

SENIOR & DISABLED CITIZENS CAT DIAL-A-RIDE TRANSPORTATION

The Regional Transportation Commission of Clark County (RTC) offers 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.

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

NEXT MOVEMENT

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appeals to those who have grown weary of cassette and CD-brand musicians. Live music with live bodies still has a place in the hearts of die-hard music enthusiasts. What do band members have to say about their incredible appeal? "I think we're dealing with yesterday's sound with today's technology," says band lead singer Cornell Haywood. Haywood says that some of the band members grew up together in Chicago, Ill. which explains their uncanny ability to react musically to each others ques. When performing, band members take their craft very seriously. Sharp, crisp **SILVER-N-SPRY EXERCISE CLASS**

Attention Lung patients! Improve your muscle strength and flexibility while you have fun! The American Lung Association of Nevada is offering a FREE exercise program for seniors with lung disorders such as emphysema, asthma and chronic bronchitis. The exercises are moderate and each individual is encouraged to work at his or her own pace. For more information contact the American Lung Association at 454-2500.

instrumentals combine with melodic vocals to create a dazzling performance.

Stage costumes drape band members along with a creative repertoire of dance steps. "When they come to see the Next

Movement, they expect to have a good time." The band has been together for more years than Haywood cares to comment-not willing to divulge the ages of selected band members.

A tour of the southern states

is next on the band's horizon. They plan a short tour of the mid-west and then a return to ever-reliable Las Vegas. Without question the next movement for the Next Movement will be towards the top.

SENIORS UPDATE DRIVING SKILLS

Pre-registration is required for people 55 and 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 and evening sessions available, call for dates and times. 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 and pre-registration must be made by calling 792-4091. Classes are limited to 30 people. For registration, call 792-4091.

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