

Prime Times

News, Information and More From the Derby Senior Center

June 2014

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



Come learn about some fabulous trips!

Wednesday, June 25, 2014

Derby Senior Center • Presented By Sunflower Travel

Pacific Northwest & California September 29 – October 6, 2014

Highlights: Seattle, Mount St. Helens Visitor Center, Portland, Columbia River Gorge, Portland Spirit Cruise, Newport, Bandon State Natural Area, Redwood National Park, Eureka, Avenue of the Giants, San Francisco

Reflections of Italy April 6 – 15, 2015

Highlights:
Rome, Coliseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice, Murano Island, Lugano, Switzerland and Como

Please RSVP – space is limited!

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For more information, contact:

Terri Windsor
Sunflower Travel
1223 N. Rock Rd. #G-200
Wichita, Kansas 67206
316.634.1700



Seniors in the Park Monday, May 5



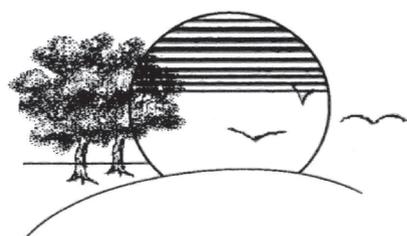
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June 2014

Mon	Tue	Wed	Thu	Fri
2 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 Dental Awareness 1:30 Pilates	3 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 4:00 Restorative Yoga 4:30 TNT 5:00 Line Dance 7:00 Senior Dance	4 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 4:00 Yoga	5 7:10 Weight/Strength 8:00 Wii 8:10 Weight / Strength 8:30 Massage 9:00 Tappercise 9:00 New Member Orientation 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 10:30 Blood Pressure ✓ 11:00 Hearing Aid ✓ 11:30 Covered Dish 12:15 Randi Williams 1:00 Joy of Singing 3:30 Line Dance	6 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
9 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 Flag Etiquette 1:30 Pilates	10 7:10 Weight/Strength 8:10 Weight Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance 7:00 Casino Night	11 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:15 Arthritis Tai Chi Intermediate 12:45 Kansas Frontier Forts 1:00 Carving Class 4:00 Yoga	12 7:10 Weight/Strength 8:00 Wii 8:10 Weight Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Walgreens 10:00 Tap 11:00 Advance Tap 1:00 Joy of Singing 3:30 Line Dance	13 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
16 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	17 7:00 Foot Care 7:10 Weight/Strength 8:10 Weight / Strength 9:10 Fitness & Flexibility 12:00 Friendship Club 1:00 Wii 2:00 Book Club 4:00 Restorative Yoga 5:00 Line Dance 7:00 Community Dance	18 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning 9:00 Blood Pressure ✓ 9:30 Bingo 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 1:30 Rite Bite 4:00 Yoga	19 8:00 Wii 7:10 Weight/Strength 8:10 Weight / Strength 8:30 Massage 9:00 Tappercise 9:30 First Council Casino 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	20 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
23 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/ purpose 10:00 Medicare Updates on Diabetes 10:15 Arthritis Tai Chi Intermediate 12:30 Acrylic Painting 1:30 Pilates	24 7:10 Weight/Strength 8:10 Weight Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Senior Employment 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance 6:30 Alzheimer's Support Group 7:00 Jam Session	25 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 4:00 Yoga 5:30 Come Travel With Us	26 8:00 Wii 7:10 Weight/Strength 8:10 Weight/Strength 8:30 Massage 9:00 Tappercise 8:30 Kansas Salt Museum 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Joy of Singing 3:30 Line Dance	27 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
30 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi Intermediate 11:00 Just Lunch 12:30 Acrylic Painting 1:30 Pilates Sign-ups	June Activity Sign-Ups will open May 27 at 7:30 a.m.			



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Dee's Notes

Did you know our newsletter is on our website? Type in the address www.Derbyweb.com, click on Departments, click on Senior Services and then click newsletters.



Dee Williams

Farmers' Market Nutrition Program (SFMNP) starting in June and going through October 15, 2014.

Eligibility: 60 or older and has an income at \$1,772/month or less. Benefit is \$30 and can only be used at participating stalls at Farmers' Markets and roadside stands.

There will be a limited number of participants in this program. If you are interested in finding out more about this program, call the Center at 788-0223 or come by the front desk.

World Elder Abuse Awareness Day is June 15, 2014.

In honor of this day, we will celebrate by wearing purple ribbons and clothing to call public attention to this global issue. Come by the desk and ask for the purple ribbon to wear and show the world you care about ending elder abuse and neglect by wearing something purple.

Have a safe and happy June. See you at the Senior Center.

- Dee

Tornado Safety

We want to keep you safe during this tornado season. If you are visiting the Derby Senior Center, the closest shelter is in the Derby Library Community Room.

Since the shelter is not located at the Center, our policy will be for you to go home when alerted of a tornado watch or severe thunderstorm warning. Our goal is to be prepared for the unexpected and keep you safe; go home and be ready to take cover from the storm.

Kansas Senior Farmers' Market Nutrition Program

Upon approval of our contract, the Derby Senior Center will be participating in the Kansas Senior

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 restaurant 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 2:00 p.m. Pick up a book list at the front desk.

Senior Center welcomes new Alzheimer's support group

Beginning in June, Glen Carr House Memory Care Residence will partner with the Derby Senior Center to host monthly Alzheimer's Support Group meetings. Get expert advice and share stories with families facing similar experiences.

As a part of this partnership, Glen Carr House is offering free respite care for up to eight families who may need care for loved ones living with dementia while they attend the support group meetings.

Support group meetings are a great opportunity for anyone affected by a loved one who has Alzheimer's or dementia, according to Teresa Hatfield, Life Enrichment Coordinator at Glen Carr House. "When an individual is diagnosed with Alzheimer's, their entire family is impacted. The meetings give caregivers and families the strength to realize that they are not the only ones going through that journey," she said. "There's strength in knowing there are other people in your shoes."

Research shows Alzheimer's affects one in three families and will impact one in five

individuals over the age of 65. There is no known cause and no known cure, but local experts can help improve the lives of families affected by Alzheimer's. The format for Alzheimer's support group meetings will be casual with light refreshments and opportunities for individuals and families to share and ask questions about specific challenges and successes that they face with loved ones living with Alzheimer's and dementia.

Hatfield says, "We'll give you ideas on how to engage your loved one and ideas of how to make their day more meaningful and purposeful to make their life more enriched."

Support group meetings are free and open to the public. They will be held on the fourth Tuesday of each month at 6:30 p.m. at the Derby Senior Center, just west of the intersection of Rock Road and Madison.

For more information about the Alzheimer's Support Group meetings or the respite care, contact Teresa Hatfield at thatfield@oxfordseniorliving.com or register for the meetings by calling (316) 788-0223.

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 Barbeque beef on a bun, relish tray, cole slaw 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: June 3

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: June 3

Day: Tuesday

Time: 7:00 – 9:30 pm

Location: Welcome Center

Fee: \$3.00 donation at door

~~ Continued ~~

~~ Upcoming Events Continued ~~

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 \$2.00 to attend the luncheon. We are looking forward to seeing you there. Randy Williams will be the entertainment.

Date: June 5
Day: Thursday
Time: 11:30 am
Location: Austin Room
Fee: \$2.00

Kansas Frontier Forts

Join us a Senior Wednesday at the Wichita Public Library. Historian Ken Spurgeon will tell the story of the origins and history of Kansas' frontier forts from 1827 to the early 1900s. Be back to Derby by 3:00 pm.

Date: June 11
Day: Wednesday
Time: 12:45
Location: Depart Library
Fee: \$3.00

Walgreens

Did you know Walgreens has a Senior Discount Day? How about the many resources they have available to you? Rhonda the Derby Walgreens store manager will be here to inform you about Walgreens and the many ways to help you save money. Thane the Pharmacy manager will also be here to talk about the benefits of immunizations and the importance of them.

Date: June 12
Day: Thursday
Time: 10:00 am
Location: Multipurpose Room
Fee: Free

Casino Night

Don't miss our first ever casino night! Join us for an exciting event complete with hors d'oeuvres from several local restaurants. Casino night features blackjack tables, roulette, craps, and wheel of fortune. Tickets include \$3,000 worth of gaming chips, hors d'oeuvres and drinks. You will also have a chance to win great raffle prizes! Sign up early so you don't miss this fun event!

Date: June 10
Day: Tuesday
Time: 7:00 pm to 9:00 pm
Location: Austin Room
Fee: \$10.00

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 June 18.

Date: June 19
Day: Thursday
Time: 1:30 pm
Location: Austin Room
Fee: \$2.00

Community Dance

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

Date: June 17
Day: Tuesday
Time: 7:00 – 9:30 pm
Location: Welcome Center
Fee: \$3.00 donation at door

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: June 24
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. Registration required.

Date: June 30
Day: Monday
Time: 11:00 am
Location: Depart from Library
Fee: \$3.00 plus lunch

Health & Information

Registration is required for all activities

Dental Awareness

A representative from Grace Med Clinic will be here to discuss information about the link between poor oral health and diseases such as diabetes, stroke and pneumonia and what older people can do prevent or address that situation. You won't want to miss this informative session; there will be time for questions.

Date: June 2
Day: Monday
Time: 1:00 pm
Location: Multipurpose 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.

Date: June 16

Specialists – Now seeing patients in Derby!



Dr. Jason Tauke



Dr. Michael Brown



Dr. Thomas Truong

The Derby Family MedCenter is proud to announce that Dr. Jason Tauke with Cardiovascular Consultants of Kansas, and Dr. Michael Brown with College Hill OB/GYN are now seeing patients at the Derby site. These additional physicians and services, as well as care from Dr. Thomas Truong with The Kansas Foot Center, are truly a blessing for Derby and its surrounding communities. Gone are the days of traveling around from site to site for quality care. It's right at your doorstep, here at Derby Family MedCenters.



Gregory Bongers, MD
David W. Niederee, MD
Lorraine Alvarado, MD
Cynthia Ward, MD



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

Medicare Update on Diabetes

Central Plains Area Agency on Aging has become accredited in Medicare approved diabetes education. This enables CPAAA to provide education and updates here at the senior center. Come and learn about the benefits and ways to qualify. Joy Sloan will be the presenter.

Date: June 23
Day: Monday
Time: 10:00 am
Location: Multipurpose Room
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 "Ways to sweeten without sugar".

Date: June 18
Day: Wednesday
Time: 1:30 pm
Location: Multipurpose Room
Fee: Free

Enrichment & Learning

Registration is required for all activities

One on One Computer Class

Here's your chance for the personal attention you need. You will be able to use this time for any computer questions you have. You can ask basic computer questions learn how to forward messages, etc. Each session will be 30 minutes.

Date: June 3, 10, 17, 24
Day: Tuesday
Time: By appointment
Fee: \$1.00

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: June 5, 12, 19, 26
Day: Thursday
Time: 1:00 – 2:00 pm
Location: Classroom
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: June 4, 11, 18, 25
Day: Wednesday
Time: 1:00 – 3:00 pm
Location: Classroom
Fee: Free

Flag Etiquette

Eduardo Mendoza member of American Legion Post 408 will be here to share the history of flags. He will explain the pledge of allegiance, how to display the flag, flag folding and the reasons for each fold.

Date: June 9

~~ Continued ~~

Welcome New Patrons

- | | | |
|----------------|------------------|----------------|
| BARBARA BARNES | DENNIS HECKERMAN | DAVID NEIL |
| MAHOTA BROWN | ALLEN HOLL | NANCY SCOFIELD |
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| JUDY CASKEY | LOREN JONES | PATRICIA SMITH |
| SHERRY DUNCAN | MARY JONES | ELLEN SOTO |
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~~ Enrichment & Learning Continued ~~

Day: Monday
Time: 1:00 pm
Location: Multipurpose Room
Fee: Free

Senior Employment

The senior Employment Program is a job placement service for job seekers 55 years of age and over who reside in Sedgwick County and the surrounding areas. The

program provides referrals for full-time, part-time, permanent, seasonal and temporary employment. Cherie Wenderott, Director of the Senior Employment Program of Senior Services, Inc. will be here with listings and to answer questions.

Date: June 24
Day: Tuesday
Time: 1:00 pm
Location: Conference Room
Fee: Free

Trips

Registration is required for all activities

Kansas Salt Museum

Explore the Kansas Underground Salt Museum as you go 650 feet below ground where you will board a tram that takes you to over 100,000 square feet of galleries devoted to telling the story of salt from the earliest known use to present day. We will travel to Hutchinson by charter bus and enjoy lunch at Carriage Crossing in Yoder after touring the Salt Museum. Entry fee, transportation and lunch included in fee. Be back to Derby around 3:30 pm.

Date: June 26
Day: Thursday
Time: 8:30 am
Location: Depart Library
Transportation: Charter bus
Fee: \$40.00

First Council Casino

Let's go win some money! We are heading to First Council where you will get a \$10.00 casino credit and \$5.00 food voucher. Enjoy more than 700 of today's hottest slot

games, a dedicated poker room with 10 tables, and eight blackjack tables. There will be \$100 hot seat drawings every 30 minutes. We will be back to Derby around 4:30 pm.

Date: June 19
Day: Thursday
Time: 9:30 am
Location: Depart Library
Fee: \$5.00

New!

Come travel with us!

Check out the exciting new trips being offered at Derby Senior Center. Collette Tours and Sunflower Travel will be here with an overview and information regarding the two upcoming trips. Refreshments will be served.

Date: June 25th
Day: Wednesday
Time: 5:30 pm
Location: Game Room
Fee: Free

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. Done with a video

Dates: June 2, 6, 9, 13, 16, 20, 23, 27, 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 advanced 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, improves balance and integrates the mind and body.

Dates: June 2, 4, 9, 11, 16, 18, 23, 25, 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: June 2, 4, 9, 11, 16, 18, 23, 25, 30
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: June 4, 11, 18, 25
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: June 5, 12, 19, 26

"After a lifetime of working, raising families, and contributing to the success of this nation in countless other ways,.... senior citizens deserve to retire with dignity"

— Charlie Gonzalez

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jeffrey.smith@lpl.com

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: June 3, 5, 10, 12, 17, 19, 24, 26
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: June 3, 5, 10, 12, 17, 19, 24, 26
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: June 2, 4, 6, 9, 11, 13, 16, 18, 20, 23, 25, 27, 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: June 2, 4, 6, 9, 11, 13, 16, 18, 20, 23, 25, 27, 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: June 3, 10, 17, 24
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: June 3, 5, 10, 12, 17, 19, 24, 26
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: June 4, 11, 18, 25
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

Is there an artist in you just itching to get out?
Try the Carving Class and let your creative juices flow! (See page 5)



**Derby Dash
 Summer
 Special**

788-RIDE

Summer Ride Cards ~ June 1 - Aug. 31

Take a round trip ride for \$3 to Derby Bowl, Derby Sr. Center, DRC, Library, Derby Plaza Theater, or Rock River Rapids

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



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 Offering a Friendly, Natural,
 Fun Atmosphere.*



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 to schedule a
FREE tour
 and meal.

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316-788-9600
1701 E. Walnut Grove
Derby, KS 67037

Ongoing Activities

Monday

7AM-4PM Treadmill, Recumbent Bike
 8:10AM Cardio, Core & More
 9:10AM Exercise w/ Purpose
 10:15AM Arthritis Tai Chi
 1:00PM Bridge
 1:00PM Rummikub
 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.

Personal, innovative, enriching memory care in Derby



Glen Carr House

One call offers hope!

www.GlenCarrHouse.com (316) 448-8354

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.