



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:
February 21 - April 3 (3rd Print)

Diane's Corner: "In the Spotlight"

Spring is approaching! As the days lengthen, the extra daylight energizes us to do some spring cleaning. This is a great time to unclutter, and think about making our homes less hazardous. The Thrift stores will welcome your donations, and there are a wide variety of wonderful and inexpensive motion detector lights that turn on and off automatically, for your safety.

Here at the center we are also cleaning our closets by donating three bins of beautifully crafted scarves, hats and blankets to Safe Nest, that our Knit and Crochet groups have made.

In a month or two, our famous hand railing will have a fresh new colorful cover, and the herb beds will be brimming with edible flowers and herbs.

Your participation, donations, and contributions all make it possible to make your time here fun, productive, and engaging. Thank you!

Your Opinion Counts!

The center has a suggestion box located near the front desk. Staff is always 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,
LARRY BROWN III, Vice-Chair
SUSAN BRAGER, CHRIS GIUNCHIGLIANI,
MARY BETH SCOW, LAWRENCE WEEKLY,
MARILYN KIRKPATRICK
DON BURNETTE, County Manager
JANE PIKE, Director of Parks & Recreation
Clark County is an Equal Opportunity Employer



Computer Lab

Monday: 1:00 - 3:00 pm
Tuesdays: 10:00 am - Noon
Wednesday: 2:00 - 4:00 pm
Thursday: 1:00 - 4:00 pm
Friday: 2:00 - 4:00 pm

All computer lab guidelines apply.
Lab use requires a membership card.

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 1 Registration Dates:

Mail In Registration begins: February 1, 2017

Online Registration begins: February 4, 2017

Walk In Registration begins: February 6, 2017

Holiday Closures: Monday, February 20, 2017 President's Day**Class Dates: (6 week session)**

Session 2: February 21 - April 3, 2017

Break Week: April 4 - 15, 2017

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.

<i>United Health Care Monthly Birthdays</i>	Wed., 3/1	10:30 - 11:30 am	Lobby	Free	Drop-in
<i>State of NV Medicare Program</i>	Tues., 3/14	10:00 - Noon	Lobby	Free	Drop-in
<i>Bingo by: New York Life</i>	Friday, 2/24	9:30 - 10:30 am	MP Room	Free	211801-00
<i>Workshop by: Differences Med Marijuana</i>	Friday, 3/3	9:30 - 10:30 am	MP Room	Free	211800-00
<i>Bingo by: Bunker's Mortuary</i>	Friday, 3/10	9:30 - 10:30 am	MP Room	Free	211801-01
<i>Bingo by: Health & Care Professionals</i>	Friday, 3/24	9:30 - 10:30 am	MP Room	Free	211801-02
<i>Bingo by: NV Health Care</i>	Friday, 4/14	9:30 - 10:30 am	MP Room	Free	211801-03

DANCE CLASSES

Line dance levels are determined by counts, turns and the complexity of step sequences taught. Beginning Basic and/or Beginning Novice and/or Introductory level students may not enroll in Intermediate/Advanced classes. Line Dance classes are limited to three classes per session.

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 Intermediate/Advanced	Monday	11:30 - 1:00 pm	Ex Room	\$2	211100-03
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 Beginning I	Tuesday	8:30 - 10:00 am	Room 1	\$2	211100-07
Beginning Tap	Friday	1:30 - 3:00 pm	Room 1	\$32	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	\$53 (\$4.50)	211101-01
Advance Tap	Mon/Wed	1:00 - 2:30 pm	Room 1	\$53 (\$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	9:15 - 10:15 am	Ex Room	\$37 (\$3.50)	211300-00
Low Impact	Tues/Thurs	10:30 - 11:30 am	Ex Room	\$37 (\$3.50)	211300-01
Exercise Line Dance	Tuesday	2:00 - 3:00 pm	Ex Room	\$2	211300-03
Chair Exercise	Tues/Thurs	11:40 - 12:25 pm	Ex Room	\$32 (\$2.75)	211300-02
Personal Training	Tues/Thurs	45 min or 1 hour	Ex Room	\$19 / \$24	By Appt.
Zumba	Mon/Wed	11:45 -12:45 pm	Room 1	\$37 (\$4.50)	211300-04
Zumba	Thursday	10:30 - 11:30 am	Room 1	\$26 (\$4.50)	211300-05
Zumba	Mon/Wed	8:45 - 9:45 am	Room 1	\$37 (\$4.50)	211300-06
Yoga	Mon/Wed	3:00 - 4:00 pm	Ex Room	\$37 (\$4.50)	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 (\$4.50)	211301-02
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	4:00 - 4:30 pm	Room 1	\$2	211303-03
Core Strengthening	Thursday	1:00 - 2:00 pm	Room 1	\$26	211304-00
Hulacise	Tuesday	12:30 - 1:30 pm	Ex Room	\$2	211300-07
Chair/Easy Yoga	Wednesday	1:45 - 2:45 pm	Ex Room	\$26	211301-03
Self Defense	Friday	2:30 - 4:30 pm	Ex Room	\$2	211302-03
Latin Dance	Tuesday	12:00 - 1:30 pm	Room 1	\$2	211102-01

MUSIC, SPECIAL INTEREST & EDUCATIONAL CLASSES

Pathway to Poetry	Wednesday	2:00 - 4:00 pm	Room 3	\$2	211700-00
Investors Discussion Group	2nd & 4th Tues	9:30 -11:30 am	Room 2	\$2	911402-03
Photography Club Trips	Tues 2/28, 3/28	9:30 - Noon	Off-site	\$1	211703-05
Bereavement Group	Tuesday	1:30 -2:30 pm	Lab	Free	211700-03
Gardening Club Speakers/project	1st Tuesday	10:30 -11:30 am	Room 2	\$1	211704-00
Gardening Club Trips	2/28, 3/14	10:30 -1:00 pm	Varies	\$1	211703-07
English the Easy Way	Tuesday	12:45 -1:45 pm	Room 3	\$2	211700-02
Chinese to English	Friday	2:00 - 3:00 pm	Room 3	\$2	211700-04
Conversational Spanish	Thursday	10:30 -12:30 pm	Comp Lab	\$37	211700-01
Hiking Club Trips	Mon 3/27	9:00 -1:00 pm	Varies	\$1	211703-03
Theatre Workshop- Improv, Scenes & Skits	Friday	3:15 -5:15 pm	Room 1	\$2	211601-00
“Culinary Delights” Dinner Club	Wed, 3/15	4:00 -6:00 pm	Varies	\$1	211704-02
“Pop It Up Friday” Movies by Humana	Friday 1st, 3rd, 5th	2:00 -5:00 pm	Mp Room	Free	Drop In

ARTS AND CRAFTS CLASSES

Basic Jewelry Making	Wednesday	4:00 - 5:00 pm	Room 3	\$2	211001-00
Painting with Jim - Beg/Adv	Tuesday	2:00 - 5:00 pm	Room 3	\$53	211000-02
Open Sewing	Tuesday	9:00 – Noon	Room 3	\$2	911001-09
Coloring Therapy/ Open Media Group	Friday	11:45 - 1:45 pm	Room 3	\$2	911001-04
Needlework	Monday	9:30 - 11:30 am	Room 3	\$2	211001-03
Plastic Canvas	Monday	1:00 - 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
Scrap Booking	Friday	9:00 - 11:00 am	Room 3	\$2	211001-06
Yarnstorming Club (public art projects)	Ongoing	Ongoing	NA	\$1	911001-06

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

Chess Club	Thursday	12:00 - 4:00 pm	Room 2	\$2	911900-10
Pinochle (single deck) *Subject to change.	Monday*	9:00 - 12:30 pm*	Room 2	\$2	911900-07
Canasta (hand & foot) seating drawn 11:55	Tues / Friday	11:40 - 4:00 pm	Room 2	\$15	911900-02
Cribbage	Wednesday	9:00 - Noon	Room 2	\$2	911900-03
Mahjong (Amer & Chinese) open play	Wednesday	1:30 - 4:30 pm	Room 2	\$2	911900-04
Party Bridge	Thursday	11:15 - 11:45 am BBL			
Party Bridge	Thursday	12:00 - 4:00 pm play	Mp Room	\$15	911900-01
Rummikub	Thursday	11:45 - 1:45 pm	Room 3	\$2	911900-00
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 (101)	2nd/4th Friday	10:30 - 11:30 am	Room 2	\$2	911900-09

SPORTS CLASSES Participants must register for these year round classes.

Horseshoes & Ladder Golf	Mon - Fri	8:00 - 4:30 pm	Pit Area	\$2	Drop In
Pickleball	Wednesday	12:00 - 4:00 pm	Mp Room	\$7.50	911403-04
Pickleball	Tuesday*	12:00 - 4:00 pm	Mp Room	\$7.50	911403-05
Wii League Play	Wednesday	9:00 - 12:00 pm	Mp Room	\$2	211400-01
Corn Hole	Wednesday	3:00 - 4:00 pm	Mp Room	\$2	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	211701-00
Private Lesson	Mon - Fri	45 minutes	Lab	\$19	POS
Private Lesson	Mon - Fri	1 hour	Lab	\$24	POS

Check us out online at: www.clarkcountynv.gov/parks



Clark County Board of Commissioners
 1000 Nevada Street, Suite 200, Henderson, NV 89002
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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 \$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.

UNLV Lady Rebel's Game **Friday, March 3, 2017** **3:45 pm - 8:15 pm**
Registration begins on 2/8 *Cost: \$3.00 + \$6.00 ticket (payable at destination)* *211703-00*

A fun night out to watch the Women's UNLV basketball team play against Fresno State. Dinner is before the game at the famous Guy Fieri's Vegas Kitchen. All expenses are on your own. Let's support the Lady Rebel's!

SeaQuest Aquarium **Friday, March 10, 2017** **9:45 am - 2:30 pm**
Registration begins on 2/8 *Cost: \$3.00 + \$6.95 (payable at destination)* *211703-01*

The newly opened SeaQuest Interactive Aquarium located at the Boulevard Mall, is sure to delight you. It features over 300 species of various exotic animals, sea life, rainforest reptiles, tropical birds, and much more. Our lunch destination will be at the Silver Seven's Hotel. Buffet cost is \$7.00 per person.

Valley of Fire State Park **Wednesday, March 22, 2017** **9:00 am - 2:30 pm**
Registration begins on 2/22 *Cost: \$5.00 (transportation fee)* *211703-02*

A trip to experience the beauty of the outdoors and the breathtaking views of one of Nevada's oldest and biggest state parks. We will tour the Visitor's Center, take an optional hike, and enjoy a barbeque lunch that will be prepared for you. You may bring snacks for yourself or to share.

Death Valley National Park **Friday, March 31, 2017** **8:00 am - 6:00 pm**
Registration begins on 2/22 *Cost: \$23.00 (transportation and admission fee)* *211703-09*

Travel by charter bus to explore Death Valley National Park, one of the most unique and beautiful areas in America. We will have a ranger guided tour at Badwater Basin, then take the scenic drive to see the wildflowers and explore some of the interesting sites along the way. Lunch will be at the Furnace Creek Resort or you may pack a lunch to bring. Please bring bottled water, a lightweight jacket, and wear closed toe shoes.

Clark County Fair **Thursday, April 13, 2017** **9:00 am - 4:00 pm**
***Registration begins on 3/22* *Cost: \$5.00 (transportation fee)* *211703-04*

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.

Thursday, March 23, 2017 at 11:00 am

World-Renowned Brazilian Concert Pianist Fernaud Canaud will provide a special performance exclusively for the patrons at WFSC. Snacks will be provided. 211801-01

Special Events

Top O' The Morning Party

Friday, March 17, 2017
 11:00 am - 1:00 pm
 Cost \$6.00
 211801-02

*Registration begins:
 February 22, 2017*

Wear your favorite green attire and enjoy a hearty Irish brunch. Live Irish music will be provided for your entertainment. Try your luck at winning a raffle prize.

Wii Bowling Tournament

Thursday, March 30, 2017
 9:30 am - 2:00 pm
 Cost: \$5.00
 208854-01

*Registration begins:
 February 6, 2017*

Travel with us to Parkdale Rec. Center as "Wii" bowl to compete with other centers for prizes and fun.

WF 16th Annual Art Show

Wednesday, April 12
 8:00 am - 4:00 pm
 Thursday, April 13, 2017
 9:00 - 11:00 am
 311801 - 07

Registration begins: March 17
 Original pieces of work will be exhibited by participants in our various classes. Demonstrations will be conducted on the hour from 9am - 4pm on Wednesday. Light refreshments provided.