

# Prime Times

News, Information and More From the Derby Senior Center

January 2014

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

## Overcoming a lifetime of challenges

By Shirley Stees

Sophie Seymore has had a very interesting and challenging life. I know I won't be able to do her story justice. She appreciates the goodness and the life she has in America and wants us to know her story. She has been writing her story and plans to call her book "Kansas Daughter Made in China."

Sophie was born in China

Yun-nan province, the middle of three daughters. Her mother had wanted a boy so she was dressed and raised as a son because sons would take care of aging parents. She attended a China country school for only four years. At the age of nine, she left with an aunt who was childless and who helped to educate her. Together they walked from China to Vietnam to escape the communist takeover.

Her aunt's husband was a Chinese Army Colonel who pushed them to leave to go to Hai-Nan Island where he was on temporary duty assignment. Her aunt was an opium smoker and was killed by the communists. Sophie was left alone.

Sophie then followed Chinese military dependents. They entered the French Indo-China (now Vietnam) but they were exiled to Comranh Bay Central Vietnam which was formerly used as a "rich retreat" by the French. She remained there for 3-½ years. During this time, many died in the concentration camp because of malnutrition. Sophie almost lost her life, but was cared for by a very caring doctor who could not pronounce her name. So she called her "Sophie," which means smart and good.

In 1954 at the age of 13 years old, Sophie and the rest of the refugees were released to go to Taiwan. As she didn't belong to anybody, some people from her home province took her in, cut her hair, and gave her some of their daughter's clothes to wear. She became a girl.

Sophia related to me many horrifying stories of the political uprisings and torture. Members

of her parents' family were shot by the communists. One cousin was wanted to be a member of the Red Guard communist youth group. He escaped but caused his father's life.

At the age of 16 while living in Taiwan, she would stand outside night school classes to learn to speak English. She tried to get a typist job but didn't get it. She learned of an interpreter job which nobody wanted because it was a two-hour bus ride to the base to work for the U.S. Air Force Security Service 6987 Radio Squadron, which did spy work against Chinese Communists. She worked for them for 10 years as a cost counting technician. She was given several Letters of Appreciation and Letters of Commendation for her work with the U.S. Air Force.

Working near the Americans, she decided she wanted to marry an American because she loved the culture and lifestyle. She met her husband in 1967 and he was later assigned to McConnell Air Force Base which prompted their move to Derby in 1969. He passed away in 2003. They had one son who attended the local schools. He is married and they have a 9-year-old daughter, a 6-year-old son, and 3-year-old Natalie.

In 1972 after President Nixon's visit to Communist China which opened communication, Sophie wrote to her dad. However, he didn't open the letter for a year because of fear for any connection to capitalism. He later wrote her back but died in 1978. Her father's brother was born blind, so the communists used him as a horse plowing the

ground for planting and giving him minimal amounts of food. He was beaten and starved to death.

In 1982, the older sister wrote to her to tell her she had cancer, so Sophie went to visit with her. Sophie was the only family member to leave China. Her mother had two boys after Sophie left home.

I know many of us have faced hardships in life, but I think we can all appreciate our life after hearing Sophie talk about the challenges she has faced and how she met them and survived. She obtained her American citizenship in 1975.

She comes to the Senior Center almost every day to have lunch and to play cards, socialize and to be with these great people.



Sophie Seymore

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# January 2014



Mon	Tue	Wed	Thu	Fri
		1 <b>Center Closed</b>	2 8:00 Wii 7:10 Weight/Strength 8:10 Weight/Strength 8:00 Wii 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 Bill Newport</b> 1:00 Joy of Singing 3:30 Line Dance	3 <b>7:10 Pilates</b> 8:10 Cardio, Core & More 8:10 Zumba 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
6 8:10 Cardio, Core & More <b>9:00 Arthritis Tai Chi Beginning</b> 9:10 Exercise w/ purpose <b>10:15 Arthritis Tai Chi Intermediate</b> 1:00 Inspiring Women 3:30 Pilates	7 7:10 Weight/Strength 8:10 Weight/Strength 9:10 Fitness & Flexibility <b>9:30 Bingo</b> 10:00 Tap 11:00 Advance Tap <b>1:00 Wii Bowling Tournament</b> 4:00 Restorative Yoga <b>4:30 TNT 5:00 Line Dance</b> 7:00 Senior Dance	8 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> <b>10:15 Arthritis Tai Chi</b> <b>1:00 Carving Class</b> <b>2:45 Resistance Bands</b> 4:00 Yoga	9 7:10 Weight/Strength 8:10 Weight/Strength 8:00 Wii 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Joy of Singing <b>1:00 Mentoring</b> <b>3:30 Line Dance</b>	10 <b>7:10 Pilates</b> 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
13 8:10 Cardio, Core & More <b>9:00 Arthritis Tai Chi Beginning</b> 9:10 Exercise w/ purpose <b>10:15 Arthritis Tai Chi Intermediate</b> 1:00 Journey of the Heart 1:00 WSU Class Information 3:30 Pilates	14 7:10 Weight/Strength 8:10 Weight/Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap <b>1:00 Wii Bowling Tournament</b> <b>1:00 Life's Lesson's</b> 4:00 Restorative Yoga <b>5:00 Line Dance</b>	15 8:10 Cardio, Core & More <b>8:10 Zumba Gold</b> 8:30 Massage 9:10 Exercise w/purpose <b>9:00 Blood Pressure</b> ✓ <b>9:30 Bingo</b> <b>10:00 Hooks &amp; Needles</b> <b>10:15 Arthritis Tai Chi</b> <b>12:15 Cosmosphe "Jerusalem"</b> <b>1:00 Carving Class</b> <b>1:30 Dashing with Food</b> <b>2:45 Resistance Band</b> 4:00 Yoga	16 7:10 Weight/Strength 8:10 Weight/Strength 8:00 Wii 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>	17 <b>7:10 Pilates</b> 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
20 <b>Center Closed</b>	21 <b>7:00 Foot Care</b> 7:10 Weight/Strength 8:10 Weight/Strength 9:10 Fitness & Flexibility <b>10:00 Book Club</b> 12:00 Friendship Club <b>1:00 Wii Tournament</b> <b>1:00 Chinese Acrobats</b> 4:00 Restorative Yoga <b>5:00 Line Dance</b> <b>7:00 Community Dance</b>	22 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>10:15 Arthritis Tai Chi</b> <b>1:00 Carving Class</b> <b>2:45 Resistance Bands</b> 4:00 Yoga	23 7:10 Weight/Strength 8:10 Weight/Strength 8:00 Wii 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>7:15 Driving Miss Daisy</b>	24 <b>7:10 Pilates</b> 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
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## Dee's Notes

Happy 2014! How did we get here? The question is easily answered when you take a look at our 2013 calendar. We were busy! We will continue to bring new classes and explore new options for presentations in 2014.



Dee Williams

I'd like you to help me welcome a new intern, Julee, from Wichita State, Human Performance Studies Department, Exercise Science, starting January 2014. We are so excited to have her on our team and are looking forward to a great semester with her. She will be teaching Pilates and resistance class, so check it out.

Tuesday Nite Together has had a great year too. The team has done a great job providing delicious food and a fun time for fellowship. Starting January 7, 2014, the serving time for TNT is 4:30 p.m. to 6 p.m. If you are

interested in helping with the dinner, give your name to the front desk staff.

In November, patrons received a letter making them aware of the opportunity to lend financial support to our Center. The money we received will be used for programming and services that can't occur without financial support. Every cup, napkin, paper towel, plate, and each packet of coffee, tea, sugar, creamer (and much more) is purchased from the Advisory Board fund whose revenue is comprised of donations and earnings from fundraisers. The fitness equipment, and many activities such as dinners and exercise classes, are supported by the Advisory Board. I'm happy to report we have received more than \$8,000 and I want to thank you for your support.

Wishing you a healthy and happy New Year!

- 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.

### 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!

### 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!

### Inclement Weather Policy

The Derby Senior Center will be closed for all programs, activities, classes, lunch and home meal deliveries when Derby Public Schools are closed due to inclement weather. School cancellations are announced on channels 3, 10, 12 and KFDI Radio, around 6 a.m. For information on special events that may also be affected by weather, please call 788-0223.

### 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 also read it. 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.

## 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 the Wednesday before. Everyone must pay a \$1.00 to attend the luncheon. We are looking forward to seeing you there. Bill Newport will be the entertainment.

**Date:** January 2

**Day:** Thursday

**Time:** 11:30 am

**Location:** Austin Room

**Fee:** \$1.00

#### Wii Bowling Tournament

Everyone welcome! You will sign up individually and we will randomly draw for teams. We will start with bracket play drawing two teams at a time to compete. The number

~~ Continued ~~

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~~ Upcoming Events Continued ~~

of teams will determine how many brackets we will have. We will meet on January 7, to draw for teams and bowl absentee scores, and draw for times. Bracket play will start on January 14th.

You must sign –up by January 3.

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

**Day:** Tuesday

**Time:** 1:00 pm

**Location:** Classroom 1 & 2

**Fee:** \$2.00

### “TNT” “Tuesday Nite Together”

“Tuesday Nite Together” is a board sponsored fundraiser. This event supports the senior center activities. Enjoy a home cooked meal, January menu is Spaghetti, Tossed Salad, garlic bread and dessert. The 1.5 hour time frame (4:30-6:00pm) 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:** January 7

**Day:** Tuesday

**Time:** 4:30 to 6:00 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, for TNT and enjoy a home cooked meal. Call 788-0223 for reservations.

**Date:** January 7

**Day:** Tuesday

**Time:** 7:00 – 9:30 pm

**Location:** Welcome Center

**Fee:** \$3.00 donation at door

### Jerusalem

We are off to the Cosmosphere in Hutchinson, where we will watch the movie Jerusalem. Jerusalem: Sacred to many people on Earth; fought over more than any other place in history, conquered and destroyed, rebuilt and reinvented repeatedly over 5,000 years. Now, for the first time ever, a giant screen film adventure immerses audiences in a spectacular cinematic journey - soaring high above the Holy Land and plunging deep into the vibrant Old City - exploring the intersection of science, history and religion in this ancient, enigmatic place. Cost includes charter bus, movie entry.

**Date:** January 15

**Day:** Tuesday

**Time:** 12:15 pm

**Location:** Depart from Library

**Fee:** \$20.00

### 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 January 15.

**Date:** January 16

**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:** January 21

**Day:** Tuesday

**Time:** 7:00 – 9:30 pm

**Location:** Welcome Center

**Fee:** \$3.00 donation at door

### The Fabulous Chinese Acrobat

We have been invited to Tanglewood Elementary for an exciting event featuring the Chinese Acrobats. Each year the The Bureau of Lectures brings new groups of Chinese acrobats complete with new routines to the United States. You will see some of their favorite routines, such as: contortions, plate spinning, foot juggling, Chinese yo-yo and group acrobatics. Sign up at the Senior Center and drive yourself to Tanglewood.

**Date:** January 21

**Day:** Tuesday

**Time:** 1:00 pm

**Location:** Tanglewood School

**Fee:** Free

### Driving Miss Daisy

Enjoy a delightful evening full of laughter at The Forum Theatre. “Driving Miss Daisy” a

beloved classic depicting the unbreakable bond formed between an elderly Jewish matron and her black chauffeur.

**Date:** January 23

**Day:** Thursday

**Time:** 7:15 pm

**Location:** Depart DSC

**Fee:** \$25.00

### 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:** January 29

**Day:** Wednesday

**Time:** 11:00 am

**Location:** Depart from Library

**Fee:** \$3.00 plus lunch

## Enrichment & Learning

### Registration is required for all activities

#### 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:** January 2, 9, 16, 23, 30

**Day:** Thursday

**Time:** 1:00 – 2:00 pm

**Location:** Classroom

**Fee:** Free

child. Come enjoy one of her movies - The Littlest Rebel. It will be about 73 minutes long. We hope you can come!

**Date:** January 6

**Day:** Monday

**Time:** 1:00 pm

**Location:** Multipurpose Room

**Fee:** Free

#### Acrylic Painting

No classes this month. Watch for what's coming next month!

#### Hooks & Needles

Looking to get out and meet with a group of ladies that love needle work. Anyone interested in needle point, embroidery,

#### Inspiring Women

In November, we heard about Shirley Temple Black and her acting as a young

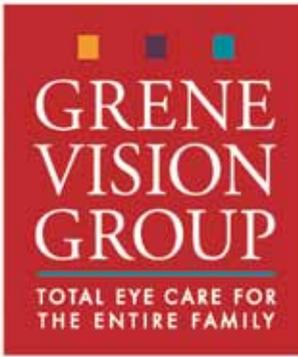


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tattooing, crewel or knitting is welcome. We have a volunteer who is willing to help you, or if perhaps you are skilled you can lend a hand too! This is a great chance to see what other ladies are doing and to get started on a new skill or enjoy the visit.

**Date:** January 8, 15, 22, 29  
**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:** January 8, 15, 22, 29  
**Day:** Wednesday  
**Time:** 1:00 – 3:00 pm  
**Location:** Classroom  
**Fee:** Free

### Mentoring

Char Powell Children's Coordinator with Compeer Inc. will be here to talk about the mentoring program. She will share her joy of mentoring with you and share ways to volunteer in this program that includes anything from mentoring adults or children to baking for special events.

**Date:** January 9  
**Day:** Thursday  
**Time:** 1:00 pm  
**Location:** Multipurpose Room  
**Fee:** Free

### WSU Senior Citizen Class Information

Come and find out how you can take College level academic courses, if space is available and prerequisites are met, without paying tuition fees. Senior Registration

will start January 23! If you have questions before the session please call WSU south Campus in Derby at 316-978-8000.

**Date:** January 13  
**Day:** Monday  
**Time:** 1:00 pm  
**Location:** Multipurpose Room  
**Fee:** Free

### Life's Lessons 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:** January 14  
**Day:** Tuesday  
**Time:** 1:00 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:** January 28  
**Day:** Tuesday  
**Time:** 1:00 pm  
**Location:** Conference Room  
**Fee:** Free

### 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:** January 28  
**Day:** Tuesday  
**Time:** 6:00 pm  
**Location:** Game Room  
**Fee:** \$2.00

### 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:** January 28  
**Time:** 7:00 pm  
**Location:** Multi-Purpose Room  
**Fee:** Free

### City Website

Come learn the ropes of the new city website, www.derbyweb.com! Set up an account to receive notifications via email or text message about city news, events, job openings, and more. Learn how to make a request for service through the website with the "Make a Request" feature, and how to easily pay utility bills and traffic citations. Class will be taught by Kristy Bansemer, Public Information Officer.

**Date:** January 30  
**Day:** Thursday  
**Time:** 10:30 am  
**Location:** Austin Room  
**Fee:** Free

## Welcome New Patrons

MARCIA BECKMAN  
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 NANCY CLARK

KAREN COWAN  
 CRAIG DICKERSON  
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 SHIRLEY THORNWALL

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 Fridays-same unless school is closed  
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## Health & Information

### Registration is required for all activities

#### Arthritis Tai Chi (Intermediate)

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. Ken Mattoon instructor.

**Date:** January 6, 8, 13, 15, 22, 27, 29

**Day:** Monday & Wednesday

**Time:** 10:15 am

**Location:** Classroom

**Fee:** \$2.00 per class

#### Arthritis Tai Chi (Beginning)

Come in and meet Ken Mattoon and try out this great class. This beginning class will teach twelve basic forms and six advance forms. 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:** January 13, 15, 22, 27, 29

**Day:** Monday & Wednesday

**Time:** 9:00 am

**Location:** Classroom

**Fee:** \$2.00 per class

#### Journey of the Heart

This is a 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:** January 13

**Day:** Monday

**Time:** 1:00 pm

**Location:** Conference Room

**Fee:** Free

#### Dashing with Food –

This cooking program focuses on how to prepare delicious meals and snacks to control or prevent diabetes and other diseases. Today's topic is on controlling

hypertension and using the DASH diet to lower sodium. Join Denise Dias, Sedgwick County Extension Agent for this interesting class.

**Date:** January 15

**Day:** Wednesday

**Time:** 1:30 pm

**Location:** Multipurpose Room

**Fee:** Free

## Look What's New

### Registration is required for all activities

#### Pilates class

Pilates is a form of exercise, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. Some of the top benefits of Pilates are becoming stronger, longer, leaner, and more able to do anything with grace and ease. We will start with a 10 minute warm up, Pilates for about 40 minutes and wrap it up with a 10 minute cool down. Instructor is Julee Sandoval.

**Date:** January 3, 6, 10, 13, 17, 24, 27, 31

**Day / Time:** Monday 3:30 pm / Friday 7:10am

**Location:** Austin Room

**Fee:** \$1.00

#### Resistance Class

This class will be more about strengthening and toning by using resistance bands, as well as doing some isometric contractions with bands. Start with 10 minute warm up, 40 minutes of resistance training and 10 minute cool down. Instructor: Julee Sandoval.

**Date:** January 8, 15, 22, 29

**Day:** Wednesday

**Time:** 2:45 pm

**Location:** Classroom

**Fee:** \$1.00

## Looking Ahead

### Registration is required for all activities

#### The Duttons

The Duttons are coming to the Cotillion in Wichita! They are internationally-known for their singing, music & dancing. They are one of the premiere Live Music Shows in Branson (since 1991). Inspiration for this amazing group has come from various sources, including The Eagles, Ricky

Skaggs, Rascall Flatts, Eric Clapton and more. Price includes tickets, buffet lunch and motorcoach transportation.

**Date:** February 4

**Day:** Tuesday

**Time:** 10:45 am

**Location:** Depart from Library

**Fee:** \$25.00

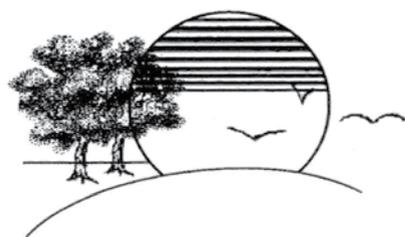
## Healthy Active Living

### 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!!



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**Dates:** January 3, 8, 15, 22, 29  
**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:** January 2, 9, 16, 23, 30  
**Day:** Thursday  
**Time:** 3:30 pm  
**Location:** Austin Room  
**Fee:** \$1.00 per class

**Yang Tai Chi**

Tai Chi is a Traditional Chinese Martial Art that combines deep breathing and relaxation with many fundamental postures that flow smoothly from one to the other through slow, gentle, graceful movements. This will be done with a video.

**Date:** January 3, 10, 17, 24, 31  
**Day:** Friday  
**Time:** 10:15 am  
**Location:** DSC  
**Fee:** \$2.00 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:** January 2, 9, 16, 23, 30  
**Day:** Thursday  
**Time:** 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. Tues and Thurs class at 7:10 done with video.

**Dates:** January 2, 7, 9, 14, 16, 21, 23, 28, 30  
**Day/Time:** Tuesdays and Thursdays 7:10 am 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:** January 3, 6, 8, 10, 13, 15, 17, 22, 24, 27, 29, 31  
**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! Class ran with video.

**Dates:** January 3, 6, 8, 10, 13, 15, 17, 22, 24, 27, 29, 31  
**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 Madison teaches how yoga can be done from a chair.

**Dates:** January 7, 14, 21, 28  
**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:** January 2, 7, 9, 14, 16, 21, 23, 28, 30  
**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:** January 8, 15, 22, 29  
**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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# 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)  
 3:00pm Line Dance

## 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.

## 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  
 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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 Derby Dash 316-788-7433  
 www.derbyweb.com



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