

Cora Coleman Sunrise Sounder



togetherforbetter

2100 Bonnie Lane
Las Vegas, NV 89156
(702) 455-7617

May - August, 2024

What's been happening here

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

CLASS REGISTRATION

Session 3 - Walk-in registration began March 11

| | | |
|------------------------------|------------------------|------------------|
| Online Registration: | Session 4&5 | Session 6 |
| | May 16 | August 23 |
| Walk-In Registration: | May 20 | August 26 |

Session Dates

Session 4: Monday, June 3 - Saturday, July 6, 2024

Session 5: Monday, July 15 - Sat., Aug. 19, 2024

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

Break weeks:

Monday, May 27 - Saturday, June 1, 2024

Monday, July 8 - Saturday, July 13, 2024

Monday, August 19 - Saturday, August 31, 2024

Center is CLOSED in observance of the holidays

Monday, May 27, 2024 - Memorial Day

Wednesday, June 19, 2024 - Juneteenth Day

Thursday, July 4, 2024 - Independence Day

Monday, September 2, 2024 - Labor Day

Shelly's Shout Out

Welcome to Summer! I look forward to seeing you at the many trips, events and recreation programs Christina and Jeff have created. Summer is always a special time of the year, and it reminds me of lemonade stands, baseball games, water fights and fireworks. Enjoy it and I hope it is memorable!
Have a wonderful summer - Shelly G.



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:

| Seniors(55+) | Adults (21-54) |
|---------------|----------------|
| \$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

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

African Dance

Tuesday, 6/25, 7/9, & 8/13

1:15 pm - 2:00 pm

\$5.00 / per class

This can be done standing or in a chair for those with mobility challenges.

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 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 staff.

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 - 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 Classes:

5/27, 5/29, 6/10, 6/19, & 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

\$30

Dancercise

Tuesdays & Thursdays

8:00 am - 8:45 am

\$30 / Session 4 only

Drop in fees for the above paid classes will be \$5.00 per drop in. Please see staff if you have any questions

Beat It - Cardio Drumming

Friday, 5/17, 6/14, 7/26, & 8/16

1:00 pm - 2:00 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

Friday - 6/7, 7/12, & 8/2

9:30 am - 10:15 am

\$5.00 / per class

Learn how to play the drums with instructor William T.

Clark County Parks and Recreation offers scholarship assistance, to those who qualify. The assistance helps pay for classes and activities throughout the year. See the front desk for details.

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 or activity.

Health & Wellness

Grief Group

Monday -

5/6, 5/20, 6/3, 6/17, 7/1, 7/15, 8/5, & 8/19

11:00 am - 12:00 pm

Free

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

Guided Meditation

2nd Mondays,

5/13, 6/10, 7/8, & 8/12

11:00 am - 12:00 pm

Free

Join us for an hour of relaxation.

Clark County Social Services

Quarterly 1st Tuesday - 6/4

10:00 am - 12:00 pm

Free - Information Table

Language

Book Club

Tuesdays - 6/4, & 8/13

2:15 pm - 3:15 pm

Free / Registration required.

Book title will be listed on the flyer.

Conversational Spanish

Fridays - 5 week sessions

8:00 am - 9:30 am / \$26

Participants should bring paper and a pencil. See flyer for class dates.

Device Advice

Tuesday, June 18, 2024

12:00 pm - 1:00 pm

Free

Bring your phone or tablet device and your questions.

COMPUTERS

Open Computer Lab

The center has one computer available for participant use.

Private Computer Lessons

to be offered this summer.

Look for flyer to be posted soon.

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.

Creative Arts

Crochet & Knit Social Time

Thursdays

11:00 am - 1:00 pm / Free

Bring your own projects - yarn available.

Craft Workshops

*See front desk for dates and times.

\$6.00 per workshop

Supplies included. Various instructors.

Registration is required.

Jewelry Workshops

*See front desk for dates and times.

\$6.00 per workshop / Supplies included.

Registration is required.

Sewing Class/Club

Tuesday, (no class 6/11)

10:00 am - 2:00 pm

\$6.00 per session

Registration is required!

Participants will work on projects, learn new techniques. Beginners welcome.

Paint Workshops with L. Griffin

1st Tues. - 5/7, 6/4, & 7/2

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

Learn to paint with acrylics.

Adult Coloring

Tuesdays

9:00 am - 10:30 am / Free

Color for fun with friends

Sketching with Janet

3rd Tues. - 5/21, 6/18, 7/16, & 8/20

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

Learn lines, shading and techniques.

Wood Craft Club -

Wednesdays Qrtly - 5/8, & 8/14

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

Painting with Lori

Wednesdays / 4 weeks

Session 3 - 4/17, 4/24, 5/1, & 5/15

Session 6: Dates upcoming

11:00 am - 12:30 pm

\$20.00 per session / \$6.00 Drop in

Learn different mediums & paint types

Shekera Gourd Workshop

Friday - 5/31, & 6/7 2 week class

10:30 am - 12:00 pm / \$11.00

Cowry Beading with Baba T.

Tuesday - 6/25, 7/9, & 8/13

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

Fun with Art

Wednesday, 5/22, & 8/21

2:00 pm - 3:30 pm / \$6.00 each

Discover the fun in creating art using a variety of methods.

New volunteer instructor Dan.

KARAOKE MADNESS

Wednesday,

5/15, 6/12, & 8/14

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

Friday,

5/10, 6/21, 7/12, & 8/23

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. Minimum enrolled needed.

Bingo

Thursday,

5/2, 6/6, 7/11, & 8/1

12:00 pm - 1:30 pm / Free

Registration is required per date.

Semi-Annual Potluck 6/6.

BUNGO MANIA

Thursday, July 25, 2024

12:00 pm - 2:00 pm

Free

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

Movie Matinees

Friday,

5/24, 6/28, 7/26, & 8/23

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. Check board for current flyer.

Upcoming Poss. Trips: Rail Cars, Kayaking, Helicopters and Ski Lifts

Next Meeting Date: 5/10, & 8/16

SOCIAL GAME/CLUBS

Monday

Train Dominos: 8:30 am - 11:30 am or 12:00 pm - 3:30 pm

Pickleball: 8:30 am - 9:30 am (ends 5/20 and resumes 9/9)

Cornhole: 2:30 pm - 4:00 pm
Tournament 5/29 at 10:30 am

Tuesday

Cornhole: 9:00 am - 10:30 am
(no cornhole 6/4, & 6/11)

Wii Bowling: 11:00 am or 1:00 pm
(1pm limited spots) (no bowling 6/4 & 6/11)

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
(ends 5/29 and resumes 9/4)

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 or 1:00 pm
(1pm limited spots)

Wii Golf can be played at 1:00 pm as well.

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.

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

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 the activity date.

FIELD TRIPS & Meet Me's

Lion Habitat Rescheduled
Thursday, May 9, 2024

Meet Me at the Neon Museum
Look for a flyer to be posted at the center.

SeaQuest and Lunch
Monday, June 17, 2024
9:00 am - 2:30 pm
\$2.00 plus \$15.00 cash day of Lottery held Thursday, May 30th

Will be replaced - see flyer
~~Lunch & Coroner's Office Tour~~
Wednesday, July 3, 2024
TBD - see flyer
\$2.00 plus purchases
Lottery held Tuesday, June 18th

Super Summer Theater
Thursday, August 1, 2024
5:30 pm - 11:00 pm
\$2.00 plus tickets purchased online
Dinner and chairs can be purchased.
Lottery held on Wednesday, June 12th

Camp Lee Hike and Picnic Lunch
Wednesday, August 7, 2024
8:30 am - 3:30 pm
\$2.00 plus lunch
Enjoy the weather, a nice hike. Bring your picnic lunch at Camp Lee.
Lottery Held on Thursday, July 25th

Breakfast & LVMPD Search/Rescue
Thursday, August 15, 2024
9:30 am - 3:00 pm
\$2.00 plus purchases
Enjoy an informative tour of the Las Vegas Metropolitan PD's Search and Rescue division.
Lottery held on Thursday, August 9th

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

Summer Splash Events
Thursday, June 20, 2024
Thursday, July 18, 2024
Thursday, August 8, 2024
8:00 am - 10:00 am
\$1.00 to register and \$1.00 on day of event for pool entry fee
Come have fun with friends at this 5th Annual pool party just for seniors.

Red White and Blue BBQ
Wednesday, June 26, 2024
12:00 pm - 2:30 pm
\$6.00
Enjoy some great food and good music.

Open House
Wednesday, July 10, 2024
8:30 am* - 3:00 pm / Free
Meet our instructors see some demos.
Break for a lunch and learn at 11am

Inter-generational Games & Donuts
Wednesday, July 17, 2024
9:00 am - 11:00 am / \$1.00
Come have fun playing Minute To Win It games with the BP Day Camp Youth.

VIP Art Show
Wednesday, July 24, 2024
8:30 am - 3:00 pm
Free - No registration required
Demos, and meet the artists
Call For Artists reg. begins 5/28

Movies on the Big Screen (Patio)
Tuesday, August 13, 2024
4:00 pm - 6:30 pm
Free includes popcorn and drinks.
Registration is required. Flyer to be posted.

Game Night Social & Potluck
Wednesday, August 21, 2024
3:30 pm - 6:30 pm / Free
Have fun playing games with friends.
See flyer for more details.

Hot Shot's Doubles Tournament
Thursday, August 22, 2024
8:30 am - 12:00 pm
\$5.00 per player / Includes prizes and snacks. Registration required

Camp Silver Pines
Wed. Sept. 11 - Fri. Sept. 13th
See flyer for more details.

11th Annual Silver Pins
Wii Bowling Tournament
Wednesday, September 25, 2024
\$7.00 Player / Spectator
Registration begins Mon, Aug. 19th

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

SPEAKERS & WORKSHOPS

Wound Care Education
Thursday, May 2, 2024
11:00 am - 12:00 pm
Free
Presented by a wound care specialist from Valley Health Systems

Prohibition - the best thing to happen to organized Crime
Thursday, May 2, 2024
1:30 pm - 2:30 pm
Free
Presented by the Mob Museum
Don't miss this great presentation.

Seniors on the Go
Monday, May 6, 2024
8:30 am - 9:30 am
Free
Learn how to use the transit system.

Caregiving Mindfulness
Friday, May 17, 2024
11:00 am - 12:00 pm
Free
Learn about being a caregiver and taking care of yourself. Presented by UNLV Cane Research Lab.

Lunch and Learn
Wednesday, June 5, 2024
11:00 am - 12:00 pm / Free
Topic is Hydration safety

Information Table in Lobby
Wednesday, June 12, 2024
9:00 am - 12:00 pm
Free - bagels available.
Learn about benefits available to those who worked at the Test Site.

Pizza and Trivia Fun
Thursday, June 13, 2024
11:30 am - 12:30 pm
Free
Come win some prizes while learning good health related information.

Independent Tips - Lunch & Learn
Wednesday, July 10, 2024
11:00 am - 12:00 pm
Free
Tips for Remaining Independent and What you need to know.

Fraud Prevention & Awareness
Wednesday, July 31, 2024
11:00 am - 12:00 pm
Free
Presented by a Social Security Administration representative.

End of Summer Gardening Tips
Friday, August 23, 2024
11:00 am - 12:00 pm
Free
Come enjoy an informative talk with Master Gardener Howard Galin.

Lunch and Learn
Wednesday, August 21, 2024
11:30 am - 12:30 pm / Free
Understanding Palliative & Hospice Care
Presented by Infinity Hospice Care.