

Clark County Parks and Recreation
“ Where FUN Happens!”
Programs & Services for Seniors
May 7, 2008

Urban Facilities:

9 Urban Community Centers and one Cultural Center with program offerings for seniors

- 2 Community Centers -Dedicated exclusively for seniors
 - West Flamingo
 - Cora Coleman
- 2 Community Centers - offers a senior wing or building dedicated to senior programs
 - Parkdale
 - Whitney
- 6 Community Centers & 1 Cultural Center – These are multi-generational centers that offer dedicated senior programs as well as multi-generational services including seniors
 - Winchester
 - Walnut
 - Cambridge
 - Desert Breeze
 - Hollywood
 - Paradise

3 year-round pools & 12 Seasonal pools

- 2 Indoor pools dedicated to seniors
 - Cora Coleman
 - West Flamingo
- 1 multi-generational pool
 - Desert Breeze offers multi-generational programs as well as dedicated senior
- 12 seasonal pools with open swim, lap swimming & exercise classes
 - Cambridge
 - Desert Inn
 - Paradise
 - Parkdale
 - Sunrise
 - Sunset
 - Indian Springs
 - Overton/Logandale

Rural Programs:

- Laughlin
- Searchlight
- Sandy Valley – new facility under construction
- Cal-Nev-Ari – new facility just opened
- Indian Springs
- Overton – new facility under construction

Ages

Clark County recognizes seniors as age 50 and up.

Programming

We recognize the vast difference in interests, abilities, activity levels & income levels & program accordingly. We offer programs at no-charge, low cost and at cost.

- Self-paced activities
(Fitness rooms, computer labs, gym, game rooms, Open lounge like the Cactus Room at Paradise, massage chairs)
- Low organized activities
(Card games, social clubs, birthday clubs, recipe exchange, movie times)
- Organized classes, programs and events.
(Classes, events, workshops, field trips, guest speakers, Wii bowling leagues, no stakes poker tournaments)
- Camp Silver Pines
- Volunteer opportunities

Benefits

- Fitness – Many activities are available to support the health and wellness of our participants.
- Social interaction – Participation in our activities provides seniors with social interaction. It allows them to form relationships with others that share common interests. They make friends who take a personal interest in them as well as form bonds with the staff.
- Information – many of our programs provide information that is helpful to seniors. This information can keep them from being taken advantage of and also provide resources to meet their needs.
- Motivation – Many of our participants look forward to participation in our programs.

Partners/Resources

Centers and staff work very closely with other departments and entities. Senior Advocate and Social Services are just two of these examples. Staff often provides resources to seniors to help them with their needs.

We work with Catholic Charities who provides senior workers for some of our programs. We have a departmental volunteer program, which enlists seniors to work at centers and as park ambassadors.

Fit For Life is an agreement with Senior Dimensions that was a groundbreaking partnership that began in 2003. Senior Dimensions pays Clark County for their members to attend fitness related classes, fitness rooms and lap swimming.

“Silver Sneakers” is a similar partnership with Humana/Healthways. It is the nations leading exercise program for older adults. Eligible members receive a free fitness membership and silver sneakers fitness classes.

We also partner with AARP for Defensive Driving and Tax preparation.

Clark County Senior Advocacy has regularly scheduled times at various centers to provide assistance to seniors.

Challenges/Gaps/Needs

- Transportation
- Food
- Many events or programs have a higher demand than we can accommodate
- Increased promotion and support of preventative health care