

# Cora Coleman Sunrise Sounder



togetherforbetter

revised 9/2

September - December 2025

2100 Bonnie Lane  
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  
8:00 am - 2:00 pm

(702) 455-2120 or (702) 455-8508

Visit our webpage at

[www.clarkcountynv.gov/parks](http://www.clarkcountynv.gov/parks)

## CLASS REGISTRATION

	<u>Session 6</u>	<u>Session 7</u>
<u>Online Registration:</u>	Aug. 14	Oct. 9
<u>Walk-In Registration:</u>	Aug. 18	Oct. 13

## Session Dates

Session 6: Tuesday, Sept. 2 - Monday, Oct. 13, 2025

Session 7: Monday, Oct. 27 - Tuesday, Dec. 16, 2025

## Break weeks:

Monday, August 18 - Saturday, August 30, 2025

Tuesday, October 14 - Saturday, October 25, 2025,

Wednesday, December 17 - Saturday, January 3, 2026

## Center is CLOSED in observance of the holidays

Monday, September 1, 2025 - Labor Day

Friday, October 31, 2025 - Nevada Day

Tuesday, November 11, 2025 - Veteran's Day

Thursday, November 27, 2025 - Thanksgiving Day

Friday, November 28, 2025 - Family Day

Thursday, December 25, 2025 - Christmas Day

Thursday, January 1, 2026 - New Years Day

Clark County Parks and Recreation offers scholarship assistance, to those who qualify.

## Community Information

Information about volunteer opportunities for the community events will be posted via a flyer in the lobby,

Always check the board for changes to trips, classes, events and speakers.

## What's been happening here



# FITNESS CENTER

Monday - Friday: 7:15 am - 4:45 pm  
No reservation required.  
Must bring your own towel, water bottle  
and wipe down machines after use.

## MEMBERSHIP FEES:

<u>Seniors(55+)</u>	<u>Adults (50-54)</u>
\$1 per day	\$4 per day
\$5 per month	\$16 per month
\$35 per year	\$115 per year

# DANCE

## Line Dance Intermediate

Wednesdays  
1:00 pm – 2:00 pm  
Free - Upon Instructor approval

## Line Dance Beginners

Wednesdays  
2:00 pm – 3:00 pm  
Free - Space limited / No Drop Ins.

## Line Dance Advanced

Tuesdays & Thursdays  
12:00 pm - 1:00 pm  
Free - Space limited  
**Virtual classes are available on FB  
and DVD copies can be requested**

## Cumbia Dance

Mondays  
11:00 am - 11:45 am  
\$26  
*Come learn this fun new style of dance*

## African Dance

Tuesdays  
1:15 pm - 2:00 pm / Session 7 only  
This class can be done seated or  
standing with instructor William T.  
\$26

The center rents the multi purpose room  
and classrooms for parties, events and  
meetings. Think of us the next time you  
are hosting a party. See the front desk for  
more information.

The center has a wide selection of both  
DVD movies and books that are  
available to check out. Come visit our  
library and you might find something  
that interests you. All books and  
movies are free to check out.  
Participants may take up to 3 movies  
for one week. Please check with staff  
FIRST, if you are interested in donating  
books or movies. The library is  
available to sit and read in as well,  
during open program times.

# EXERCISE

## Low Impact Senior Fitness

**Mondays**  
10:00 am – 11:00 am  
**Wednesdays**  
9:30 am - 10:30 am  
**Fridays**  
9:30 am - 10:30 am  
Free - Space is limited and  
registration required.  
**No Class: 9/1, 10/31, 11/28**

## Chair Yoga

Tuesdays & Thursdays  
9:45 am – 10:30 am  
10:45 am - 11:30 am  
\$40 / no drop ins

## Dancercise

Tuesdays & Thursdays  
8:00 am - 8:45 am  
\$40

## Beat It - Cardio Drumming

Fridays, 9/19, 10/17, 11/21, & 12/19  
1:00 pm - 2:00 pm  
\$6 / per class  
Fun seated cardio driven class.

## Tai Chi

Wednesdays & Fridays  
7:30 am - 8:30 am- Beginners  
8:30 am - 9:30 am - Intermediate  
Free

# MUSIC

## African Drums

Wednesdays  
10:45 am - 11:45 am  
\$26  
Learn how to play the drums with  
instructor William T.

## Ukulele

Wednesdays  
2:00 pm - 3:00 pm  
\$26.00 / no drop ins  
Bring your own Ukelele and learn to  
play in a group setting.

Drop in fees for the above paid classes  
will be \$6.00 per drop in. Please see  
staff if you have any questions

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

# Health & Wellness

## Grief Group

1st & 3rd Mondays  
(no class 9/1, 9/15, & 10/6  
dates posted on flyer)  
11:00 am - 12:00 pm / Free  
This group is led by a professional  
grief counselor from Compassion  
Care Hospice. Online links available.

## Guided Meditation

2nd Mondays,  
9/8, 10/13, 11/10, 12/8  
11:00 am - 12:00 pm  
Free / Registration required  
Join us for an hour of relaxation.

# Language

## Book Club

Tuesdays - 10/7, & 12/9  
2:15 pm - 3:15 pm  
Free / Registration required.  
Book title will be listed  
on the flyer posted at the center.

## Conversational Spanish

Mondays,  
9:00 am - 10:00 am  
\$26.00  
This is a conversational learning  
Environment. Students will participate  
in interactive exercises.

# Device Advice

Tuesday, September 16, 2025  
12:00 pm - 1:00 pm  
Free  
Bring your phone or tablet device and  
your questions.

# Sports / Leagues

## Pickleball 101

Mondays  
8:00 am - 9:00 am  
\$26.00  
Learn basics of playing pickleball in a fun,  
inviting atmosphere.

## Lobster Drills

See flyer for details

The center is looking for instructors to teach a  
variety of classes. If you have a skill or talent you  
would like to share, please see the front desk

# Community

The center offers a variety of community  
puzzles and coloring for all to take part in.  
We offer large coloring pages, crosswords  
and word search puzzles located in the  
North hallway to engage and challenge the  
mind and your creative side. We also offer  
board puzzles in the lobby that everyone is  
welcome to help complete.

# Creative Arts

## Crochet & Knit Social Time

Thursdays

11:00 am - 1:00 pm / Free

Bring your own projects - yarn available.

## Craft Workshops

\*See flyers for dates and times.

**\$6.00 per workshop**

Supplies included. Various instructors.

Registration is required.

## Jewelry Workshops

\*Fridays 11:00 am - See Flyer for dates

**\$10.00 per workshop** / Supplies

included. Registration is required.

## Social Sewing Club

Tuesdays

10:00 am - 2:00 pm

**\$6.00 - per session**

Participants will work on their own projects. Volunteers available for questions only. Please bring your own machines, suggested supply list available. No class 10/14, 10/21, 11/11, 11/25, 12/23, 12/30

**Participants must have basic sewing skills to register.**

## Paint Workshops with L. Griffin

1st Tues. - 9/2, 10/7, 11/4, & 12/2

11:00 am - 12:30 pm / \$6.00 each

Learn to paint with acrylics.

## Adult Coloring & Diamond Art

Tuesdays

9:00 am - 10:30 am / Free

This is a social group that meets to have fun together. Come and color and craft with friends. Bring your own craft kit and coloring supplies.

## Meditative Sketch with Janet

3rd Tues. - 9/16, 10/21, 11/18, 12/16

11:00 am - 12:30 pm / \$6.00 each

Learn lines, shading and techniques.

## Wood Craft Club

Wednesdays Qrtly - 10/8

9:00 am - 10:30 am / \$1

## Painting with Lori

Wednesdays / 4 weeks

Session 6: 9/10, 9/17, 10/1, & 10/8

Session 7: 10/29, 11/5, 11/12, & 11/19

11:00 am - 12:30 pm

\$22.00 per session / \$6.00 Drop in

Learn different mediums & paint types

## Beginning Drawing 101 w/Janet

Mondays / 3 weeks

12:30 pm - 1:30 pm

Session 6: 9/8 - 9/22 or 10/13 - 10/27

Session 7: see flyer

\$16 / \$6.00 Drop

Learn the basics of drawing in this class.

# KARAOKE MADNESS

Wednesdays,

8/20, 10/1, 12/10

11:30 am - 1:30 pm / Free

Do you like Karaoke or to just sing a long? This group is open to all. .

# Let's Do Lunch

Fridays,

10/17, 11/14, & 12/5

10:30 am - 2:00 pm

\$2.00 per trip

Registration begins one week prior to the listed date. This is a social group that travels to experience international cuisines. *Min. enrollment needed.*

# Bingo

Thursdays,

9/4, 10/2, 11/6, 12/4\*

12:00 pm - 1:30 pm / Free

Registration is required per date.

\*12/4 is our semi-annual potluck.

The potluck begins at 11:30 am.

# BUNCO MANIA

Thursday 10/9 & Wednesday 12/3

12:00 - 2:00 pm / Free

Get your friends together and come learn this stimulating dice game. We play for fun prizes.

# Movie Matinees

Fridays

8/22, 9/26, 10/24, 11/21, & 12/26

2:30 pm - 4:30 pm

Free

Call for movie titles - please register. Water and popcorn available.

# CC Adventure Crew

This group does more adventurous activities than our standard trips and meet me's. Cost of all activities is paid for to the location and at the participants expense. If interested in joining this fun group, please contact the center. Trips are open to members in the crew. You must attend a meeting to be eligible to register, and trip registration is on a first come first serve basis. Choose what fits your ability level. See flyer.

**Next Meeting Date: 10/10**

# SOCIAL GAME/CLUBS

## Monday

**Train Dominos:** 8:30 am - 11:30 am

**Train Dominos:** 12:00 pm - 3:30 pm

**Pickleball Beginner Open Play:**

8:30 am - 9:30 am no play 10/6

**Cornhole:** 2:30 pm - 4:00 pm

## Tuesday

**Cornhole:** 9:00 am - 10:30 am

**Wii Bowling:** 11:00 am - 12:30 pm

Wii Holiday Party; 12/23 11:00 am \$3.00

**Wii Bowl/Golf:** 1:00 pm limited spots

**Chair Volleyball:** 1:30 pm - 3:00 pm

9/2, 9/16, 10/7, 10/21, 11/4, 12/2, 12/16

**Open Games:** 8:00 am - 11:00 am and

12:00 pm - 3:00 pm

**Scrabble:** 12:30 pm - 3:00 pm

**Ladies Billiards:** 10:30 am - 12:00 pm

## Wednesday

**Pinochle/Cards:** 12:00 pm - 4:00 pm

**Bocce Ball:** 8:00 am - 9:30 am

session 6 / session 7 starts 8:30 am

**Open Games:** 8:00 am - 11:00 am

**Ping Pong:** 8:30 am - 11:30 am

**Ladies Billiards:** 10:30 am - 12:00 pm

**Wed. Night Billiards:** 4:45 pm - 6:45 pm

9/17, 10/15, & 12/17

## Thursday

**Chinese Mah Jongg:** 9:00 am - Noon

**Learn a New Board Game:** 9:00 am -

Noon. See flyer for list of monthly

games and class date changes.

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

**Open Games:** 12:00 pm - 3:00 pm

**Ladies Billiards:** 12:30 pm - 2:00 pm

## Friday

**Wii Bowling:** 11:00 am - 12:30 pm

**Open Games:** 8:00 am - 11:00 am

and 12:00 pm - 3:00 pm

**Ladies Billiards:** 12:30 pm - 2:00 pm

## Monday - Friday

**Billiards:** 7:15 am - 4:45 pm

**Puzzles:** 7:15 am - 4:45 pm

*Horseshoes, Croquet, Shuffleboard,*

*Bocce, Cornhole, Pickleball, Frisbee*

*& 4sq. equip. available to check out.*

*All players must adhere to our center guidelines.*

# Oh no we cancelled it!

Remember to register early! Registering at the last minute may result in the class being cancelled. Adults age 50+ are given priority registration status. However, adults age 21-49 may fill activity spots, unless noted, IF they still exist within the week prior to start date.



## FIELD TRIPS & Meet Me's

### Thrifting, Antiquing & Lunch

**\*\* Thursday, September 25, 2025 \*\***  
9:00 am - 2:30 pm  
\$3.00

First Come First Serve Registration  
(FCFSR) Fri., Sept. 5th at 7:30 am

### Las Vegas Philharmonic & Dinner

Saturday, September 27, 2025  
12:30 pm - 6:30 pm

\$42.00 includes transportation.  
Bugs Bunny matinee show.

\*Lottery held Wed., Sept. 17 at 2pm

### Wetlands Walking Tour

Tuesday, October 14, 2025  
8:15 am - 10:30 am

FCFSR Wed. October 1st at 7:30 am

### Warm Springs Natural Area Tour,

#### Hike, Picnic & Ice Cream

Thursday, October 23, 2025  
9:00 am - 4:00 pm

\$3.00 plus ice cream

Bring your own picnic lunch.

\*Lottery held Friday Oct. 3rd at 2pm

### Animal Fdn. Tour /Read to Animals

Thursday, November 13, 2025  
11:00 am - 3:30 pm

\$3.00 plus lunch

FCFSR begins Wed., Oct. 22

### Bellagio Gardens and Lunch

Thursday, November 20, 2025  
9:30 am - 3:00 pm

\$3.00 plus lunch

Lottery held Wed., Oct. 22nd at 2pm

### Holiday Experience Trips

Tuesday, December 2 & 16, 2025  
See Flyer posted in November for details.

## SPECIAL EVENTS

### Team Spirit Photo Day

Wednesday, September 17, 2025  
10:30 am - 11:30 am

Dress up to show your Team Spirit  
raffles, drinks and **Photo** taken at 11am.

### Late Evenings at Cora

Wednesdays,

9/17 Paddles with Staff, 10/15 TBD, &  
12/17 Poker & Cards Night

Extended hours until 7:00 p.m.

See flyer for programed activities. Game  
room and Fitness Center will be open.

### BIG DILL Pickleball Tournament

Monday, October 6, 2025

8:00 am - 11:00 am

\$10 player / \$3 spectator

Mixed Doubles, Round Robin qualifier

### Fall Game Night & Potluck

Wednesday, October 8, 2025

3:30 pm - 6:30 pm / Free

Bring a dish to share. Reg. required.

### Don't Be A Grinch

#### Arts & Craft Fair

Saturday, October 25, 2025

9:00 am - 2:00 pm

Free to attend bring \$ to purchase  
items. Vendors applications available  
fees apply.

### Music on the Patio

October, Date TBD, 2025

5:00 pm - 6:30 pm / \$3.00

Snacks available / Reg. Required.

### Friendsgiving Music & Dancing

See Flyer for details.

Cost—TBA

### Thanksgiving Luncheon

Date -TBA

2:00 pm - 3:30 pm / Cost— TBA

See Flyer for details. Space is limited.

### Mrs. Claus's Cocoa Extravaganza

Thursday, December 11, 2025

12:30 pm - 2:30 pm

\$3.00

Enjoy an afternoon of holiday fun and a  
visit with Mrs. Claus, Cocoa & cookies,

### A Big Hearted Holiday Luncheon

Thursday, December 18, 2025

12:00 pm - 3:00 pm

Cost- TBA

Event includes meal & entertainment  
Come celebrate with friends and family.  
Registration begins on Nov. 21st.

Always check the boards for up-to-date  
information. All items listed in the  
brochure are subject to change.

## SPEAKERS & WORKSHOPS

### Lunch and Learn

**Get to know homcare, hospice  
and Medicare benefits**

Wednesday, September 17, 2025  
12:30 pm - 1:30 pm / Free

Brought to you by Maxim Healthcare,  
Compassion Crest, Summerlin  
Hospice and Humana

### Gardening Tips

Fridays, 9/19, 10/24, 11/21, & 12/19  
10:30 am - 11:30 am / Free

Receive great helpful tips from Master  
Gardener Howard Galin.

### Doc Talk - Decoding Diabetes

Thursday, September 25, 2025

1:30 pm - 2:30 pm / Free

Brought to you United Health Care

### Ask A Lawyer -

#### Senior Law Program

8/27, & 9/24, 10/22, 11/26, & 12/24

1/2 time slots available

9:00 am - 1:00 pm / Free

### Senior Information Fair

Thursday, October 2, 2025

8:30 am - 11:30 am / Free

### Doc Talk - Heart Health Matters

Wednesday, November 12, 2025

11:00 am - 12:00 pm / Free

Brought to you by United Health Care

### Protect yourself - Scam & Fraud preventions tips

Mondays

9/8 - 9/29 or 11/17 & 12/1 - 12/15

2:30 pm - 4:30 pm / Free

### AARP Presentations

#### Getting to know your Smart Phone

Thursday, October 9, 2025

8:30 am - 9:30 am / Free

#### Caring for Your Family, Friends and Loved Ones" and "Making "Cents" of Caregiving Costs"

Friday, November 14, 2025

12:00 pm - 1:30 pm / Free

### Blood Pressure Checks in Lobby

10/8, 11/14, & 12/19

9:00 am - 10:00 am / Free

### Prohibition and the Mob

Thursday, December 4, 2025

1:30 pm - 2:30 pm / Free

Presented by the LV Mob Museum

**Participants must be in the  
system and sign up for all the  
activities they wish to attend for  
each session.**

## Field Trip Registration Info



- ♦ First come first serve dates are at 7:30 am and you may register yourself only.
- ♦ **\*All registrations are done by in-person lottery system.**
- ♦ Tickets are drawn at 2:00 pm sharp!
- ♦ 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.**
- ♦ All persons must have an information card on file.