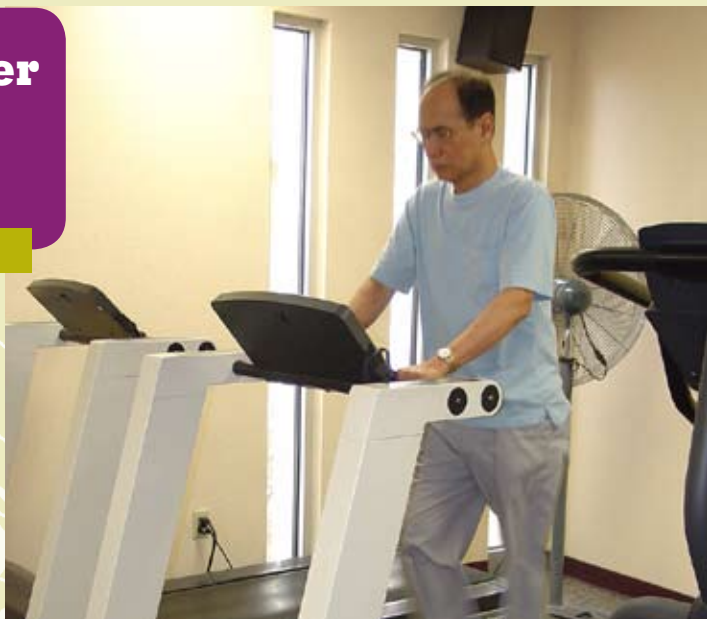


Cora Coleman Senior Center

2100 Bonnie Lane • 89156
 455-7617 • TDD 1-800-326-6868
 Monday - Friday • 7:30 a.m. – 5:00 p.m.

Kelly Salyer, Program Supervisor



Computers

Basic Computer

Mon/Wed 1:00 – 2:00 p.m. 50 & up \$25 2922.401

Intermediate Computer

Mon/Wed 2:00 – 3:00 p.m. 50 & up \$25 2922.402

Private Computer Lessons- 45 minutes

* Call to make an appointment 50 & up \$19 2922.403

Dance

Ballroom Dance

Tues/Thurs 1:00 – 2:00 p.m. 50 & up \$25 2915.405

Line Dancing (Beg)

Wednesday 2:00 – 3:00 p.m. 50 & up Free 2915.401

Line Dancing (Int)

Tuesday 11:30 – 12:30 p.m. 50 & up Free 2915.402

Line Dancing (Adv)

Monday 2:00 – 3:00 p.m. 50 & up Free 2915.403

Tap Dancing

Wednesday 3:00 – 4:00 p.m. 50 & up Free 2915.404

Exercise & Fitness

Aerobics (Low Impact)

Tues/Thurs 10:00 – 11:00 a.m. 50 & up \$25 2925.401

Chair Aerobics

Mon/Wed/Fri 10:00 – 11:00 a.m. 50 & up Free 2925.402

Strength & Stretch

Thursday 11:30 – 12:30 p.m. 50 & up \$18 2925.405

Tai Chi

Mon/Wed 8:00 – 9:00 a.m. 50 & up \$25 2925.406

Yoga

Tues/Thurs 8:00 – 9:00 a.m. 50 & up \$25 2925.403

Language

The purchase of a language book is required for language classes.

Spanish (Beg)

2nd & 4th Wed 11:00 – 12:00 p.m. 50 & up Free 2970.401

Spanish (Adv)

2nd & 4th Wed 12:00 – 1:00 p.m. 50 & up Free 2970.402

Field Trips

Call us at 455-7617 to find out about more upcoming field trips. Pre-registration is required at least one week in advance. Space is limited so register early.

Fitness Center

Membership fees: \$2 a day, \$10 a month, or \$70 a year
 The fitness center comes complete with cardiovascular equipment and resistance machines.

Guest Speakers

Please call 455-7617 for information about upcoming guest speakers. Presentations are free and range from health and wellness, community senior programs, home improvements, and senior law.

SESSION 4

Mail-In registration begins:* May 8, 2009
 † Internet registration begins: May 9, 2009
 † Walk-In registration begins: May 18, 2009
 Classes begin: June 1, 2009

SESSION 5

Mail-In registration begins:* May 8, 2009
 † Internet registration begins: May 9, 2009
 † Walk-In registration begins: May 18, 2009
 Classes begin: July 6, 2009

SESSION 6

Mail-In registration begins:* May 8, 2009
 † Internet registration begins: May 9, 2009
 † Walk-In registration begins: May 18, 2009
 Classes begin: August 3, 2009

*Mail in registration must be postmarked on or after the date indicated. †Credit card registration available for classes with Visa or Mastercard.

Social Clubs

Bridge	Thursday	1:00 p.m.	Free
Canasta	Thursday	10:00 a.m.	Free
Craft Club	1st & 3rd Tuesday	10:00 a.m.	Free
Grief & Support Group	1st & 3rd Thursday	11:00 a.m.	Free
Monopoly	Monday	1:00 p.m.	Free
Pinochle	Wednesday	1:00 p.m.	Free
Pickleball	Tues/Thurs	11:30 a.m.	Free
Pool Challenge	Mon-Fri	8:00 a.m.	Free
Scrabble	Tuesday	12:30 p.m.	Free
Shuffleboard	2nd & 4th Friday	11:30 a.m.	Free
Spanish	Wednesday	10:00 a.m.	Free
Texas Hold 'Em Poker	Friday	1:00 p.m.	Free

Special Events

June 16, July 13, August 10

Bingo

Monday	1:00 p.m.	50 & up	Free
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June 15

Words on Wheels

Monday	11:00 a.m.	50 & up	Free
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Check out books, movies, and music through the traveling Library District Van.

June 17, July 14, August 11

Movie Matinee

Tuesday	11:00 a.m.	50 & up	Free
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Enjoy a movie with friends at the center. Please bring your own snacks.

June 19

Bridging The Gap: Intergenerational Event at Cambridge Recreation Center

Friday	9:00 – 1:00 p.m.	13-17 and 50 & up	Free
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This event provides Clark County's youth with an opportunity to interact with adult role models. Participants from all Senior and Recreations Centers are invited to enjoy a variety of games and activities while making new friends.

June 25

Hawaiian Luau

Thursday	4:00 p.m.	50 & up	\$7	2960.401
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Aloha! Join us for Cora Coleman's 6th Annual Luau featuring "HOT LAVA". Enjoy an evening of dancing and a typical Hawaiian Dinner. Space is limited so sign-up soon!

July 2 – 28

AARP Defensive Driving Course

Sat – Sun	9:00 – 1:00 p.m.	50 & up	2970.503
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The AARP Defensive Driving Course offers a refresher course in the basic mechanics of driving. Defensive driving techniques under a variety of adverse conditions are highlighted. Cost is \$12 for AARP Members and \$14 for Non-AARP Members. Please pay by check or money order and present it to the instructor on the first day of class. Checks and Money Orders need to be made out to AARP.



REGISTER ONLINE

Register and pay online with your Visa or Mastercard.
Visit www.accessclarkcounty.com/parks for information.

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SESSION 5

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SESSION 6

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† Internet registration begins:	May 9, 2009
† Walk-In registration begins:	May 18, 2009
Classes begin:	August 3, 2009

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