

Prime Times

News, Information and More From the Derby Senior Center

July 2014

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

Seniors with interesting stories wanted

By *Elsie Klish*

The Prime Times newsletter column about Derby Senior Center members has previously been written by Shirley Stees. She has done a wonderful job but has asked for a break. Since I will be taking over this task for Shirley, Laura asked me to introduce myself in this month's column. My name is Elsie Klish and my better half is Dale.

I grew up on a wheat farm four miles west of Coats, which is about 20 miles southwest of Pratt. I was my mother's helper in the kitchen as my older sister and two younger brothers were Dad's helpers. I gathered the eggs, helped milk the cow, and had to do all the dishes.

We canned peaches and cherries, and picked wild sand plums for making jelly. Every summer my grandmother helped my mother put a bunch of chickens in the freezer. I never had to kill the chickens, but plucked feathers and became very good at cutting them up. Wheat harvest was a busy time and I remember the fresh lemonade, sandwiches, and cookies we took to the field in the late afternoon so my father and other harvest hands could have a quick meal before continuing cutting wheat until dark.

I was active in 4-H and was the Cherry Pie Champion of Pratt County one year. I took piano lessons for 10 years, played the clarinet and graduated from Coats High School in 1961.

I went to Pratt Junior College for one year and then Fort Hays State College earning a BS in Science and a Diploma in Nursing in 1965. As part of my nursing education, I affiliated to Chicago Lying In Hospital for obstetrics, to Denver Children's Hospital for pediatrics, and to Topeka State Hospital for psychiatric nursing. These experiences broadened my life perceptions and were some of the best times in my life.

Dale was born in Blackwell, Okla., and was a complete surprise to his mother and the doctor who delivered him. You see, he was the second born after his identical twin brother,

Don, who came six minutes earlier than Dale.

Things were never the same in Oklahoma after the twins arrived and Dale's mom said the twins were "double fun and double trouble." Before they went to first grade, their dad used to climb the wooden oil derricks with one or the other twin piggy back (their feet in their Dad's pockets while holding on around his neck). After a few times, before they went to first grade, Dale and Don climbed the oil derricks by themselves. They also had access to their dad's nitroglycerine explosive and used to pinch off very small pieces making it explode by hitting it with a hammer on an anvil.

Dale's dad worked for 44 years for Shell Oil Company in Oklahoma so his family moved frequently and he attended seven different schools in 12 years. He graduated from Plainville High School in 1959 when his dad retired and moved to Mulvane. Dale's great-grandpa five generations back, Lt. Col. Kimbell, U.S. Cavalry, led a group of men to help fight and was killed in the Alamo. He left a 2-year-old son which carried on the family name.

Dale and I met in a college sociology class in 1962. We were married in August 1965, and on the second night of our honeymoon in Dallas, we had our first car stolen. We rented a car and spent a day at Six Flags Over Texas amusement park before coming home on the Texas Chief train to Derby. We will celebrate our 50th wedding anniversary August 2015.

Dale graduated from Fort Hays



Elsie and Dale Klish

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July 2014

Mon	Tue	Wed	Thu	Fri
<p>July Activity Sign-Ups will open June 30 at 7:30 a.m.</p>	<p>1 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</p>	<p>2 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/purpose 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 3:00 - 4:00 Ice Cream Social 4:00 Yoga</p>	<p>3 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 Brad Reed 3:30 Line Dance</p>	<p>4 Happy 4th of July! CLOSED</p>
<p>7 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi Intermediate 1:00 Inspiring Women 1:30 Pilates</p>	<p>8 8:10 Weight Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Wii 1:00 Eagle Med 4:00 Restorative Yoga 5:00 Line Dance</p>	<p>9 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 4:00 Yoga</p>	<p>10 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 Medicare Patrol 3:30 Line Dance 7:15 The Odd Couple</p>	<p>11 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi</p>
<p>14 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi Intermediate 1:00 Respite Care 1:30 Pilates</p>	<p>15 7:00 Foot Care 8:10 Weight / Strength 9:10 Fitness & Flexibility 12:00 Friendship Club 12:30 Youth Summer Theatre 1:00 Wii 2:00 Book Club 4:00 Restorative Yoga 5:00 Line Dance 7:00 Community Dance</p>	<p>16 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 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 4:00 Yoga</p>	<p>17 8:00 Wii 8:10 Weight / Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:30 Birthday & Anniversary Celebration 3:30 Line Dance</p>	<p>18 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi</p>
<p>21 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi Intermediate 1:30 Pilates</p>	<p>22 7:00 Made in Topeka 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 6:30 Alzheimer's Support Group 7:00 Jam Session</p>	<p>23 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 4:00 Yoga</p>	<p>24 8:00 Wii 8:10 Weight /Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 3:30 Line Dance 5:00 Evening with Orin Friesen</p>	<p>25 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi</p>
<p>28 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi Intermediate 1:30 Pilates 2:00 Senior Employment Sign-ups</p>	<p>29 8:10 Weight Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Wii 1:00 "Changing the Way you see the World" 4:00 Restorative Yoga 5:00 Line Dance</p>	<p>30 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/purpose 9:15 "In the Shadow of the Andes" 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 4:00 Yoga</p>	<p>31 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 Just Lunch 3:30 Line Dance</p>	

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Dee's Notes

What a great month we have planned for you! Check it out in the newsletter.

Make plans now for July 24 dinner and music; Orin Friesen and his son will be singing. Also, July 2 enjoy the ice cream social.

Please note a new program: Handyman team volunteers from Cross of Glory Lutheran church will come to your house to make small repairs for free.

Also, we have started an Alzheimer's support group meeting



Dee Williams

the fourth Tuesday of each month at 6:30 p.m.

We work hard trying to get interesting classes for you and it's sad when only two or three people show up for these classes. It's a proven fact the more you learn the better you feel, the happier you are and the longer you live - be happy and learn! I hope you will commit to attending the classes at the Center.

In honor of those veterans living and in memory of those who died we give thanks.

Wishing you a safe and happy Independence Day!

- Dee

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.

Handyman Team

Cross of Glory Lutheran church has put together a "Handyman Team" to help fulfill its mission of serving God by serving others. The Handyman Team is a group of volunteers from the church and community who will provide small repairs to those in need at no cost. These repairs should be small and can range from something as simple as changing a light bulb or moving boxes to yard work. If you are interested in taking advantage of the Handyman Teams services, please visit the Derby Senior Center and fill out a request form. If you are unsure if your request is too big or too small, please see the example repair list located at the Senior Center front desk

or call Cross of Glory Lutheran Church at (316) 789-8200. The Handyman Team will begin working in July.

Alzheimer's support group

Glen Carr House Memory Care Residence has partnered 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 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 Teressa Hatfield at thatfield@oxfordseniorliving.com or register for the meetings by calling (316) 788-0223.

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 doctor's 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.

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 Hot Dog Bar 1 for \$3 and 2 for \$5, Macaroni Salad, Baked Beans 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: July 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: July 1

Day: Tuesday

Time: 7:00 - 9:30 pm

Location: Welcome Center

Fee: \$3.00 donation at door

Ice Cream Social

What a great way to spend an afternoon. We will supply the ice cream and trimmings, you bring a friend and reminisce about the old time ice cream socials. Please sign up so we can plan accordingly.

Date: July 2

Day: Wednesday

Time: 3:00 pm to 4:00 pm

Location: Multipurpose Room

Fee: Free

Fourth of July Celebration

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. Brad Reed, a well-known concert pianist, will play a variety of patriotic songs. Wear your red, white and blue!

Date: July 3

Day: Thursday

Time: 11:30 am

Location: Austin Room

Fee: \$2.00

~~ Continued ~~

~~ Upcoming Events Continued ~~

The Odd Couple “Female Version”

Enjoy a delightful evening full of laughter at The Forum Theatre. Olive Madison (Karla Burns) is a divorced, radio sports commentator who thrives on disorder, chaos and her messy New York Apartment. Florence Unger (Gina Austin) is a neatnik, the queen of homemaking, who demands order and perfection (look out Martha Stewart). When Florence arrives, bags packed and nowhere to go during an unwanted divorce, Olive mistakenly asks her to move in. The battle and the fun begin with loads of physical comedy, rapid-fire wit and barrels of laughs!

Date: July 10
Day: Thursday
Time: 7:15 pm
Location: Depart DSC
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 July 16.

Date: July 17
Day: Thursday
Time: 1:30 pm

Location: Austin Room
Fee: \$2.00

Youth Summer Theatre

Join us for a fun afternoon with the DRC Youth Summer Theatre group as they present School House Rock Live. Come preview this great play and bring along your grandchildren. Refreshments will be served.

Date: July 15
Day: Tuesday
Time: 12:30 pm
Location: Austin Room
Fee: Free

Community Dance

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

Date: July 15
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: July 22
Day: Tuesday
Time: 7:00 pm
Location: Multi-Purpose Room
Fee: Free

An Evening with Orin Friesen

We will start the evening with a wonderful catered meal before enjoying the well-known sounds of Orin Friesen. Orin has performed at venues from San Francisco to Carnegie Hall and from Nashville to the Great Wall of China. He has sung and played on over 20 albums. Orin loves singing cowboy music, but loves the cowboy lifestyle even more. He will be joined by his son Jesse Friesen. This will be a casual evening of reminiscing the old time music and sounds that you won't want to miss!

Date: July 24
Day: Thursday
Time: 5:00 pm
Location: Austin Room
Fee: \$3.00

“In the Shadow of the Andes”

Join us at Great Plains Nature Center for this great presentation. Former GPNC Director Bob Gress, along with Jim & Patty Marlett, will give an illustrated presentation on their trips to Peru, including views of Machu Picchu and a jaguar on a sandbar!

Date: July 30
Day: Wednesday
Time: 9:15 am
Location: Depart Library
Fee: \$3.00

Just Lunch

This adventure is always an exciting and unique experience. Sign up to dine at an undisclosed location that only the driver will know. Registration required.

Date: July 31
Day: Thursday
Time: 11:00 am
Location: Depart from Library
Fee: \$3.00 plus lunch

Health & Information

Registration is required for all activities

EagleMed

EagleMed is the local air ambulance provider in your area. Their Headquarters are located in Wichita. Linda Guiot will talk about their service and how it benefits others. She will talk about their bases, equipment, crew and of course all about the helicopter and their fixed wing plane.

Date: July 8
Day: Tuesday
Time: 1:00 PM
Location: Multipurpose Room
Fee: Free

Medicare Patrol

An intern with Sedgwick County Extension

Office will be here to teach you how to protect your personal finances and healthcare information. She will cover how to detect potential fraud and abuse as well as, identifying where to report if concerns do come up. She will also show a power point that will highlight current scam tactics and abuse being seen in the Medicare/Medicaid systems titled “Are You Smarter than a Scam Artist?” There will be time for questions and answers.

Date: July 10
Day: Thursday
Time: 1:00 pm
Location: Multipurpose Room
Fee: Free

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



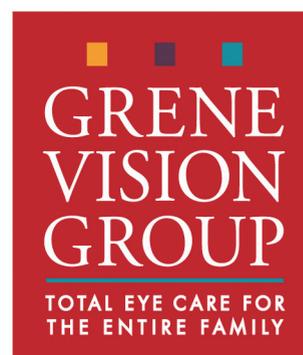
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Respite Care

Caring for homebound dependents age 60 and older can be stressful, frustrating, and physically and emotionally taxing. In-Home Respite Care provides trained workers to come into the home to take care of elderly dependents so that primary caregivers can have time for themselves. Delores Cooper

will be here to talk about who is eligible, how to apply as well as cost of services.

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

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: July 28
Day: Monday
Time: 1:00 pm
Location: Conference Room
Fee: Free

you see the World"

Lottie Miller will be here to talk about Friendship Force of Kansas; she will cover what it is, and what they do. The group spent a week with Friendship Force members in Nairobi. Lottie will show slides from their last exchange in Nairobi, Kenya. Don't miss this interesting program.

Date: July 29
Day: Tuesday
Time: 1:00 pm
Location: Multipurpose Room
Fee: Free

"Changing the Way

Enrichment & Learning

Registration is required for all activities

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

the doctors see her as a nuisance? How did she end up in Kansas after the war? Learn about Mary Ann as Ardelle Coons tells us about this amazing woman, who even had a ship named in her honor during World War II.

Date: July 7
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

Inspiring Women

Who was Mary Ann Bickerdyke? What did she do to help the soldiers during the Civil War? Why did her boys love her and

Trips

Registration is required for all activities

Made in Topeka

Brew a fresh view as we tour PT's Coffee Roasting Co. We will learn how they come up with blends of coffees, where the beans originate as well as how the beans are roasted.

Unlock the mystery as we explore safes, time locks, vaults and several other security keepers at TMI Corp. Discover the way locks are built and the history they hold. The extensive library of locks will help

bring the stories of robber's successes and failures to life.

Taste tradition as you discover a tasty past, present and future with a catered lunch at a Topeka bank where you can explore the way safes and locks are used. You will see the largest safe door in the country.

~~ Continued ~~

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Carl Haley, Derby

"I didn't realize how much I was missing until I got these! I don't know how I got along without them before."

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Sharing life together!

Consider a life style at your level of independence and assistance when you need it.

- Home Cooked meals
- Trained medical staff
- Exercise Classes
- Weekly laundry
- Daily events and activities
- Weekly outside performers
- Wireless Internet
- Weekly housekeeping

Even if you are not quite ready to make that move, we encourage you to explore our community today.



Improving Lives and Exceeding Expectations.



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~~ Trips Continued ~~

Now we are spicing things up as we tour Pedro Lopez, a Mexican food company that has been a part of Topeka community for almost 100 years. Here we will see the small kitchen where they blend their spices and seasonings. Everyone will go home with a spice of your choice!

Fee includes charter bus, entry fees, and catered lunch. Plan to be back to Derby by 6:00 pm. Space is limited so sign up early.

Date: July 22

Day: Tuesday

Time: 7:00 am

Location: Depart Library

Fee: \$30.00

Braum's

Ever wonder how Braum's makes their delicious ice cream, milk, cookies, breads and more?

Here's your chance to see the process firsthand. We will travel to Tuttle, OK to tour the Braum's Dairy Farm. The farm covers approximately 15 square miles and you will be amazed at the self-sufficient processing, water and waste treatment facilities. See how the "magic" happens in person on this guided tour. During the tour, you will enjoy a 15 minute video, a sample of Braum's Ice Cream and bakery fresh cookies. We will tour the Bakery and Processing Plant where you can see how they make and package milk, ice cream, a variety of dairy products, cookies, ice cream cones, breads, buns and more! We will stop for lunch before heading back to Derby. Fee includes charter bus and lunch. Plan to be back to Derby by 5:30 pm.

Date: August 26

Day: Tuesday

Time: 7:15 am

Depart: Library

Fee: \$25.00

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

Date: July 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 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, increases heart/lung activity, aligns posture, improves balance and integrates the mind and body.

Date: July 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 is the instructor.

Date: July 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

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: July 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: July 3, 10, 17, 24, 31

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: July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31

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

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



"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

Downsizing? Retirement Community? Lifestyle Change?

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Jeff Smith
Financial Consultant
jeffrey.smith@lpl.com

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: July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
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: July 2, 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: July 2, 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: July 1, 8, 15, 22, 29
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: July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
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: July 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

Welcome New Patrons

James Baker
 David Clark
 Sherri Clark

Connie Gard
 Don Gard
 Lenora Kenmuir

Pauline Killough
 Nancy Reece
 Linda Simmons

~~ Continued from Page 1 ~~

State College in 1967 with a BS degree. In 1959, Dale worked for Shell Oil Co. on a seismograph crew in western North Dakota in the Bakken oil fields. There were very few roads so they made their own with bulldozers. Dale worked 26 years for Boeing in Wichita and Everett, Wash., where he saw the first Boeing 747 jumbo jet roll out. He delivered gasoline locally in an 18-wheel gasoline transport for a Wichita oil company during a period when he was laid off at Boeing.

I worked a total of 43 years in nursing - first as a staff nurse in local hospitals and as an office/OR surgical nurse for an orthopedic surgeon, and then in teaching nursing. Nursing faculty were required to have a master's degree, so I completed a MEd from WSU in 1976, and then a MSN from The University of Oklahoma in 1987. In 2000, I completed 31 hours at WSU for a post master's certificate as a family nurse practitioner. I also worked part time at WSU Student Health Center as a nurse practitioner.

Dale and I enjoy spending time with our three sons and nine grandchildren.

Dave and his wife Rosemary have three sons and Dave teaches eighth-grade history at the Derby Middle School. Darren and his wife Laura have

three sons, one daughter, and Darren is a radiation oncologist at the Lawrence Cancer Center. Devin and wife Ling have one daughter, one son, and Devin is a sales associate with a large heating/cooling company in Kansas City.

We enjoyed camping and water skiing when the boys were younger and always took a summer vacation. Dale and I still enjoy traveling and have been to 49 states and 16 countries. Dale likes to fish, follows the OKC Thunder, loves Nascar racing and is a diehard Sooners fan. I enjoy reading, volunteering at my church as a Stephen Minister, ushering for Music Theater and the Opera, exercising at the Senior Center and the DRC, helping with TNT, and being with my Red Hat and church circle friends.

I am looking forward to meeting and getting acquainted with other members of the Senior Center and writing up their interesting life stories for the Prime Times feature column. I think the hardest part of this job will be finding seniors who are willing to be interviewed and in the spotlight. Hopefully, most of you will agree to tell your story in the Prime Times newspaper and make my job easier.

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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
 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
 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

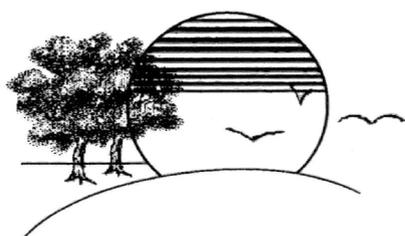
Wheel Chair, Cane, Walker
 Up to 30 day check out

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.



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

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