

Prime Times

News, Information and More From the Derby Senior Center

May 2014

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

Busy volunteer is always smiling and willing to help

By Shirley Stees

What a delightful opportunity I had in becoming acquainted with Marj Wilson. She is the Thursday morning volunteer at the Senior Center reception desk, always smiling and willing to help you.

Marj was raised in Cheney, where her father was a

school custodian and her mother the town librarian, and she has an older sister. Marj played the piano and was a music accompanist, drum majorette for the marching band and on the yearbook staff.

All the students knew her parents and loved spending time at their home. She attended Wichita State for a year but didn't like school, so she began her career working for local banks and later joined Pizza Hut in the corporate offices.

She met her future husband, Richard Wilson, when they both worked in Wichita. They were married in 1965.

Richard grew up on a farm near Uniontown and joined the Navy immediately following high school. When he was discharged, he worked at Boeing inspecting radars. He worked for Jack DeBoer and later became an auditor for the Federal Government.

They spent a year in Southern California where

Richard worked as an inspector for Boeing, but returned to Kansas when Marj was pregnant with their first child, Chris. Sara was born a year and a half later. Richard then attended Wichita State University and graduated with an accounting degree.

In 1978, Marj took a transfer with Pizza Hut to become an area manager in Londonderry, N.H., and Richard worked for Raytheon in Boston. A year later, they returned to Wichita where they remained until Pizza Hut moved them to Garland, Texas.

Upon retirement, they moved to Olathe. They loved the Lake of the Ozarks and had a second home there for 20 years, spending many hours boating, enjoying retirement, etc. During their retirement, they traveled several times all through Europe, including England, Switzerland, Belgium, France, Italy, with their favorite being Austria.

Marj moved to Derby after Richard's death in 2007. Chris

lives in Wichita and has two grown children, and Sara and Mark Stang, who live a few blocks away, have two grown children and a 12-year-old and a 13-year-old.

Richard's hobby was woodworking and he made many of their home furnishings. Marj said she still has a garage full of oak wood which he never was able to build.

Marj is very active at the Senior Center. In addition to volunteering at the reception desk, she takes part in the Reader's Theater which goes to elementary schools each month, helps with TNT, delivers Red Cross meals, presents at New Member orientation, is a SCHICK counselor and serves at Lord's Diner two nights a month. In addition to walking her dog three times a day and spoiling her grandchildren, she loves to



Marj Wilson

travel.

If you haven't met her, or even if you have, stop by to say "hello."

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This could be you having fun on a Senior Center trip!!

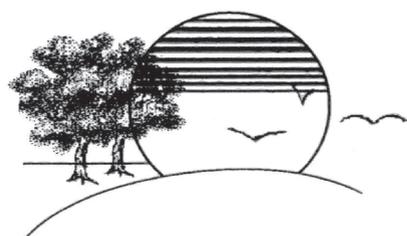
For information on upcoming Senior Center trips, see page 6

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Mon	Tue	Wed	Thu	Fri
May Activity Sign-Ups will open April 28 at 7:30 a.m.				
			1 8:00 Wii 8:10 Weight / Strength 8:30 Massage 9:00 Tappercise 9:00 New Member Orientation 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 10:30 Blood Pressure ✓ 11:00 Hearing Aid ✓ 11:30 Covered Dish 12:15 "Mike & Michelle" 1:00 Joy of Singing 3:30 Line Dance	2 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
5 9:30 Seniors in the Park No morning classes at center 1:00 Inspiring Women 12:30 Acrylic Painting 1:30 Pilates	6 8:10 Weight / Strength 9:10 Fitness & Flexibility 9:30 Bingo 10:00 Tap 11:00 Advance Tap 1:00 Wii 4:00 Restorative Yoga 4:30 TNT 5:00 Line Dance 7:00 Senior Dance	7 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 Board Meeting 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 4:00 Yoga	8 8:00 Wii 8:10 Weight Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 11:00 Lunch & Movie 1:00 Joy of Singing 3:30 Line Dance	9 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Memories and Memoirs 10:15 Yang Tai Chi
12 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 Overcoming Hardship 1:30 Pilates	13 8:10 Weight Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 11:15 Aging Gracefully 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance	14 7:00 All Aboard 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/purpose 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 1:00 Basics of Alzheimer's 4:00 Yoga	15 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 1:30 Birthday & Anniversary Celebration 3:30 Line Dance	16 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Things you don't know about funeral planning 10:15 Yang Tai Chi
19 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 1:30 Pilates	20 7:00 Foot Care 8:10 Weight / Strength 9:10 Fitness & Flexibility 10:00 Book Club 11:00 Just Lunch 12:00 Friendship Club 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance 7:00 Community Dance	21 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage No Arthritis Tai Chi Beginning 9:00 Life Line Screening 9:00 Blood Pressure ✓ 9:30 Bingo 9:10 Exercise w/purpose 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 4:00 Yoga	22 8:00 Wii 8:10 Weight /Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Joy of Singing 3:30 Line Dance	23 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
26 <div style="text-align: center;">Memorial Day Center Closed</div>	27 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 Babes 7:00 Jam Session Sign-ups	28 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/purpose 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 1:30 Rite Bite 3:00 Birds of Prey 4:00 Yoga	29 8:00 Wii 8:10 Weight /Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 10:00 Gauging Generations 1:00 Joy of Singing 3:30 Line Dance	30 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi



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Dee's Notes

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs.



Dee Williams

Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year, we are focusing on injury prevention with the theme Safe Today. Healthy Tomorrow By taking control of their safety, older Americans can live longer, healthier lives.

One way to stay safe and healthy is to exercise, so join us at High

Park for "Seniors In the Park" to try an exercise program. Stay for the fun and have lunch with us, see article, "Seniors In The Park" under Upcoming Events in the newsletter. Come to one of our programs, Aging Gracefully, Life Line Screening, Basics of Alzheimer's, and Friendship Club, to help you stay healthy and active.

Also, in our lobby you will see a display about "Older Americans Month." You may write the name of the older American you wish to honor and post it on the board. I want to see the board full of names, so come in and see us.

We honor all older Americans in our Center; you're taking control of your safety to live longer, healthier lives.

See you soon!

- Dee

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. Pick up a book list at the front desk.

Upcoming Events

Registration is required for all activities

Covered Dish

Join us for a great lunch by the best cooks in town and enjoy entertainment too! This is a wonderful time to catch up with friends. We ask everyone attending to bring food to share and sign up by the Wednesday before. Everyone must pay a \$2.00 to attend the luncheon. We are looking forward to seeing you there. Mike and Michelle will be the entertainment.

Date: May 1

Day: Thursday

Time: 11:30 am

Location: Austin Room

Fee: \$2.00

Date: May 6

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: May 6

Day: Tuesday

Time: 7:00 – 9:30 pm

Location: Welcome Center

Fee: \$3.00 donation at door

Aging Gracefully

Join us at KU Med School for this information session on "Aging Gracefully" by Connie Marsh, psychiatry and behavioral sciences clinical associate professor. Marsh will talk about general tips on healthcare and aging. You will need to bring a sack lunch. We will be back in Derby by 2:00 pm.

Date: May 13

Day: Tuesday

Time: 11:15 am

Location: Depart Library

Fee: \$3.00

Birthday / Anniversary Celebration

Come enjoy cake and ice cream as well as a fun game of bingo. We will have prizes and play for about an hour. You must sign up by noon on May 14. Note new time!

Date: May 15

Day: Thursday

Time: 1:30 pm

Location: Austin Room

Fee: \$2.00

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

Seniors In the Park

"Safety today, Healthy Tomorrow", is the theme for Older Americans Month, and we are celebrating with seniors at the park. Join us at High Park for fun, laughter and food! We will start the day with a raffle walk, come earn raffle tickets, the more laps you do the more chances you have to win some great prizes. Join in on a variety of exercise and activities. You can earn bucks for a free lunch by participating in one of these great activities. A healthy lunch sponsored by Interim Healthcare. Lunch will be served between 11:30 and 12:00 am. Don't miss the fun and come enjoy the outdoors. Please sign up ahead for lunch.

Date: May 5

Day: Monday

Time: 9:30 am – 12:00 pm

Location: High Park

Fee: Free

"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 Spaghetti with meat sauce, tossed green salad, garlic bread and dessert. The 1.5 hour time frame (4:30-6:00pm) will permit a leisurely meal, time to chat with friends or perhaps meet a new person and help them feel welcome. Come and support your Derby Senior Center! Sign up at the front desk, pay at the door.

~~ Continued ~~

~~ Upcoming Events Continued ~~

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. Registration required.

Date: May 20

Day: Tuesday

Time: 11:00 am

Location: Depart from Library

Fee: \$3.00 plus lunch

Community Dance

Join us for another great dance event! Our entertainment for the evening will be provided by Terry Crane and The Country Heartbeats. Light refreshments will be provided. Whether you want to be out on the dance floor or just want to sit and listen to the music, there's a spot for you!

Date: May 20

Day: Tuesday

Time: 7:00 – 9:30 pm

Location: Welcome Center

Fee: \$3.00 donation at door

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. Last Bunco until Sept.

Date: May 27

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: May 27

Day: Tuesday

Time: 7:00 pm

Location: Multi-Purpose Room

Fee: Free

Date: May 19

Day: Monday

Time: 1:00 pm

Location: Conference Room

Fee: Free

Life Line Screening

Derby Senior Center is pleased to offer a preventive health event. Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive and painless health screenings on 5/21/2014. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/community-partners.**

Date: May 21

Day: Wednesday

Time: 9:00 am

Location: Class Room

Fee: Call for fees and appointment

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 "Portion Distortion".

Date: May 28

Day: Wednesday

Time: 1:30 pm

Location: Multipurpose Room

Fee: Free

Birds of Prey

Bring your grandchildren and experience nature up close. Learn about the majestic birds like the Harris Hawk and the Golden Eagle from this local avian expert Nate Mathews. Nate will talk about the conservation history of golden verse bald eagles. Don't miss this opportunity to witness their beauty up close with a live demonstration.

Date: May 28

Day: Wednesday

Time: 3:00 pm

Location: Austin Room

Fee: Free

Health & Information

Registration is required for all activities

Basics of Alzheimer's

Knowing the Ten Signs—the most common early warning signs of Alzheimer's disease are covered in detail as well as basic information about the disease itself, advantages of early detection and action steps for those who suspect Alzheimer's disease. Join Linsey Norton for Alzheimer's Association for this informative session.

Date: May 14

Day: Wednesday

Time: 1:00 pm

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 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.





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KATHY STEPP
LONNIE STRICKLAND
DIXIE WACHHOLTZ
RODNEY WACHHOLTZ
JONI WACHHOLZ
PRICE WACHHOLZ

Pioneer spirit in Enid, Oklahoma!



Kay Morgan enjoys Simpson's Old Time Museum.

Enrichment & Learning

Registration is required for all activities

Joy of Singing

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

Date: May 1, 8, 15, 22, 29

Day: Thursday

Time: 1:00 – 2:00 pm

Location: Classroom

Fee: Free

Inspiring Women

Helen Steiner Rice known as the "Ambassador of Sunshine" was an American writer of religious and inspirational poetry. Her life and history will be presented by Charlotte Harmon.

Date: May 5

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 55 and older. 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: May 5, 12, 19

Day: Monday

Time: 12:30 – 3:30 pm

Fee: \$10.00 per class

~~ Continued ~~

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~~ Enrichment & Learning Continued ~~

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. Class on the 21st will be in the Austin Room.

Date: May 7, 14, 21, 28

Day: Wednesday

Time: 1:00 – 3:00 pm

Location: Classroom

Fee: Free

Memories and Memiors

Back in 2008 and again one year ago the question was asked in group sessions, have you ever said "I need to write my story?" It's time to see what progress we've made in writing our life story to leave as a legacy for our family and the next generations. Bring a notebook and a pen and share what you've written. Anyone who didn't attend an earlier session is welcome to join us and hear some tips on getting started on how you too can preserve your heritage through writing your life story.

Date: May 9

Day: Friday

Time: 10:00 am

Location: Conference Room

Fee: Free

Overcoming a life of hardships

Marianne Scripp will share her story of growing up in Indonesia and being a prisoner of the Japanese. She will show a video about being held in a concentration camp and talk about the hardships she suffered. There will be time for questions and answers.

Date: May 12

Day: Monday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

All about Funeral Planning

Funerals are a planned celebration of life, a reflection of the individual, the lives they touched, the way they spent their time and even the music they loved. Staff members from Affinity All Faiths Mortuaries will discuss the advantages of planning ahead. The pre-need counselor will discuss the elements of a funeral with an emphasis on personalization and pre-planning. The funeral director will go over topics such as social security, veteran's information and other choices you will need to know concerning funerals. There will also be a question and answer session where inquiries and concerns will be addressed.

Date: May 16

Day: Friday

Time: 10:00 am

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: May 27

Day: Tuesday

Time: 1:00 pm

Location: Conference Room

Fee: Free

Gauging Generations

The Home Instead Senior Care network recently concluded the first running of a study

entitled Generation to Generation: Gauging the Golden Years, which was conducted on behalf of the network by the internationally known Marist Institute for Public Opinion. This multigenerational research compared self-assessed quality-of-life levels for four different U.S. adult cohorts in various "life indicator" areas including family; spiritual life; housing; health; work; free time; and finances. In addition, the findings from this research have made it possible to analyze in detail the life-indicator self-ratings of the four major generational groups studied. This talk will discuss some of the interesting findings from the study.

Date: May 29

Day: Thursday

Time: 10:00 am

Location: Multipurpose Room

Fee: Free

Trips

Registration is required for all activities

Heritage Spectacular Abilene Kansas

Arrive at the Heritage Center - Experience 100 years of the telephone, see Wild Bill Hickok's gun, ride the C. W. Parker Carousel. Board the restored Abilene & Smoky Valley Railroad excursion train. Take a break as you travel the tracks to Enterprise and back. We will have lunch at Hitching Post Restaurant. You will be served some home-cooked food in Old Abilene Town. After lunch, browse the General Store displays of local and Kansas artisans. We will tour Old Abilene Town. Pet

the Greyhounds at the Greyhound Hall of Fame Learn how the Greyhound industry has impacted a small Kansas town, meet a retired champion greyhound racer. Make a quick stop at Russell Stover Candy Store before heading back to Derby. Arrive back to Derby by 6:00 pm. Fee includes all entries, charter bus and lunch.

Date: May 14

Day: Wednesday

Time: 7:00 am

Location: Depart Library

Fee: \$32

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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

Derby Dash May Special

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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. Done with a video

Date: May 2, 5, 9, 12, 16, 19, 23, 30
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.

Date: May 7, 12, 14, 19, 28 (no class on 21st)
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: May 5, 7, 12, 14, 19, 21, 28 Class on the 21st in Austin Room
Day: Monday & Wednesday
Time: 10:15 am
Location: Classroom
Fee: \$2.00 per class

Zumba Gold

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!! Class taught by Pat Thompson.

Dates: May 7, 14, 21, 28
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: May 1, 8, 15, 22, 29
Day: Thursday
Time: 3:30 pm
Location: Classroom
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: May 1, 6, 8, 13, 15, 20, 22, 27, 29
Day/Time: Tuesday 1:00 pm / Thursday 8:00 am
Location: Classroom 1
Fee: Free

Weight/Strength Training

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. Class is done with a video.

Dates: May 1, 6, 8, 13, 15, 20, 22, 27, 29
Day: Tuesdays and Thursdays
Time: 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: May 2, 7, 9, 12, 14, 16, 19, 21, 23, 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: May 2, 7, 9, 12, 14, 16, 19, 21, 23, 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: May 6, 13, 20, 27
Day: Tuesday
Time: 4:00 pm
Location: Classroom 1
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: May 1, 6, 8, 13, 15, 20, 22, 27, 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, balance and muscle tone.

Dates: May 7, 14, 21, 28
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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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
 1:30PM Pilates

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
 2:00PM Book Club (3rd 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
 10:15AM Arthritis Tai Chi
 12:30PM Cribbage
 4:00PM Yoga

Thursday

7AM-4PM Treadmill, Recumbent Bike
 8:00AM Wii
 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.

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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
 Diane Schmitt
 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.