



# Clark County Parks and Recreation

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



**Center Newsletter: 2nd Print  
April 8 - May 24, 2019**

### 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.**

**Full-time Staff  
Cheryl Marion & Al Galvin  
Recreation Specialist II**



### Online Registration

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

### Refunds

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

### Your Opinion Counts!

WFSC has a Suggestion Box. We are open to suggestions for movies, field trips, new classes, groups and clubs.

### "In the Spotlight"

Welcome to spring and warmer weather! Are you interested in joining our new Gardening class? You'll learn how to grow herbs and spices in water containers, pots, and in ground. These include Rosemary (good for Italian dishes and for memory) Oregano, Chives, Parsley (blood cleanser), Lavender (stress reducer), Sage (good for memory), and Marigolds (petals can be added to salads for color), Thyme, Lemon Grass (good for inducing sleep in small amounts, or good as a laxative in larger amounts) and Dill and Mint (good for indigestion) If you have seeds you want to try planting, see our Gardner, Dee. She can offer great suggestions and answer any questions you may have. Don't have a green thumb? Start with Rosemary, a very hardy plant. For more information about medicinal properties of herbs, the Spring Valley Library is nearby, and can help you find detailed guides to a wide variety of herbs and plants. Happy spring planting!

### 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  
2:30 pm - 5:00 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.

### Park & Room Rentals

The center rents rooms and the gazebo. Think of us for your next party or meeting needs.

### 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.  
Non Emergency Assist. 311  
Emergency Assistance 911

### Scholarship Program

Clark County offers a scholarship program. All participants must complete a new application and submit the required documents. It takes about one week for discounts to be approved. **Applications are accepted year-round, and will expire on December 31st each year.**

**Session 3: Registration Dates:****Mail In Registration: March 20, 2019****Online Registration: March 22, 2019****Walk In Registration: March 25, 2019****Holiday Closures: Memorial Day - Monday May 27, 2019****Session 3: (6 week session)****Class Dates: April 8 - May 25, 2019****Break Week 1: April 15 - 19, 2019****Break Week 2: May 27 - May 31, 2019****Workshops, Events, & Guest Speakers - (Snacks are available during screenings, speakers & events).**

<b>Humana Health Care Snack Attack</b>	Monday, 5/6	9:00 - 10:00 am	Lobby	Free	Drop-In
<b>Outsmart Your Smart Phone</b>	Every Thursday	9:30 - 10:30 am	Comp Lab	\$3.50	Drop -In
<b>Bingo by: The Medicare Store</b>	Friday, 4/12	9:30 - 10:30 am	MP Room	Free	311801-00
<b>Golden Trivia Game &amp; Brunch</b>	Friday, 4/26	9:30 - 11:30 am	MP Room	Free	311801-01
<b>Bingo by: Oakey Assisted Living</b>	Friday, 5/3	9:30 - 10:30 am	MP Room	Free	311801-02
<b>Bingo by: Edward Jones Investing</b>	Friday, 5/10	9:30 - 10:30 am	MP Room	Free	311801-03
<b>Silver Cleaning &amp; Preservation</b>	Friday, 5/24	9:30 - 11:00 am	MP Room	Free	311800-00

**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	311100-00
Line Dance Intermediate I	Monday	10:00 - 11:30 am	Room 1	\$2	311100-01
Line Dance Intermediate II	Tuesday	10:30 - Noon	Room 1	\$2	311100-02
Line Dance Intermediate II	Thursday	9:00 - 10:30 am	Mp Room	\$2	311100-04
Line Dance Intermediate III/Advanced	Wednesday	10:00 - 11:30 am	Room 1	\$2	311100-05
Line Dance Intermediate III /Advanced	Friday	10:00 - 11:30 am	Room 1	\$2	311100-06
Line Dance Advanced Beginner	Tuesday	8:30 - 10:00 am	MP Room	\$2	311100-07
Exercise Line Dance	Tuesday	2:00 - 3:30 pm	Ex Room	\$2	311300-03
Partner Dance	Tuesday	3:30 - 4:30 pm	Ex Room	\$2	311300-09
Korean Dance / Line Dance	Mon/Wed	10:00 - Noon	Ex Room	\$2	311100-08
Beginning Tap	Tues/Fri	Tues 1:00-2:30 pm	Fri 1:30-3:00p	\$53 (\$4.50)	311101-04
Intermediate Tap I	Tues/Thurs	2:30 - 4:00 pm	Room 1	\$53 (\$4.50)	311101-00
Intermediate Tap II	Mon/Wed	2:30 - 4:00 pm	Room 1	\$53 (\$4.50)	311101-01
Advanced Tap	Mon/Wed	1:00 - 2:30 pm	Room 1	\$53 (\$4.50)	311101-03
Ballroom Dance	Monday	4:00 - 5:00 pm	Mp Room	\$2	311102-00
Japanese Dance Beginning	Thursday	1:45 - 2:30 pm	Ex Room	\$2	311104-00
Japanese Dance Intermediate	Thursday	2:30 - 3:15 pm	Ex Room	\$2	311104-01
Japanese Dance Advanced	Thursday	3:15 - 5:15 pm	Ex Room	\$2	311104-02

**EXERCISE & FITNESS CLASSES**

Low Impact	Tues/Thurs	9:30 - 10:30 am	Ex Room	\$37 (\$3.50)	311300-00
Low Impact	Tues/Thurs	10:35 - 11:35 am	Ex Room	\$37 (\$3.50)	311300-01
Chair Exercise	Tues/Thurs	11:40 -12:25 pm	Ex Room	\$32 (\$2.75)	311300-02
Zumba	Mon/Wed	11:45 -12:45 pm	Room 1	\$37 (\$4.50)	311300-04
Zumba	Thursday	10:30 - 11:30 am	Room 1	\$26 (\$4.50)	311300-05
Zumba	Mon/Wed/Fri	8:45 - 9:45 am	Room 1	\$53 (\$4.50)	311300-06
Zumba	Mon/Wed	8:45 - 9:45 am	Room 1	\$37 (\$4.50)	311300-08
Zumba	Thurs/Fri	10:30 - 11:30 am /	11:50 - 12:50 pm	\$37 (\$4.50)	311300-07
Zumba	Tues/Thurs	8:00 - 9:00 am	Room 1	\$37 (\$4.50)	311300-10
Yoga	Mon/Wed	3:00 - 4:00 pm	Ex Room	\$37 (\$3.50)	311301-00
Yoga Beginning	Friday	10:15 -11:15 am	Ex Room	\$26 (\$4.50)	311301-01
Yoga Intermediate	Friday	11:30 -12:45 pm	Ex Room	\$30 (\$5.00)	311301-02
Chair/Easy Yoga	Wednesday	1:45 - 2:45 pm	Ex Room	\$26 (\$4.50)	311301-03
Tai Chi Practice	Mon/Fri	12:15 - 1:15 pm	Mp Room	\$2	311302-01
Stretch & Relax	Mon/Fri	9:00 - 10:00 am	Ex Room	\$37 (\$3.50)	311304-00
Hulacise	Tuesday	12:30 - 1:45 pm	Ex Room	\$2	311303-00

**Check us out online at: [www.clarkcountyNV.gov/parks/west-flamingo](http://www.clarkcountyNV.gov/parks/west-flamingo)**

## MUSIC, SPECIAL INTEREST & EDUCATIONAL CLASSES

Conversational Spanish	Thursday	11:00 - 12:00 pm	Comp Lab	\$26	311700-06
Chinese to English	Tuesday	9:00 - 10:30 am	Comp Lab	\$2	311700-04
Karaoke & Dancing	Friday	2:00 - 4:00 pm	Ex. Room	\$2	311700-02
Jigsaw Puzzles	Monday	9:00 - 11:00 am	Room 2	\$2	311700-05
Pathway to Poetry	Wednesday	2:00 - 3:30 pm	Comp Lab	\$2	311700-00
Speaking French	Friday	9:00 - 10:00 am	Comp Lab	\$2	311700-01
Culinary Delights Dinner Club	Wed 4/17, 5/15	4:00 - 6:00 pm	Varies	\$1	311704-02
Hiking Club	Mon 4/22, 5/20	9:00 - 1:00 pm	Varies	\$1	311704-00
Gardening Class	Tuesday	9:30 - 11:00 am	Rm 2	\$2	311700-08
Japanese Karaoke	Wednesday	4:15 - 5:15 pm	Rm 1	\$2	311700-07
Nationality Dance	Monday	12:30 - 2:30 pm	Ex Room	\$2	311700-09
Bereavement - Registration Required	Tuesday	1:30 - 2:30 pm	Comp Lab	Free	311700-03

## ARTS AND CRAFTS CLASSES

Basic Jewelry Making	Wednesday	3:00 - 5:00 pm	Room 3	\$2	311001-00
Drawing	Friday	2:15 - 3:15 pm	Room 3	\$26	311001-03
Open Sewing	Tuesday	9:00 - 1:45 pm	Room 3	\$2	911001-09
Open Crafts	Monday	9:00 - 3:00 pm	Room 3	\$2	311001-02
Knit & Crochet I	Wednesday	9:00 - 11:15 am	Room 3	\$2	311001-04
Knit & Crochet II	Wednesday	11:45 - 1:45 pm	Room 3	\$2	311001-05
Scrapbooking	Friday	9:00 - 11:00 am	Room 3	\$2	311001-06
Painting - All styles	Friday	3:15 - 5:15 pm	Room 3	\$37	311001-01
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) seat drawn 11:50 am	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	11:45 - 1:45 am	Room 3	\$2	911900-08
Open Games	Friday	9:00 - 2:30 pm	Room 3	\$2	911900-06
Learn to Play Hand & Foot Canasta	2nd/4th Tues	10:30 - 11:30 am	Room 2	\$2	911900-09

## SPORTS CLASSES Participants must register for these year round classes.

Pickleball	Wednesday	11:00 - 3:00 pm	Mp Room	\$7.50	911403-04
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	\$37	311701-00
Private Lesson	Mon - Fri	45 minutes	Lab	\$19	By Appt
Private Lesson	Mon - Fri	1 hour	Lab	\$24	By Appt

### 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. Movies are subject to change from what's advertised for the week.



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ClarkCountyNV.Gov/parks  
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## 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 \$2.00 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.

**South Point Breakfast and Movie**                      **Thursday, April 18, 2019**                      **9:00 am - 1:30 pm**  
***Registration begins on: 4/3***                      ***Cost: \$2.00 transportation***                      ***311703-00***

Enjoy breakfast and a movie at the South Point Hotel. Senior Movie Day cost is \$4.00. The movie is your choice, but based on time availability. All purchases are at your expense.

**Las Vegas Aviators Baseball**                      **Thursday, April 25, 2019**                      **5:30 - 10:30 pm**  
***Registration begins on: 4/3***                      ***Cost: \$2.00 transportation + \$13 ticket***                      ***311703-01***

Check out the LV Aviators new \$150 million, 10,000 seat ballpark in Summerlin, and cheer for them as they take on the El Paso Chihuahuas. Dinner or snacks may be purchased at the stadium.

**Ronald McDonald House**                      **Friday, April 26, 2019**                      **10:00 am - 1:30 pm**  
***Registration begins on: 4/3***                      ***Cost: \$2.00 transportation***                      ***311703-02***

A guided tour of this amazing facility that allows families to stay close to their hospitalized child at little or no cost. Learn about their volunteer opportunities and how you can help serve in our community. Lunch will be at the Palace Station Hotel.

**CC Shooting Complex**                      **Thursday, May 9, 2019**                      **9:00 am - 1:30 pm**  
***Registration begins on: 5/1***                      ***Cost: \$2.00 transportation***                      ***311703-03***

The Shooting Complex provides a safe recreational shooting experience to our residents and visitors of Clark County, and offers many other educational programs that are available to the public. We'll tour the facility and have an opportunity to shoot trap and skeet. We'll enjoy lunch there at "The Road Kill Grill."

**Eldorado Canyon Mine Tour**                      **Thursday, May 23, 2019**                      **8:30 am - 3:00 pm**  
***Registration begins on: 5/1***                      ***Cost: \$2.00 transportation, \$10 gold mine tour***                      ***311703-04***

Pack a picnic lunch and travel with us to Nelson, NV for a guided tour of the Eldorado Canyon Gold Mines, (capable walkers only please, 1/4 mi walk). Great photo opportunities of the ghost town there and other fun historical attractions. We'll enjoy lunch at the Nelson picnic area.

**Super Summer Theatre**                      **Wednesday, June 26, 2019**                      **5:15 pm - 11:00 pm**  
***Registration begins on: 5/1***                      ***Cost: \$2.00 transportation + \$17.50 ticket***                      ***311703-05***

Enjoy Spring Mountain Ranch State Park for a night of theatre to see the musical production of "A Mid-Summer's Night Dream." Be prepared to purchase tickets online, with a credit/debit card and an email address at the time of registration. Staff assistance will be provided. Bring your own picnic dinner, or purchase dinner or snacks at destination. Chair rental is \$1.00 at the park.

## Special Events

### **Spring Fling Party**

Friday, April 19  
 11:30 am - 1:30 pm  
 Cost: \$6.00  
 311801-04

Registration begins: 4/3

Shake off the winter blues and enjoy our spring get-together with friends. Entertainment, food, and raffle prizes are included.

### **Mother's Day Celebration**

Friday, May 17  
 11:30 am - 1:30 pm  
 Cost: \$6.00 each  
 311801-05

Registration begins: 5/1

Join the fun and wear your favorite spring attire in honor of Mother's Day. Enjoy lunch, entertainment, sweet treats and prizes.  
 Co-sponsored by Humana.

### **WFSC 18th Art Show**

Wed, May 29 8:00 - 4:00 pm  
 Thurs, May 30 9:00 - 11:00  
 Registration is Required  
 311801-07

Registration begins: 5/1/19

Art work will be exhibited from our various classes. Demonstrations will be conducted on the hour from 9am- 4pm on Tuesday. Light refreshments provided.