

West Flamingo Center for Active Adults 50+

6255 W. Flamingo • 89103 • 455-7742
 Mon/Tues/Wed/Fri • 8:00 a.m. – 5:30 p.m.
 Thursday • 8:00 a.m. – 8:00 p.m.
 Closed Saturday & Sunday

Randy Reese, Program Supervisor



DAYS	TIMES	AGES	COST	REG. CODE
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Classes

Days, times, and fees are subject to change. Some exercise classes may be taken on a drop-in basis by paying a small, daily fee. Check with the West Flamingo Center's up-to-date schedule available at the front desk for the most accurate information.

Arts & Crafts

Needlework

Monday	9:30 – 11:30 a.m.	Adults 50+	Free	1105.737
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Students will learn the tools and techniques involved in creating Needlepoint, Crewel, Candlewick, Hardanger (type of embroidery), Embroidery, and Counted Cross Stitch.

Plastic Canvas Art

Monday	1:00 – 3:00 p.m.	Adults 50+	Free	1105.703
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Knit & Crochet

Wednesday	9:00 – 11:30 a.m.	Adults 50+	Free	1105.702
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Little Workshop

Wednesday	Noon – 2:00 p.m.	Adult 50+	Free	1105.705
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A self-directed group that meets to work on individual projects and share and compare different works and projects.

WF Painting

Tuesday	11:00 – 1:30 p.m.	Adult 50+	\$43	1105.713
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There will be different styles taught to the students, which will include Oils, Watercolor, and acrylic paintings.

Watercolor

Friday	Noon – 2:00 p.m.	Adults 50+	Free	1105.704
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A self-directed group that meets to work on individual projects and share and compare different works and projects.

Computers & Language

Basic Computer I

Mon/Wed	9:30 – 10:30 a.m.	Adults 50+	\$37	1122.702
Thursday	5:30 – 7:30 p.m.	Adults 50+	\$37	1122.705
Tue/Thurs	11:30 – 12:30 p.m.	Adults 50+	\$37	1122.704

Designed to help students gain an understanding of computer terminology and fundamental skills, computer hardware, and basic knowledge of word-processing. The Thursday class will be offered during Session 8 and 2 only.

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Basic Computer II

Mon/Wed	10:30 – 11:30 a.m.	Adults 50+	\$37	1122.703
Thursday	5:30 – 7:30 p.m.	Adults 50+	\$37	1122.705
Tue/Thurs	10:30 – 11:30 a.m.	Adults 50+	\$37	1122.708

Learn the basic knowledge of Microsoft Excel, Microsoft Word, and Internet Explorer. The Thursday class will be offered during Session 7 and 1 only.

Basic Computer III

Tue/Thurs	9:30 – 10:30 a.m.	Adults 50+	\$37	1122.709
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This class has three modules that will be taught to participants in the class. Module 1 will cover Digital Camera, Module 2 will cover the Microsoft Excel, Module 3 will cover the Microsoft Word.

Private Lessons – 45 minutes

Call to make an appointment	Adults 50+	\$19	1122.707
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A one on one computer instruction on specific areas of the computer. Please call to make an appointment.

Private Lessons – 1 hour

Call to make an appointment	Adults 50+	\$24	1122.710
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A one on one computer instruction on specific areas of the computer. Please call to make an appointment.

Dance

Zumba Gold

Tuesday	8:00 – 9:00 a.m.	Adults 50+	\$26	1115.708
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The program is guaranteed to provide the participant with a safe and effective total body workout! Zumba Gold creates a party like atmosphere. It is fun, different, easy and effective. It's great for the mind, body and soul of this expanding active older adult population,

Ballroom Dance

Thursday	6:00 – 7:00 p.m.	Adults 50+	\$26	1115.704
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Styles that will be taught to participants will be, Slow Waltz and Night Club Two Step.

SESSION 7

SEPTEMBER 14 – OCTOBER 16, 2009

Mail-In registration begins:*	August 14, 2009
† Internet registration begins:	August 15, 2009
† Walk-In registration begins:	September 8, 2009
Classes begin:	September 14, 2009

SESSION 8

NOVEMBER 2 – DECEMBER 11, 2009

Mail-In registration begins:*	October 16, 2009
† Internet registration begins:	October 17, 2009
† Walk-In registration begins:	October 26, 2009
Classes begin:	November 2, 2009

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Line Dance – (Level 1)
 Monday 11:30 – 12:30 p.m. Adults 50+ Free 1115.734
 This class is for people who has never done line dancing before but would love to learn.

Line Dance
 Tuesday 9:00 – 10:30 a.m. Adults 50+ Free 1115.735
 This class will teach different levels of line dancing to its students

Line Dance
 Wednesday 9:30 – 11:00 a.m. Adults 50+ Free 1115.702
 This class will teach different levels of line dancing to its students.

Line Dance (Int)
 Friday 9:30 – 11:00 a.m. Adults 50+ Free 1115.705
 This class is a more advance line dance class. You will need to have line dance experience to take this class.

Line Dance Social
 Monday 10:00 – 11:30 a.m. Adults 50+ Free 1115.701
 Friday 9:00 – 10:30 a.m. Adults 50+ Free 1115.703

Tap Dance (Beg)
 Mon/Fri 2:15 – 3:45 p.m. Adults 50+ \$53 1115.725

Tap Dance (Int) *
 Friday 3:45 – 5:15 p.m. Adults 50+ \$32 1115.715

Tap Dance (Adv) *
 Tues/Thurs 2:30 – 3:30 p.m. Adults 50+ \$37 1115.710
 * See the instructor for proper placement into the appropriate level class.

Exercise

Chair Exercise
 Tues/Thurs 11:30 – 12:15 p.m. Adults 50+ \$32 1125.701

Low Impact Exercise
 Mon/Fri 10:00 – 11:00 a.m. Adults 50+ \$37 1125.712
 Tues/Thurs 9:30 – 10:30 a.m. Adults 50+ \$37 1125.713
 Tues/Thurs 10:30 – 11:30 a.m. Adults 50+ \$37 1125.703

Hulacise (Beg)
 Tuesday 2:15 – 3:00 p.m. Adults 50+ Free 1125.749
 A light aerobic workout using Hawaiian dance steps.

Hulacise (Int)
 Tuesday 1:00 – 2:00 p.m. Adults 50+ Free 1125.739
 This class is a more advanced version of the beginner level Hulacise, with more difficult dance steps.

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Hulacise (Int)
 Thursday 1:00 – 2:00 p.m. Adults 50+ Free 1125.759
 This class is a more advanced version of the beginner level Hulacise, with more difficult dance steps.

Strength and Stretch
 Friday 11:15 – 12:45 p.m. Adults 50+ \$32 1125.723
 Boost, energy and get re-charged for activities of daily living with Strength/Stretch. Learn how to strengthen and tone muscles while burning fat and the difference between static and dynamic flexibility while practicing various movements to stretch every major muscle group. Turn your body's clock back.

Better Balance
 Monday 1:00 – 2:30 p.m. Adults 50+ \$32 1125.729
 Prevent falls, strains, and sprains with this fun and interactive balance ball class.

Chair Pilates
 Wednesday 1:00 – 2:30 p.m. Adults 50+ \$32 1125.728
 Students will practice various form of resistance training such s using free weights, resistance bands, stability balls, medicine balls, Bosu balls and their own body's weight

Yoga
 Mon/Wed 3:00 – 4:00 p.m. Adults 50+ \$53 1125.704
 Friday 1:00 – 2:00 p.m. Adults 50+ \$32 1125.715
 Improve balance, flexibility, and stamina. Must be able to get up & down off the floor.

SilverSneakers
 Tues/Thurs 8:15 - 9:15 a.m. Adults 50+ \$3 per class
 Have fun and move to the music though a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance while a chair is used for seated and/or standing support. This class is Free to SilverSneakers Fitness Program members and \$3 per class to non- SilverSneakers members. See the front desk staff to see if you are eligible for the SilverSneakers Fitness Program.

Martial Arts

Tai Chi
 Mon/Wed 11:00 – 12:00 p.m. Adults 50+ \$37 1125.708

Tai Chi (Int)
 Friday 11:00 – 12:00 p.m. Adults 50+ \$26 1125.707

Tai Chi Practice
 Mon/Fri 12:30 – 1:30 p.m. Adults 50+ Free 1125.735
 Open to anyone experienced and familiar with the 108-form Yang style of Tai Chi.

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Tai Chi – Stick

Mon/Fri 1:30 – 2:00 p.m. Adults 50+ Free 1125.755
 Open to anyone experienced and familiar with the 108-form Yang style of Tai Chi.

Self-Defense for Older Adults

Friday 11:00 – 12:30 p.m. Adults 50+ Free 1125.719
 This class teaches Kenpo Karate techniques and is taught specifically with older adults in mind.

Special Interest

Acting / Singing

Monday 2:00 – 3:00 p.m. Adults 50+ Free 1145.7 11

Acting /Singing

Monday 3:00 – 4:00 p.m. Adults 50+ Free 1145.713

Playwriting

Monday 4:00 – 5:15 p.m. Adults 50+ Free 1145.712

Friday Matinee

Every Friday at 2:30 p.m. a new release movie is shown featuring free popcorn.

September 21 & 22, October 5 & 6, November 16 & 17, December 7 & 8

AARP Defensive Driving

Attend the AARP Defensive Driving class and learn some tips on how to avoid the hazards of everyday driving. Many car insurance providers offer discounts to those who successfully complete the class. Payment must be by check for \$12 for AARP members and \$14 for Non-AARP members. It is paid directly to AARP on the first day of the class. Must attend both class to receive certificate. Appointment needed.

Sports

Please call the center for information for any sport of interest.

Pickle Ball – Ongoing

Wednesday 1:30 – 3:00 p.m. Adults 50+ Free 1175.198
 This is a relatively new activity and has become one of our most popular sports. Participants play on a modified court in a relaxed, non-competitive environment.

Billiards, Basketball Shoot, and Table Tennis – Ongoing

Tues/Thurs 8:00 a.m. – 5:15 p.m.
 Mon,Wed, Fri 8:00 a.m. – 1:30 p.m.
 The center has one regular pool table, basketball shoot, and two table tennis tables. The game room is open anytime during our regular center hours. The Center has an ample supply of cue sticks and paddles.

Flamingos Walking Club – Ongoing

Mon/Wed/Fri 7:30 – 8:30 a.m. Adults 50+ Free 1125.111

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Games

There are many fun and exciting games and activities offered at West Flamingo. Please visit the center and see what is offered for active seniors age 50+! Games do not have instructors, therefore, experience and knowledge of the games is needed.

Bridge-Non Point Duplicate

The group welcomes new players, however anyone wishing to play should call the center at 455-7742 for the coordinator’s phone number to reserve a spot to play.

Thursday 5:00 – 8:00 p.m. Adults 50+ Free

Bridge-Party	Tues/Thurs	12:00 – 4:00 p.m.
Canasta (Hand & Foot)	Tuesday	Noon – 4:00 p.m.
Canasta (Hand & Foot)	Friday	Noon – 4:00 p.m.
Cribbage	Wednesday	9:00 a.m. – Noon
Dominoes	Thursday	2:00 – 4:00 p.m.
Pinochle (Single)	Monday	9:00 a.m. – Noon
Pinochle (Double)	Mon/Wed	12:30 – 3:30 p.m.
Scrabble	Thursday	10:00 a.m. – 4:30 p.m.
Cards	Friday	9:00 - 11:30 a.m.

Special Events

October 26

Halloween Spooktacular

Monday 5:30 – 8:00 p.m. Adults 50+ \$12 1160.801
 Join West Flamingo as we celebrate our 3rd annual Halloween Spooktacular. The evening will be filled with entertainment, catered meal, raffle prizes and much more. Registrations begins on Monday, September 28th at 8:00am.

December 14

Holiday Party

Monday 5:30 – 8:00 p.m. Adults 50+ \$12 1160.877
 Join West Flamingo as we celebrate our annual Holiday Party. The evening will be filled with entertainment, catered meal, raffle prizes and much more. Registrations begins on Monday, November 16th at 8:00am.

December 31

New Years Eve Luncheon

Thursday 11:00 – 12:30 p.m. Adults 50+ \$10 1160.819
 Come and celebrate the New Year of 2009 with West Flamingo with a catered meal, twelve-noon celebration, and a look back at 2009. Registration will be on November 30th at 8:00 a.m.

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Field Trips

West Flamingo Senior Center offers a variety of fields for the active adults. Please call the center for a schedule of trips and registration dates. Trips fill up quickly and space is limited please register early.

September 23, 2009

Eldorado Canyon Mine Tour and Picnic

Wednesday 9:00 a.m. – 3:00 p.m. Adults 50+ Free* 1130.712
 Come and enjoy this treasure in the desert. Eldorado Canyon Mine Tours is based in Eldorado Canyon at the historical Techatticup Mine. It's the oldest, richest and most famous gold mine in Southern Nevada. Located 45 minutes outside of Las Vegas, this trip will provide a one hour historical mining tour on the Colorado River at the mouth of Black Canyon below Hoover Dam. Transportation will be provided. *You will need to bring \$12.50 cash on the day of the tour and your own lunch. Registration will begin on Monday, August 24th at 8:00 a.m.

September 28, 2009

Railroad Hiking Trail and Picnic

Monday 10:00 a.m. – 2:00 p.m. Adults 50+ Free 1130.724
 Join us on the Railroad Hiking Trail at Lake Mead. This easy, level, wide gravel walk is for beginners. We will hike under 5 tunnels, which are each 300' long and 25' in diameter. This tunnel trail follows the elevated railroad bed used to haul supplies used in construction of Hoover Dam 1931 – 1935. Transportation is provided, but you need to bring your own lunch and water. Registration begins on Monday, August 31st at 8:00 a.m.

October 7, 2009

UNLV Recycling Center and Lunch Trip

Wednesday 11:00 a.m. – 2:00 p.m. Adults 50+ Free 1130.720
 Come and join us as we visit UNLV Recycling Program. This program was formed by UNLV Environmental Studies undergraduate senior thesis. Started in July 1995 after the Board of Regents approved a \$1 per student per semester fee. In the first years of this program UNLV collected about 2 tons per WEEK. Currently they are collecting over 2.6 tons per DAY. We will get a tour of the program and warehouse. After the tour, we will have lunch at Jason's Deli. Transportation will be provided, but lunch is at your own expense. Registration begins on Monday, September 8 at 8:00 a.m.

October 22, 2009

Henderson Bird Preserve and Picnic

Thursday 10:00 a.m. – 2:00 p.m. Adults 50+ Free 1130.710
 Come and join us as we visit the Henderson Bird Preserve and Water Reclamation Facility. The Preserve is home to thousands of migratory waterfowl as well as numerous resident desert birds. There are nine ponds available for birding, surrounded by both paved and soft surfaces. The paved path is approximately 3/4 of a mile long and is accessible by wheelchair. The soft surfaces are mostly level and allow for easy walking. We also recommend that you wear appropriate clothing and comfortable, sturdy shoes. Bring water, a hat, and wear sunscreen. If you do not have binoculars, the Preserve has some available for loan. You will need to bring your own lunch, but transportation will be provided. Registration begins on Monday, September 21st at 8:00 a.m.

November 3, 2009

The District at Green Valley Ranch and Lunch Trip

Tuesday 11:00 a.m. – 3:00 p.m. Adults 50+ Free 1130.811
 Come and join us as we travel to the heart of Green Valley, you'll find a mixed-use metropolitan community like no other in the city. A place to shop for the latest fashions, home furnishings, unique art and jewelry or try new cuisine from a variety of restaurants and cafes. It's also a place to stroll along the tree-lined main street, to read a book under a tree, or enjoy an afternoon picnic. They feature special events, live music and free movies under the stars brings the entire community together. We will have lunch at the Elephant Bar. Transportation will be provided, but lunch is at your own expense. Registration begins on Monday, October 5th at 8:00 a.m.

December 17, 2009

West Flamingo Holiday Lights Tour

Thursday 5:30 – 9:00 p.m. Adults 50+ \$3 1130.888
 Come, sit back and relax with some hot chocolate and snacks, as we enjoy the Holiday lights throughout the valley. We will even stop at Ethel M Chocolate Factory to see their Holiday cactus Garden. Fee will cover the cost of the refreshments and snacks. Registration will begin on November 16th at 8:00 a.m.

www.accessclarkcounty.com/parks

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