

Prime Times

News, Information and More From the Derby Senior Center

September 2013 611 Mulberry • 788-0223 • www.Derbyweb.com

Once a Texan, always a Texan

By Shirley Stees

The afternoon card players at the Senior Center are very familiar with the individual for my article this month - Bettye Langston.

Bettye was born and raised

in Wichita Falls, Texas - the oldest of three. Her father worked at the U.S Post Office and her mother at a local clothing store. One of her fondest memories is getting to ride a train to Arkansas with her grandfather to spend time with her grandparents and her siblings did not get to go. Since Bettye's family lived in town, they had all of the current "modern day" conveniences - electric lights, indoor plumbing, etc. After graduating from high school, Bettye worked as a dental assistant.

Her future husband, Paul Langston, grew up in Anderson, S.C., with two brothers and three sisters. His father worked in the cotton mills and since Paul did not want to follow in his footsteps, he joined the Air Force as Security Police.

Bettye met Paul in Texas while he was stationed at Shepherd AFB and they were married. In 1954, they were shipped to Japan which was a very interesting place to see the sights and culture. They returned to El Paso, Texas in 1957, and then to Okinawa in 1960 for four years. Bettye worked at an English newspaper, *Morning Star*, for

3-1/2 years putting in the stateside ads.

After 27-1/2 years in the military and a tour in Vietnam, Paul retired from the service in 1970. They moved to Derby at the advice of the best friends they had when living in Japan. He was then employed with Pinkerton Security. Paul passed away in 1987 after a long illness.

Their three children (Anita, Paul and Debbie) graduated from the Derby school system. Anita lives in Texas where her husband Jack is a professor at Baylor University and Anita volunteers at their church. Debbie is still a local Derby girl where she has taught gymnastics and cheerleading to all ages. She and her husband John have three grown children - Brad, Cortnie and Melissa (whose husband, Doug, was a quarterback for Derby football), and they have a daughter, Lyla. Paul and his wife Mil live in Shawnee where he works for IBT.

If you know Bettye, you know she is an avid sports fan. In high school, she played all the intramural sports that girls could participate in at the time - volleyball,

basketball, tennis and softball. Her favorite was tennis which she played for many years after school. Today, she flips all TV channels looking for a game to watch. She likes all of them and sometimes rushes home from bridge to watch a game.

Bettye was quick to say how much she enjoys the people at the Senior Center, playing bridge and pinochle, and the trips she has taken with the Center to the dog track and horse racing in Oklahoma. She said she is still teased about being a Texan.



Bettye Langston

What's inside this month

Item	Page #
Calendar	2
Dee's Notes	3
Bits & Pieces	3-4
Upcoming Events	4-5
Enrichment & Learning	5
Health & Information	6
Trips	6
Looking Ahead	7
Healthy Active Living	7
Ongoing Activities	8
Senior Center Information	8

PRSRST STD
US POSTAGE
PAID
DERBY KS
PERMIT NO. 1207

Derby Senior Services
611 Mulberry - Suite 100
Derby, KS 67037



September 2013

Mon	Tue	Wed	Thu	Fri
2 Center Closed	3 8:10 Weight/Strength 9:10 Fitness & Flexibility 9:30 Bingo 10:00 Tap 11:00 Advance Tap 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance 5:00 TNT 7:00 Senior Dance	4 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:00 Board Meeting 10:00 Tai Chi Presentation 1:00 Carving Class 4:00 Yoga	5 8:00 Wii 8:10 Weight/Strength 8:30 Massage 9:00 Tappercise 9:00 New Member Orientation 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 10:30 Blood Pressure ✓ 11:00 Hearing Aid ✓ 11:30 Covered Dish 11:30 Derby Difference Sales Tax 12:15 Reba Livingston 1:00 Joy of Singing 3:30 Line Dance	6 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Dishcloth
9 8:10 Cardio, Core & More 9:00 State Fair 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi 1:00 Acrylic Painting 1:00 Inspiring Women	10 8:10 Weight/Strength 8:30 Paradise Casino 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 10:00 Medicare Part D 11:00 Just Lunch 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance	11 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:15 Arthritis Tai Chi 1:00 Carving Class 4:00 Yoga	12 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 1:00 Kansas Opera Houses 3:30 Line Dance	13 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Quilt Show & Tell 10:00 Dishcloth
16 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi 1:00 Tanzania Safari 1:00 Acrylic Painting	17 7:00 Foot Care 8:10 Weight/Strength 9:10 Fitness & Flexibility 10:00 Book Club 12:00 Friendship Club 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance 7:00 Community Dance	18 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Blood Pressure ✓ 9:10 Exercise w/purpose 9:30 Bingo 10:00 Hooks & Needles 10:15 Arthritis Tai Chi 1:00 Carving Class 1:00 Fall Root Vegetables 4:00 Yoga	19 7:30 Port of Catoosa 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 2:00 Birthday & Anniversary Celebration 3:30 Line Dance	20 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Broadway Medical
23 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Brunch for Your Brain 10:15 Arthritis Tai Chi 1:00 Acrylic Painting 1:00 Ross Janssen 5:30 Cessna Jazz Band	24 8:10 Weight/Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 10:00 Cross Presentation 1:00 Wii 1:00 Senior Employment 4:00 Restorative Yoga 5:00 Line Dance 6:00 Bunco Babes 7:00 Jam Session	25 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:15 Arthritis Tai Chi 11:00 Just Lunch 1:00 Carving Class 1:30 Senior Gatekeepers 4:00 Yoga	26 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 1:00 Wire Wrap Pendant 3:30 Line Dance	27 8:10 Cardio, Core & More 9:10 Exercise w/ purpose
30 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi 1:00 Acrylic Painting 1:00 Journey of the Heart Sign-ups	September Activity Sign-Up will open August 26th at 7:30 a.m.			

Personal, innovative, enriching memory care in Derby



Glen Carr House

One call offers hope!

www.GlenCarrHouse.com (316) 448-8354

"After a lifetime of working, raising families, and contributing to the success of this nation in countless other ways,... senior citizens deserve to retire with dignity"

— Charlie Gonzalez

Downsizing? Retirement Community? Lifestyle Change?

Make your first call to J.P. Weigand & Sons, Inc.

316-788-5581

1121 College Park, Suite 700, Derby, KS

www.Weigand.com



The Standard for Excellence.™

Dee's Notes

September is National Senior Center Month! The theme this year is "Experts at Living Well."

Derby Senior Center is a place with wonderful opportunity and a positive image of aging. We offer a wide variety of health and fitness classes and lifelong learning opportunities, and encourage involvement in the center and the community. Celebrate our programming and services that enable you to become "Experts at Living Well."

Take advantage of some of the volunteer opportunities!

Senior Greeters

We have seniors who are having an especially rewarding time volunteering in our community. The Senior Greeters go to Derby High School and Swaney Elementary School to enrich the lives of students. By taking the time to greet students as they come to school, it helps the students to learn respect, citizenship and responsibility. The seniors have a ball visiting with the students and being part of a group making a difference in our community. Want to get rid of aches and pains? Try this for a good dose of laughter and making new friends.



Dee Williams

Readers Theatre

The Readers Theatre group is looking for volunteers, especially men, who would like to read in the Derby Elementary Schools. The Readers use a few props and costuming, read once a month in each of the Derby Elementary Schools, and practice as needed. Readers Theatre is a great way to interact with students and belong to a fun group.

Reassurance Calling Program - Are You All Right

This program can be a life saver! Volunteers call the senior every day at the same time to check on their well-being and ask "Are you all right?" We are looking for volunteers to call seniors who need and want this service. If you are a senior and need to receive a reassurance call, our staff can help you with setting up the service.

Program Helper

Do you enjoy working an event? We are looking for enthusiastic people to help out with events here at the Center. We have a wide variety of duties available during the day or evening hours. There are needs for on-going events as well as special events. Pick up a form at the front desk if you are interested.

Be an "Expert at Living Well" at the Derby Senior Center.

- 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.

~~ Continued ~~

Welcome New Patrons

FAREN BALDWIN
ROGER BALDWIN
ANNETTA BARKLEY
JOHN COLEMAN
RITA HAMMOCK
EVELYN HEFLEY
SUZANNE HODGSON

HELEN HUSTON
PATRICIA KITTERMAN
EARNEST KNIPP
IMELDA KUBE
KIM MAR
TONY MAR
MELVIN MOORE

SHARON MORRISON
TONI NEFF
CAROL SCHWARZ
JILUN SHA
SHARON STEPHENS
LEI YAO
LINDA YAO

A little lonely?

Consider being a part of our circle of friends



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

- Home Cooked Meals
- Weekly Performers
- Multiple Daily Activities
- Trained Medical Staff

Come see Derby's state-of-the-art Assisted Living Residence

- Individual care options
 - 24/7 emergency access
 - Scheduled transportation
- MUCH, MUCH MORE!

AVITA
SENIOR LIVING

The Comforts of Home
Derby Assisted Living • 260-4447



719 Klein Circle • Derby

FREE
CaptionCall Phone
with tested and qualified hearing loss



\$725 off

suggested retail price on a set (2 hearing aids) of Advanced Digital Hearing Instruments. One coupon per purchase. No other offer or discounts apply.



729 N Baltimore Ave, Derby, KS 67037
(316) 260-3939

FREE
HEARING CONSULTATION

Understand why you're having problems hearing conversations, the TV, and on the telephone.



~~ Bits & Pieces Continued ~~

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.

Great Day of Service

Great Day of Service is FCC's opportunity to be the church on Sunday, Sept. 29th. The parishioners from First Christian Church want to help you. They have set aside a day of service, and are looking for the opportunity to help seniors. They are looking for all types of projects. Things like yard work, painting indoors or out, small repairs, picking up trash, hauling away things. They can do just about anything. They will find the right people for each job. They don't provide supplies such as paint, siding, plants, ceiling fans, but they bring tools to do yard work and fix things. They also have a team of people who haul off any debris. Come in to the Senior Center and fill out a project form and they will get in touch with you and let you know what they can and cannot do.

not a tax increase. The Derby Difference would fund firefighters and equipment to improve response times to medical emergencies; develop a new Central Park, a new ball field's park, and a dog park; and continue to pay operating expenses of the Derby Public Library. City Manager Kathy Sexton will explain how this initiative enhances the quality of life for people in the Derby area and makes Derby the place to be. She will also provide information about when and where to vote in this special election.

Date: September 5
Day: Thursday
Time: 11:30 am
Location: Austin Room
Fee: Free

Arthritis Tai Chi (Beginning)

We are so excited to have a new instructor. Come in and meet Ken Mattoon and try out this great class. Thousands of people with arthritis have gained pain relief and better quality of life from learning and practicing Tai Chi. Tai Chi is now known as one of the most effective exercises for physical and mental wellbeing. Sun style, one of four widely recognized Tai Chi styles, is especially suitable and effective for arthritis. It increases flexibility, muscle strength, increases heart/lung activity, aligns posture, improves balance and integrates the mind and body.

Date: September 9, 11, 16, 18, 23, 25, 30
Day: Monday & Wednesday
Time: 10:15 am
Location: Classroom
Fee: \$2.50 per class

State Fair

100 years of the Kansas State Fair! We're off to the Kansas State Fair in Hutchinson. Wear comfortable clothes and easy walking shoes for a full day of sightseeing, food and lots of fun. Cost includes entry fee and transportation in the van. Lunch will be on your own. We will leave the fair at 3:00 pm. Please sign up by September 4.

Date: September 9
Day: Monday
Time: 9:00 am
Location: Depart from Library
Fee: \$3.00 plus lunch

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: September 10
Day: Tuesday
Time: 11:30 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 September 18.

Date: September 19
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: September 17
Day: Tuesday
Time: 7:00 – 9:30 pm
Location: Welcome Center
Fee: \$3.00 donation at door

Ross Janssen

Join us for an interesting presentation from Storm Team 12 Meteorologist, Ross Janssen. Ross will focus on different aspects of Kansas weather, how they forecast it, track it, and will help you understand what the atmosphere is doing. He will talk about some interesting facts on severe weather, and have some storm photos to share. He will also bring his dog Millie! Signups required.

Date: September 23
Day: Monday
Time: 1:00 pm
Location: Austin Room
Fee: Free

Cessna Jazz Band

Join us for a relaxing evening of food, music and good times. We will start the evening off with a delicious meal catered by Corporate Caterers. You can then set back and relax with the wonderful music of the Cessna Jazz Band. Bring a friend and come have some fun. Reservations required.

Date: September 23
Day: Monday
Time: 5:30 pm
Location: Austin Room
Fee: \$5.00

Bunco Babes

If a girl's night out is what your craving, join us for some miss behaving. Come roll the dice and have some fun. Bunco is a game of 100% luck and no skill. Simply try to throw three of a kind of a specified number when it's your turn to roll the dice and accumulate points. Played in teams of four with three dice. Anyone can learn this fun social game.

Date: September 24
Day: Tuesday
Time: 6:00 pm
Location: Game Room
Fee: \$2.00

~~ Continued ~~

Upcoming Events

Registration is required for all activities

"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 ham potato cheese bake, Jell-O salad, vegetable, and 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. Raffle tickets will be sold for two free TNT dinner tickets.

Date: September 3
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! Come early and enjoy a home cooked meal, call 788-0223 for reservations.

Date: September 3
Day: Tuesday
Time: 7:00 – 9:30 pm
Location: Welcome Center
Fee: \$3.00 donation at door

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, September 4, before noon. Everyone must pay a \$1.00 to attend the luncheon. We are looking forward to seeing you there. The entertainment will be Reba Livingston.

Date: September 5
Day: Thursday
Time: 11:30 am
Location: Austin Room
Fee: \$1.00

The Derby Difference Sales Tax

From Sept. 25 to Oct. 8, Derby citizens will vote on the Derby Difference Sales Tax. This half-cent sales tax would replace the current Library Sales Tax. It is

It's our pleasure to be a part of Derby
A great town – with great people ...
LIKE YOU!



Vaughn Nun
LPL Registered Principal
LPL Financial Advisor
vaughn.nun@lpl.com



**TRUEPOINT
FINANCIAL**
A Wealth Management Firm

315 N. Baltimore • 978-9224

Securities offered through LPL Financial, member FINRA/SIPC.



Jeff Smith
Financial Consultant
jeffrey.smith@lpl.com

Quality & Service ~ YOU DESERVE!
Starting our 10th year of service in 2013



300 S. Baltimore • K-15
Open 9A-6P, Mon.-Sat.

Sig's Gourmet Meats is the old-fashioned butcher shop you grew up with ~ offering only the best USDA choice beef. *Need a special cut?* We will gladly do it. *Just want a small amount?* That's fine with us. Some things never change. Our commitment to serve you is one of those things.

"Let us meet your expectations"

~~Upcoming Events Continued~~

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: September 24
Time: 7:00 pm
Location: Multi-Purpose Room
Fee: Free

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: September 25
Day: Wednesday
Time: 11:00 am
Location: Depart from Library
Fee: \$3.00 plus lunch

Quilt Show & Tell

We all love to see what our friends and neighbors are working on; this is a great way to get new ideas. Please bring a few of your favorite quilts to show off your work, talents, friendship and knowledge. We will have refreshments following the meeting. If you are interested in quilting, or just want to see what everyone has been making please join us!
Date: September 13
Day: Friday
Time: 10:00 am
Location: Multipurpose Room
Fee: Free

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 "Our World/The State You're In" and will last one hour.
Date: September 23
Day: Monday
Time: 10:00 am
Location: Multipurpose Room
Fee: Free

Enrichment & Learning

Registration is required for all activities

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: September 4, 11, 18, 25
Day: Wednesday
Time: 10:00 am
Location: Conference Room
Fee: Free

Carving Class

Come join a senior carving group. Everyone welcome, beginners and experienced carvers. If you are interested in learning no need to purchase materials, equipment will be available and blanks will be provided for a small fee.
Date: September 4, 11, 18, 25
Day: Wednesday
Time: 1:00 – 3:00 pm
Location: Classroom
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: September 5, 12, 19, 26
Day: Thursday
Time: 1:00 – 2:00 pm
Location: Classroom
Fee: Free

Dishcloth

Learn how to knot or crochet an attractive dishcloth. It will make a great stocking stuffer or a thank you gift. Supplies needed are size I crochet hook or size 7 knitting needle. Either cotton or 4-ply yarn works for this projects. This is a great way to use up left over yarn. Class taught by Vicki Durrenberger and Shirley Driskell.
Date: September 6, 13
Day: Friday
Time: 10:00 am
Location: Conference Room
Fee: \$2.00

Inspiring Women

Katharine Houghton Hepburn was an American actress of film, stage and television. Miss Hepburn is known for her headstrong independence and spirited personality. Her career as a Hollywood leading lady spanned more than 60 years. Oh what an interesting woman.....come hear about her life as presented by Loretta Lyon.
Date: September 9
Day: Monday
Time: 1:00 pm
Location: Multipurpose Room
Fee: Free

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: September 9, 16, 23, 30
Day: Monday
Time: 1:00 pm
Location: Classroom 2
Fee: \$10.00 per class

Medicare Part D

It's time to choose your Medicare Part D (prescription drug coverage) plan. Join the SHICK Coordinator from the Central Plains Area Agency on Aging, as she covers the latest information, to prepare you for individual counseling session starting in October. Open enrollment period is October 15th to December 7th. During this time each person on Medicare has the opportunity to review their current coverage and compare it to plans available for the New Year! It's important to do this each and every year because plans and premiums change, so your current coverage may no longer serve your needs.
Date: September 10
Day: Tuesday
Time: 10:00 am
Location: Multipurpose Room
Fee: Free

Kansas Opera Houses

Jane Rhoades a professor at WSU will be to share her passion. From melodrama to Shakespeare, from church socials to high school commencements, the opera houses of Kansas made significant contributions to the state's social and cultural fabric in communities both large and small. Rhoads will discuss the history of opera houses in Kansas and how they are being used today. "I came to love opera houses when, as a small child, I played in the opera house built by my great-grandfather. This eventually led to my visiting 400 Kansas communities to learn about the activities that took place in the local opera houses and to photograph the state's remaining ones." Rhoads is an author and a 2009 Notable Kansas Book award winner. Her book, Kansas Opera Houses, Actors and Community Events 1855-1925 is a result of years of travel across Kansas to research opera houses.
Date: September 12
Day: Thursday
Time: 1:00 pm
Location: Austin Room
Fee: Free

Tanzanian Safari

John Ellert is back with another fascinating presentation. Tanzanian Safari presents the East African Safari experience from a naturalist-photographer's perspective, endeavoring to give you an idea of what it is like to travel to East Africa, stay in tented camps and safari lodges, and view lions, elephants, cheetahs, leopards, wildebeest, and countless other animals in one of the world's largest natural areas.
Date: September 16
Day: Monday
Time: 1:00 pm
Location: Austin Room
Fee: Free

Fall Root Vegetables

Join Denise Dias, Sedgwick County Extension Agent as she discusses fall vegetables. Carrots, parsnips and turnip are just a few of the many root vegetables you can enjoy this fall. Now is the time to get inspired to try them in a different and tasty recipe.
Date: September 18
Day: Wednesday
Time: 1:00 pm
Location: Multipurpose Room
Fee: Free

Broadway Medical

Broadway Home Medical, the area's leading supplier of medical equipment, will be here to talk about what they offer. Some of the products that will be discussed are: Home and Portable Oxygen Systems, Aids to Daily Living, and Wheelchairs. She will also cover Incontinence Products, Lift Chairs, Diabetic Shoes, Walkers and Power Mobility. She will be happy to answer any mobility or respiratory questions you may have throughout the presentation. Hope to see you there! Snacks will be provided.
Date: September 20
Day: Friday
Time: 10:00 am
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

Crosses

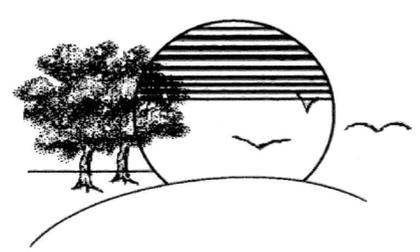
Lilaha Bolen is excited to come share her cross collection with you. The collection was started by her parents when she was a young child. You will hear a bit of cross history, see crosses from other countries, explore different kinds of crosses, how they are named, why the colors, and the significance of different types for the liturgical year. You will also have time to just enjoy the collection.
Date: September 24
Day: Tuesday
Time: 10:00 am
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: September 24
Day: Tuesday
Time: 1:00 pm
Location: Conference Room
Fee: Free

Wire Wrap Pendant

Let's get rockin' with Melanie Hecht, a local wire-wrap jewelry artist. She will teach you how to create a pendant by wrapping wire around a cabochon (a cut, shaped, and polished rock). You'll learn how to measure and cut the wire, wrap the wire into bundles, shape the bundles around the cabochon, create a bail for hanging the pendant on a chain, and creating an interesting design to finish the piece. Don't worry; it's easier than it sounds. Tools, supplies, and cabochons will be provided but you can bring your own if you have them. Class will be geared toward beginners but suitable for any level of experience. Bring your imagination, enthusiasm and a willingness to have fun while learning.
Date: September 26
Day: Thursday
Time: 1:00 pm
Location: Multipurpose Room
Fee: \$10.00



(316)788-2828

Derby ~ Wichita
 Haysville ~ Mulvane
 Belle Plaine ~ Douglass

Smith Family Mortuaries

www.smithfamilymortuaries.com

Health & Information

Registration is required for all activities

Tai Chi Presentation

Join Valerie Page Program Director, Arthritis Foundation will be here talking about the benefits of Tai Chi. Tai Chi is proven to reduce pain and stiffness and improve physical well-being by using gentle routines that are safe and easy to learn. It strengthens joint mobility, reduces stress and improves concentration and memory. There will be a demonstration.

Date: September 4

Day: Wednesday

Time: 10:00 am

Location: Multipurpose Room

Fee: Free

Gatekeeper Program

A proactive community training program to locate, identify and refer at-risk older adults. The Gatekeeper model has been applied nationally to train individuals and employees. Through the Gatekeeper program, these non-traditional referral sources are trained to identify and refer older adults who appear to have problems that may place them at-risk of adult abuse, prescription misuse, self-neglect and the increase risk of suicide. Gatekeepers include utility employees, bank personnel, apartment managers, postal carriers, police, fire department and individuals or neighbors. Presenters include Deputy Joe Page, Sheriff's Office,

Community Policing, Don Strong, Mental Health Association/Gatekeeper Program, Deputy Jamie Converse, SENIORS Program and Dan Hammon, Derby Deputy Chief of Police.

Date: September 25

Day: Wednesday

Time: 1:30 – 3:30 pm

Location: Austin Room

Fee: Free

Journey of the Heart

This is an eight week support group that is specifically designed to address the unique needs of caregivers of patients with dementia. Dementia caregivers experience grief that is as intense as death-related grief. Their grief is prolonged and complicated by length of the disease. The group is caregiver-focused and is intended to allow caregivers to tell their story, acquire knowledge about the disease of dementia and what to expect, self-reflect in regards to their journey, and gain coping tools and strategies to address their own needs, body, mind, and spirit.

Date: September 30

Day: Monday

Time: 1:00 pm

Location: Conference Room

Fee: Free

Trips

Registration is required for all activities

Paradise Casino

Experience a fun & festive tropical gaming getaway close to home. And that's just the beginning... with over 500 machines, you're bound to find games you love to play. If you like Blackjack, then your table is ready! Come get in on the action at Blackjack and 3 Card Poker tables! You will get \$10 in game play once you get 20 points. There will be \$50 hot seat drawings every 30 minutes. Plan to be back to Derby by 4:30pm

Date: September 10

Day: Tuesday

Time: 8:30 am

Location: Depart Library

Fee: \$5.00

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 out 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

Behind the Scenes

We are off to Lawrence where we will start with a wonderful catered buffet lunch at the Lied Center. The Lied Center is home to the University of Kansas Concert, Chamber Music, Broadway, New Directions and Family Series. After lunch we will take a "behind the curtains" tour of the amazing facility. We are then off the famous Allen Field House for a guided tour of this storied college basketball arena. Fee includes catered lunch, tours and bus.

Date: October 17

Day: Thursday

Time: 8:30 am

Location: Depart Library

Fee: \$15.00

One on One

Here's your chance for the personal attention you need. Ask basic computer questions, learn how to forward messages, get on the internet, etc. Sign up early space limited.

Date: September 24

Day: Tuesday

Time: 6:00 pm

Location: Computer Room

Fee: \$2.00 per session

**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**

 grenevisiongroupkansas ■ www.grenevisiongroup.com

Westview of Derby

Skilled Nursing and Rehabilitation



Quality Care - Since 1979

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

www.derbyweb.com
788-RIDE

**Derby
Dash
September
Special**

**Let us do
the driving!**

**Ride
round trip
to Walmart
the week of
Sept. 16 - 20
for only \$3.00**

*You may purchase your ride cards at the
Senior Center, City Hall, both Dillons stores
and the DRC. Hours: M-F 7:30—4:30*



Looking Ahead

Registration is required for all activities

Oklahoma Thunder/Chicago Bulls

Don't miss a chance to see Oklahoma Thunder and the Chicago Bulls here at Intrust Arena. Join us for a pre-season televised game. We have seats located in the lower level. You won't want to miss these two exciting NBA teams.

Date: October 23

Day: Wednesday

Time: 5:30 pm

Location: Depart Senior Center

Fee: \$40.00

Murder Mystery Comedy

Expect nothing short of an evening filled with "spirited" high jinks when you combine the famed Chinese-Hawaiian detective Charlie Chan, an historic cemetery

setting, and the Midwestern gypsy king as a most unlikely resident. "The Return of Charlie Chan in Graveyard Shift" will be presented by a cast of 20 lively and lovable characters, the three-act performance is presented in an engaging reader's theatre format and produced by LifeVentures, a nonprofit organization in Wichita comprised of adults 55 and better. Did we mention the Divine Dessert buffet? Murder has never been this delicious! This wonderful comedy will be held at Holy Cross Lutheran Church in Wichita.

Date: October 24

Day: Thursday

Time: 6:00 pm

Location: Depart from Senior Center

Fee: \$5.00

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 pacing 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: September 4, 11, 18, 25

Day: Wednesday

Time: 8:10 am

Location: Classroom

Fee: \$1.00

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: September 5, 12, 19, 26

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: September 3, 5, 10, 12, 17, 19, 24, 26

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: September 3, 5, 10, 12, 17, 19, 24, 26

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: September 4, 6, 9, 11, 13, 16, 18, 20, 23, 25, 27, 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: September 4, 6, 9, 11, 13, 16, 18, 20, 23, 25, 27, 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: September 3, 10, 17, 24

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: September 3, 5, 10, 12, 17, 19, 24, 26

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: September 4, 11, 18, 25

Day: Wednesday

Time: 4:00 pm

Location: Classroom 1

Fee: \$2.50 per class

Massage

Mart Madison MT, NBC, Health & Serenity Massage Therapy has worked with the Derby Senior Center for 13 years. He has helped many seniors with releasing pain and discomfort through massage. Clients have adequate time and privacy before and after the massage. Appointments available on Wednesday and Thursday, call Mart at 788-0228.

Discounted Prices are as follows.

Half hour, upper body (or specific areas by request):

\$23

One hour, full body (or specific areas by request):

\$43

Blood Pressure Check-Ups

No appointment is necessary.

Date: 1st Thursday 10:30 am

3rd Wednesday 9:00 am

Location: Health Room

Fee: Free

*A Place to Live
Offering a Friendly, Natural,
Fun Atmosphere.*



Call Today
to schedule a
FREE tour
and meal.



VINTAGE
PLACE

Assisted Living Residence

Offering
three levels
of assistance
to fit your needs.

316-788-9600
1701 E. Walnut Grove
Derby, KS 67037

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 -

THE DERBY
INFORMER

Call 788-4006 today to subscribe!

Ongoing Activities

Monday

7am-4pm Treadmill, Recumbent Bike
 8:10am Cardio, Core & More
 9:10am Exercise w/ Purpose
 10:15am Arthritis 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)
 10:15am Arthritis 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

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

from Sedgwick County.

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

Derby Senior Center • 611 Mulberry • 788-0223
Open Mon-Thur 7 a.m.-5 p.m.; Fri 7 a.m.-1 p.m.