

Prime Times

News, Information and More From the Derby Senior Center

Nov/Dec 2013

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

Lil Frazier has many interesting stories to tell

By Shirley Stees

Lillian "Lil" Frazier volunteered to be this month's interviewee. She has had a very interesting life, with many stories to tell.

Lil was born in Winfield, the youngest of the four living siblings, and lived in the country north of Winfield where her father farmed. Her oldest sister was 10 years older, one brother was three years older and another brother was between

them. When she was 10 days old she had whooping cough, so it was a blessing she survived. The family moved to town when she was in high school. After high school she began her career in retail working for J.C. Penney.

She married Walter in 1943 and they had two children. Leroy, who is now deceased, and her very close daughter Vickie. She and Walter later divorced.

Lil proved to me through her life stories that she has always been a little ornery. Once when she was about eight she and her brother decided to bake a cake when their parents were away. It turned out all right, but undoubtedly the kitchen wasn't in the best of shape when they were through.

In the fall of 1949, she went to work at Boeing. In 1951, she worked at Penneys from 10 a.m. to 2 p.m., then Boeing from 4:30 p.m. until 1:30 a.m. She was lucky as her mother helped take care of the kids. She managed to work the two jobs until she was out of debt and the children were ready to start to school.

She rented a duplex and had a chance to buy a house in Wichita without a man's name on the deed. Lil is proud to say she raised two great children on her own the 10 years she was single.

When her daughter was about 5 years old, she would check out Lil's boyfriends. She would ask all kinds of questions, even of the one Lil eventually married. Lil met her future husband, Glen, while working at Boeing. Vickie thought he was great for Lil and approved of the marriage.

Glen grew up in Follett, Texas, and worked in a hardware store until he moved to Wichita to work at Boeing. He had a son, Barry. His family also approved of Lil and they drove them to see a minister in Oklahoma one

weekend to set the date for him to marry them.

They wanted a Thanksgiving wedding, but the minister had other plans. They moved it up two weeks earlier. They got married in 1960 and Lil became a mother and grandmother at once. They then moved to Derby and also had a place at Hula Lake in Oklahoma for two or three years. After moving to Derby, Lil was able to quit Penneys to take care of the yard and house. She joined a Bible study group as well as a sorority, to which Lil still belongs.

In 1970, Glen took early retirement from Boeing and they moved to the lake and were also able to take care of the farm in Texas. To get a fire station at Grand Lake, they formed an auxiliary that raised money by holding bean suppers, garage sales, etc. They were able to buy a fire truck, water truck and a new building to house them.

The last two years Lil became allergic to oak trees and mold around the lake, so she had to go to Joplin every week to get a shot. Three other women would go with her to shop and "kick-up" their heels. Their husbands never knew what these fun-loving girls would come home with - many times wigs and extreme clothing outfits. The girls would then be ready to go out to dinner with the guys. This is one reason why I call her "good time Lil" - because there was never a dull moment.

After losing several of these friends, they decided to sell and move to Winfield, then four years later they moved to Glen's home town of Follett. Glen played the saxophone and guitar in a western band at the Senior Center. Lil also helped at the Senior Center as secretary to more quickly become acquainted with people. They would meet once a week for dinner and cards. A friend purchased a clothing

store and asked Lil to work in it. Lil did with the basis that if Glen wanted to go somewhere she wouldn't be at work. The store closed in the '90s as Wal-Mart had opened which hurt small town businesses.

While living in Winfield, she had a big vegetable garden and her daughter, Vickie, would come to help can and learn. When they built their house, Lil made the garage into a room for canning with a stove, refrigerator and tubs with hot and cold water. This way the kitchen and house would stay clean, and the heat was kept in the garage. And, she could just hose out the garage floors.

After Glen passed away in 2000, Lil returned to Derby to be near her children. Her son died in 2010 and all her brothers and sisters are now deceased. She enjoys the friendships she has made at the Senior Center.



Lil Frazier

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November 2013



Mon	Tue	Wed	Thu	Fri
November Activity Sign-Up will open Oct. 28 at 7:30 a.m.				1 8:10 Cardio, Core & More 9:10 Exercise w/ purpose
4 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Operation Holiday 10:15 Arthritis Tai Chi 1:00 Acrylic Painting 1:00 Inspiring Women	5 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	6 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 10:15 Arthritis Tai Chi 1:00 Carving Class 4:00 Yoga	7 8:00 Wii 8:10 Weight/Strength 8:30 Massage 9:00 Tappercise 9:00 New Member Orientation 9:10 Fitness & Flexibility 10:00 Bible Study 10:00 Tap 11:00 Advance Tap 10:00 Holiday Tables 10:30 Blood Pressure ✓ 11:00 Hearing Aid ✓ 11:30 Covered Dish 12:15 Joy of Singing 3:30 Line Dance	8 8:10 Cardio, Core & More 9:10 Exercise w/ purpose
Center Closed	12 8:10 Weight/Strength 9:10 Fitness & Flexibility 10:00 Life's Lesson's 10:00 Cowl Scarf 10:00 Tap 11:00 Advance Tap 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance	13 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 10:30 Holiday Pots 1:00 Carving Class 4:00 Yoga	14 8:00 Wii 8:10 Weight/Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 10:00 Mad Gab 1:00 Joy of Singing 3:30 Line Dance	15
18 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 Journey of the Heart 6:30 50's 60's and 70's	19 7:00 Foot Care 8:10 Weight/Strength 9:00 Flu Shots 9:10 Fitness & Flexibility 10:00 Book Club 10:00 Cowl Scarf 12:00 Friendship Club 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance 7:00 Community Dance	20 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 Better Food Choices for Men's Health 4:00 Yoga	21 8:00 Wii 8:10 Weight/Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 11:00 Just Lunch 1:00 Joy of Singing 2:00 Birthday & Anniversary Celebration 3:30 Line Dance	22 8:10 Cardio, Core & More 9:10 Exercise w/ purpose
25 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi 1:00 Acrylic Painting Sign-ups	26 8:10 Weight/Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance 6:00 Bunco Babes	27 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	Happy Thanksgiving!	29 Center Closed

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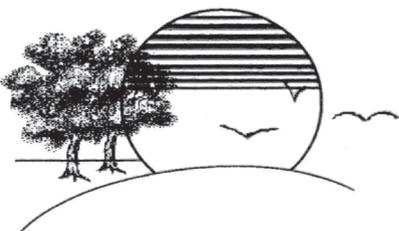
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December 2013



Mon	Tue	Wed	Thu	Fri
<p>2 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi 1:00 Acrylic Painting</p>	<p>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</p>	<p>4 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:10 Exercise w/purpose 9:15 Holiday Party 10:00 Hooks & Needles 10:00 Board Meeting 10:15 Arthritis Tai Chi 1:00 Carving Class 4:00 Yoga</p>	<p>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 12:15 Charles Nida 1:00 Joy of Singing 3:30 Line Dance 5:30 It's a Wonderful Life</p>	<p>6 8:10 Cardio, Core & More 9:10 Exercise w/ purpose</p>
<p>9 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi 1:00 Acrylic Painting 1:00 "The Jolly Snowman" 4:30 Illuminations</p>	<p>10 8:10 Weight/Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 10:00 Foxy Hat 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance</p>	<p>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 11:00 Just Lunch 1:00 Carving Class 4:00 Yoga</p>	<p>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 3:30 Line Dance 5:15 Prairie Pines</p>	<p>13 8:10 Cardio, Core & More 9:10 Exercise w/ purpose</p>
<p>16 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 Journey of the Heart</p>	<p>17 7:00 Foot Care 8:10 Weight/Strength 9:10 Fitness & Flexibility 10:00 Book Club 10:00 Foxy Hat 12:00 Friendship Club 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance 6:00 Bunco Babes 7:00 Community Dance</p>	<p>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 11:30 Treblemakers 1:00 Carving Class 1:00 Cooking Healthy 4:00 Yoga</p>	<p>19 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</p>	<p>20 8:10 Cardio, Core & More 9:10 Exercise w/ purpose</p>
<p>23 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Brunch for Your Brain 1:00 Acrylic Painting</p>	<p>24 Merry Christmas! Center Closed</p>		<p>25 Merry Christmas! Center Closed</p>	
<p>30 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 1:00 Acrylic Painting Sign-ups</p>	<p>31 8:10 Weight/Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance</p>	<p style="text-align: center;">December Activity Sign-Up will open Nov. 25 at 7:30 a.m.</p>		



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Dee's Notes

Tis' the season! During this season we gather with friends and family to show our appreciation and love through gifts and kind words. There are so many people who have given gifts, time and money. Thank you to every one for your support of our Center. We appreciate our volunteers who make our Center come alive with happiness and warmth!

The City of Derby Senior Services mission is to support positive aging where educational, physical, and cultural programs enrich the lives of the individual and the community. Did You Know? One way the Advisory Board supports our mission is by funding operational expenses like coffee, pop, sugar and creamer for your coffee. They also purchase paper plates, all drinking cups, napkins, condiments and popcorn. That nice fitness room we have - funded partly by the Advisory Board! Without their financial support, cost would go up.

"Tuesday Nite Together" (TNT) sponsored by the Advisory Board is a fundraiser to help purchase our supplies. Please support your Center and come or donate to TNT. If you would like to volunteer for Tuesday Nite Together, please let the staff know. We need you. Come eat on the first Tuesday of every month at 5:00 pm and then go to the dance at 7:00 pm in the Austin Room. It's nice if you sign up for TNT, ahead of time, in the notebook located on the table in the reception area. This helps us prepare the right amount of food needed to serve people attending.

We have many opportunities for your holiday season enjoyment in this November and December newsletter. Make your holiday bright and come to the Derby Senior Center activities!

Happy Thanksgiving, Merry Christmas and Happy Holidays from the DSC Staff.

- Dee, Laura, Kim and Sonya



Dee Williams

hour long. Special rates available for couples and groups of two or three. Call Joyce at 253-3629 to schedule today!

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 conference 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.

Bits & Pieces

Registration is required for all activities

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.

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

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, **November** menu is Baked Pork Loin, Rice, Cranberry Jell-O Salad and dessert. **December** menu is, Ham & beans, corn bread 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.

Date: November 5

Date: December 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: November 5

Date: December 3

Day: Tuesday

Time: 7:00 – 9:30 pm

Location: Welcome Center

Fee: \$3.00 donation at door

Operation Holiday

Let us make your Christmas a little brighter. Anyone in the USD 260 school district needing assistance for the holidays is welcome to come and sign up. We will have a representative here to register you. Applicants must provide proof of income, family size, address and photo ID. A social security number for each family member is required. We will also be participating with Operation Holiday this year, by providing food and toy boxes for donations.

Date: November 4

Day: Monday

Time: 10:00 am

Location: Conference Room

Fee: Free

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 the Wednesday before. Everyone must pay a \$1.00 to attend the luncheon. We are looking forward to seeing you there. November entertainment will be Joy of Singing and December will be Charles Nida.

Date: November 7

Date: December 5

Day: Thursday

Time: 11:30 am

Location: Austin Room

Fee: \$1.00

Holiday Porch Pots

Are you looking for ideas to decorate your porch for the holidays? We are off to Botanica, where Karen Hull from Johnson's Garden Center will teach us how to decorate pots with fresh assorted green, holly, pinecones and bows. We will have lunch before the presentation, and you will have time after the presentation to enjoy the gardens. Lunch, entry fee and transportation included in cost. We will depart for Derby at 2:30 pm.

Date: November 13

Day: Wednesday

Time: 10:30 am

Location: Depart Library

Fee: \$13.00

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 / Day: November 21 Thursday

Date / Day: December 11 Wednesday

Time: 11:00 am

Location: Depart from Library

Fee: \$3.00 plus lunch

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: November 19

Date: December 17

Day: Tuesday

Time: 7:00 – 9:30 pm

Location: Welcome Center

Fee: \$3.00 donation at door

50's, 60's and 70's

Music is in the air and fun is on the horizon! L.V. Smith will entertain you with a variety of music from the 50's, 60's and 70's. Enjoy an evening dancing or just sit back and listen to the wonderful music. Desserts will be served and we will have door prizes.

Registration required by November 12. Event sponsored by Derby Senior Center, Copperstone of Derby and Westview of Derby.

Date: November 18

Day: Monday

Time: 6:30 pm

Location: Austin Room

Fee: Free

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 the Wednesday before.

Date: November 21

Date: December 19

Day: Thursday

Time: 2:00 pm

Location: Austin Room

Fee: \$2.00

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: November 26

Date: December 17

Day: Tuesday

Time: 6:00 pm

Location: Game Room

Fee: \$2.00

Holiday Party**"The Wichita Art Museum"**

Senior Wednesday will be celebrating the past year with an end of the year party. Enjoy coffee, treats, and holiday music in the S.Jim and Darla Farha Great Hall and hear about the exciting upcoming spring programs from all ten of the participating Senior Wednesday organizations. There will be a raffle of special items from the participating venues. Have a fun and relaxing time in a social atmosphere. We will listen to Christmas music from the Coleman Middle School's Strolling Strings.

Date: December 4

Day: Wednesday

Time: 9:15 am

Location: Depart Library

Fee: \$3.00

It's a Wonderful Life

Enjoy a delightful evening at Wichita Community Theatre. Inspired by the classic American film, It's a Wonderful Life. The Live Radio Play: It's a Wonderful Life is performed as a 1940s live radio broadcast in front of a studio audience. Five actors perform the dozens of characters in the radio play as well as produce the sound effects. It's a Wonderful Life: A Live Radio Play premiered in 1996 at Stamford Center for the Arts in Stamford, Connecticut, and has since been produced around the country to critical acclaim. We will have dinner downtown before going to the play.

~~ Continued ~~

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Dillons stores and the DRC.*



~~ Upcoming Events Continued ~~

Seats are limited sign up early!

Date: December 5

Day: Thursday

Time: 5:30 pm

Location: Depart DSC (back door)

Fee: \$12.00 plus dinner

Illuminations

Take a break and get into the holiday spirit by joining us for relaxing evening. The Derby Recreation Center will be sponsoring a snack supper here at the center. We will then load the buses and head to Botanica. You will enjoy hundreds of thousands of lights combined with nature to create a stunning atmosphere and a "HO, HO, HO" lot of fun! Reservations required for bus seating and snack supper at the Senior Center.

Date: December 9

Day: Monday

Time: 4:30 pm

Location: Austin Room

Fee: \$3.00

Prairie Pines Holiday Dinner & Show

Your evening begins in The Old Barn, a rustic and beautifully decorated Christmas shop, where you will be served warm cider by a roaring fire. Upon arrival to the theatre, a delicious dinner buffet will be served followed by our unique twist on the Dickens' classic, "A Christmas Carol." It's Christmas Eve, 1943. The players are broadcasting from a hole-in-the-wall studio in Newark, NJ presenting their contemporary take on "A Christmas Carol." Whether it's noisy plumbing, missed cues, electrical blackouts or over the top theatrics, this show brings just the right bit of nostalgia and comic relief to help you celebrate the holidays. The beautiful setting combined with a



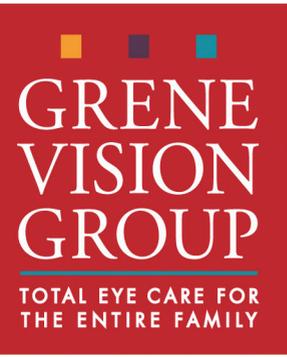
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Sun. 10a - 3p



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delicious dinner buffet, and quality production makes Prairie Pines Dinner Theatre the perfect place to enjoy your holiday season. Fee includes show, dinner and transportation. We plan to be back to Derby around 10:30 pm.

Date: December 12

Day: Thursday

Time: 5:15 pm

Location: Depart DSC

Fee: \$6.00

Treblemakers Holiday Tour

The Derby Middle School Treblemakers go on a holiday tour

every year to showcase the music they have been learning. This year we were able to be one of the stops. Don't miss this opportunity to support our local students as they sing for the Derby Senior Center. They will be performing during the Red Cross meal, so be sure and sign up for lunch that day.

Date: December 18

Day: Wednesday

Time: 11:30 am

Location: Multipurpose Room

Fee: Free

Enrichment & Learning

Registration is required for all activities

Medicare One/ One
SHICK coordinators from the Dept. on Aging will be here to help with questions about your prescription drug plan. They will input your drugs and find the companies that offer

you the best price for your current prescriptions. This volunteer will not advise you on a company, but

~~ Continued ~~

Welcome New Patrons

EVELYN ALLEN
ROBERT BARKER
SUZANNE BELL
KAREN BENEFIEL
PATRICIA BLAWN-EUSCHER
GERALDINE BOGUE
JORINDA BRANT
ALAN BRUMBAUGH
JANET BRUMBAUGH
M BURGDORF
BEVERLY CARRUTH
MARTHA CATHEY
CALVIN CHAMBERLAIN
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BRENDA CRENSHAW
CAROL DREILING
JANIE ELDER
LINDA FAUBION
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GERALD GUM
JOY GUM
ROSA LEE HALL

SHARON HANSON
TERRY HANSON
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SANDRA HULL
FRIEDA KNAPP
PATRICIA LEGUC
BETTE MORIN
RONALD MORIN
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KATHERINE ORNELAS
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~~ Enrichment & Learning Continued ~~

will help get you the information so you can make an informed decision. You must bring your Medicare card, a list of your prescriptions, dosage, quantity and the cost you are currently paying. Appointments required and limited.

Dates: November 5, 7, 8, 12, 14, 15, 19, 21, 22, 26 December 3, 5

Days: Tues, Thurs, Fri

Time: 9:00 am to 3:00 by appointment

Location: DSC

Fee: Free

Inspiring Women

Shirley Jane Temple Black was born April 23, 1928. She has had a very active life as an American film and television actress, singer, dancer, autobiographer and former U.S. Ambassador – oh what a life. Presented by Loretta Lyon.

Date: November 4

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: November 4, 18, 25

Date: December 2, 9, 16, 23, 30

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: November 6, 13, 20, 27

Date: December 4, 11, 18

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: November 6, 13, 20, 27

Date: December 4, 11, 18

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: November 14, 21

Date: December 5, 12, 19, 26

Day: Thursday

Time: 1:00 – 2:00 pm

Location: Classroom

Fee: Free

Life's Lesson's from an Educator Who Hopefully hasn't Lost Her Class!

Join Jackie Vietti, President Emeritus Butler Community College for this interactive session highlighting some key life lessons learned -- sometimes the easy way and sometimes not -- by an educator with 34+ years of experience in the "trenches". From the presenter's perspective the lessons have broad-based applicability regardless of the audience's varied stations in life.

Date: November 12

Day: Tuesday

Time: 10:00 am

Location: Multipurpose Room

Fee: Free

Cowl Scarf

With winter just around the corner, you will need something to keep you warm. Let's get together and knit a cute cowl to keep you toasty. All you need is a skein of either 3 or 4 ply yarn, size nine knitting needles and a yarn needle. Stop and see a sample at front desk. Instructors: Vicki Durrenberger and Shirley Driskell.

Date: November 12, 19

Day: Tuesday

Time: 10:00 am

Location: Conference Room

Fee: \$2.00

MAD GAB

"It's not what you say, it's what you hear!" Join us for a game of MAD GAB! This is a fun game where you try and guess what the phrase is... Phrase - Ready Hose Pro Kin, "Radio's Broken." We will divide into teams and prizes will be given! Sponsored by Right at Home.

Date: November 14

Day: Thursday

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 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. November session is "Time Capsule", December session is "Tongue In Cheek/ Word Smith" and both will last one hour.

Date: November 18

Date: December 16

Day: Monday

Time: 10:00 am

Location: Multipurpose Room

Fee: Free

"The Jolly Snowman"

Who first came up with the idea of placing snowballs on top of each other, and who decided to use a carrot for a nose? How can we find out since all the evidence has long since melted? Come hear some fun facts about the snowman. Presenter: Loretta Lyon. Stop by the showcase and see her collection of counted-cross stitched snowmen and snowwomen.

Date: December 9

Day: Monday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

Foxy Hat

Come and crochet a foxy hat- cute as a button for your favorite little button! Materials needed are, 1 skein of Vanna's choice brick or any other 4-ply yarn in a foxy color, plus a small amount of white & dark gray yarn, H and G crochet hooks, and a yarn needle. Stop and see a sample at front desk. Instructors: Vicki Durrenberger and Shirley Driskell.

Date: December 10, 17

Day: Tuesday

Time: 10:00 am

Location: Multipurpose Room

Fee: \$2.00

Health & Information

Registration is required for all activities

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: November 4, 6, 13, 18, 20, 25, 27

Date: December 2, 4, 9, 11, 16, 18

Day: Monday & Wednesday

Time: 10:15 am

Location: Classroom

Fee: \$2.00 per class

Journey of the Heart

This is an eight week support class 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: November 18

Date: December 16

Day: Monday

Time: 1:00 pm

Location: Conference Room

Fee: Free

Better Food Choices for Men's Health

Join Denise Dias, Sedgwick County Extension Agent for this interesting class. Denise will examine diseases that threaten men's health, as well as give you eating tips and cooking ideas about other ways to maintain a healthy lifestyle. Women are welcome too! Recipes and samples will be shared.

Date: November 20

Day: Wednesday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

Focus on the Stars: Cooking healthy for the Holidays

Healthy and holiday usually don't find themselves in the same sentence. Learn how to lighten up your favorite dishes without sacrificing taste. Recipes and samples will be shared. Denise Dias, Sedgwick County Extension Agent will be presenting.

Date: December 18

Day: Wednesday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

Healthy Active Living

Registration is required for all activities

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!!

Dates: November 6, 13, 20, 27

Dates: December 4, 11, 18

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!

Dates: November 7, 14, 21

Dates: December 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: November 5, 7, 12, 14, 19, 21, 26

Dates: December 3, 5, 10, 12, 17, 19, 31

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.

Dates: November 5, 7, 12, 14, 19, 21, 26

Dates: December 3, 5, 10, 12, 17, 19, 31

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.

Dates: November 1, 4, 6, 8, 13, 18, 20, 22, 25, 27

Dates: December 2, 4, 6, 9, 11, 13, 16, 18, 20, 23, 27, 30

Day: Monday, Wednesday & Friday

Time: 9:10 am

Location: Austin Room

Fee: \$1.00 per class

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~~ Continued ~~

~~ Healthy Active Living Continued ~~

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!

Dates: November 1, 4, 6, 8, 13, 18, 20, 22, 25, 27

Dates: December 2, 4, 6, 9, 11, 13, 16, 18, 20, 23, 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.

Dates: November 5, 12, 19, 26

Dates: December 3, 10, 17, 31

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!

Dates: November 5, 7, 12, 14, 19, 21, 26

Dates: December 3, 5, 10, 12, 17, 19, 26, 31

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.

Dates: November 6, 13, 20, 27

Dates: December 4, 11, 18

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

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THE DERBY
INFORMER

If It's Derby News – We Know It!

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

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)
 3:00pm Line Dance

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)

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**

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

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.

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)

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.

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
 Jim Burgess
 Tom Davidson - Secretary
 Duane Day -Treasurer
 Jack Hemphill - Vice Chairman
 Marilyn Newkold
 Eleanor Underwood - Chairman

Derby Senior Center
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 316-788-0223
 Derby Dash 316-788-7433
 www.derbyweb.com



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