

SENIOR AND DISABLED CITIZENS CAT DIAL-A-RIDE TRANSPORTATION

On December 5, 1994, the Regional Transportation Commission of Clark County (RTC) will be offering the community a much expanded dial-a-ride, or paratransit, transportation system for disabled persons and senior citizens as part of the Citizens

Area Transit (CAT) system. In recent weeks senior citizens have expressed confusion in letters to newspaper editors about this new service. These citizens may be responding to inaccurate information distributed by persons not associated with the

RTC that seniors will not be transported by the CAT if they were not previously certified as having a disability.

Persons who establish with the RTC their eligibility as disabled under the Americans With Disabilities Act, even temporarily, will be eligible for

rides whenever they call for a reservation.

However, all persons 65 years and older, even if they may not be aware they may qualify with an ADA disability, should call to reserve a ride. CAT paratransit personnel will help with the very simple

disability eligibility certification process. The RTC wants to assure readers that no person 65 years or older will be refused a ride on the CAT paratransit service simply because they have not yet established disability eligibility.

Residents and visitors in Las

Vegas who have questions about their CAT paratransit service are encouraged to call CAT-RIDE (228-7433). Persons in Clark County communities outside of Las Vegas Valley may call 1-800-228-3911, toll free, to obtain paratransit system and eligibility information

SENIOR NEWS

DOOLITTLE SATELLITE SENIOR CENTER

The Doolittle Satellite Senior Center, located inside the Doolittle Community Center, T 1901 N. "J" St., (at W. Lake Mead) is open to people age 55 and older from 10 a.m. to 2 p.m., Monday through Friday.

Please call 229-6125 to confirm the time and date of the activity and to sign up.

Legal advice and other senior services are offered from 10 a.m. to noon, Thursday, Nov. 7 to people 60 years and older. Appointments must be made in advance by calling 229-6596.

The Healthy Strides Group meets at 10 a.m., every Monday an Friday. Chair Exercise classes meet at 10 a.m., Tuesday and Thursday. Bingo is played at noon every Tuesday and Thursday.

Sewing and stitching classes meet at 12 noon every

Wednesday.

A sketching class with Mitch meets at 10 a.m. every Friday.

"55 Alive," a two-day refresher driver course, is offered from 10 a.m.-2 p.m., Nov. 8-9. An \$8 fee is charged to attend. Call the Center for details, how to pay, and to sign up.

Table tennis is played Monday, Wednesday, and Friday at 11:00 a.m.

Bowling is offered Monday's at 12 noon.

Square Dancing is taught Friday's at noon.

Free blood pressure checks are offered Nov. 3 at 11 a.m.

SENIOR CENTER

Ongoing activities for people 55 and older take place from 8 a.m. to 4 p.m., Monday through Friday at the Derfelt Senior Center, 3333 W. Washington Ave., in Lorenzi Park. A one-time \$1 registration fee must be paid upon enrollment to each

class, in addition to the class fee.

The Following programs are included:

Ballroom Dance Classes taught by Jim Pedersen meet every Monday from 11:30 a.m.-12:30 p.m. The class is for beginners or people who would like to brush up on technique and style. A partner is not necessary. Cost is \$3 per class.

Oil Painting for all levels of students, with Joyce Jackson, at 8:30 a.m. every Tuesday. Cost is \$3 per class.

Crochet/Knit Class meets at 9 a.m. every Monday with instructor Peg Fleck. Learn to crochet and/or knit, or bring your own current project. Cost is \$1 per class.

T.O.P.S. (Take Off Pounds Sensibly) #98 meets at 9 a.m. every Thursday. Learn to control weight and correct diet in a supportive atmosphere with peers. Meetings feature guest speakers, literature, and weigh-ins. For more information, call 363-2126.

Yoga Stretch meets at 9 a.m. every Wednesday and Friday for on hour and a half of gentle exercise. Yoga is great for circulation with no strain to the joints in the body. Cost is \$2 per class.

Silver State Card Club consist of bridge players who meet from 11:15 a.m.-3:00 p.m. every Thursday. There is no charge to attend; membership dues only. Call 384-5442.

SENIORS UPDATE DRIVING SKILLS

Pre-registration is required for people 55 ad older to attend

"55 Alive" AARP's two-day refresher driving course at the Las Vegas Senior Citizens Center, 450 E. Bonanza Rd.

The course is offered twice monthly. Daytime sessions meet from 1-5 p.m., Nov. 16 & 17...

Evening sessions meet from 6-10 p.m., Nov. 21 & 22.

The course is designed for drivers who experience age-related physical changes, such as declining perceptual skills. highlights include "rules of the road" review, local driving hazards, and accident-prevention measures.

All automobile insurance companies in Nevada provide premium reductions to graduates of "55 Alive."

Payment will not be accepted at the door. The cost is \$8 ad pre-registration must be made by calling 792-4091. Classes are limited to 30 people.

For registration information, call 792-4091.

ROLL OUT THE BARREL ANNUAL FOOD DRIVE

Community Food Bank's second annual ROLL OUT THE BARREL holiday food drive begins November 1st and runs through December 31, 1994.

Community Food Bank will provide barrels to businesses, schools, and organizations who wish to participate. Decorate and fill your barrels with non-perishable food items and return to Community Food Bank. ROLL OUT THE BARREL is designed to stock Community Food Bank for emergency food assistance during the winter months which

are traditionally high demand months in our community.

Community Food Bank is a provider of emergency food and other related services to the poor, hungry, and homeless throughout Southern Nevada. 100 Charitable agencies and an average of 32,000 individuals per month benefit from donated food stocked and distributed by the Community Food Bank. To participate in ROLL OUT THE BARREL, call Community Food Bank at 459-3663. Barrels are available for delivery or pick up.

Having a Family Reunion?

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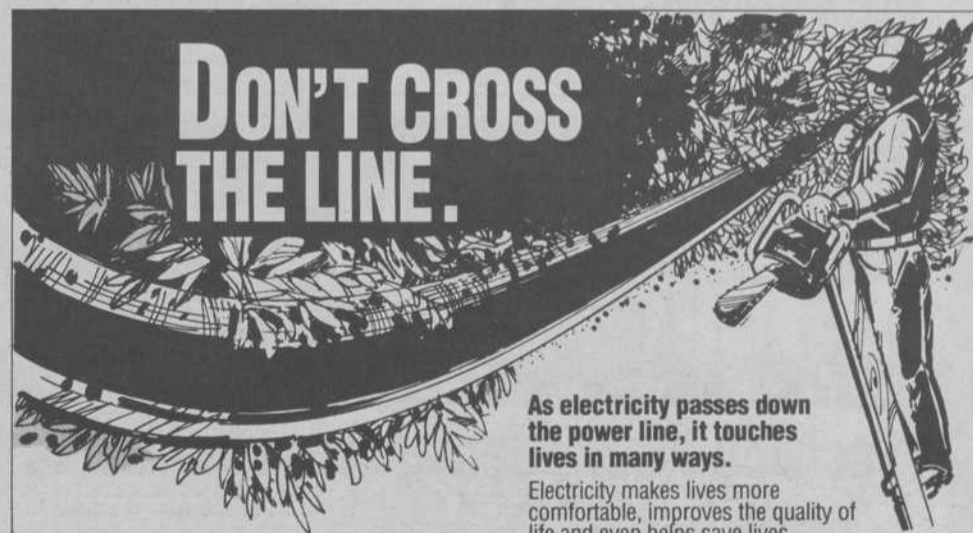
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458-1008**



DON'T CROSS THE LINE.

As electricity passes down the power line, it touches lives in many ways.

Electricity makes lives more comfortable, improves the quality of life and even helps save lives.

But electricity also demands respect:

- Don't work or play near overhead power lines
- Avoid fenced areas surrounding substations
- Don't open neighborhood transformer boxes
- Don't operate electric appliances near water
- Don't overload household outlets
- Repair or replace damaged electric cords in your home

BE ALERT, stay away from all power lines. Lives depend on it.



WE CARE ABOUT YOUR SAFETY.

Gamble & Oram Attorneys at Law



Clarence Gamble
Attorney at Law

Focusing on:
**Family Law
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Neither the State Bar of Nevada nor any agency of the State Bar has certified any lawyer identified here as a specialist or expert. Anyone considering a lawyer should independently investigate the lawyers credentials and ability.

384-5563