

WALNUT HOT SPOT NEWSLETTER

3075 N. Walnut Rd. * Las Vegas, NV 89115 * (702) 455-8402

Monday-Friday: 7:00 a.m. - 2:00 p.m.
Saturday & Sunday: Closed

CENTER CLOSURES

Walnut Recreation Center will be closed
on the following days:

January 1- New Year's Day

January 15- Martin Luther King Jr. Day

February 17 - President's Day

OH NO, YOU'VE CANCELLED IT!

Remember to register early and at
the Front Desk! At some point, a
decision must be made on whether
or not to cancel a program due to the
lack of participation. Avoid
disappointment by registering early!

COME JOIN US!

I hope that you find that this
newsletter is chock full of new
activities and fun things to do! As
always, please feel free to attend our
monthly Senior Meeting to provide
your ideas and input on what we plan
for you! Senior Meetings are held on
the first Wednesday of the month at
11:00 a.m.

ACTIVITY REGISTRATION INFORMATION

Activity registration will occur
on the first Monday of the
month, unless otherwise
noted on the activity. All
field trips (Breakfast Club &
Getaway Fridays) have a \$2
transportation fee due at
time of registration. Most
field trips are free, but some
will have an advertised
admission price. All meals
and souvenirs are on your
own. All activities are on a
first come, first served basis.
All registration will occur
either online
(www.clarkcountyNV.gov/parks)
or Walnut Recreation
Center's
Front Desk.



BREAKFAST & A MOVIE

Join us for breakfast and a movie! Breakfast will be at a location of your choice within the destination listed below and movie will be at your choice at the theater. All expenses for breakfast & movie are on your own.

REGAL CINEMA @ BOULDER STATION

JANUARY 8
9:00 A.M. - 2:30 P.M.

AMC @ RAINBOW

BREAKFAST AT:
CHICK-FIL-A
FEBRUARY 12
9:00 A.M. - 2:30 P.M.

REGAL CINEMA @ SUNSET STATION

MARCH 18
9:00 A.M. - 2:30 P.M.

SPECIAL EVENTS

VALENTINE'S DAY LUNCHEON

FEBRUARY 7
11:00 A.M. - 1:00 P.M.

BLACK HISTORY EVENT

FEBRUARY 21
11:00 A.M. - 1:00 P.M.
FREE

LUNCH & CANVAS

MARCH 20
12:00 - 2:00 P.M.
FREE

GETAWAY FRIDAY (FIELD TRIPS)

ALL FIELD TRIP TIMES ARE APPROXIMATE AND MAY CHANGE DUE TO UNFORSEEN CIRCUMSTANCES. A \$2 TRANSPORTATION FEE, PAID AT TIME OF REGISTRATION, SECURES YOUR SPOT ON THE BUS. WE DO NOT ALLOW "MEET UP'S" ON FIELD TRIPS.

BOWLING & LUNCH @ THE SILVER NUGGET

Join us for a game or two of bowling at The Silver Nugget! Games are \$1, per person, per game, plus shoe rental.

Lunch at the Silver Nugget after bowling.

JANUARY 10
10:00 A.M. - 2:00 P.M.

MYSTERY TRIP

Join us for a mystery destination trip! More information will follow with clues to where we are headed. During the trip, we will enjoy lunch with friends.

JANUARY 24
9:00 A.M. - 2:00 P.M.

MOB MUSEUM & TRIPLE GEORGE GRILL

Let us take a free, self-guided tour of the Mob Museum and eat a delicious lunch at Triple George Grill (lunch is on your own).

FEBRUARY 14
8:30 A.M. - 2:30 P.M.

ALVIN AILEY REVEALED @ SMITH CENTER

Truly great dance can be a window to the heart and soul, revealing our deepest selves and giving form to memories and dreams. Let us take you on a path of discovery as we watch the Alvin Ailey perform their newest dance series!

We will have a dinner stop and onto the 7:30 p.m. show!

MARCH 27
4:30 - 10:00 P.M.

\$28, in CASH, for Admission due by 2/25

Please note that there will be no refunds for ticket cancellation per Smith Center refund policy

LAUGHLIN OVERNIGHT FIELD TRIP

Join us for our annual overnight trip to Laughlin, Nevada! We will be staying at the Edgewater Hotel & Casino! Rates are \$31.50 per single person/private room or \$15.75 for double occupancy/shared room. Please see Audrey or Carol for reservation procedures!

MARCH 10-11
9:00 A.M. DEPARTURE ON 3/10
12:00 P.M. RETURN TIME ON 3/11

SENIOR FITNESS

Walnut Recreation's Center's fitness room offer comprehensive and conditioning equipment at a stellar price! Memberships can be purchased on a daily, monthly or yearly basis. A personal trainer is available for a fee. Bottled water is allowed in the Fitness Room and all participants must bring a towel and appropriate attire and footwear.

FITNESS ROOM

MONDAY - FRIDAY 7:00 A.M. - 8:00 P.M.

SATURDAY 10:00 A.M. - 2:00 P.M.

FREE

INDOOR WALKING TRACK

Enjoy walking in a safe and climate controlled environment! You are welcome to wear your headphones and converse with friends, while getting your steps in! Walking may take place from 7:00 - 10:00 a.m., but is at Instructor's discretion while classes are held in gymnasium.

MONDAY - FRIDAY

7:45 A.M. - 9:00 A.M.

FREE

(uninterrupted, safe zone time)

HEALTHY HEART

Healthy Heart is a low-impact aerobic exercise program that has been specially developed for senior adults! Please bring a towel, water and wear your slip resistant shoes.

TUESDAYS/THURSDAYS

10:00 - 10:30 A.M.

FREE

SENIOR BOOT CAMP

Healthy Heart is a medium-impact aerobic exercise program that has been specially developed for senior adults! Please bring a towel, water and wear your slip resistant shoes.

TUESDAYS/THURSDAYS

10:30 - 11:00 AM.

FREE

SENIOR YOGA

Join us as we slowly move through moves to build strength, flexibility and discover our inner stillness.

WEDNESDAYS

9:00 - 10:00 A.M.

\$26 (6 WEEK SESSION STARTING 1/7/20)

SCHOLARSHIPS ARE AVAILABLE FOR 50% OFF

WEEKLY SOCIAL ACTIVITIES

OPEN CARD GAMES

Open Social Games includes Wii Bowling, Spades, Rummikub and more! We are always welcome to learn new games as well!

MONDAY - FRIDAY

9:30 A.M. - 2:00 P.M.

QUILTING CLUB

Bring all of your materials for your project and use our space and some sewing machines.

THURSDAYS

8:00 A.M. - 3:00 P.M.

MONTHLY ACTIVITIES

ALLEGRO: INTERACTIVE CONCERTS

The Las Vegas Philharmonic provides interactive concerts to us! We will be led through a concert using small percussion instruments, voice and other instruments! Don't miss this new activity!

1/13, 2/10 & 3/9

10:00 - 11:00 A.M.

BRING A FRIEND BINGO

Bring your friend and join us for a few games of bingo, prizes and more!

1/22, 2/19 & 3/25

11:00 A.M. - 12:30 P.M.

BIRTHDAY CLUB

Celebrate monthly birthdays with our Hot Spot Seniors. Cake and ice cream provided.

1/28, 2/18 & 3/31

11:00 A.M. - 12:00 P.M.

LUNCH BRUNCH

This is a fun monthly senior get together at a local restaurant (we will try a different one each month).

Please register at the Front Desk so we know how many will make it to this outing.

All expenses on your own.

1/17, 2/7 & 3/16

11:00 A.M. - 12:30 P.M.

MOVIE DAY

Like watching movies? Bring your lunch and enjoy a movie. Titles will be released at start of month.

1/6, 1/27, 2/3, 2/24, 3/2 & 3/23

11:30 A.M. - 1:30 P.M.

SENIOR MEETING

Monthly meetings to plan future activities and events.

All suggestions welcome!

1/7, 2/5 & 3/4

11:00 A.M. - 12:00 P.M.

COMMUNITY GARDEN PROJECT

Walnut Recreation Center has a dedicated Senior Garden bed. With the help of the Master Gardeners of NV Cooperative Extension and you, we are able to grow a variety of vegetables, fruits, herbs and flowers.

SENIOR GARDEN CLUB

Join us as we tend to, plant and harvest herbs, fruits and vegetables grown in our very own garden bed! Please bring a bottle of water and all tools are provided.

Please register at the Front Desk.

DATES & TIME TBA

FLYER WILL BE RELEASED WHEN THE SCHEDULE IS COMPLETE

WORKSHOPS

ESTATE PLANNING WITH NEVADA LEGAL SERVICES

Join us as we learn how we can plan our final affairs and arrangements in this informative seminar.

JANUARY 15

11:00 A.M. - 12:00 P.M.

VALENTINE'S DAY CAKE POP WORKSHOP

Join us as we learn how to make festive cake pops! These are a great and delicious way to trick or treat someone!

FEBRUARY 11

10:00 - 11:30 A.M.

CATARACT & GLAUCOMA SCREENING

Shepard Eye Center will be visiting Walnut to conduct free cataract & glaucoma screenings!

FEBRUARY 19

11:00 A.M. - 12:00 P.M.

HANDS ONLY CPR (DEMO ONLY)

The American Red Cross will demonstrate ways to help others with the hands only CPR technique. Please note; this class does not provide CPR certification.

MARCH 18

11:00 A.M. - 12:00 P.M.

ST. PATRICK'S DAY COOKIE DECORATING WORKSHOP

Join us as we learn how to make festive cookies! These are a great and delicious way to treat yourself or a special leprechaun in your life!

MARCH 6

10:00 - 11:30 A.M.

CHECK THE SENIOR HOT SPOT FOR MORE UPCOMING & EXCITING WORKSHOP OPPORTUNITIES!

COMMISSIONER WEEKLY



DISTRICT D
COMMISSIONER
LAWRENCE
WEEKLY

WE THANK
COMMISSIONER
WEEKLY FOR HIS
CONTINUED
SUPPORT OF
WALNUT
RECREATION
CENTER
PROGRAMS,
PARTICIPANTS,
COMMUNITY &
STAFF!