

# Prime Times

News, Information and More From the Derby Senior Center

August 2013

611 Mulberry • 788-0223 • [www.Derbyweb.com](http://www.Derbyweb.com)

## Vivian Peiffer would not change a minute of her life

By Shirley Stees

This is an easy one to write. I had mentioned a few days before that she would be the next one I planned to interview, so she had a lot of information ready. This is how organized she is! All of us know Vivian as she is a great asset to the Senior Center, always volunteering wherever she is needed.

Vivian was born in the little farming community of Harper, Iowa, on Labor Day (sure enough, she put her mother in labor), on

Sept. 3, 1934. Her mother was getting ready to pick the plums before they froze that night, only Vivian had a different idea and her grandmother had to pick them while she demanded her mother's complete attention. She was the fourth child in the family with two brothers and one sister. She was born and raised in the same house that her father was and it was built by her grandfather.

When she was five months old, her sister had smallpox; consequently, Vivian got them as well as whooping cough. She became so ill that the doctor gave up and told her parents she only had 24 hours to live. Her dad's barber used to treat very ill people by wrapping them in hot towels. Dad asked the doctor if he could call the barber to come. Within a day she responded to this treatment - he saved her life.

Vivian started school on her birthday. The first thing the teacher did was call her to the front of the room where she was sitting on a child's chair. The teacher threw her across her knees and gave her a "birthday spanking." Vivian never liked her after that. When she was 6 years old, her paternal grandfather passed away. She was very close to him and cried the whole day of the funeral. For a year after his death, she lived with her grandmother in town, going home on the weekends.

When she was in the second grade, a new family moved to Harper - a family of five boys, one of which was in the third grade. She set her eyes on him the first day. Yes - it was Jerry Peiffer! They remained best friends for 71 years until his death last September.

All through high school, she

would set up dates for him, making sure they didn't have anything in common. Finally, in her senior year, he asked her out. Two years later, they were married on his 21st birthday - July 22, 1954, while he was stationed in Detroit, Mich. They lived in Detroit until he was discharged in 1955.

She loved being outside on the farm with her dad, riding the tractor and helping with the chores. At age 12, he let her drive the tractor to pick up bales of hay. Several times she stopped too soon, throwing her dad off the load. Fortunately, she didn't kill him in the process, and he let her continue to drive the tractor until she left home. Jerry and two of his brothers would help them bale the hay, making this job more interesting.

She helped her mother with the gardening, canning and other household chores. Her mother would dress 150 chickens for the freezer every year, doing 30 each day. Vivian's job was to butcher them and her mother would do the final cleaning before freezing. Never a dull moment and a very busy life on the farm.

During the summer while in high school, their entertainment was roller skating every Wednesday, Friday and Saturday nights. During the winter, there was dancing Friday and Saturday nights.

She and Jerry settled in Iowa City, Iowa, after he was discharged from the Army. Jerry was a member of the Active Reserves for 41 years. He took a position with the VA Hospital. Their three children, Cathy, John and Tom, were all born in

Iowa City. In 1965, Jerry entered a training program with the VA and they moved to Topeka. From there they were transferred to Miles City, Mont., and then to Poplar Bluff, Mo., before coming to Wichita and then to Derby in 1970. They have lived in the same house ever since. All the children and grandkids live close by.

After moving to Derby, she became a manager of the Boutique Fabric Shop until starting to work at Farmers and Merchants State Bank in 1971, where she retired after 31 years and surviving several manager and bank changes.

Jerry served in the Army Reserves and each year for Reserve Camp the unit would go to either Reno, Nev., or Camp Roberts in California. He would drive each year and then she would fly the last weekend and take a week's vacation to return home. They have been to all the states except four. While visiting some Army friends in Virginia, they went out on Chesapeake Bay in a small



Vivian Peiffer

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Mon	Tue	Wed	Thu	Fri
<b>August Activity Sign-Up will open July 29th at 7:30 a.m.</b>			<b>1</b> 8:00 Wii 8:10 Weight/Strength 8:30 Massage 9:00 Tappercise <b>9:00 New Member Orientation</b> 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap <b>10:30 Blood Pressure</b> ✓ <b>11:00 Hearing Aid</b> ✓ <b>11:30 Covered Dish</b> <b>12:15 Not Worthy</b> 1:00 Joy of Singing <b>3:30 Line Dance</b>	<b>2</b> 8:10 Cardio, Core & More <b>9:00 Master of Memory</b> 9:10 Exercise w/ purpose
<b>5</b> 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:45 Yang Tai Chi <b>1:00 Acrylic Painting</b>	<b>6</b> 8:10 Weight/Strength 9:10 Fitness & Flexibility <b>9:30 Bingo</b> 10:00 Tap 11:00 Advance Tap 1:00 Wii 4:00 Restorative Yoga <b>5:00 Line Dance</b> <b>5:00 TNT</b> <b>7:00 Senior Dance</b>	<b>7</b> 8:10 Cardio, Core & More <b>8:10 Zumba Gold</b> 8:30 Massage 9:10 Exercise w/purpose <b>10:00 Hooks &amp; Needles</b> <b>10:00 Board Meeting</b> 10:45 Yang Tai Chi 4:00 Yoga	<b>8</b> 8:00 Wii 8:10 Weight/Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap <b>11:00 Just Lunch</b> 1:00 Joy of Singing <b>3:30 Line Dance</b>	<b>9</b> 8:10 Cardio, Core & More 9:10 Exercise w/ purpose <b>10:00 Fingerless Gloves</b>
<b>12</b> 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:45 Yang Tai Chi <b>1:00 Wild Wyoming</b> <b>1:00 Acrylic Painting</b>	<b>13</b> 8:10 Weight/Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Wii <b>1:00 Kansas Support Services</b> 4:00 Restorative Yoga <b>5:00 Line Dance</b>	<b>14</b> 8:10 Cardio, Core & More <b>8:10 Zumba Gold</b> 8:30 Massage 9:10 Exercise w/purpose <b>10:00 Hooks &amp; Needles</b> 10:45 Yang Tai Chi <b>11:00 Just Lunch</b> 4:00 Yoga	<b>15</b> 8:00 Wii 8:10 Weight/Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Joy of Singing <b>2:00 Birthday &amp; Anniversary Celebration</b> <b>3:30 Line Dance</b>	<b>16</b> 8:10 Cardio, Core & More 9:10 Exercise w/ purpose <b>10:00 Fingerless Gloves</b>
<b>19</b> 8:10 Cardio, Core & More 9:10 Exercise w/ purpose <b>10:00 Brunch for Your Brain</b> 10:45 Yang Tai Chi <b>1:00 Acrylic Painting</b>	<b>20</b> <b>7:00 Foot Care</b> 8:10 Weight/Strength 9:10 Fitness & Flexibility <b>10:00 Book Club</b> 12:00 Friendship Club 1:00 Wii 4:00 Restorative Yoga <b>5:00 Line Dance</b> <b>7:00 Community Dance</b>	<b>21</b> 8:10 Cardio, Core & More <b>8:10 Zumba Gold</b> 8:30 Massage <b>9:00 Blood Pressure</b> ✓ 9:10 Exercise w/purpose <b>9:30 Bingo</b> <b>10:00 Hooks &amp; Needles</b> 10:45 Yang Tai Chi <b>1:00 Excellent Ideas for Eggplant</b> 4:00 Yoga	<b>22</b> 8:00 Wii 8:10 Weight/Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Joy of Singing <b>3:00 Memorial Service</b> <b>3:30 Line Dance</b>	<b>23</b> 8:10 Cardio, Core & More 9:10 Exercise w/ purpose
<b>26</b> 8:10 Cardio, Core & More 9:10 Exercise w/ purpose <b>10:00 Holistic Nursing</b> 10:45 Yang Tai Chi <b>1:00 Acrylic Painting</b> Sign-ups	<b>27</b> 8:10 Weight/Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Wii <b>1:00 Senior Employment</b> 4:00 Restorative Yoga <b>5:00 Line Dance</b> <b>7:00 Jam Session</b>	<b>28</b> 8:10 Cardio, Core & More <b>8:10 Zumba Gold</b> 8:30 Massage 9:10 Exercise w/purpose <b>10:00 Hooks &amp; Needles</b> 10:45 Yang Tai Chi <b>1:00 Probate Options for Different Estates</b> 4:00 Yoga	<b>29</b> <b>7:30 The Copper Shed</b> 8:00 Wii 8:10 Weight/Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Joy of Singing <b>3:30 Line Dance</b>	<b>30</b> 8:10 Cardio, Core & More 9:10 Exercise w/ purpose

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## Dee's Notes

Enjoy the sun! But remember that seniors can be at higher risk of heat-related illness. As we grow older, our bodies are less efficient at regulating temperature. According to the National Institute on Aging, factors of heat exhaustion include dizziness, weakness, nausea and heavy perspiration, and that can lead to a dangerous condition called heat stroke. The symptoms of heatstroke are: fainting, body temperature over 104, confusion, staggering, dry flushed skin,



Dee Williams

strong rapid pulse, headache and unconsciousness. A person with heat stroke should be seen by a physician immediately.

The good news is that there are simple steps people can take to protect themselves. Visit air-conditioned buildings (senior centers), take a cool shower, drink lots of water, wear lightweight, loose-fitting clothing and visit at-risk individuals at least twice a day.

Visit us at the Center for some "cool" summer fun. Please support your Center by attending classes and events. Thank you.

- Dee

## Bits & Pieces

### Foot Care

Podiatrist, Dr. Weaver and his staff will be coming to the center on the third Tuesday of every month. Dr. Weaver has seen a wide variety of podiatric issues, as a result of his extensive education and experience. Central Kansas Podiatry Associates is a state-of-the-art podiatric practice. He and his staff will be able to treat your foot care needs, everything from fungal toenails, ingrown nails, corns, calluses, and diabetic foot care needs. Medicare and most insurance accepted. No insurance? No problem, call our office and speak with our billing specialist for information. Please call 316-269-3338 to speak with one of our friendly staff to make your appointment.

### Bingo

Play bingo at 9:30 am on the first Tuesday and the third Wednesday of every month. Variety of prizes, cards 25 cents each, limit 2 cards.

### Derby Senior Center Community Quilters

Calling all quilters! Join this fun group of ladies for a good cause doing what you love and giving back at the same time. The group will meet on Wednesdays from 1:00 to 3:00. Call 788-0223 for location. Once completed the quilts will be donated to various charities. Thank you to everyone who donated fabric.

### Refund Policy

Refunds will be given for cancellations received seven (7) working days prior to a scheduled event. Refunds will not be given for cancellations less than seven (7) working days prior to event unless the tickets are resold. Patrons will be notified if your ticket is sold.

### Friendship Club

This is a good opportunity to get together with other seniors. The club meets at 12:00 pm every third Tuesday here at the center to discuss different topics. In addition, on the first Tuesday of each month, the members of the club go out to eat locally at different restaurants. The time for lunch is 11:30 am. A schedule of restaurants dates and information is available at the front desk. No reservations necessary, you just need to show up! Men and women welcome!

### Try It out Thursday New Member Orientation

We are happy to have new members and hope that you will get involved in our many activities. Come to an orientation held at 9:00 am on the first Thursday of every month in the multi-purpose room. It is a fun introduction to the Senior Center's programs and benefits, a chance to meet other members and includes a tour of the facilities.

### Book Club

A story is always better if you have someone to share it with. What could be better than sharing it with a group of friends who have read it, too? If you are interested in participating in a book club please come the third Tuesday each month at 10:00 a.m.

### Crochet/Knitting

Did you like to crochet or knit at one time, but just can't seem to remember all the ins and outs? Here is a chance to work one/one with a volunteer. Barbara loves to teach and would like to help you get started again. If you're interested in learning a new skill or sharpening an old one, call Barbara at 295-3089 to schedule a date and time.

### ATTENTION all Joy of Singing Choir past and present members

*We are asking all song books be returned to the Center.*

*Thank you for helping us with this task.*

### WSU Driving Training Study \$50 Lottery Winners

<i>Perrine Patrick</i>	<i>Jeaneen Wells</i>
<i>Dorothy Myers</i>	<i>Jean Mulford</i>
<i>Everett Mulkey</i>	<i>Vivian Peiffer</i>

## Welcome New Patrons

CANDY BECK	MELANIE HECT	LILLY MAR
PHILLIP BLODGETT	GARY KNOTT	KAY MORGAN
DEANNA CRANE	MARY LANE	ROSEMARY MOUNTS
MARY JANE DUPLER	ROBERT LANE	DIANE SCHMITT
NEVA EURTON	GWEN LUNDRY	SHERRY TAYLOR
JILL GUTHRIE	CHERRIE MALONE	

## A little lonely?

*Consider being a part of our circle of friends*



*Share life with new friends that you have things in common with.*

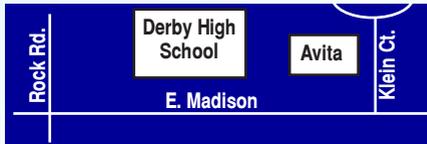
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## Upcoming Events

### Registration is required for all activities

#### Covered Dish

Join us for a great lunch by the best cooks in town and enjoy entertainment too! This is a wonderful time to catch up with friends. We ask everyone attending to bring food to share and sign up by Wednesday, July 31 before noon. Everyone must pay a \$1.00 to attend the luncheon. We are looking forward to seeing you there. The entertainment will be Not Worthy musical group.

**Date:** August 1  
**Day:** Thursday  
**Time:** 11:30 am  
**Location:** Austin Room  
**Fee:** \$1.00

#### “TNT” “Tuesday Nite Together”

“Tuesday Nite Together” is a board sponsored fundraiser. This event supports the senior center activities. Enjoy a home cooked meal of crispy chicken breast, pasta salad, green beans, and cake for dessert. The 1.5 hour time frame (5-6:30pm) will permit a leisurely meal, time to chat with friends or perhaps meet a new person and help them feel welcome. Come and support your Derby Senior Center! Sign up at the front desk, pay at the door.

**Date:** August 6  
**Day:** Tuesday  
**Time:** 5:00 to 6:30 pm  
**Location:** Multipurpose Room  
**Fee:** \$5.00 (suggested donation)

#### Senior Dance

Join us for another great dance event! Our entertainment for the evening will be

provided by Honky Tonk Time Band. Light refreshments will be provided. Whether you want to be out on the dance floor or just want to sit and listen to the music, there's a spot for you!

**Date:** August 6  
**Day:** Tuesday  
**Time:** 7:00 – 9:30 pm  
**Location:** Welcome Center  
**Fee:** \$3.00 donation at door

#### Just Lunch

This adventure is always an exciting and unique experience. Sign up to dine at an undisclosed location that only the driver will know. No Shopping after lunch. You can only sign up for one lunch per month. Registration required.

**Date:** August 8 & 14  
**Day:** Wednesday or Thursday  
**Time:** 11:00 am  
**Location:** Depart from Library  
**Fee:** \$3.00 plus lunch

#### Birthday / Anniversary Celebration

Come enjoy cake and ice cream as well as a fun game of bingo. We will have prizes and play for about an hour. You must sign up by noon on August 14.

**Date:** August 15  
**Day:** Thursday  
**Time:** 2:00 pm  
**Location:** Austin Room  
**Fee:** \$2.00

#### Community Dance

Join us for another great dance event! Our entertainment for the evening will be

provided by Terry Crane and The Country Heartbeats. Light refreshments will be provided. Whether you want to be out on the dance floor or just want to sit and listen to the music, there's a spot for you!

**Date:** August 20  
**Day:** Tuesday  
**Time:** 7:00 – 9:30 pm  
**Location:** Welcome Center  
**Fee:** \$3.00 donation at door

#### Jam Session

An open call to all bluegrass and country musicians, join us for an evening of music, dancing, and fun! Don't play but like to dance or just sit back and listen? You're welcome too! Bring a neighbor, a friend, and a snack to share. Jam will now be the 4th Tuesday of every month.

**Date:** August 27  
**Day:** Tuesday  
**Time:** 7:00 pm  
**Location:** Multi-Purpose Room  
**Fee:** Free

## Enrichment & Learning

### Registration is required for all activities

#### Acrylic Painting

Local award winning artist Cindy Roper will introduce you to the basic techniques of acrylic painting. She will be instructing the class in: Preparing your canvas, various brush strokes, designing your composition, color values, and much more. The class will start painting as a group and should complete it before the end of the month. Supplies needed: artist quality acrylic paints (white, ultramarine blue, sap or hookers green, cadmium medium yellow, purple, burnt sienna, yellow green and any extra colors you might have. A 16x20 canvas, any artist brushes you have, a palette (paper or other), roll of paper towels or clean rags, and table easel. Wear old clothing or bring a smock to protect your clothes.

**Date:** August 5, 12, 19, 26  
**Day:** Monday  
**Time:** 1:00 pm  
**Location:** Classroom 2  
**Fee:** \$10.00 per class

#### Hooks & Needles

Looking to get out and meet with a group of ladies that love needle work. Anyone interested in needle point, embroidery, tatting, crewel or knitting is welcome. We have a volunteer who is willing to help you, or if perhaps you are skilled you can lend a hand too! This is a great chance to see what other ladies are doing and to get started on a new skill or enjoy the visit.

**Date:** August 7, 14, 21, 28  
**Day:** Wednesday  
**Time:** 10:00 am  
**Location:** Conference Room  
**Fee:** Free

#### Joy of Singing

Looking for all singers! Here's a chance to get involved with a fun group and enjoy the benefits of singing. Studies have linked singing with a lower heart rate, decreased blood pressure and reduced stress. Join us for song, laughter and fun. Group is led by Ross Hearn and meets once a week.

**Date:** August 1, 8, 15, 22, 29  
**Day:** Thursday  
**Time:** 1:00 – 2:00 pm  
**Location:** Classroom  
**Fee:** Free

#### Master of Memory

The Master of Memory series will help you understand how various factors affect your memory and help you discover ways to improve it. Lesson six, August: Exercise for the body & mind. Instructor: Teresa Hatfield Extension Agent, Adult Development and Aging.

**Date:** August 2nd  
**Day:** Friday  
**Time:** 9:00 am  
**Location:** Multipurpose Room  
**Fee:** Free

#### Fingerless Gloves

Here's another quick and easy Christmas project! Fingerless gloves, texting gloves, or whatever you want to call them. These gloves are perfect to keep your hands and wrists warm while typing, texting,

~~ Continued ~~

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~~Enrichment & Learning Continued~~

or doing anything where you need your fingers free. Materials needed: set of size 7 double pointed needles, stitch markers, optional. Instructors: Vicky Durrenberger and Shirley Driskell.

**Date:** August 9, 16

**Day:** Friday

**Time:** 10:00 am

**Location:** Conference Room

**Fee:** \$2.00

### Wild Wyoming

John Ellert is back with another great presentation. Wild Wyoming takes you on a narrated adventure through some of Wyoming's grandest landscapes: the Snowy Range (a lesser-known wilderness west of Laramie), the Grand Tetons, the Beartooth Wilderness, and Yellowstone National Park. From wildflowers to bison, these areas sum up what is quintessentially western about this state.

**Date:** August 12

**Day:** Monday

**Time:** 1:00 pm

**Location:** Austin Room

**Fee:** Free

### Kansas Support Services for Elders

Join Jennifer Pumphrey RSVP Program Manager, Sedgwick County Department on Aging will be here to talk about Kansas Support Services for Elders as well as the RSVP program. RSVP is America's largest volunteer network for people 55 +. There are approximately 500,000 volunteers across the country making a difference in their communities. Sedgwick County RSVP works with approximately 80 non-profit agencies to provide a full range of meaningful volunteer opportunities. For example you may: share legal or financial expertise, serve as a peer partner, assist victims of natural disasters, and participate in special events and much more!

**Date:** August 13

**Day:** Tuesday

**Time:** 1:00 pm

**Location:** Multipurpose Room

**Fee:** Free

### Brunch for your Brain

Based on a program that won national recognition, Brunch for your Brain classes are designed for seniors who wish to take part in a brain wellness program. Brunch for Your Brain introduces participants to a variety of topics relevant to brain health.

Sessions will lead participants through a knowledge of how brains work, stress relief tactics, using visuals to stimulate – puzzles, optical illusions, creative art, left/right brain activities, listening as a brain enhancer, expressing opinions reminiscing exercises, word games and memory building exercises. This session is "Just Enough" and will last one hour.

**Date:** August 19

**Day:** Monday

**Time:** 10:00 am

**Location:** Multipurpose Room

**Fee:** Free

### Excellent Ideas for Eggplant

Join Denise Dias, Sedgwick County Extension Agent to learn more about eggplant and discover some other ways to prepare it, besides breading and frying it.

**Date:** August 21

**Day:** Wednesday

**Time:** 1:00 pm

**Location:** Multipurpose Room

**Fee:** Free

### Memorial Services with Heartland Home Health Hospice

Anyone who wishes to remember a loved one is invited to attend. Bring a photo or other memento to be included in our Book of Remembrance. Let us know in advance if you would like to have your loved ones name included in the service. Call DSC at 788-0223 or Rocky at 788-7626 to sign up.

**Date:** August 22

**Day:** Thursday

**Time:** 3:00 pm

**Location:** Multipurpose Room

**Fee:** Free

### Senior Employment

The senior Employment Program is a job placement service for job seekers 55 years of age and over who reside in Sedgwick County and the surrounding areas. The program provides referrals for full-time, part-time, permanent, seasonal and temporary employment. Cherie Wenderott, Director of the Senior Employment Program of Senior Services, Inc. will be here with listings and to answer questions.

**Date:** August 27

**Day:** Tuesday

**Time:** 1:00 pm

**Location:** Conference Room

**Fee:** Free

### Probate Options For Different Estates

Jennifer Stultz, attorney, will present "Probate Options for Different Estates." Not all probate estates are the same. Some property transfers require a drawn out process, while others can be accomplished in a short period of time with little expense. Come join a discussion of the options available if you should be faced with probate property in

the estate of a family member or friend. There will be time for questions and Jennifer will be available afterwards to answer any questions you may want to discuss personally.

**Date:** August 28

**Day:** Wednesday

**Time:** 1:00 pm

**Location:** Austin Room

**Fee:** Free

## Health & Information

### Registration is required for all activities

#### Holistic Nursing

Join Barbara Denison a Holistic Nursing Consultant, as she explains an alternative way of health care. By caring for the whole person – mind- body- spirit- through compassion and presence, holistic nursing strengthens the body's response to healing and care. Holistic Nursing practice draws on nursing knowledge,

theories, expertise and intuition to guide nurses in becoming therapeutic partners with clients.

**Date:** August 26

**Day:** Monday

**Time:** 10:00 am

**Location:** Multipurpose Room

**Fee:** Free

## Trips

### Registration is required for all activities

#### The Copper Shed

We will start our day at the Copper Shed in Marion, Kansas. Carrying on the tradition started by Ern Hett, 1985 artist of the year, his family now keeps his memory and spirit alive as they continue to craft items as Ern did. The shed features, copper & brass sculptures, vintage parts made into a variety of items, as well as antiques, collectables and handmade crafts. We will then tour

the barn with the workshop, antique kitchen, old tools, etc. You will also have the opportunity to purchase some fun items. The Elgin B&B, a hidden jewel built in 1886, has been fully restored and is just beautiful. Beginning in 2006, the building was renovated into an 8 room bed and breakfast with a ballroom and conference room. We will then have lunch in Newton before heading back to

~~ Continued ~~

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– Charlie Gonzalez

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~~ Trips Continued ~~

Derby. Fee includes, bus, lunch and fees. We will be back to Derby by 2:00.

**Date:** August 29

**Day:** Thursday

**Time:** 7:30 am

**Location:** Depart Library

**Fee:** \$25.00

### Port of Catoosa

Located in the heart of Northeast Oklahoma, The Tulsa Port of Catoosa is the furthest inland, ice-free international seaport in America. This port serves as the head of navigation for the 445-mile McClellan-Kerr Arkansas River Navigation System. The port links the Tulsa area to ports of the world by way of the Mississippi River and the Port of New

Orleans. We will start in the education center where we will watch a video on the history and have a question and answer session, before hopping on a bus guided tour of the barges. We will also tour the museum that opened in 1982. Pictorial displays, historical artifacts, and a working model of a lock and dam provide visitors with information on the development of the port and waterway. We will stop at Hard Rock Café for a buffet lunch before heading to Port of Catoosa. Fee includes lunch and chartered bus. We will be back in Derby around 6:00 pm.

**Date:** September 19

**Day:** Thursday

**Time:** 7:30 am

**Location:** Depart Library

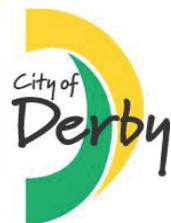
**Fee:** \$30.00

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# Derby Dash August Special

Ride round trip to any medical appointment for only \$3.00 the week of August 19-23

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## Westview of Derby

Skilled Nursing and Rehabilitation



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445 N. Westview • Derby, Ks • 316-788-3739

## Healthy Active Living

Registration is required for all activities

### PERSONAL TRAINER

A helping hand to a healthier you. Why not feel and look your best by working with an A.C.E. certified Personal Trainer, Joyce Urban. She will focus more on individual goals in a one on one setting. Sessions are one hour long. Special rates available for couples and groups of two or three. Call Joyce at 253-3629 to schedule today!

### Zumba Gold

Stephanie Schneider has been an aerobics instructor since 1999 and is truly delighted to be serving you through a fun and stress free Zumba Gold Fitness Party. Zumba Gold takes the Zumba formula and modifies the moves and

spacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are the elements the Zumba Fitness-Party is known for: the zesty Latin music, the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. It's a dance fitness class that feels friendly, and most of all, fun. Looking forward to seeing each of you there!!

**Date:** August 7, 14, 21, 28

**Day:** Wednesday

**Time:** 8:10 am

**Location:** Classroom

**Fee:** \$1.00

GRENE VISION GROUP

TOTAL EYE CARE FOR THE ENTIRE FAMILY

### Total Eye Care For The Entire Family

- Robin L. Agpoon, OD
- Dan A. Gillogly, OD
- Daniel M. Marchant, OD
- Dasa V. Gangadhar, MD

1821 East Madison Suite 1600 ▪ Derby **789-8383**

[www.greurovisiongroupkansas.com](http://www.greurovisiongroupkansas.com) | [www.greurovisiongroup.com](http://www.greurovisiongroup.com)

## Things are happening in Derby that could ... AFFECT YOU!!

The only way to know what is going on in Derby is to subscribe to Derby's newspaper –

### Here's what's coming up in YOUR local newspaper:

- Mulvane Old Settlers Guide
- Fall Home, Lawn, Garden
- Fall Sports Guide
- Fall Football Contest
- Derby National Bar-B-Que Guide
- Fall Health & Fitness

THE DERBY **INFORMER**

Call 788-4006 or visit [derbyinformer.com](http://derbyinformer.com) today to subscribe!

~~ Healthy Active Living Continued ~~

### Line Dance Lessons

Have you ever wanted to step on the dance floor but didn't have the courage? Come learn BASIC line dance with Belinda Johnson and others. You will find its great exercise and a wonderful way to socialize. No partner needed!

**Date:** August 1, 8, 15, 22, 29

**Day:** Thursday

**Time:** 3:30 pm

**Location:** Austin Room

**Fee:** \$1.00 per class

### Wii

Get a Wii bit of exercise while having a great time. Wii is the latest way to enjoy your favorite sport, golf, bowling, tennis just to name a few. Using the Nintendo's gaming system you can exercise and have fun at the same time.

**Dates:** August 1, 6, 8, 13, 15, 20, 22, 27, 29

**Day/Time:** Tuesday 1:00 pm Thursday 8:00 am

**Location:** Classroom 1

**Fee:** Free

### Weight/Strength Training

Pat Mize will lead you in this weight training class. Doctors and physical therapists recommend weight training as one of the best forms of exercise active older adults can engage in. Improve strength, flexibility, balance, and arthritic conditions with strength training. This class is for those who would like to participate in entry-level weight bearing and muscle strengthening exercise. An instructor will take you through this in a 45 minute workout.

**Date:** August 1, 6, 8, 13, 15, 20, 22, 27, 29

**Day /Time:** Tuesdays and Thursdays 8:10 am

**Location:** Austin Room

**Fee:** \$1.00 per class

### Exercise with a Purpose

This 30-minute exercise program was created by two individuals with twenty years of experience in the field of exercise science. The video is appropriate for all ages, and all fitness levels. You will learn how to enhance your balance for fall prevention.

**Date:** August 2, 5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30

**Day:** Monday, Wednesday & Friday

**Time:** 9:10 am

**Location:** Austin Room

**Fee:** \$1.00 per class

### Cardio, Core and More

Ready to get moving and build a strong core? This class will include some low impact aerobics along with exercises to provide you with a strong core and a little yoga and stretching thrown in. You will get a total body workout. This class will be done standing, sitting, and on the floor with the use of mats. Bring your own mat. Get ready to have some fun!

**Date:** August 2, 5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30

**Day:** Monday, Wednesday & Friday

**Time:** 8:10 am

**Location:** Austin Room

**Fee:** \$1.00 per class

### Restorative Yoga

This type of yoga works on joints, flexibility, balance and is good for fibromyalgia, chronic fatigue, arthritis and osteoarthritis. Denise teaches how yoga can be done from a chair.

**Date:** August 6, 13, 20, 27

**Day:** Tuesday

**Time:** 4:00 pm

**Location:** Multipurpose Room

**Fee:** \$2.50 per class

### Fitness & Flexibility

Pat Mize will be instructing this class; it is geared towards older adults to improve activity level for daily living skills. It is designed to increase your range of movement, strength, agility, balance and coordination. It will improve your overall fitness level and sense of well-being. This is a low impact class, perfect for beginning level exercise! A chair will be used for seated and/or standing support. Come and have some fun and improve your overall health!

**Date:** August 1, 6, 8, 13, 15, 20, 22, 27, 29

**Day:** Tuesday, Thursday

**Time:** 9:10 am

**Location:** Austin Room

**Fee:** \$1.00 per class

### Yoga

Join Denise Madison for a relaxing and enjoyable session of gentle yoga, learning techniques to increase your flexibility and your muscle tone.

**Date:** August 7, 14, 21, 28

**Day:** Wednesday

**Time:** 4:00 pm

**Location:** Classroom 1

**Fee:** \$2.50 per class

~~ Peiffer Continued ~~

fishing boat fishing for crabs. They caught about a bushel and had them for dinner that night.

Vivian is a very busy lady, never idle. Her hobbies include counted cross stitch, quilting, crocheting, working jigsaw puzzles (126 thousand-piece puzzles since January 2007), gardening and canning.

Family is very important to her. She has eight grandchildren (oldest granddaughter is deceased), and four great-grandchildren. She thinks she probably bores everyone with pictures.

One of her big achievements was being on the Board of Directors for Crime Stoppers when it was first started, serving for 10 years, and helping to organize and start the City Wide Garage Sale.

Jerry loved the Derby Senior Center and spent afternoons playing Rummikub, Pinochle, Dominos, Cribbage, and Canasta. Vivian enjoys being at the Center in the morning exercise classes, volunteering at the covered dish dinners, birthday and anniversary parties, and the new TNT night. It is her way of paying back for the wonderful life which she said she would not change a minute of.

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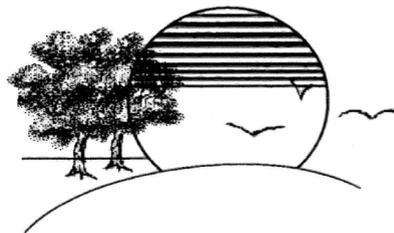
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to fit your needs.**

**316-788-9600**

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*Smith Family Mortuaries*

[www.smithfamilymortuaries.com](http://www.smithfamilymortuaries.com)

# Ongoing Activities

## Monday

7am-4pm Treadmill, Recumbent Bike  
 8:10am Cardio, Core & More  
 9:10am Exercise w/ Purpose  
 10:45am Yang Tai Chi  
 1:00pm Bridge  
 1:00pm Rummikub

## Tuesday

7am-4pm Treadmill, Recumbent Bike  
 8:10am Weight Strength  
 9:10am Fitness & Flexibility  
 9:30am Bingo (1st Tuesday)  
 12:00pm Friendship Club (3rd Tuesday)  
 1:00pm Pitch, Dominos, Pinochle, Wii  
 4:00pm Restorative Yoga  
 5:00pm Line Dancing  
 5:00pm "TNT"  
 7:00pm Senior Dance (1st Tuesday)  
 7:00pm Community Dance  
 (3rd Tuesday)

## Wednesday

7am-4pm Treadmill, Recumbent Bike  
 8:10am Cardio, Core & More  
 8:10am Zumba Gold  
 8:30am Massage (by appointment)  
 9:00am Blood Pressure ✓  
 (3rd Wednesday)  
 9:10am Exercise w/ Purpose

9:30am Bingo (3rd Wednesday)  
 10:00am Board Meeting (1st Wednesday)  
 10:45am Yang Tai Chi  
 12:30pm Poker  
 12:30pm Cribbage  
 4:00pm Yoga

## Thursday

8:00am Wii  
 7am-4pm Treadmill, Recumbent Bike  
 8:30am Massage (by appointment)  
 8:10am Weight Strength  
 9:00am Tap  
 9:00am Try It Out Thursday  
 (1st Thursday)  
 9:10am Fitness & Flexibility  
 10:30am Blood Pressure ✓ (1st Thursday)  
 11:00am Hearing Aid ✓ (1st Thursday)  
 11:30am Covered Dish (1st Thursday)  
 1:00pm Canasta  
 1:00pm Bridge  
 1:00pm Joy of Singing  
 2:00pm Birthday/Anniversary  
 (3rd Thursday)

## Friday

7am-4pm Treadmill, Recumbent Bike  
 8:10am Cardio, Core & More  
 9:10am Exercise w/Purpose

## Daily Lunches

Good Neighbor Nutrition Program  
 \*Meals served Mon-Fri @ 11:30 AM  
**Call Tues for Thurs & Fri Meals and Thurs for the next week's Mon- Wed meals. Call 788-0223 by 9:00 AM for reservation.**  
 \*Homebound service available

## Outreach Services

**Are you All Right Today:** Reassurance calling ... call 788-0223 to put someone or yourself on this list to receive daily calls.

## Loaner Equipment

Wheel Chair, Cane, Walker  
 Up to 30 day check out

## Transportation

Derby Dash runs curb to curb, 7:30 a.m. to 4:30 p.m. Monday through Friday by appointment in city limits of Derby. Reservations will be accepted as long as time slots are available. Call 788-7433 for additional information.

## Volunteer

If you would like to be a volunteer at the Center we have many opportunities, from delivering meals and making phone calls, to being a class instructor. Please call 788-0223.





**Open 7 Days a week!**  
**Mon. - Thurs.**  
**7:30a - 8p**  
**Fri. 7:30a - 6p**  
**Sat. 9a - 3p**  
**Sun. 10a - 3p**

**Gregory Bongers, MD**  
**David W. Niederee, MD**  
**Lorraine Alvarado, MD**  
**Cynthia Ward, MD**

**1101 N. Rock Road • Derby**  
**788-MYMD (788-6963)**

*Immediate Acute Care, for your cough, cold, fever & flu*  
 Our Morning Immediate Care Clinic is Open Monday-Friday from 7:30 to 9:00 a.m. with No Appointment Needed

### City of Derby Senior Services

**Mission Statement:**  
 The Derby Senior Services supports positive aging where educational, physical, and cultural programs enrich the lives of the individual and the community.

**Goals:**  
 1. To provide seniors with opportunities to volunteer and to participate in community services.

2. To improve the seniors quality of life in the community and at the center.

#### Objectives:

1. Increase involvement in the community.
2. Implement a volunteer program at the Senior Services to assist with programs.
3. Implement the Retired Senior Volunteer Program with assistance

4. Use an evaluation plan to ensure thriving programs and activities.
5. Increase active living programs tailored to older adults' needs so they can stay in their homes longer.
6. Upgrade the monthly newsletter to make it more attractive and professional.

### Staff

**City of Derby Senior Services**  
 Dee Williams, Administrator  
 Laura Friend, Activity Coordinator  
 Kim Hart, Administrative Assistant  
 Sonya Dalton, Administrative Assistant

**Derby Dash**  
 Sonya Dalton, Dispatch  
 John Truex, Driver  
 Terry Whiteside, Driver  
 Steve Williams, Driver

### Derby Senior Services Advisory Board 2012 -2013

Gerald Brownlee  
 Tom Davidson - Secretary  
 Duane Day - Treasurer  
 Jack Hemphill - Vice Chairman  
 Marilyn Newkold  
 Eleanor Underwood - Chairman