

SENIOR NEWS

PARADISE COMMUNITY CENTER

Senior activities are held Monday through Friday from 10 a.m. to 2 p.m. at 4770 S. Harrison Dr. (near Tropicana and McLeod). Field trips, stretch and exercise classes, brown bag bingo, health screenings and senior club meetings are planned each month. Call Pauli at 455-7513 for information. A Valentine's Day "Heart Hop" Dinner Dance will be held February 9. Enjoy live music, line dancing, and a meal from 5-9 p.m. Costs is \$5. Apollo 13 will be shown at noon on February 14. Bring a bag lunch.

PARKDALE COMMUNITY CENTER

3200 Ferndale offers a senior social hour every Thursday morning, and Pinochle games are Wednesday at 10 a.m. Also, Scrabble games are held every Thursday at 10 a.m. Pot-lucks are held every 4th Thursday of the month excluding holidays. The center — which also offers classes including Show Troupe, Senior Tap, and Senior Stretch — is located near Boulder Highway and Desert Inn. A trip to Valley of Fire and the Lost City Museum will be

The LAS VEGAS SENTINEL-VOICE

taken February 20 from 10 a.m. - 3 p.m. (\$2). Donate blood at United Blood Services (\$1) followed by lunch at Charlie's at the Lakes (your cost) on February 13. The trips depart the center at 10 a.m. A potluck will be held after Scrabble on February 22 at 11 a.m. Call Marvin at 455-7517 for information.

SUNRISE CENTER SENIORS

2240 Linn Lane, (near East Lake Mead and Nellis) meet for field trips, workshops and luncheons each month. You may join the planned activities such as Chair Exercise, Senior Stretch and Tap Dancing classes or expand on your own ideas and talents.

WHITNEY SENIOR CENTER

5700 Missouri (Boulder Highway and Tropicana). Activities include classes in line dancing, Man John, Sittercise, ceramics, and oil painting. Activities include bocce ball, card games, bingo, guest speakers and more. The center is open Monday through Friday from 9 a.m. - 4 p.m. The Senior Nutrition lunch program is served daily for those 60 and older. One day advance reservations are required. A \$1.25 donation is required. Call Betty at 455-7576 for more information.

Take a trip on February 23 to Player's Island Casino from 9:30 - 4 p.m. We will be traveling to Mesquite to visit the new Merv Griffin

February 8, 1996

Player's Island Casino. Free complimentary lunch included. Transportation costs \$2.00. Reservations are required.

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.

For information on all Clark County Parks & Recreation programs, events and activities, call 455-8200.

SILVER-N-SPRY EXERCISE CLASS

Attention Lung patients! chronic bronchitis. Improve your muscle strength and flexibility while you have fun! The exercises are moderate and each individual is encouraged to work at his or her own pace.

The American Lung Association of Nevada is offering a FREE exercise program for seniors with lung disorders such as emphysema, asthma and chronic bronchitis. For more information contact the American Lung Association at 454-2500.

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