

SENIOR NEWS

DOOLITTLE SATELLITE SENIOR CENTER

The Doolittle Satellite Senior Center, located inside the Doolittle Community Center, 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.

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.

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 attend; membership dues only. Call 384-5442.

SENIOR VOLUNTEERS NEEDED FOR CHILDREN'S PROGRAM

Nevada Dance Theatre's Future Dance is an innovative outreach program developed through the cooperative efforts of Nevada Dance Theatre, the Clark County Public Education Foundation and the Las Vegas Academy of International Studies and Performing Arts.

The purpose of Future Dance is to provide talented, disad-

vantaged children the opportunity to develop their physical and artistic skills through ballet, and also to teach them concentration, self-discipline, and a sense of their own potential and accomplishment.

Beginning students are taught classical ballet once each week, and intermediate students twice a week. Lessons are given

free of charge, and all clothing, shoes, and transportation are provided.

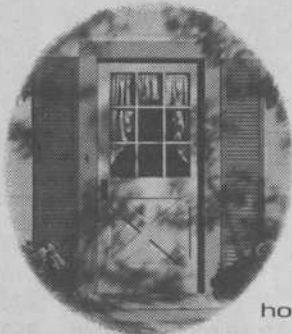
Because Future Dance is serving over 120 3rd, 4th, and 5th grade children this year, at least nine special seniors are needed to volunteer their time on Tuesdays and/or Thursdays from 2:30 to 5:30 p.m., or Tuesdays, Wednesdays, Thurs-

days, and/or Fridays from 3:00 to 5:00 p.m.

Volunteers help supervise the children, help the children get dressed, assist the ballet teacher, and ride on the school bus with the children.

If you are one of these special people, please call Larry LaHodny at 732-2918 or 227-4284.

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