



West Flamingo Senior Center

6255 W. Flamingo Road, Las Vegas, NV 89103



<p>Hours of Operation: Monday-Friday 8:00am-5:30pm Saturday-Sunday CLOSED</p> <p>Contact Information: Phone- 702-455-7742 Fax- 702-367-3264</p>	<p>Important Phone Numbers: WF Pool- 702-455-4192 Clark County Senior Advocate- 702-455-7051 CCPR Administration- 702-455-8200 CCPR Aquatics- 702-455-7798 Non-emergency assistance- 311 Emergency Assistance- 911 Nevada 211- 211</p>
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Dance Classes

Line Dance Intermediate 1	Monday Monday	9am – 10:30am 10am – 11:30am	MP Room Room 1	\$3 \$3
Line Dance Intermediate 2	Tuesday Thursday	10:30am – Noon 9am – 10:30am	Room 1 MP Room	\$3 \$3
Line Dance Intermediate 3	Wednesday Friday	10:00am – 11:30am 10:00am – 11:30am	Room 1 Room 1	\$3 \$3
Advanced Beg. Line Dancing	Tuesday	8:30am – 10:00am	MP Room	\$3
Exercise Line Dance	Tuesday	2:00pm – 3:30pm	EX Room	\$3
Partner Dance	Tuesday	3:30pm – 4:30pm	EX Room	\$2
Korean Dance / Line Dance	Mondays	10:00am – 11:30am	EX Room	\$3
Beginning Tap	Tues/Friday	1:00pm – 2:30pm	Room 1	\$53 Drop-in \$4.50
Intermediate Tap	Tues/Thurs	2:30pm – 4:00pm	Room 1	\$53 Drop-in \$4.50
Advanced Tap	Mon/Wed	1:00pm – 2:30pm	Room 1	\$53 Drop-in \$4.50
Ballroom Dance	Monday	3:00pm – 5:00pm	MP Room	\$4
Japanese Dance Beginning	Thursday	1:45pm – 2:30pm	EX Room	\$2
Japanese Dance Intermediate	Thursday	2:30pm – 3:15pm	EX Room	\$2
Japanese Dance Advanced	Thursday	3:15pm – 5:15pm	EX Room	\$4
Chinese Traditional Dance	Thursday	12:00pm – 2:00pm	Room 1	\$4
Nationality Dance	Monday	12:30pm – 2:30pm	EX Room	\$4
Junxin Dace	Monday	4:15pm – 5:15pm	Room 1	\$2

Special Interest Classes & Activities

Karaoke & Dancing	Friday	2:00pm – 4:00pm	EX Room	\$4
Japanese Karaoke	Wednesday	4:15pm – 5:15pm	Room 1	\$2
Pathway to Poetry	Wednesday	2:00pm – 3:30pm	Comp Lab	\$3
Acting & Improv	Friday	3:00pm – 5:00pm	Room 1	\$4
Korean to English	Monday	9:00am – 10:00am	Room 2	\$2
Meditation	Wednesday	8:00am – 9:30am	EX Room	\$3

Sports Activities

Pickleball	Wednesday	10:00am – 2:00pm	MP Room	\$7.50 (year)
Table Tennis/Billiards	Mon – Fri	8:00am – 5:00pm	Game Room	\$15 (year)
Wii Bowling	Thursday	8:00am – 11:45am	Room 3	\$2 (year)

Exercise & Fitness Classes				
Low Impact	Tues/Thurs	10:30am – 11:30am	EX Room	\$37 (\$4.50)
Chair Exercise	Tues/Thurs	11:45am 12:30pm	EX Room	\$32 (\$2.75)
Zumba	Mon/Wed	8:45am – 9:45am	Room 1	\$37 (\$4.50)
	Mon/Wed	11:35am – 12:35pm	Room 1	\$37 (\$4.50)
	Thursday	10:30am – 11:30am	Room 1	\$26 (\$4.50)
	Friday	8:45am – 9:45am	Room 1	\$26 (\$4.50)
	Friday	10:30am – 11:30am	Room 1	\$26 (\$4.50)
Zumba for Beginners	Tues/Thurs	8:00am – 9:00am	Room 1	\$37 (\$4.50)
Yoga	Mon/Wed	3:00pm – 4:00pm	EX Room	\$37 (\$4.50)
	Friday	11:30am – 12:45pm	EX Room	\$30 (\$6.00)
Yoga for Beginners	Friday	10:15am – 11:15am	EX Room	\$26 (\$4.50)
Chair Yoga	Wednesday	1:45pm – 2:45pm	EX Room	\$26 (\$4.50)
Thai Chi Practice	Mon/Thurs	12:15pm – 1:15pm	MP Room	\$4
Thai Chi	Tuesday	10:30am – 11:30pm	MP Room	\$26
Stretch & Relax	Mon/Fri	9:00am – 10:00am	EX Room	\$37 (\$4.50)
Hulacise	Tuesday	12:30pm – 1:45pm	EX Room	\$3

Arts & Crafts Classes & Activities				
Open Art Studio	Friday	2:00pm – 4:00pm	Room 3	\$37
Basic Jewelry Making	Wednesday	2:30pm – 4:30pm	Room 3	\$4
Open Sewing	Tuesday	9:00am – 1:45pm	Room 2	\$2 (year)
Open Crafts	Monday	9:00am – 3:00pm	Room 3	\$2
Knit & Crochet I	Wednesday	9:00am – 11:15am	Room 3	\$4
Knit & Crochet II	Wednesday	11:45am – 1:45pm	Room 3	\$4

Card Groups & Table Games				
Canasta Learn to play Canasta	Tues/Friday	11:40am – 4:00pm	Room 2	\$15 (year)
	By Appt	By Appt		\$2
Cribbage	Wednesday	9:00am – Noon	Room 2	\$2 (year)
Mahjong	Wednesday	1:00pm – 4:30pm	Room 2	\$2 (year)
Party Bridge	Thursday	11:15am – 4:00pm	Room 2	\$15 (year)
Open Games	Thurs/Fri	9:00am – 2:00pm	Room 3	\$2 (year)

Private Computer Lessons	Game Room
Private one on one computer lessons 45 minute lesson (\$19) 60 minute lesson (\$24) (By Appointment)	Ping Pong & Billiards available Monday – Friday 8:00 am – 5:00 pm \$15 per year

<p><u>Session 1 Registration Information</u> Classes run January 6th to February 14th Mail-In: Wednesday, November 20th Online: Friday, November 22nd Walk-In: Monday, November 25th</p>	<p><u>Session 2 Registration Information</u> Classes run February 24th to April 4th Mail-In: Wednesday, January 29th Online: Friday, January 31st Walk-In: Monday, February 3rd</p>
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Workshops, Activities, and Guest Speakers

Outsmart Your Smart Phone	Thursdays 9:15am – 10:45am	\$3.50 (weekly)
Bingo	Friday (1/3 & 1/17) 9:30am – 11:30am	Free
Movie Matinee	Friday (1/3) @2:00pm	Free
Social Media Attack *New Series Alert* <i>Each month a West Flamingo Staff will present easy and unique ways on how to navigate a respective social media outlet. Topic: YouTube</i>	Tuesday (1/14) 11:00am - 11:45am	Free
Culinary Club @ Chickpeas 6110 W. Flamingo Road	Wednesday (1/15) 4:00pm	Free
Seniors Eating Well *New Series Alert* <i>This Nutrition Class is an 11 week program. The class will meet once a week for an hour. The Cooperative Extension Organization will be hosting this class.</i>	Thursday (2/6 – 4/16) 8:30am – 9:30am Registration date: 1/7/2020 @12pm	Free
Senior Census Job Fair Workshop Come learn about Part-Time employment working for the US 2020 Census.	Wednesday (1/8) 8:30am	Free
Field Trips		
Hiking Club	Monday (1/27) 9:00AM – TBD	\$2 <i>Transportation fee</i>
Bellagio Hotels' Botanical Garden <i>Enjoy a morning at the Bellagio Hotels', world renowned, Botanical Gardens. The afternoon will be spent having Lunch at the Park MGM outdoor restaurants. *Dress warm*</i>	Thursday (1/9) 9:00am - 3:00pm Registration date: 12/17/2019 @12pm	\$2 <i>Transportation fee + \$\$ for lunch</i>
Breakfast & a Movie <i>Enjoy an All-day buffet restaurant at South Point casino with American, Mexican, Chinese & Italian cuisines. After, you may catch a film playing at the Cinemark Theatre located inside the South Point casino.</i>	Thursday (1/16) 9:00am – 2:30pm Registration date: 12/17/2020 @12pm	\$2 <i>Transportation fee + \$\$ for Movie & Buffet</i>
Mob Museum Tour <i>Explore the real stories and actual events of Mob history through interactive exhibits and one-of-a-kind Mob and law enforcement artifacts. Afterwards, we will enjoy lunch at the surrounding restaurants in the area.</i>	Thursday (2/6) 9:00am – 2:30pm Registration date: 1/21/2020 @12pm	\$2 <i>Transportation fee + \$16.95 Museum Entry (bring payment day of field trip)+ \$\$\$\$ for lunch</i>
Journey Through Jazz – Black History Month Celebration <i>Arbor View High School Jazz Band under the direction of Paul Beuning at the Clark County Library. The show will also include Artist Lemar Guillary. Prior to attending the show we will have dinner at the local Flamingo Eatery which includes restaurants like chipotle, pieology, and etc...</i>	Tuesday (2/18) 5:30pm – 9:00pm Registration date: 2/4/2020 @12pm	\$2 <i>Transportation fee + \$\$ for dinner</i>



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Special Events

<p>Soup & Sandwich Social <i>Enjoy a delicious soup and sandwich while participating in trivia and bingo! Prizes will be provided for the winners!</i></p>	<p>Friday (1/10) 11:00am – 12:30pm Registration date: 12/17/2019 @12pm</p>	<p>\$5</p>
<p>Birthday Club <i>Sign up for our monthly birthday celebration where we indulge in cake & ice cream while celebrating birthdays.</i></p>	<p>Friday (1/31) 11:00am – 12:00pm Registration date: 12/17/2019 @12pm</p>	<p>Free</p>
<p>VGK Watch Party <i>Come watch our Vegas Golden Knights take on the Tampa Bay Lightning. Snacks will be provided. The game is scheduled to begin at 4pm.</i></p>	<p>Tuesday (2/4) 3:30pm - 7:00pm Registration date: 1/21/2020 @12pm</p>	<p>\$3</p>
<p>Black History Celebration @ The Pearson <i>Festivities, Food and Fun will surround us as we celebrate Black History Month at Clark County Parks and Recreations' Pearson Community Center.</i></p>	<p>Friday (2/7) 10:30am – 3:30pm Registration date: 1/21/2020 @12pm</p>	<p>\$2 <i>Transportation fee + FREE entry & food</i></p>
<p>Sweethearts Luncheon <i>Join us as we celebrate the day of love and appreciation for one another. We are having a Sadie Hawkins themed celebration, so we ask that you and a partner come dressed alike. The best dressed pair will win a prize, so come dressed in your best matching sets.</i></p>	<p>Friday (2/14) 11:00am – 2:30pm Registration date: 1/28/2019 @12pm</p>	<p>\$8</p>

Registration Guidelines

Registration for Special Events, Workshops, Guest Speakers, and Field Trips will be on a first come, first served basis. You must be present to register. Registration will begin at 12:00pm approximately 2 – 3 weeks prior to the scheduled activity. Please check the exact registration dates listed above for each activity.

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