## The LAS VEGAS SENTINEL-VOICE

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

of bridge players who meet from

11:15 a.m.-3:00 p.m. every

Thursday. There is no charge to

Silver State Card Club consist

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. 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 onetime \$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 id \$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 weighins. For more information, call 363-2126.

Yoga Stretch meets at 9 a.m.

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.

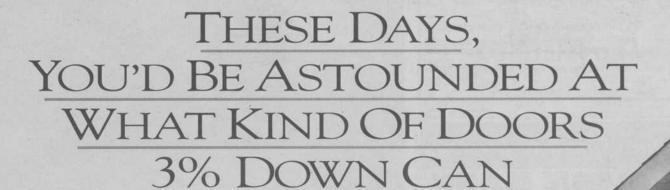
The following medical services will be held on Thursday, January 19, from 9:00-10:30 a.m.: a free vision evaluation sponsored by

Shepherds Eye center, a non- is available and advance 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 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

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



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