

# Prime Times

News, Information and More From the Derby Senior Center

March 2014

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

## A peek into the life of a couple 'made for each other'

By Shirley Stees  
Vivian Peiffer

Who is that couple working in the kitchen on the first Monday and Tuesday of the month? Let me introduce this fabulous couple to you: Tom and Sharon Davidson. They are responsible for those delicious meals many of you have enjoyed on TNT night. They plan the dinners, do all the shopping that's

necessary, and they do the majority of the preparation of the food at home.

Let's take a peek into the private lives of Tom and Sharon. Sharon was raised on a farm near Canton. She attended a small one-room country school through the seventh grade. The school had a total of 6 or 7 students. It was heated by a coal burning stove in one corner of the room and had no modern facilities. Sharon attended the eighth grade and high school located in the town of Canton. Her graduating class had a total of 20 students.

Tom is a native of Derby. His family owned a farm northwest of Derby. Tom helped his father farm, and worked for and with several area farmers during high school and after graduation.

So how did this Derby boy and this girl from Canton meet? After high school, Sharon moved to the large town of Wichita to attend a business college. This was a huge step for a small town girl to make by herself. Sharon started to work for the City of Wichita, and was living in an apartment. Sharon's cousin knew Tom and kept trying to get them together. She kept telling Sharon they were made for each other, but Sharon always found an excuse not to meet him. Finally, her cousin just brought him by one evening in February. Guess you could say it was love at first sight. They were married 51 years ago this past May. They have two grown sons, two grand-daughters, one great-granddaughter, and a great-grandson due in June.

Tom and Sharon were living in a two-bedroom house with

their two boys when the pastor of their church asked them if they would take in two boys, 8 and 9 years old. This was for only two weeks until they could find a foster home for them. Being the good-hearted couple that they are, they said yes. Well, you guessed it. Two weeks extended into six months. During this time, their 18-month old boy became extremely ill and was admitted to the hospital. He ran an extremely high fever. As a result of the fever, he quit talking, and his hand and eye coordination were affected. They spent the next seven years going to therapy sessions. In the meantime, the two boys became so attached to Tom and Sharon that they referred to them as Mom and Dad. When the day came to place them in foster care, it was very emotional.

Tom has been a more hands-on person, so he worked as a mechanic in several places. In 1990, he started to work for Boeing. When Boeing sold, he retired and went to work with Spirit until retiring in 2010. Upon retiring from Spirit, he found he had too much time on his hands. Tom became very active in the Derby Lions Club. He held several different positions. He is now serving on the Derby Senior Center Advisory Board and, along with Sharon, is responsible for the TNT dinners.

Sharon worked in the business field, mainly as a bookkeeper or manager, most of her married life. After their oldest son graduated from high school, he got interested in real estate and wanted her to attend a real estate school with him, which she did. He met his future wife



Tom and Sharon Davidson

and lost interest in real estate, but Sharon went on with it. Sharon sold real estate for 15 years. She is convinced that the computer is the greatest invention ever. When her parents

became ill in 1999 and 2000, she gave up her real estate license and cared for them. When they

~ ~ Continued on Page 7 ~ ~

### What's inside this month

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

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Mon	Tue	Wed	Thu	Fri
<b>3</b> 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> <b>1:00 Inspiring Women</b> <b>12:30 Acrylic Painting</b> <b>1:30 Pilates</b>	<b>4</b> 7:10 Weight/Strength 8:10 Weight / Strength 9:10 Fitness & Flexibility <b>9:30 Bingo</b> 10:00 Tap 11:00 Advance Tap 1:00 Wii 4:00 Restorative Yoga <b>4:30 TNT 5:00 Line Dance</b> <b>7:00 Senior Dance</b>	<b>5</b> 8:10 Cardio, Core & More <b>8:10 Zumba Gold</b> 8:30 Massage <b>9:00 Arthritis Tai Chi Beginning</b> 9:10 Exercise w/purpose <b>10:00 Hooks &amp; Needles</b> <b>10:00 Board Meeting</b> <b>10:15 Arthritis Tai Chi Intermediate</b> <b>1:00 Carving Class</b> <b>2:45 Resistance Bands</b> 4:00 Yoga	<b>6</b> 7:10 Weight/Strength 8:00 Wii 8:10 Weight / Strength 8:30 Massage 9:00 Tappercise <b>9:00 New Member Orientation</b> 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap <b>10:00 Hearing Aid Technology</b> <b>10:00 Parable of Jesus</b> <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 <b>3:30 Line Dance</b>	<b>7</b> <b>7:10 Pilates</b> 8:10 Cardio, Core & More 9:10 Exercise w/ purpose
<b>10</b> 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> <b>12:30 Acrylic Painting</b> <b>1:00 Journey of the Heart</b> <b>1:30 Pilates</b>	<b>11</b> 7:10 Weight/Strength 8:10 Weight Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap <b>11:15 Stroke: Signs, Symptoms &amp; Insights</b> <b>12:30 AARP Driving</b> 1:00 Wii <b>1:30 Matter of Balance</b> 4:00 Restorative Yoga <b>5:00 Line Dance</b>	<b>12</b> 8:10 Cardio, Core & More <b>8:10 Zumba Gold</b> 8:30 Massage <b>9:00 Arthritis Tai Chi Beginning</b> 9:10 Exercise w/purpose <b>9:15 Straight from Horse's Mouth</b> <b>10:00 Hooks &amp; Needles</b> <b>10:15 Arthritis Tai Chi Intermediate</b> <b>1:00 Carving Class</b> <b>2:45 Resistance Band</b> 4:00 Yoga	<b>13</b> 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 <b>10:00 Parable of Jesus</b> <b>12:30 AARP Driving</b> 1:00 Joy of Singing <b>3:30 Line Dance</b>	<b>14</b> <b>7:10 Pilates</b> 8:10 Cardio, Core & More 9:10 Exercise w/ purpose
<b>17</b> 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> <b>12:30 Acrylic Painting</b> <b>12:30 Food Handlers Class</b> <b>1:30 Pilates</b>	<b>18</b> <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 1:00 Wii <b>1:30 Matter of Balance</b> 4:00 Restorative Yoga <b>5:00 Line Dance</b> <b>7:00 Community Dance</b>	<b>19</b> 8:10 Cardio, Core & More <b>8:10 Zumba Gold</b> 8:30 Massage <b>9:00 Arthritis Tai Chi Beginning</b> <b>9:00 Blood Pressure</b> ✓ <b>9:30 Bingo</b> 9:10 Exercise w/purpose <b>10:00 Hooks &amp; Needles</b> <b>10:15 Arthritis Tai Chi Intermediate</b> <b>1:00 Carving Class</b> <b>1:30 Rite Bite</b> <b>2:45 Resistance Bands</b> 4:00 Yoga	<b>20</b> 8:00 Wii 7:10 Weight/Strength 8:10 Weight / Strength 8:30 Massage 9:00 Tappercise <b>9:00 Florence Harvey Girls</b> 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap <b>10:00 Parable of Jesus</b> 1:00 Joy of Singing <b>1:30 Birthday &amp; Anniversary Celebration</b> <b>3:30 Line Dance</b>	<b>21</b> <b>7:10 Pilates</b> 8:10 Cardio, Core & More 9:10 Exercise w/ purpose
<b>24</b> 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> <b>12:30 Acrylic Painting</b> <b>12:30 Ultimate Views</b> <b>1:30 Pilates</b>  Sign-ups	<b>25</b> 7:10 Weight/Strength 8:10 Weight Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap <b>1:00 Senior Employment</b> 1:00 Wii <b>1:30 Matter of Balance</b> 4:00 Restorative Yoga <b>5:00 Line Dance</b> <b>6:00 Bunco</b> <b>7:00 Jam Session</b>	<b>26</b> <b>7:45 Pioneer Spirit Comes Alive</b> 8:10 Cardio, Core & More <b>8:10 Zumba Gold</b> 8:30 Massage <b>9:00 Arthritis Tai Chi Beginning</b> 9:10 Exercise w/purpose <b>10:00 Hooks &amp; Needles</b> <b>10:15 Arthritis Tai Chi Intermediate</b> <b>1:00 Carving Class</b> <b>2:45 Resistance Bands</b> 4:00 Yoga	<b>27</b> 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 <b>10:00 Parable of Jesus</b> <b>11:00 Just Lunch</b> 1:00 Joy of Singing <b>3:30 Line Dance</b>	<b>28</b> <b>7:10 Pilates</b> 8:10 Cardio, Core & More 9:10 Exercise w/ purpose

March Activity Sign-Ups will open February 24 at 7:30 a.m.

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## Dee's Notes

If you are looking for an opportunity to meet people, share your skills, and exercise your body, mind and heart, then volunteering at the Derby Senior Center is for you! Consider being on the Advisory Board!



Dee Williams

It's a fun and interesting job that affords you the opportunity to learn more about the Center. The board meets every first Wednesday of the month at 10:00 a.m. We are looking for people who want to give back to their community and be involved

with a fun group.

Please fill out the application found on the Derby Web, [www.Derbyweb.com](http://www.Derbyweb.com), and bring it by the front desk or you may also pick up an application at the Center.

Our new Precor Recumbent Bike has been delivered, so come in and try it out.

Please remember to use your key card when entering the Center; it helps keep a count for funding requirements. This is very important to the Center.

I hope to see you here at the Center in March enjoying the great activities.

- Dee

on special events that may also be affected by weather, please call 788-0223.

and benefits, a chance to meet other members and includes a tour of the facilities.

### 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

### 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.

## Upcoming Events

### Registration is required for all activities

#### I Love You, You're Perfect, Now Change

Enjoy a delightful evening full of laughter at The Forum Theatre. This production goes through your funny bone straight to your heart! You'll fall head over heels for this hilarious musical comedy about that terribly wonderful, simply complex thing called love. This musical romp through our everyday relationships will have you rolling in the aisles with laughter.

**Date:** February 27

**Day:** Thursday

**Time:** 7:15 pm

**Location:** Depart DSC

**Fee:** \$28.00

#### "TNT" "Tuesday Nite Together"

"Tuesday Nite Together" is a board sponsored fundraiser. This event supports the senior center activities. Enjoy a home cooked meal of 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:** March 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:** March 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. Bill Newport will be the entertainment.

**Date:** March 6

**Day:** Thursday

**Time:** 11:30 am

**Location:** Austin Room

**Fee:** \$2.00

#### Stroke: Signs, Symptoms, & Insights

Join us at KU Med School for this information session with Douglas C. Woolley, M.D., M.P.H. Doctor Woolley will talk about the signs, symptoms and insights on strokes. You will need to bring a sack lunch. We will be back in Derby by 2:00 pm.

**Date:** March 11

**Day:** Tuesday

**Time:** 11:15 am

**Location:** Depart Library

**Fee:** \$3.00

#### Straight From the Horse's Mouth

We are off to the Sedgwick County Zoo, for a fun-filled class with animal sayings and what they really mean. We will stay for lunch and enjoy the zoo if weather permits. Depart for Derby at 1:00 pm.

**Date:** March 12

**Day:** Wednesday

**Time:** 9:15 am

**Location:** Depart from Library

**Fee:** \$7.00 plus lunch

#### Food Handler Class

Food Handler Cards are required for all

## Bits & Pieces

#### Travel Presentation

The Chamber will be Hosting a presentation and information night on travel to Spain and the Costa Del Sol. Monday, March 3 from 5:30-6:30pm in the Austin Room. Light refreshments will be served.

#### Foot Care

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

#### Bingo

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

#### Derby Senior Center Community Quilters

Calling all quilters! Join this fun group of ladies for a good cause doing what you love and giving back at the same time. The

group will meet on Wednesdays from 1:00 to 3:00. Call 788-0223 for location. Once completed the quilts will be donated to various charities. Thank you to everyone who donated fabric.

#### Refund Policy

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

#### Friendship Club

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

#### Inclement Weather Policy

The Derby Senior Center will be closed for all day & evening 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

~~ Continued ~~

## ~~ Upcoming Events Continued ~~

employees and volunteers at food service establishments. All volunteers who work in our kitchen at any time are required to have a food handler's card. Class will last approximately 2 hours and everyone 6 and over is invited to attend. Please register by calling 788-0223 or come by the Center to sign up.

**Date:** March 17  
**Day:** Monday  
**Time:** 12:30 pm  
**Location:** Austin Room  
**Fee:** Free

**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:** March 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 March 19. Note new time!

**Date:** March 20  
**Day:** Thursday  
**Time:** 1:30 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:** March 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:** March 25  
**Day:** Tuesday  
**Time:** 7:00 pm  
**Location:** Multi-Purpose Room  
**Fee:** Free

**Just Lunch**

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

required.

**Date:** March 27  
**Day:** Thursday  
**Time:** 11:00 am  
**Location:** Depart from Library  
**Fee:** \$3.00 plus lunch

**Enrichment & Learning****Registration is required for all activities****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

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:** March 3, 10, 17, 24  
**Day:** Monday  
**Time:** 12:30 – 3:30 pm  
**Fee:** \$10.00 per class

**Inspiring Women**

Let's hear about Pat Summitt... she is a former women's college basketball head coach. In 2009 she was number 11 on a list of the "50 Greatest Coaches" of all time in all sports; she was the only woman on the list. Her life will be presented by Loretta Lyon.

**Date:** March 3  
**Day:** Monday  
**Time:** 1:00 – 3:00 pm  
**Location:** Multipurpose Room  
**Fee:** Free

**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:** March 5, 12, 19, 26  
**Day:** Wednesday  
**Time:** 10:00 am  
**Location:** Conference Room  
**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

**Carving Class**

Come join a senior carving group. Everyone welcome, beginners and experienced

**Derby Dash St. Patrick's Special**

**March 17th and 20th**  
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David W. Niederee, MD  
Lorraine Alvarado, MD  
Cynthia Ward, MD

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carvers. If you are interested in learning you need to purchase materials, equipment will be available and blanks will be provided for a small fee.

**Date:** March 5, 12, 19, 26  
**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:** March 6, 13, 20, 27  
**Day:** Thursday  
**Time:** 1:00 – 2:00 pm  
**Location:** Classroom  
**Fee:** Free

### AARP Driver Safety Course

Join Don Anderson for an informative two-day class that teaches you to be aware of changes in your driving abilities that can

start as early as 50 years of age. You will learn how to get rid of tailgaters, and much more. The class is also good for a three-year discount in Kansas with your auto insurance company.

**Date:** March 11 & 13  
**Day:** Tuesday & Thursday  
**Time:** 12:30 – 4:30 pm  
**Location:** Austin Room  
**Fee:** \$12.00 per person for AARP Members \$14.00 non-members

### 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:** March 25  
**Day:** Tuesday  
**Time:** 1:00 pm  
**Location:** Conference Room  
**Fee:** Free

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:** March 10  
**Day:** Monday  
**Time:** 1:00 pm  
**Location:** Conference Room  
**Fee:** Free

### Matter of Balance

This award winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Classes help

participants learn to: view falls and fear of falling as controllable; set realistic goals for increasing activity; change their environment to reduce fall risk factors; and promote exercise to increase strength and balance. Participants will be required to attend the 8 2-hour sessions. This class is taught by two certified coaches. Sign-up early maximum participants is 12.

**Date:** March 11, 18, 25, April 1, 8, 15, 22, 29  
**Day:** Tuesday  
**Time:** 1:30 pm  
**Location:** Multipurpose Room  
**Fee:** \$8.00

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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:** March 3, 5, 10, 12, 17, 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:** March 3, 5, 10, 12, 17, 19, 24, 26  
**Day:** Monday & Wednesday  
**Time:** 10:15 am  
**Location:** Classroom  
**Fee:** \$2.00 per class

#### Hearing Aid Technology

Dr. Zafar with Audiology & Hearing Aid Services, Inc will be talking and demonstrating the new Bluetooth applications for hearing aids for the T.V., cell phones, i-pods and other devices. He will also give an update on the progress of research for restoring hearing naturally. Dr. Zafar will also demonstrate the new hearing aids that are providing relief for tinnitus sufferers. Please bring your questions about hearing aids and hearing.

**Date:** March 6  
**Day:** Thursday  
**Time:** 10:00 am  
**Location:** Conference Room  
**Fee:** Free

#### 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

## Welcome New Patrons

EVA BEEBE  
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 MARY DEVORE  
 JANICE FEYEN  
 ROY FRANK  
 T FRANK  
 DONALD GODWIN

VEVIA GODWIN  
 CHERYL HARVEY  
 CARLA JOHNSON  
 TRISHA KINNAN  
 INEZ MARTIN  
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 GARY MAST  
 LYNDA MAST

GREGORY PARSON  
 LINDA SMITH  
 LIONEL SMITH  
 MARIE SOUTAR  
 MARY JANE SWEET  
 MARILYN WALTON  
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 CAROLYN WHITESELL

## DERBY ASSISTED LIVING

Don't forget to  
 spring forward  
 on March 9th



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~~ Health & Information Continued ~~

### Ultimate Views

Ultimate Views offer preliminary Arterial Screenings. They will be offering ultra sound screenings of the carotid, aorta, and peripheral vascular arteries. These screenings have proven to be safe and accurate in detecting your risk for stroke and vascular disease – so your doctor can do something about it before it's too late. A copy of your screening results will be given to you so you can follow up with your regular physician if necessary. Now offering reduced rates – get all three screenings for \$150 or anyone for \$50 each. Call 316-305-9905 to schedule your appointment.

**Date:** March 24

**Day:** Monday

**Time:** 12:30 pm

**Location:** Multipurpose Room

**Fee:** See Above

### Rite Bite

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 "Carbs and Fiber, friend or foe".

**Date:** March 19

**Day:** Wednesday

**Time:** 1:30 pm

**Location:** Multipurpose Room

**Fee:** Free

that made them great leaders inside the Smithsonian quality center that tells the history of the Cherokee Outlet. Plan to be back to Derby by 6:00pm. Fee includes charter bus, entry fees, and lunch.

**Date:** March 26

**Day:** Wednesday

**Time:** 7:45 am

**Location:** Depart Derby Library

**Fee:** \$42.00

### Experience Junction City

Our day will begin at Hildebrand Farms a local dairy just outside of Junction City. They are dedicated to providing the community with fresh, healthy milk in glass bottles just like in olden days. The behind-the-scenes tour will take you on a walking adventure through the free-stall barn, milking parlor and processing plant. At the end of the tour you will get to experience the taste of fresh milk as well as

soft served ice cream. C.L. Hoover Opera House is our next stop where we will enjoy a wonderful catered lunch before touring this beautifully restored building. Our last stop will be Geary County Museum. This three-story, native limestone building has been described by architects as a "unique and magnificent structure and an outstanding example of the stonemason's art." The museum galleries feature rotating exhibits which portray area history and lifestyles of the past. Exhibits include the country schoolroom, the Union Pacific Depot, a working print shop, and Main Street, among others. Plan to be back to Derby by 5:45. There will be some walking with rough terrain. Fee includes charter bus, entry fees, and lunch.

**Date:** April 24

**Day:** Thursday

**Time:** 8:00 am

**Fee:** \$53.00

## Trips

### Registration is required for all activities

#### Florence Harvey House

The Harvey House in Florence has one third of the original structure preserved as a museum by the Florence Historical Society. This building was originally known as the Clifton Hotel and was located in a beautiful wooded area south of the railroad tracks. We will enjoy a wonderful home cooked meal, served by women dressed like the Harvey girls. We will also take time to visit the Doyle Creek Mercantile to see the extensive variety of gifts, antiques, keepsakes, and practical items. Fee includes bus, entry and lunch.

**Date:** March 20

**Day:** Thursday

**Time:** 9:00 am

**Location:** Depart Library

**Fee:** 30.00

#### Pioneer Spirit Comes Alive

Enid Oklahoma is filled with treasures. We will begin at the Bivins Chapel, where you will enjoy the awe-inspiring stained glass windows in the former Seminary of Phillips University. Simpson's Old Time Museum is our next stop. Five action-packed Western movies have been filmed inside this real-life movie studio. We will enjoy a catered lunch inside their movie-set 1890's saloon complete with ice-cold sarsaparilla. You will have time to browse through the Native American artifacts and view a private doll collection that numbers over 1800, as well as a large collection of high back saddles dating back to 1900. Then off to Cherokee Strip Regional Heritage Center where you will meet an array of historical figures and you will be inspired by the character traits

## Healthy Active Living

### 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. Note new time, on Monday!

**Date:** March 3, 7, 10, 14, 17, 21, 24, 28

**Day / Time:** Monday 1:30 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.

**Date:** March 5, 12, 19, 26

**Day:** Wednesday

**Time:** 2:45 pm

**Location:** Classroom

**Fee:** \$1.00

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:** March 5, 12, 19, 26

**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:** March 6, 13, 20, 27

**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.

#### 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

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**Jeff Smith**  
Financial Consultant  
jeffrey.smith@lpl.com

**Dates:** March 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:** March 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:** March 3, 5, 7, 10, 12, 14, 17, 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:** March 3, 5, 7, 10, 12, 14, 17, 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:** March 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:** March 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:** March 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

~~ Continued from Page 1 ~~

passed, Sharon went back into the business field and retired in the spring of 2011.

Tom and Sharon became more involved with their church once they retired. They help on the Fellowship Committee, which cooks and serves a dinner once a month at the church. Tom also works with the media group. When Sharon started helping with the cooking for the church suppers, she found a joy in cooking for larger groups, so that led her to helping with the TNT dinners. Since her parents were farmers, she was taught at an early age to cook. Her

job was to have lunch ready when her parents came in from the field. Sharon says they both probably receive the most satisfaction from working with or serving with the other people on the TNT Committee, saying they are such an easy group of people to work with. I believe the feeling is mutual.

Tom and Sharon have done some traveling, mainly within the United States, but they have been to Hawaii twice, St. Thomas, Canada, and Alaska. They have taken their kids and families with them on several trips. They are and have been a very busy couple.

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# Ongoing Activities

## Monday

7am-4pm Treadmill, Recumbent Bike  
 8:10am Cardio, Core & More  
 9:10am Exercise w/ Purpose  
 10:45am Yang Tai Chi  
 12:30pm Readers Theatre Meetings  
 1:00pm Bridge  
 1:00pm Rummikub

## Tuesday

7am-4pm Treadmill, Recumbent Bike  
 7:10am Weight Strength  
 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  
 4:30pm "TNT"  
 5:00pm Line Dancing  
 7:00pm Senior Dance (1st Tuesday)  
 7:00pm Community Dance  
 (3rd Tuesday)

## Wednesday

7:30am Senior Greeters at High School  
 7:30am Senior Greeters at Swaney Elem.  
 7am-4pm Treadmill, Recumbent Bike  
 8:10am Cardio, Core & More  
 8:10am Zumba Gold  
 8:30am Massage (by appointment)  
 9:00am Blood Pressure ✓  
 (3rd Wednesday)

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

## Thursday

8:00am Wii  
 7am-4pm Treadmill, Recumbent Bike  
 7:10am Weight Strength  
 8:10am Weight Strength  
 8:30am Massage (by appointment)  
 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  
 1:30pm Birthday/Anniversary  
 (3rd Thursday)

## Friday

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

## Daily Lunches

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

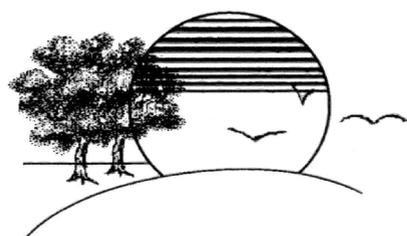
Wheel Chair, Cane, Walker  
 Up to 30 day check out

## Transportation

Derby Dash runs curb to curb, 7:30am to 4:30pm 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.



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### 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  
 Don Aversa, Driver  
 Steve Williams, Driver  
 Price Wachholz, Driver

### Derby Senior Services Advisory Board 2013 -2014

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.