

SENIOR AND 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 many 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

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 information, call 792-4091.

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.

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.

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. 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.

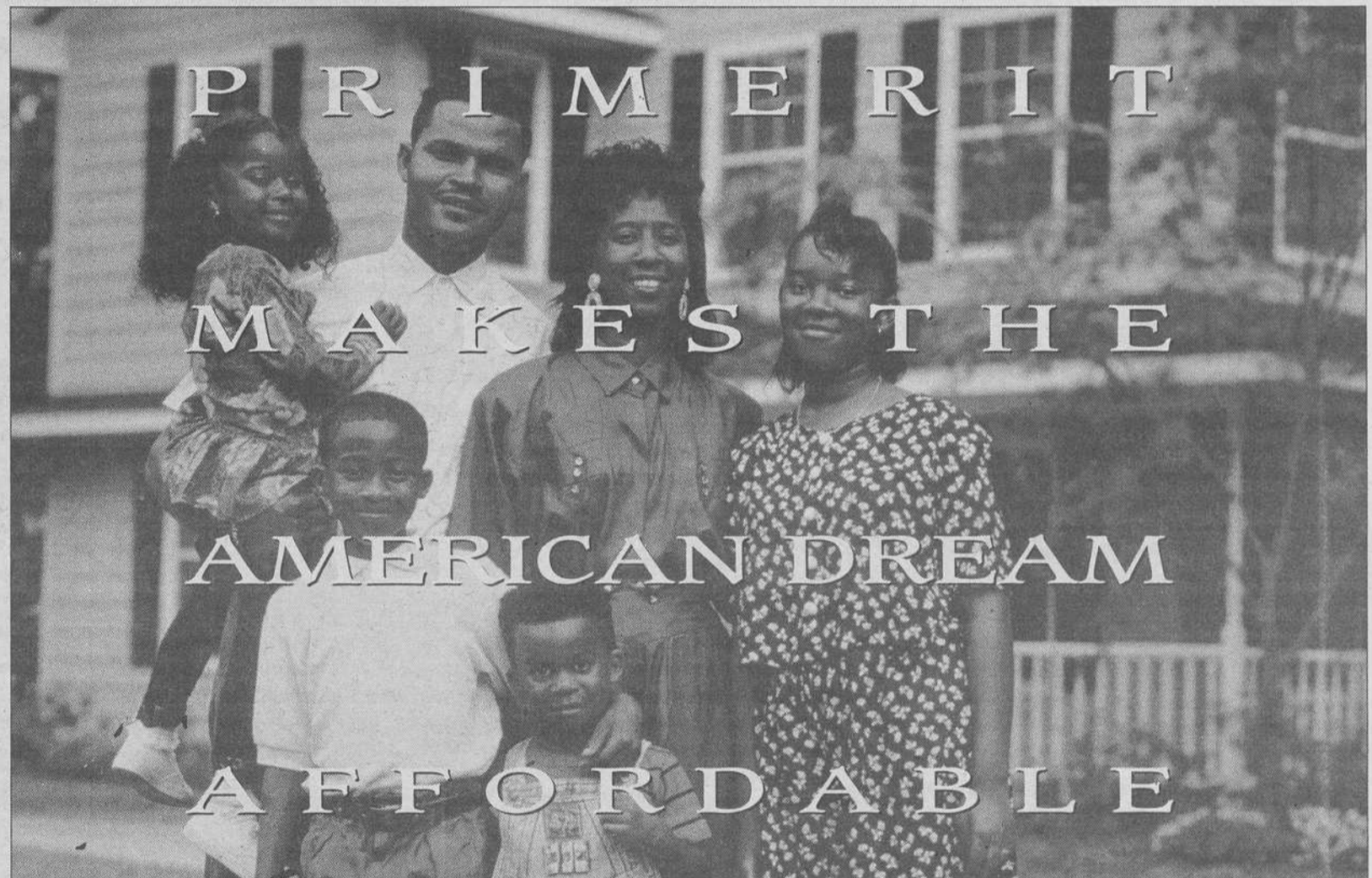
T.O.P.S. (Take Off Pounds Sensibly) #98 meets at 9 a.m. every Thursday. Learn to control weight and correct diet in a supportive atmosphere with

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.

IT PAYS TO ADVERTISE CALL NOW 383-4030



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