

Prime Times

News, Information and More From the Derby Senior Center

April 2014

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

Overcoming a life of hardships

By Shirley Stees

Marianne Scripp had very different growing-up years. Like Sophie (Seymore - featured in the January Senior Spotlight) she suffered hardships most of us never knew.

I knew Marianne, but never really knew her story until a few years ago when she gave a program presentation at our church group. She

hesitates telling her story and hopefully you will be lucky enough someday to hear her presentation, then you will appreciate the life you have. She has been documenting her story for her family and future generations. You will know her by her infectious laugh and smile.

She was born in 1932 in Partang, Sumatra (Indonesia), which was prior to the start of World War II, but during early conflicts in Europe. Her father was CEO of Borsume, which was a Borneo Sumatra import business.

Marianne was 1-1/2 years old when her sister was born on Bantel Pinang, a little island off Sumatra. From there, they moved to Pontianak, Borneo, and were there when the war broke out.

They were surprised by the Japanese attack as the family were all in different places - she and her sister were at school, her mother was doing volunteer work at the bank, and Dad (Pop) was at the office. Her dad went to the school to pick the girls up and took them home where they took refuge under the house with the servants, and her mother went into the vault at the bank until the air strike was over.

The town was in total chaos. That night, her father was able to get passage on a ship going to Java, where they stayed with a good friend. Her father was a civilian helping to destroy major plants in Pontianak. He escaped through the jungle in a small boat to Bandermassing, South Borneo. He was later mentioned in the book *The Red Sun*.

In Bandermassing, he was

captured by the Japanese and later transported to Batavia where they saw him behind barbed wire fences, guarded by Japanese police. They lost contact with him as he was transported to Burma to work on the Burma Road.

At the age of 12, she, her sister and mother were prisoners of the Japanese. They were always transported at night by the Japanese to new camps in the back of a truck.

The conditions were awful. There would be 54 people in an old three-by-six-foot school room, and they had to stand in brine to use the restroom facilities.

She was hit by a Japanese soldier on a bike, and was made to stand in the hot sun for five hours to apologize. Daily, they were forced to stand in the hot sun to be counted. There was no school, and on walks, the nuns would teach them geography and arithmetic. A book called *The Hidden Passport* describes their living and treatment conditions.

When the war was over, they were shipped to Bangkok, Siam, where they were reunited with her father. He went back to Indonesia to set up the business while the three of them went to Holland and stayed with her grandfather. Her father was then transferred to the United States and her mother joined him. She and her sister stayed with their Aunt Jenny in Gorkum, and three months later joined their parents in the U.S.

Marianne and her sister, Jen, went to Spence School in New York, and then Marianne went to Wilkes College in Wilkes-Barre, Pa., where she met her future

husband, Dick. They were married in 1954. After several moves, they arrived in Derby.

Edo-Aire employed Dick. After 17 years in Derby, Edo-Aire closed and they were fortunate to be able to move to Vero Beach, Fla., where Dick was employed by Piper Aircraft, and later retired to enjoy their three sons and grandkids. Dick passed away in 2007, and Marianne sold their home and moved back to Derby.

She had worked as a laboratory technician while in New Jersey and Pennsylvania, and at the age of 55, went back to school in Florida for a nursing degree. She worked for a doctor for 10 years and then retired. She is proud she became an American citizen in 1961. Her younger sister currently lives in Connecticut.

Marianne is glad to be back in Derby. She loves the Senior Center and the lovely ladies in the office, as well as the



Marianne Scripp

other seniors and the activities. She has volunteered to give her program at a future date ... be sure to attend.

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Mon	Tue	Wed	Thu	Fri
	1 7:10 Weight/Strength 8:10 Weight / Strength 9:10 Fitness & Flexibility 9:30 Bingo 10:00 Tap 11:00 Advance Tap 1:00 Wii 1:30 Matter of Balance 4:00 Restorative Yoga 4:30 TNT 5:00 Line Dance 7:00 Senior Dance	2 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 2:30 Machine Quilters Showcase 4:00 Yoga	3 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 10:00 Parable of Jesus 10:30 Blood Pressure ✓ 11:00 Hearing Aid ✓ 11:30 Covered Dish 12:15 Milt & Eugenia Moore 1:00 Joy of Singing 3:30 Line Dance	4 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
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April Activity Sign-Ups will open March 24 at 7:30 a.m.

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Dee's Notes

Did you know? Beginning August 2014, Social Security will no longer issue Social Security number printouts in their field offices. Individuals, who need proof of their Social Security number and cannot find their card, will need to apply for a replacement card. In addition, beginning October 2014, the field offices will stop providing benefit verification letters, except in emergency situations. Benefit verifications are available on line, and can be obtained by registering for my Social Security account located at: www.socialsecurity.gov/



Dee Williams

myaccount, or requested through the national toll-free number: 1-800-772-1213.

To learn more about this change go to <http://www.socialsecurity.gov/thirdparty/whatsnew.html>.

It is important to keep all letters or printouts from social security; especially your yearly benefit verification letter, which is required when you do your taxes.

Hopefully, Spring is around the corner and we can finally put snow, ice and cold weather behind us. Come join us for a trip, planned especially with you in mind! See you at the Center.

AWW! I love Spring!

- Dee

Bits & Pieces

Foot Care

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

Bingo

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

Derby Senior Center Community Quilters

Calling all quilters! Join this fun group of ladies for a good cause doing what you love and giving back at the same time. The group will meet on Wednesdays from 1:00 to 3:00. Call 788-0223 for location. Once completed the quilts will be donated to

various charities. Thank you to everyone who donated fabric.

Refund Policy

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

Friendship Club

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

Try It out Thursday New Member Orientation

We are happy to have new members and hope that you will get involved in our many activities. Come to an orientation held at 9:00 am on the first Thursday of every month in the conference room. It is

a fun introduction to the Senior Center's programs and benefits, a chance to meet other members and includes a tour of the facilities.

Book Club

A story is always better if you have someone to share it with. What could be better than sharing it with a group of friends who have also read it? If you are interested in participating in a book club please come the third Tuesday each month at 2 p.m.

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 Baked Pork Tenderloin, Roasted Sweet Potatoes, coleslaw 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: April 1

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: April 1

Day: Tuesday

Time: 7:00 – 9:30 pm

Location: Welcome Center

Fee: \$3.00 donation at door

Machine Quilters Showcase

This quilt show is a national and international show, attracting quilters from all over. Held at Century II, it is sponsored by International Machine Quilter's Association, which is based in Missouri. Some of the quilts on display are truly pieces of art! Vendors throughout the US have booths selling items that also enhance and support all quilters - whether home based or professionals. An auction of donated quilts is held with proceeds promoting quilting education. Last year's auction brought in more than \$13K. This year the proceeds will benefit the Quilts of Valor Foundation. We will depart for Derby at 6:30 pm.

Date: April 2

Day: Wednesday

Time: 2:30 pm

Location: Depart Senior Center

Fee: \$13.00 plus dinner

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. Milt and Eugenia Moore will be the entertainment.

Date: April 3

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: April 15

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 April 16. Note new time!

Date: April 17

Day: Thursday

Time: 1:30 pm

Location: Austin Room

Fee: \$2.00

~~ Continued ~~

~~ Upcoming Events Continued ~~

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: April 22

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: April 22

Day: Tuesday

Time: 7:00 pm

Location: Multi-Purpose Room

Fee: Free

Second Chance Prom

Find a date or go stag, wear your boogie shoes, and dress to impress with your Sunday best! Come to Derby High School for an Emerald City (Wizard of Oz) themed prom. Enjoy prom decorations, refreshments, and a selection of music. Make sure to stick around for the crowning of the Prom King and Queen! Admission is free.

Date: April 27

Day: Sunday

Time: 2:00 pm

Location: Derby High School

Fee: Free

Wichita State Baseball

Are you ready for some Baseball! Help us cheer on the Shockers as they take on University of Kansas. We will go early and eat at the ballpark. Space is limited, so sign up early.

Date: April 29

Day: Tuesday

Time: 5:00 pm

Location: DSC

Transportation: Van

Fee: \$8.00 plus dinner

Great Plains Nature Center

As a part of Senior Wednesday this program will be about "30th Anniversary of the Walk With Wildlife." The Walk with

Wildlife began 30 years ago in 1983, and they will be celebrating on June 14. This program will provide a preview of what all is in store.

Date: April 30

Day: Wednesday

Time: 9:30 a.m.

Location: Depart Library

Fee: \$3.00

Lunch & A Movie

Join us for a movie at the Warren Theatre on 13th Avenue. We will be seeing Heaven is for Real, a story about a father who must find the faith to share his son's extraordinary, life-changing experience with the world. We will have lunch before attending the movie. Cost includes transportation and movie ticket. You will pay for your own meal.

Date: May 8

Day: Thursday

Time: 11:00 am depart Library

Transportation: Van

Location: Depart DRC

Fee: \$10.00 plus meal

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: April 28

Day: Monday

Time: 11:00 am

Location: Depart from Library

Fee: \$3.00 plus lunch

Health & Information

Registration is required for all activities

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

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Derby Dash April Special

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— Phillip Epp of South Wichita



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to their journey, and gain coping tools and strategies to address their own needs, body, mind, and spirit.

Date: April 14
Day: Monday
Time: 1:00 pm
Location: Conference Room
Fee: Free

Health Screening

Progressive Home Health Care will be at the center to provide, blood sugar, and blood pressure checks. For an accurate reading, fast for at least 2 hours prior to testing. Sign up ahead, 1st come 1st serve. We are limited to 15 people.

Date: April 16
Day: Wednesday
Time: 9:00
Location: DSC
Fee: Free

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 "Footloose and Fat Free".

Date: April 16
Day: Wednesday
Time: 1:30 pm
Location: Multipurpose Room
Fee: Free

Depression

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 depression in the elderly.

Date: April 21
Day: Monday
Time: 1:30 pm
Location: Multipurpose Room
Fee: Free

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: April 7
Day: Monday
Time: 1:00 – 3:00 pm
Location: Multipurpose 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 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: April 7, 14, 21, 28
Day: Monday
Time: 12:30 – 3:30 pm
Fee: \$10.00 per class

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

~~ Continued ~~

Welcome New Patrons

JAMES BALE
 PEGGY BLACK
 ELESHA BUTTERFIELD
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 SIMONA DOSSING
 CECIL FREDENDALL
 NANCY GARRETT
 GAIL GRIGGS
 JEANNINE GRIGGS

ROBERT HEATH
 BETTY HYDE
 JOHN HYDE
 SHEILA LAUFER
 STEVE LAUFER
 LARRY MCDONIEL
 TERESEA MCDONIEL
 LINDA MORTIMER
 PHYLLIS PANIZZI

DEAN PATER
 KATHRYN RICHARDS
 OLETA SMELTZER
 NINA SMITH
 WILSON SMITH
 KATHY SOLNOK
 CECILIA WHITESIDE
 TERRY WHITESIDE

Enrichment & Learning

Registration is required for all activities

Hooks & Needles

Looking to get out and meet with a group of ladies that love needle work. Anyone interested in needle point, embroidery, tatting, crewel or knitting is welcome. We have a volunteer who is willing to help you, or if perhaps you are skilled you can lend a hand too! This is a great chance to see what other ladies are doing and to get started on a new skill or enjoy the visit.

Date: April 2, 9, 16, 23, 30
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: April 2, 9, 16, 23, 30
Day: Wednesday
Time: 1:00 – 3:00 pm
Location: Classroom
Fee: Free

Inspiring Women

Let's hear about Pat Summitt... she is a former women's college basketball head coach. In

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~~ Enrichment & Learning Continued ~~

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: April 3, 10, 17, 24

Day: Thursday

Time: 1:00 – 2:00 pm

Location: Classroom

Fee: Free

Catholic Charities

At Catholic Charities, Inc. Director of Development and Community Relations, Wendy Glick, works to create fundraising and communications strategies to increase support from individuals, corporations, and foundations. After 15 years of working in for-profit, Wendy began her work in not-for-profit in 1998 serving as the volunteer coordinator for Catholic Charities. In 2002, she moved over to another diocesan ministry, The Lord's Diner, and for 8 years served as its executive director, before stepping down in July, 2011. Wendy's return to Catholic Charities comes from her desire to "do more" and through her work, have a greater impact on the lives of those in need. She will share with us her personal experiences of working with those in poverty and speak on the multiple ways Catholic Charities stabilizes families in crisis and strengthens families for life.

Date: April 10

Day: Thursday

Time: 10:00 am

Location: Multipurpose Room

Fee: Free

How to be more Energy Wise

Sherii C. Farmer, Consumer Services Account Manager Westar Energy, Inc will talk about energy efficient lighting as well as other energy saving tips. Westar Energy is the largest provider in Kansas their energy centers include wind, coal, nuclear energy, natural gas and landfill gas generation.

Date: April 15

Day: Tuesday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

Patti Page

Do you remember songs like Tennessee Waltz, All My Love, Mocking Bird Hill and Old Cape Cod? What about How Much is That Doggie in the Window? All of these songs were made famous by none other than that Singing Rage, Miss Patti Page who passed away on January 1, 2013. Her legacy lives on through her nephew Tim Akers, Derby Chamber of Commerce Special Events Coordinator. Recently Akers co-produced three albums of Page's Sony/Columbia and Mercury/Universal recordings and will present a trip down memory lane with the rarest collection of Patti Page memorabilia in the world. He will showcase vintage stage

posters, gowns worn on her 1950s television shows, ultra rare recordings and even television show clips from her many performances. As Page laughed in an interview two years ago; "... he [Akers] has stuff that I don't even remember ever recording much less doing but...there I am and he has it! He knows more about me than I do!"

Date: April 23

Day: Wednesday

Time: 1:30 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: April 29

Day: Tuesday

Time: 1:00 pm

Location: Conference Room

Fee: Free

Trips

Registration is required for all activities

Paradise Casino

Experience a fun & festive tropical gaming getaway close to home. And that's just the beginning... with over 500 machines, you're bound to find games you love to play. If you like Blackjack, then your table is ready! Come get in on the action at Blackjack and 3 Card Poker tables! Everyone will get \$10 in game play and \$5.00 food voucher. If this is your first time to get a Red Rock Rewards card you will get an additional \$10.00. There will be \$100 hot seat drawings every 30 minutes. Plan to be back to Derby by 4:30pm

Date: April 10

Day: Thursday

Time: 8:30 am

Location: Depart Library

Fee: \$5.00

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, lunch and tips.

Date: April 24

Day: Thursday

Time: 8:00 am

Location: Depart Library

Fee: \$53.00

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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.

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Jeff Smith
Financial Consultant
jeffrey.smith@lpl.com

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.

Date: April 4, 7, 11, 14, 18, 21, 25, 28

Day /Time: Monday 1:30 pm /

Friday 7:10 am

Location: Austin Room

Fee: \$1.00

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.

Dates: April 2, 7, 9, 14, 16, 21, 23, 28, 30

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.

Dates: April 2, 7, 9, 14, 16, 21, 23, 28, 30

Day: Monday & Wednesday

Time: 10:15 am

Location: Classroom

Fee: \$2.00 per class

Zumba Gold

Patricia Thompson 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: April 2, 9, 16, 23, 30

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: April 3, 10, 17, 24

Day: Thursday

Time: 3:30 pm

Location: Austin Room

Fee: \$1.00 per class

Wii

Get a Wii bit of exercise while having a great time. Wii is the latest way to enjoy your favorite sport, golf, bowling, tennis just to name a few. Using the Nintendo's gaming system you can exercise and have fun at the same time.

Dates: April 1, 3, 8, 10, 15, 17, 22, 24, 29

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: April 1, 3, 8, 10, 15, 17, 22, 24, 29

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: April 2, 4, 7, 9, 11, 14, 16, 18, 21, 23, 25, 28, 30

Day: Monday, Wednesday & Friday

Time: 9:10 am

Location: Austin Room

Fee: \$1.00 per class

Cardio, Core and More

Ready to get moving and build a strong core? This class will include some low impact aerobics along with exercises to provide you with a strong core and a little yoga and stretching thrown in. You will get a total body workout. This class will be done standing, sitting, and on the floor with the use of mats. Bring your own mat. Get ready to have some fun! Class is done with a video.

Dates: April 2, 4, 7, 9, 11, 14, 16, 18, 21, 23, 25, 28, 30

Day: Monday, Wednesday & Friday

Time: 8:10 am

Location: Austin Room

Fee: \$1.00 per class

Restorative Yoga

This type of yoga works on joints, flexibility, balance and is good for fibromyalgia, chronic fatigue, arthritis and osteoarthritis. Denise

Madison teaches how yoga can be done from a chair.

Dates: April 1, 8, 15, 22, 29

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: April 1, 3, 8, 10, 15, 17, 22, 24, 29

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: April 2, 9, 16, 23, 30

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 15 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
 1:30pm Pilates

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
 2:00pm Book Club (1st Tuesday)
 4:00pm Restorative Yoga
 4:00pm "TNT" (1st Tuesday)
 5:00pm Line Dancing
 6:00pm Bunco Babes (4th Tuesday)
 7:00pm Senior Dance (1st Tuesday)
 7:00pm Community Dance (3rd Tuesday)
 7:00pm Jam Session (4th 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)
 10:00am Hooks & Needles
 10:45am Arthritis Tai Chi
 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)
 3:00pm Line Dance

Friday

7am-12:30pm Treadmill, Recumbent Bike
 7:10am Pilates
 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

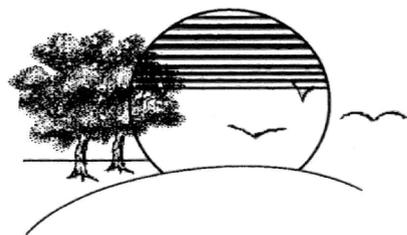
Wheel Chair, Cane, Walker
 Up to 30 day check out

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.



(316)788-2828

Derby ~ Wichita
 Haysville ~ Mulvane
 Belle Plaine ~ Douglass

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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.