

CORA COLEMAN SENIOR CENTER

2100 Bonnie, Las Vegas, NV 89156

(702) 455-7617

Serves Older Adults 50+

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

Online Registration can
be found at:

[www.ClarkCountyNV.Gov/
ParksRegistration](http://www.ClarkCountyNV.Gov/ParksRegistration)

Registration is currently open for Session 5
Session 6: Online August 23 Walk-In August 26,
2024

Session 6: Monday, Sept. 3 - October 12, 2024

Break weeks:

Monday, July 8 - Saturday, July 13, 2024

Monday, August 19 - Saturday, August 31, 2024

Center is CLOSED in observance of the holidays

Monday, September 2, 2024 - Labor Day

Friday, October 25, 2024 - Nevada Day

Thursday, November 28, 2024 - Thanksgiving

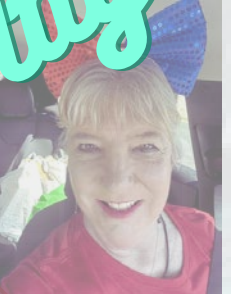
Friday, November 29, 2024 - Family Day

Wednesday, December 25, 2024 - Christmas

What's Been Happening Here



Live Papa & Play



Clark County Department of Parks and 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 participants in our programs. We are committed to provide assistance to those with mental and physical disabilities who required special accommodation to participate in a program or activity.

Fitness Room

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

MEMBERSHIP FEES:

Seniors(55+)

\$1 per day

\$5 per month

\$35 per year

Exercise

Low Impact Senior Fitness

Mondays

10:00 am – 11:00 am

Wednesdays - beginning 5/29 there will be video only ex. 7/10

9:30 am - 10:30 am

Fridays

9:30 am - 10:30 am

Free - Space is limited and registration required.

No Class:

9/2

Virtual classes are available on FB and DVD copies can be requested.

Chair Yoga

Tuesdays & Thursdays

9:45 am – 10:30 am

10:45 am - 11:30 am

\$40

Dancercise

Tuesdays & Thursdays

8:00 am - 8:45 am

\$40

Drop in fees for the above paid classes will be \$7.00 per drop in. Please see staff if you have any questions

Beat It - Cardio Drumming

Friday, 9/20, 10/18, 11/15, & 12/20

2:00 pm - 3:00 pm

\$5 / 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

African Drums

Wednesdays - 8/2, 9/11, 10/9, 11/6 & 12/4

9:30 am - 10:15 am

\$5.00 / per class

Learn how to play the drums with William T.

Dance

Line Dance Intermediate

Wednesday

1:00 pm - 2:00 pm

Free - upon instructor approval

Line Dance Beginners

Wednesday

2:00 pm - 3:00 pm

Free - Space is limited

Line Dance Advance

Tuesday & Thursday

12:00 pm - 1:00 pm

Free - Space is limited

African Dance

Tuesdays - 9/10, 10/8, 11/5, & 12/3

1:15 pm - 2:00 pm

\$5.00 per class

Class can be done standing or in a chair for those with mobility issues. Taught by William T.

Cumbia Dance

Mondays

11:00 am - 11:45 am

\$26.00 per class

Class can be done alone or with a partner.

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

The assistance helps pay for classes and activities throughout the year. See front desk for details.

Creative Arts

Wood Craft Club

Come and enjoy time with others who enjoy coloring. Bring your own books and supplies or use what the center has to offer.

Wed 11/13 9:00 am - 10:30 pm

\$1 each date

registration is required.

Craft Workshops

The center has a variety of different craft workshop instructors that teach fun projects throughout the year. Supplies are included in the fee, unless noted. See flyers posted at the center workshop dates, times and projects.

Various dates/Time TBA - See Flyers

6.00 per workshop

registration is required.

Jewelry Workshops

All supplies are included in this educational class. Instructor is a professional jewelry artist. See flyer for dates and registration information.

Fridays 11:00 - 2:00 pm

\$6.00 per workshop

registration is required

Sewing Class / Club

Come and enjoy time with others who enjoy like to sew and quilt. This class works on instructor led projects and their own projects each session. donated fabric is available. Please bring your own machine.

Tuesdays 10:00 am - 2:00 pm

Cost: \$6.00

registration is required.

Paint Workshops with L. Griffin

Learn to paint with acrylics. Different techniques will be learned each month. All supplies provided.

1st Tuesdays 11:00 am - 12:30 pm

Cost: \$6.00 each workshops

registration is required.

Sketching with Janet

Learn skills to improve your drawing ability. Participants will learn lines, shading and diff. techniques. All supplies provided.

3rd Tuesdays 11:00 am - 12:30 pm

Cost: \$6.00 each workshops

registration is required.

Fun with Art w/Dan

Come learn different fun art techniques with our instructor who is a retired CCSD Art teacher. Each month is a different theme.

2nd Tuesdays 2:00 pm - 3:30 pm

\$6.00 per class

registration is required.

Painting with Lori

Come and enjoy this fun class. Each week focuses on a different project, and paint medium. This class does watercolors too. *See flyer for exact dates.

Tuesdays* 11:00 am - 12:30 pm

Cost: \$22.00 4-week class session

registration is required.

Health & Wellness

Grief Group
Monday -
9/16, 10/7, & 10/21
11:00 am - 12:00 pm
Free

This group is led by a professional grief counselor Compassion Care Hospice.

Guided Meditation
2nd Mondays,
9/10 & 10/14
11:00 am - 12:00 pm
Free

Join us for an hour of relaxation.

Creative Arts Continued

Adult Coloring

Come and enjoy time with others who enjoy coloring. Bring your own books and supplies or use what the center has to offer.

Tuesdays 9:00 am - 10:30 pm

Free
registration is required.

Crochet & Knit Social Time

Come and enjoy time with others who enjoy this creative art. Bring your own projects. Yarn is available. Volunteer instructor is on hand to assist.

Thursdays 11:00 am - 1:00 pm

Free
registration is required.

Community Coloring

The center offers community coloring pages for all to participate in completing. They are located in the north hallway and change by the season.

Social Activities

Bingo

Come and enjoy a few games of Bingo with friends. Keep fit, active, and socialize!

Thursdays 12:00 pm - 1:30 pm

8/1, 9/5, 10/3, 11/7 & 12/5

Free
registration is required.

Bunco

Come and enjoy playing Bunco for prizes. Meet new people and have fun.

TBD - see flyer 12:00 pm - 2:00 pm

Free
registration is required.

Movie Matinees

Come enjoy a monthly movie on our large screen TV. Movie titles listed on flyer posted each month.

Fridays 2:30 pm - 4:30 pm

9/27, 10/18, 11/22, & 12/27

Free
registration is required.

Karaoke Madness

Do you like to Sing and or just come to listen. This is an open group.

Wednesdays 12:00 pm - 2:00 pm

8/14, 9/4, 10/16, 12/18

Free
registration is required.

Let's Do Lunch

Make new friends, while we travel around town to experience different culinary delights. This is a social group that tries international cuisines.

Fri. 8/23 12:00 pm - 2:00 pm

Free
registration is required. minimum
enrolled needed to not cancel dates.

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. Check board for current flyer.

Trip TBD

Next Meeting Date: October 18

Registration is required for all trips/meeting

GAMES & SOCIAL CLUBS

Monday

Train Dominos: 8:30 am - 11:30 am or
12:00 pm - 3:30 pm
Pickleball: 8:30 am - 9:30 am (resumes
9/9)
Pickleball holiday party 12/9
Cornhole: 2:30 pm - 4:00 pm
Tournament 10/9 at 10:30 am

Tuesday

Cornhole: 9:00 am - 10:30 am
(no cornhole 11/5)
Wii Bowling: 11:00 am or 1:00 pm
(1pm limited spots) (no bowling 11/5)
Chair Volleyball: 2:00 pm - 3:30 pm
see flyer for specific dates and times
Open Games: 8:30 am - 11:30 am
Scrabble: 12:30 pm - 3:00 pm
Ladies Billiards: 10:30 am - 12:00 pm

Wednesday

Pinochle: 12:00 pm - 4:00 pm
Bocce Ball: 8:30 am - 10:00 am (resumes
9/4)
Ping Pong: 8:30 am - 11:30 am

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

Friday

Wii Bowling: 11:00 am
Wii Bowl / Golf: 1:00 pm - 2:00 pm.
4-Sq. Pickleball: 2:00 pm - 3:30 pm
See flyer for specific dates and times

Monday - Friday

Billiards: 7:15 am - 4:45 pm
Ping Pong: 7:15 am - 4:45 pm
Puzzles: 7:15 am - 4:45 pm ***NEW***
Horseshoes, Croquet, Shuffleboard, Bocce,
Cornhole, Pickleball, Frisbee & 4sq equip.
available to check out:
All players must adhere to our center
guidelines.
Players wanted for all games!

Registration is required for all games

FIELD TRIPS

Join us for fun, educational and exciting
excursions. Lottery registration is
required, dates noted under each trip.
Trips are non- refundable. Trips may be
cancelled due to low enrollment, so
please sign up early. Additional fees
may apply and will be noted. Please
arrive 15 minutes before departure
time to sign additional waivers as apply.
No perfume on van trips. Flyers will be
posted at the center for upcoming trips.
Information coming soon about Fall
Trips. Check with the center for
up-to-date information.



FIELD TRIP REGISTRATION INFO



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.

SPECIAL EVENTS

The center hosts a variety of special events for the senior community. All events are for 50+ unless noted. See flyers posted at the center for more details.

11th Annual Silver Pins Wii Bowling Tournament

Wednesday, September 25, 2024

9:00 am - 1:30 pm

Cost: \$7 player / \$5 spectator

3-4 player teams required

(must list the center playing for)

Registration required - begins Aug. 19th

Come join us for some fun, friendly competition. Teams from across the valley come an play for bragging rights and prizes. Don't miss out on the fun. Fee includes snacks, lunch and prizes for players.

Senior Information Fair

Thursday, October 3, 2024

8:30 am - 11:30 am

Cost: Free

No registration required

Stop by to collect information relevant to seniors. Vendors from various organizations will be here to talk to. Raffle will be held at 11:15 for those that came through the fair.

Big Dill - Qualifiers for Sunset Park Tournament

Monday, October 7, 2024

8:30 am - 10:30 am

Cost: \$5.00

10 Team limit - Registration required

Played on the outdoor courts.

The Gurkins

Let's Mix It Up - Pickleball Tournament

Thursday, October 10, 2024

8:30 am - 11:30 am

Cost: \$7.00

20 Team Limit - Registration required

Teams will be mixed up by level and for fun.

Fall Mix Doubles Bocce Tournament

Wednesday, November 13, 2024

8:30 pm - 12:00 pm

Cost: \$7.00

Registration required - begins October 14th

Get a team together and have fun with other with this skill based outdoor sports.

This portion intentionally left blank. Any additional information about events can be obtained by contacting the center

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..

GUEST SPEAKERS AND WORKSHOPS

Clark County Social Services

Quarterly 1st Tuesday - 9/3, & 12/3

10:00 am - 12:00 pm

Free - Information Table

Health and Aging Tips Monday, September 16

11:00 am - 12:00 pm

Free - Registration Required

Representatives from the UNLV Cane Lab will be here to present this information. Learn Helpful tips for caring for your self and to age well.

Gardening Tips for Fall Friday, October 11

11:00 am - 12:00 pm

Free - Registration Required

Representatives from the UNLV Cane Lab will be here to present this information. Learn Helpful tips for caring for your self and to age well.

Serving Seniors w/NV Legal Services Thursday, October 24, 2024

11:00 am - 1:00 pm

Free - Registration Required

Representatives from Nevada Legal Services will be on hand to answer questions about POA and estate planning information. Notary will be on hand.

Computers

Open Computer Lab

The center has one computer available for participant use during business hours.

Device Advice

Tuesdays - Quarterly

9/17, & 12/17

12:00 pm - 1:00 pm

A representative from the CCLDLV will be here to teach you. Bring your tablet or phone and your questions.

Language

Book Club

Tuesdays - October 1 & December 3, 2024

2:15 pm - 3:15 pm

Free

Registration required

Book title listed on flyer

Questions will be given at the meeting and club is directed by our book club coordinator.

Conversational Spanish

Mondays

9:00 am - 10:00 am

\$26 - 5 week sessions

Registration required -

See flyer for class dates.

Classes taught by our bi-lingual instructor. You will learn words, phrases and pronunciation.

Library

The center has a wide selection of both DVD movies and books that are available for use. Come visit our library and you might find something that interests you. All books and movies are free to check out. We are not accepting any donations of books at this time.

The library is available to sit and read during open program times.

Puzzles

The center offers a variety of community puzzles to take part in. We offer crossword and word search puzzles located in the North hallway to engage and challenge the mind. We also offer puzzles in the lobby that everyone is welcome help complete.



Rentals

The center rents the Multi Purpose Room and classrooms for community/family events and meetings. Think of us the next time you are hosting an event. Clark County regulations apply. See the front desk for more information and to complete and application.