

Prime Times

News, Information and More From the Derby Senior Center

February 2014

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Carys enjoy Derby's small-town atmosphere

By Shirley Stees

I've known John and Sheryl Cary since our kids were in middle school, but it was a real pleasure to sit down, chat, get to know them better and talk about old times.

John was raised in Ark City and Sheryl Dowler was raised on a farm between Ark City and Winfield. Sheryl attended a one-room rural school

through the eighth grade and then attended Ark City Junior High. Being the same age, John and Sheryl went through their school years together. They were sweethearts during that time (a long courtship).

They were married in August 1959 after Junior College graduation and then moved to Wichita where both finished at Wichita State University. Sheryl graduated with a biology degree in 1961 and John an engineering degree a year later. After graduation, they moved to Lancaster, Calif., where John went to work for NASA at Edwards Air Force Base.

It was in the middle of June 1962 and Sheryl was pregnant when they arrived. Lancaster was so hot and dry that heat waves would rise off the pavement. They almost turned around and came home, but soon became acclimated to the desert climate.

Sheryl was a stay-at-home mom with daughter Diane who was born that fall, and daughter Laura who arrived two years later. They enjoyed living in California where the weather was nice 95 percent of the time, the mountains were a 30-minute drive, and Disneyland was only a two-hour drive away when friends and relatives came to visit.

After seven years in California, Sheryl was homesick so they returned to Kansas and the Dowler farm to be near family (both sets of grandparents were still living). In June 1969 the Cary family settled in Derby. They liked Derby for the small-town atmosphere. John went to work for Beech Aircraft. Sheryl

was a stay-at-home mom until both Diane and Laura were in school at Swaney. Jack and Jill Preschool needed a teacher, so Sheryl taught there from January 1971 until May 1986.

She then went to work as a travel agent and was able to travel all over the world including Europe, Russia, Australia, and New Zealand. Her favorite trip was an African safari. She enjoyed the vastness of the land, the animals, and eating lunch under the only visible tree on the savanna - where you felt God's presence on such a great adventure. She retired from the travel business in 1993 when she became "granny/nanny" to their two grandchildren, Claire and Chase Branstetter, while they were growing up.

John went from Beech to Boeing in 1985 and retired from Boeing in May 2000. After retirement, John moved to Sheryl's family farm between Winfield and Ark City where he spent the next 12 years being a "gentleman farmer." Sheryl was supposed to follow after the grandkids were older, but she liked Derby too well and never moved. John gave up and moved back to Derby about a year ago.

Diane is a 1980 Derby grad and a 1984 KU grad. She lives in Olathe and is employed as a speech therapist to preschoolers in the Kansas City school district. She has entered several mini triathlons and enjoys scuba diving.

Laura graduated from Derby in 1983. After graduation from KU in 1986, Laura attended optometry school at the University of Houston and



Sheryl and John Cary

graduated in May 1990. After graduation, Laura and husband James Branstetter returned to Derby. Laura opened her own optometric business in 1996 and moved to her current location on

Buckner in 1998.

Laura's office is probably unique because it is the only one

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February 2014

Mon	Tue	Wed	Thu	Fri
3 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi Intermediate 1:00 Inspiring Women 1:00 Acrylic Painting 3:30 Pilates	4 7:10 Weight/Strength 8:10 Weight / Strength 9:10 Fitness & Flexibility 9:30 Bingo 10:00 Tap 11:00 Advance Tap 10:45 Duttons 1:00 Wii 4:00 Restorative Yoga 4:30 TNT 5:00 Line Dance 7:00 Senior Dance	5 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:00 Board Meeting 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 2:45 Resistance Bands 4:00 Yoga	6 7:10 Weight/Strength 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 ✓ 11:30 Covered Dish 12:15 Brad Fritz 1:00 Joy of Singing 3:30 Line Dance	7 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
10 7:30 Osage Casino 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi Intermediate 12:30 Acrylic Painting 1:00 Journey of the Heart 3:30 Pilates	11 7:10 Weight/Strength 8:10 Weight Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Med Management 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance	12 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 1:30 Rite Bite (Label Lingo) 2:45 Resistance Band 4:00 Yoga	13 7:10 Weight/Strength 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 NFocus Low Vision Solutions 3:30 Line Dance	14 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 SAD 10:15 Yang Tai Chi
17 <h2 style="text-align: center;">Center Closed</h2>	18 7:00 Foot Care 7:10 Weight/Strength 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	19 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning 9:00 Blood Pressure ✓ 9:30 Bingo 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 2:45 Resistance Bands 4:00 Yoga	20 8:00 Wii 7:10 Weight/Strength 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	21 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 9:00 Bob Ross Techniques 10:15 Yang Tai Chi
24 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi Intermediate 11:00 Just Lunch 1:00 Acrylic Painting 3:30 Pilates Sign-ups	25 7:10 Weight/Strength 8:10 Weight Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Senior Employment 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance 6:00 Bunco 7:00 Jam Session	26 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 1:00 Revocable Trust 2:45 Resistance Bands 4:00 Yoga	27 8:00 Wii 7:10 Weight/Strength 8:10 Weight /Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 10:00 Parable of Jesus 1:00 Joy of Singing 3:30 Line Dance	28 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi

January Activity Sign-Ups will open Jan. 27 at 7:30 a.m.

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Dee's Notes

What a great year 2013 was for the Derby Senior Services. We hit a record high for registered participants of 2,955, and 103,192 participants attended our classes or activities. Remember, we appreciate your help by signing in each and every time you come into the Center. It is important for our funding from the Sedgwick County Department on Aging. We welcome all new members and hope you attend the Center on a regular basis. Take advantage of your great facility!



Dee Williams

This spring the City Council will be appointing Derby Senior Services Advisory Board members. The purpose of the board is to comment on and make recommendations to

the City Council with respect to the social, health, educational, nutritional, physical, recreational, and intellectual well-being of the senior citizens of Derby. If you would like to apply go to www.Derbyweb.com and print the application or come by the front desk. I hope you will consider being part of the Advisory Board! We need you.

In February, we begin free AARP volunteer tax service. To make an appointment, please read the instructions in the newsletter under Tax Help. You will be making your tax appointments online and printing off your appointment page. If you do not have access to a computer, you may use the Computer Lab at the Center or call 788-0223 for your appointment.

Have a great February!

- Dee

Volunteers Needed

We are looking for people who would like to facilitate Are You Alright calling program. It takes about 4 hours a month. We also need callers who would be interested in calling a person every day at the same time. Maybe you would like to help sack Panera bread once a month on Tuesday mornings. Please call or come by the front desk and leave your name with the staff. Thank you in advance.

Bits & Pieces

Tax Help

It's Tax time again! We will have trained AARP volunteers available to do your SIMPLE taxes here at the center. AARP Tax-Aide provides free tax assistance and preparation for taxpayers with low- and middle- income, with special attention to age 60 and older. You do not need to be a member of AARP or a retiree to use this service. Kansas Tax-Aide volunteers, trained in cooperation with the IRS, will offer this service beginning the first week of February. The qualifications have changed a bit; you must have a photo I.D. and Social Security card. If filing a joint return, both husband and wife need to be present. The Center will provide the space, phone lines and supplies. Space is limited, so be sure to make your appointment early, first come first served. You can now make your

appointment online by going to KStaxaide.com. All requirements and easy to follow instructions will be listed. Start the process by selecting "Appointments Fast" in the left hand column. Request Derby, select date desired, select time by clicking open next to time, click continue, complete information and click continue. If you do not have access to a computer, you can call 788-0223 for your appointment.

Appointments: February 6-April 11

Day & Time: Check in online or call for day & time

Location: Conference Room

Fee: Free

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.

Citizens Police Academy

Does law enforcement interest you? Would you like to see behind the scenes at the Derby Police Department? If so, the Citizens Police Academy is for you. The Derby Police Department offers a biennial Citizens Police Academy to enhance the working relationship and communication between members of the community and local law enforcement officers. The 12-week program, which runs from Feb. 11 to April 29, is designed to provide a working knowledge and background of the Derby Police Department. The class meets on Tuesday evenings from 6:30 to 9:30 p.m. at the Derby Police Department, 229 N. Baltimore.

The academy will include demonstrations, tours, and the opportunity to ride along with a patrol officer. The curriculum includes crime scene processing, criminal law, police procedure, and range qualifications. It's easy to apply. Fill out an online application at www.derbyweb.com/cpa or pick up a paper copy at the police department.

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 Chicken & Noodles, Mashed Potatoes, 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: February 4

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: February 4

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 the Wednesday before. Everyone must pay a \$2.00 to attend the luncheon. We are looking forward to seeing you there. Brad Fritz will be the entertainment.

Date: February 6

Day: Thursday

Time: 11:30 am

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: February 18

Day: Tuesday

Time: 7:00 – 9:30 pm

Location: Welcome Center

Fee: \$3.00 donation at door

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 February 19.

Date: February 20

Day: Thursday

Time: 2:00 pm

Location: Austin Room

Fee: \$2.00

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: February 24

Day: Monday

Time: 11:00 am

Location: Depart from Library

Fee: \$3.00 plus lunch

Bunco Babes

If a girl's night out is what you 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: February 25

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: February 25

Day: Tuesday

Time: 7:00 pm

Location: Multi-Purpose Room

Fee: Free

Enrichment & Learning

Registration is required for all activities

Inspiring Women

Cornelia “Corrie” ten Boom was a Dutch Christian who, along with her father and other family members, helped many Jews escape the Nazi Holocaust during World War II and was imprisoned for it. Rosemary Pawloski will present on this fascinating women.

Date: February 3

Day: Monday

Time: 1:00 – 3:00 pm

Location: Multipurpose Room

Fee: Free

Joy of Singing

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

Date: February 6, 13, 20, 27

Day: Thursday

Time: 1:00 – 2:00 pm

Location: Classroom

Fee: Free

Acrylic Painting

Seniors are discovering the rewards of finding the artist within. Instructor Cindy Roper will offer informal and relaxing art classes for students in their 50's and over. She will guide and nurture beginners to overcome their initial fears, provide techniques and ideas. Everyone works at their own pace while listening to the well-selected music or participating in group conversations. The students become a part of an art “family” where friendships with fellow students are fostered and involvement in general gives them a new outlet in life. Painters will have the opportunity to display their artwork during our Spring Art Exhibit. Supply list at Senior Center Office.

Date: February 3, 10, 24

Day: Monday

Time: 12:30 – 3:30 pm

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,



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tating, 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: February 5, 12, 19, 26
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: February 5, 12, 19, 26
Day: Wednesday
Time: 1:00 – 3:00 pm
Location: Classroom
Fee: Free

Nfocus

Nfocus a provider of solutions for people with Low Vision will be coming in to do an education/demonstration of products available in the market place. Nfocus represents 8 different companies that offer Low Vision products ranging from binocular eyeglasses to desktop CCTV's. Come and learn about new options for better vision.

Date: February 13
Day: Thursday
Time: 1:00 pm
Location: Multipurpose Room
Fee: Free

SAD

As the days get shorter, many people develop the "winter blues." While some just

feel nostalgic for long warm summer days, there are others who are more severely affected by the change in season and could be suffering from a form of depression called Seasonal Affective Disorder (SAD). Matthew Macaluso, D.O. is an assistant professor and director of clinical trials research in psychiatry and behavioral sciences at the University of Kansas School of Medicine—Wichita and will be here to talk about SAD.

Date: February 14
Day: Friday
Time: 10:00 am
Location: Multipurpose Room
Fee: Free

Bob Ross Style Painting Class

Cindy Roper will be instructing this painting class using the "Bob Ross" technique. Bring a 16 x 20 canvas and tabletop easel. If supplies are provided by instructor cost of class is \$25.00. If you bring your own supplies cost for the class is \$15.00, get list at front desk. Painting will be completed and ready to go at the end of the class.

Date: February 21
Day: Friday
Time: 9:00 am
Location: DSC
Fee: \$25.00

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. Cherie Wenderott, Director of the Senior Employment Program of Senior Services, Inc. will be here with listings and to answer questions.

Date: February 25
Day: Tuesday
Time: 1:00 pm
Location: Conference Room
Fee: Free

Use of Revocable Trusts in Estate Planning

Jennifer Stultz, attorney, will present "Use of Revocable Trusts in Estate Planning." Your estate plan can consist of several different types of transfers. Join us to explore the use of revocable trust: should you have one, how do they work, who should you name as trustees, and other related topics. There will be time for questions and Jennifer will be available afterwards to answer any questions you may want to discuss personally.

Date: February 26
Day: Wednesday
Time: 1:00 pm
Location: Austin Room
Fee: Free

Parable of Jesus

Jesus employed 40 Parables and 20 Parabolic statements in his ministry in the effort to reveal and conceal truth. The purpose of the Parables was to lure his listeners to THINK in order to find their way into higher mysteries. Come and explore the teaching of Jesus on numerous subjects in this six week study. Jim McIntosh will be the instructor.

Date: February 27, March 6, 13, 20, 27 April 3
Day: Thursday
Time: 10:00 am
Location: Multipurpose Room 2
Fee: Free

~~ Continued from Page 1 ~~

in the state where all the optometrists are ladies (three of them). James is employed at Airbus. Their daughter Claire is a freshman at KU and Chase is a junior at Derby High School where he played varsity football on the 2013, Class 6A, championship team (Go Panthers). Laura goes to Panama every other year as a volunteer with VOSH (Volunteer Optometric Services for

Humanity) doing humanitarian work.

They are active in Woodlawn United Methodist Church, Sheryl serves on the fundraiser committee for the Derby Community Foundation, and she is a member of P.E.O. organization. They have enjoyed the activities at the Derby Senior Services and plan to be more active in the future.

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Health & Information

Registration is required for all activities

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: February 3, 5, 10, 12, 19, 24, 26

Day: Monday & Wednesday

Time: 9:00 am

Location: Classroom

Fee: \$2.00 per class

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: February 3, 5, 10, 12, 19, 24, 26

Day: Monday & Wednesday

Time: 10:15 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: February 10

Day: Monday

Time: 1:00 pm

Location: Conference Room

Fee: Free

Med Management

Stacey Gladfelter will be coming to talk to us about medication management. She represents Golden Plains Pharmacy. This is a program that her pharmacy offers as a free service. This is medication adherence program helps you manage your medications in a more effective way. If you are looking for an easier solution to manage your medications this is a great resource.

Date: February 11

Day: Tuesday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

Rite Bite (Label Lingo)

Join Denise Dias, Sedgwick County Extension Agent for a new series of classes called Rite Bite. It is a cooking program that focuses on how to prepare delicious meals and snacks to control or prevent diabetes and other diseases. Each session will teach you about new foods and new ways to prepare old favorites. You will be inspired

to get on the path to good health. Denise Dias will feature three different recipes each time and everyone will get a chance to taste some amazing food that is actually good to eat. This month class is Label Lingo.

Date: February 12

Day: Wednesday

Time: 1:30 pm

Location: Multipurpose Room

Fee: Free

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.

Dates: February 3, 7, 10, 14, 21, 24, 28

Day / Time: Monday 3:30 pm /

Friday 7:10 am

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.

Dates: February 5, 12, 19, 26

Day: Wednesday

Time: 2:45 pm

Location: Classroom

Fee: \$1.00

Trips

Registration is required for all activities

Osage Casino

Osage Casino is a new casino outside of Ponca City. With over 350 machines, you're bound to find games you love to play. If you like Blackjack, then your table is ready! You will get \$10 in game play, with an additional \$10 once you earn 20 points. You will also receive a half off food voucher. There will be

four \$100 drawings throughout the morning. Plan to be back to Derby by 3:00 p.m.

Date: February 10

Day: Monday

Time: 7:30 am

Location: Depart Library

Fee: \$10.00

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!!

Dates: February 5, 12, 19, 26

Day: Wednesday

Time: 8:10 am

Location: Austin Room

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: February 6, 13, 20, 27

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.

Dates: February 7, 14, 21, 28

Day: Friday

Quality & Service ~ YOU DESERVE!

Starting our 10th year of service in 2013



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.

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

"Let us meet your expectations"

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: February 4, 6, 11, 13, 18, 20, 25, 27
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. Tues and Thurs class at 7:10 done with video.

Dates: February 4, 6, 11, 13, 18, 20, 25, 27
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: February 3, 5, 7, 10, 12, 14, 19, 21, 24, 26, 28

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: February 3, 5, 7, 10, 12, 14, 19, 21, 24, 26, 28

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: February 4, 11, 18, 25

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: February 4, 6, 11, 13, 18, 20, 25, 27

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: February 5, 12, 19, 26

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

www.derbyweb.com

**Derby Dash
 February
 Special**

788-RIDE



You can purchase ride cards at the Senior Center, City Hall, both Dillons stores and the DRC.

**A SWEETHEART
 OF A DEAL!**

Ride round trip for \$3.00 the week of February 10-14



Hours: 7:30 am-4:30 pm Mon-Thurs
 Fridays-same unless school is closed then 7:30-1 pm

*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

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)
 11:30am 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

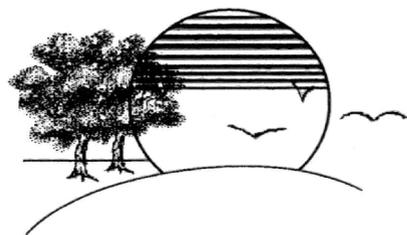
Wheel Chair, Cane, Walker
 Up to 30 day check out

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.



(316)788-2828

Derby ~ Wichita
 Haysville ~ Mulvane
 Belle Plaine ~ Douglass

Smith Family Mortuaries

www.smithfamilymortuaries.com

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