

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 and 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.

DERFELT 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

The LAS VEGAS SENTINEL-VOICE

attend; membership dues only. Call 384-5442.

WHITNEY SENIOR CENTER ACTIVITIES

Seniors are invited to participate in one or all of the scheduled activities scheduled in January at the Whitney Senior Center, 5700 Missouri, 455-7576. Whitney Center is located near Tropicana and Boulder Highway and is a division of Clark County Parks and Recreation.

Dr. Myles H. Bader, author of 4001 Food Facts and Chef's Secrets will present a talk covering cooking tips, staying healthy and time saving household hints on Monday, January 9 at 10:30 a.m. courtesy of the Fremont Medical Center.

The following medical services will be held on Thursday, January 19, from 9:00-10:30 a.m.: a free vision evaluation sponsored by

Shepherds Eye center, a non-fasting Cholesterol check sponsored by the Heart Institute of Nevada; and a blood pressure check provided by a representative from UMC.

A trip to Arizona Charlie's will be taken on Friday, January 20 for two sessions of bingo and dinner, (seniors pay for bingo). Transportation will leave the Center at 1:00 p.m. and return around 6:15 p.m. Limited seating

is available and advance reservations are required.

Joseph H. Shepp, Congressional District #1 Team Members will talk about new changes in Medicare on Thursday, January 30 at 10:30 a.m.

Other activities at the Whitney Senior Center include arts and crafts classes, dance instruction, exercise classes, and the Senior Nutrition Program, call 455-7576.

THESE DAYS, YOU'D BE ASTOUNDED AT WHAT KIND OF DOORS 3% DOWN CAN OPEN.



Right now, for very little down you can open front doors, back doors, garage doors, all the doors that come with a home of your own. If this sounds like a dream

come true, it's time you looked into buying a HUD Home.

With the help of the U.S. Department of Housing and Urban Development (HUD), you can open up a world of

IF YOU CAN SWING AS LITTLE AS 3% DOWN,
YOU'RE ABOUT TO BECOME A HOMEOWNER.

possibilities when it comes to affordable, first time home ownership. And, you can buy that first home for as little as

3% down and not much more than you're paying in monthly rent. To make it even easier, HUD will cover most, if not all of your closing costs.

For more information, contact a local real estate broker. Or, for a free brochure on how to buy a HUD

Home, call 1-800-767-4HUD. Because now you can afford to open the one door you've always dreamed of opening.



WE'LL HELP YOU OWN A PIECE OF AMERICA. HUD

To qualified buyers, only on homes with FHA-insured financing. Actual down payment and monthly mortgage payments will vary based on price of home and terms. Closing costs and fees additional.

