation Senior Community Service Employment Program 702-648-3356

Provides subsidized job training opportunities to low-income seniors - Assists individuals in obtaining new job knowledge, skills enhancement, and locating and maintaining employment - Applicants must be unemployed, age 55 or older and meet income guidelines - Job and community service placement

Goodwill of Southern Nevada

1280 W. Cheyenne Ave – N. Las Vegas, NV 89030
702-214-2000

Provides education, training, employment and job placement services for people with disabilities and other special needs - Beyond Jobs: Assists low-income, unemployed or under employed women advance their careers .

AARP Driver Safety Course 5820 S. Eastern Avenue, Suite 190 – Las Vegas, NV 89119 **877-846-3299** - Volunteers provide safe driving instructions to seniors age 50 and over - Students are provided with information on the current rules of the road, defensive driving techniques, and how to operate a vehicle more safely - The course is available online or in a classroom setting - A certificate of completion is provided at the end of the course and can be presented to an individual's insurance company for a possible reduction in auto insurance premiums

Looking for Volunteers



Upcoming Trips and Events

- | | |
|-----------------------------------|-------------------|
| Valentine's Day Event | February 14, 2017 |
| Bellagio/Chinese New Year | February 24, 2017 |
| St. Patrick's Parade and Festival | March 10 2017 |
| Clark County Fair & Rodeo | April 13, 2017 |

Times to be announced.

All trips are subject to change.

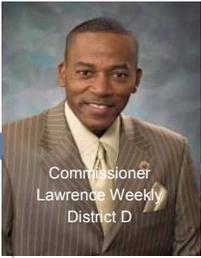
Famous Senior Quotes

Aging is not "lost youth" but a new stage of opportunity and strength.

-- Betty Friedan



Clark County Board of Commissioners
Steve Sisolak, Chair, Larry Brown III, Vice Chair
Susan Brager, Chris Giunchigliani,
Marilyn Kirkpatrick, Mary Beth Scow,
Lawrence Weekly
Don Burnette, County Manager
Jane Pike, Director of Parks & Recreation



December 2016

Mon Tue Wed Thu Fri Sat

				1 Seniorcise Stretch/Tone Seniors Mtg	2 Chop Shop 	3
4	5 Stretch/Tone	6 Seniorcise Stretch/Tone	7 Stretch/Tone	8 Seniorcise Stretch/Tone	9 Getaway Friday 	10
11	12 Stretch/Tone	13 Seniorcise Stretch/Tone	14 Stretch/Tone 	15 Seniorcise Stretch/Tone 	16	17 
18	19 Stretch/Tone	20 Senior- cise Stretch/Tone	21 Str/Tone G. Speaker Clear Cap. 	22 Seniorcise Stretch/Tone 	23	24
25	26 CLOSED	27 Seniorcise Stretch/Tone 	28 Stretch/Tone	29 Seniorcise Stretch/Tone	30	31

- December 1 **Seniors Meeting** 11:00am—12:00pm Free Code: 710115-06
Monthly meeting to plan future activities and events. Please attend. All suggestions welcomed.
- December 2 **Chop-Shop** 8:30—9:30 am Free Code: 710115-07
A beginners basics of computers class. Instructor will help with emails, laptops and cell phones.
- December 9 **Getaway Friday** 4:00pm—8:00pm Free Code: 710130-05
We start out with dinner at Black Bear Diner then off see Christmas lights at Ethel M and Glittering Lights at Motor Speedway.
- December 14 **Arts & Crafts** 11:00am—1:00pm Free Code: 710115-09
Bring your crafts and ideas. On some days, crafts will be provided.
- December 15 **Game Day** 11:00am—1:00pm Free Code: 710115-10
Join us and play a variety of board and video games.
- December 17 **Grand-Opening** 4:00pm—7:00pm Free Code: 610115-08
We celebrate the new addition to our Hot Spot with food, entertainment , tours and fun for all.
- December 21 **Guest Speaker—Clear Cap.** 11:00am—12:00pm Free Code: 710115-12
Deborah Ace a representative will discuss Ensemble a captioned phone that displays text of conversations and how you can qualify.
- December 22 **Bingo** 11:00 am—1:00pm Free Code: 710115-13
Join us for exciting Bingo in the Hot Spot. Prizes may be awarded. Sponsored by Care More.
- December 27 **Birthday Celebration** 11:00am—12:00pm Free Code: 710115-08
Celebrate birthdays on the last Tuesday of each month. Cake and ice cream provided.

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED	3 Seniorcise Stretch/Tone	4 Stretch/Tone	5 Sen. Mtg. Seniorcise Stretch/Tone	6 Chop Shop 	7
8	9 Stretch/Tone	10 Seniorcise Stretch/Tone	11 Stretch/Tone	12 Seniorcise Stretch/Tone	13 	14
15	16 Stretch/Tone	17 Seniorcise Stretch/Tone	18 Stretch/Tone 	19 Seniorcise Stretch/Tone 	20 Chop Shop 	21
22	23 Stretch/Tone	24 Seniorcise Stretch/Tone	25 Stretch/Tone	26 Seniorcise Stretch/Tone	27 Getaway Friday 	28
29	30 Stretch/Tone	31 Seniorcise Stretch/Tone 				

- January 5 **Senior Meeting** 11:00am—12:00pm Free Code: 110115-02
Monthly meeting to plan future activities and events. Please attend. All suggestions welcomed.
- January 13 **Breakfast Club** 8:30am—3:00pm Free Code: 110130-01
Breakfast at Lou's Diner (431 S. Decatur Blvd) then on to Fantastic Indoor Swap Meet (1717 S. Decatur Blvd.)
- January 18 **Arts & Crafts** 11:00am—1:00pm Free Code: 110115-06
Bring your crafts and ideas. On some days, crafts will be provided.
- January 19 **Game Day** 11:00am—1:00pm Free Code: 110115-07
Join us and play a variety of board and video games.
- January 6&20 **Chop-Shop** 8:30—9:30 am Free Code: 110115-03
A beginners class that teaches the basics of computers. Instructor will help with emails, laptops and cell phones .
- January 27 **Getaway Friday** 8:30am—3:00pm Free Code: 110130-02
Red Rock Station and shopping at downtown Summerlin.
- January 31 **Birthday Celebration** 11:00am—12:00pm Free Code: 110115-04
Celebrate birthdays on the last Tuesday of each month. Cake and ice cream provided.