

# Prime Times

News, Information and More From the Derby Senior Center

August 2014

611 Mulberry • 788-0223 • [www.Derbyweb.com](http://www.Derbyweb.com)

## A ready-made family in the making

By *Elsie Klish*

Anyone who plays dominoes or who frequents the Senior Center in the mornings probably knows this month's interviewees - John and Judy Duff.

They agreed to be in the spotlight this month and made my work easy by providing me with typed up notes about their lives and experiences.

I first met John while we

were both walking on the treadmills at the Senior Center. John was born and raised in Ottawa County, Okla. His family members were farmers.

John was schooled in a one-room country school where first through eighth grades were all together. Later, he moved with his family to Afton, Okla. where he graduated from high school. He eventually made his way to Wichita to find work at Boeing Aircraft where he worked for eighteen years in expediting. During this time, John's draft card was picked and he went to get his military physical. After completing his physical, he was told not to bother unpacking because he would be called immediately to serve in the Korean Conflict. Just two weeks later, the Korean Conflict ended and John wasn't called until two years later. John served in the US Army for two years in Germany in the 14th Armored Cavalry Division.

Judy was born in Portland, Ore., and still remembers the excitement of the sirens sounding. The sirens meant "all lights out" and the family would hover by the upstairs window watching the search lights scanning the sky for enemy aircraft. She liked to watch the tiny blue lights on the cars as they stopped driving and pulled off the roads.

Judy's family moved to Des Moines, Iowa after World War II ended. She graduated from North Des Moines High School and soon enlisted in the U.S. Air Force. Judy was trained as a weather observer despite the fact that she had poor hearing and shouldn't have been allowed to join the Air Force. Judy was

married while in the Air Force and was discharged when she was expecting her first child. She and her family toured some of this country as well as England while still enlisted.

Judy was the mother of three children when she was divorced. John was married with two children when his first wife died. John already lived in Derby when Judy moved to Wichita where her parents were living. One day, Judy made plans to take her older son roller skating at Skateland South and as fate would have it, John and his older son decided to go skating on that same day. God intervened and John and Judy and their sons met in February 1967. They were married in August 1967 with a ready made family of five children. They had another son two years later. Judy lost one child as an infant during her first marriage. Both John and Judy lost the next to the youngest son of their ready made family, at the age of 47, in 2012.

John was laid off from Boeing in 1971. He was fortunate to get work the next day with the Nabisco Company, where he worked 25 years delivering cookies and crackers to grocery stores all across Kansas until his retirement. John also enjoyed growing things and provided fresh fruit and vegetables for his family from a half acre plot for many years.

Judy left Beech Aircraft Company to become a full-time mom after she married John. In 1980, she was asked to take a job as an interpreter for the deaf and hard of hearing in the public



John and Judy Duff

schools. She worked in Haysville schools (kindergarten through second grade), and at Allen and Caldwell Elementary schools in Wichita (kindergarten through fifth grade). She still enjoys running into and remembering

her former students when she is out and about.

John and Judy enjoy being with their family and were avid campers for many years. They have traveled all over the U.S. to many historical sites as well

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Mon	Tue	Wed	Thu	Fri
<b>August Activity Sign-Ups will open July 28 at 7:30 a.m.</b>				<b>1</b> 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
<b>4</b> 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi Intermediate <b>1:00 Inspiring Women</b> 1:30 Pilates <b>2:00 Live Well with "IT"</b>	<b>5</b> 8:10 Weight / Strength 9:10 Fitness & Flexibility <b>9:30 Bingo</b> 10:00 Tap 11:00 Advance Tap 1:00 Wii 4:00 Restorative Yoga <b>4:30 TNT</b> 5:00 Line Dance <b>7:00 Senior Dance</b>	<b>6</b> <b>7:00 Hard Rock Casino</b> 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/purpose <b>10:00 Board Meeting</b> 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 4:00 Yoga	<b>7</b> 8:00 Wii 8:10 Weight / Strength 8:30 Massage 9:00 Tappercise <b>9:00 New Member Orientation</b> 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap <b>10:30 Blood Pressure</b> ✓ <b>11:00 Hearing Aid</b> ✓ <b>11:30 Covered Dish</b> <b>12:15 Flo Bybee / Troy Pluver</b> 3:30 Line Dance	<b>8</b> 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
<b>11</b> 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi Intermediate <b>11:00 Just Lunch</b> 1:30 Pilates <b>2:00 Live Well with "IT"</b>	<b>12</b> 8:10 Weight Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap <b>10:00 10 Healthy Heart Tips</b> 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance	<b>13</b> 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	<b>14</b> 8:00 Wii 8:10 Weight /Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility <b>9:30 Shoes, Shoes, those magical shoes!</b> 10:00 Tap 11:00 Advance Tap 3:30 Line Dance	<b>15</b> 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
<b>18</b> 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 <b>2:00 Live Well with "IT"</b>	<b>19</b> <b>7:00 Foot Care</b> 8:10 Weight / Strength 9:10 Fitness & Flexibility 12:00 Friendship Club 1:00 Wii <b>1:00 Senior Moment? or Seizure Moment?</b> 2:00 Book Club 4:00 Restorative Yoga 5:00 Line Dance <b>7:00 Community Dance</b>	<b>20</b> 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning <b>9:00 Blood Pressure</b> ✓ <b>9:30 Bingo</b> 9:10 Exercise w/purpose 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 4:00 Yoga	<b>21</b> 8:00 Wii 8:10 Weight / Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap <b>1:30 Birthday &amp; Anniversary Celebration</b> <b>3:00 Memorial Service</b> 3:30 Line Dance	<b>22</b> 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
<b>25</b> 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 <b>2:00 Live Well with "IT"</b>  Sign-ups	<b>26</b> <b>7:15 Braum's</b> 8:10 Weight Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Wii <b>1:00 Senior Employment</b> 4:00 Restorative Yoga 5:00 Line Dance <b>6:30 Alzheimer's Support Group</b> <b>7:00 Jam Session</b>	<b>27</b> 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	<b>28</b> 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 <b>5:00 Dinner / Jeb Beck</b>	<b>29</b> 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

Anyone can be adversely affected by excessive heat, but older adults are particularly vulnerable. Older adults are at high risk from excessive heat events when the body's cooling mechanisms may become impaired. Chronic illness, obesity, medication are just a few of the reasons that can heighten an individual's vulnerability to excessive heat.

The good news is that there are simple steps people can take to protect themselves. Visit air-conditioned buildings (senior centers), take a cool shower, drink lots of water and wear lightweight, loose-fitting clothing. Try to visit at-risk individuals at least twice a



Dee Williams

day. Signs of heat-related illness: hot, dry red skin, confusion, hallucinations, and aggression. Call 911 if medical attention is needed.

Isn't the display window in the hall always interesting! Please sign up or call the front desk to schedule your collection with us. Usually we change displays each month. People love spending time looking in and discussing the display.

Please note in August we will be quilting. Thank you to the Derby Senior Center Community Quilters for supplying the quilt top. Anyone experienced or who wants to learn to quilt can come enjoy the fun. Check out the article about it in the newsletter.

Visit us at the Center for some "cool" summer fun.

- Dee

## Bits & Pieces

### Foot Care

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

### Bingo

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

### Derby Senior Center Community Quilters

Calling all quilters! Join this fun group of ladies for a good cause doing what you love and giving back at the same time. The group will meet on Wednesdays from 1:00

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

### Refund Policy

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

### Friendship Club

This is a good opportunity to get together with other seniors. The club meets at 12:00 pm every third Tuesday here at the center to discuss different topics. In addition, on the first Tuesday of each month, the members of the club go out to eat locally at different restaurants. The time for lunch is 11:30 am. A schedule of 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.

### 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.

### Calling all Quilters!

Experienced and beginner quilters are welcomed to join in on the fun. Come help us finish our donated quilt. Volunteers will teach beginners how to hand quilt. There will be a volunteer here on Monday from 10 to 11 and Wednesday from 9:30 to 10:30 a.m. to teach quilting. When the quilt is completed we will accept donations for tickets to be used for a drawing. The quilt will stay up for quilting until it is completed. Come in and enjoy a special time with a friend quilting.

## Upcoming Events

### Registration is required for all activities

#### Save the Date! Dine & Deal

"What happens in Derby stays in Derby!" Mark your calendars for a fun filled evening of black jack, roulette, craps and wheel of fortune. Don't stay away if you don't know how to play, we will teach you! Details next month but mark your calendars today so you won't miss the fun.

**Date:** September 30

**Day:** Tuesday

**Time:** 6:00 pm

**Location:** Austin Room

**Fee:** TBD

#### "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 Taco Bar, refried beans, Spanish rice 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:** August 5

**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

~~ Continued ~~

~~ Upcoming Events Continued ~~

a spot for you! Come early for TNT and enjoy a home cooked meal. Call 788-0223 for reservations.

**Date:** August 5

**Day:** Tuesday

**Time:** 7:00 – 9:30 pm

**Location:** Welcome Center

**Fee:** \$3.00 donation at door

### Covered Dish

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

**Date:** August 7

**Day:** Thursday

**Time:** 11:30 am

**Location:** Austin Room

**Fee:** \$2.00

### 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:** August 11

**Day:** Monday

**Time:** 11:00 am

**Location:** Depart from Library

**Fee:** \$3.00 plus lunch

### 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 August 20.

**Date:** August 21

**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:** August 19

**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:** August 26

**Day:** Tuesday

**Time:** 7:00 pm

**Location:** Multi-Purpose Room

**Fee:** Free

### Dinner and Entertainment

We will start the evening with a wonderful catered meal before enjoying the wonderful

sounds of Jeb Beck. Jeb ranks among the very best of Kansas solo performers. He has been in the music business since the 60's. Jeb spent 9 years playing at the Scotch & Sirloin entertaining 100's of fans. A proven professional, Jeb is relaxed and open with his audiences. His impressive song list is so vast he can play music of Elvis Presley, Buddy Holly, Frank Sinatra, Beatles, Beach Boys just to name a few. Don't miss this relaxing evening of food, music and fun.

**Date:** August 28

**Day:** Thursday

**Time:** 5:00 pm

**Location:** Austin Room

**Fee:** \$3.00

## Health & Information

### Registration is required for all activities

#### Live well with "IT"

Nobody wants to have "IT", a chronic long-term illness. Yet, most of us will experience two or more chronic conditions during our life time. If you have heart disease, diabetes, high blood pressure, emphysema, asthma, arthritis, chronic pain, etc., then this program is designed to teach you a healthy way to live with your chronic condition. You'll learn hundreds of tips and ideas to make your life easier. Learn to positively manage your condition for life! Class taught by Denise Dias, Sedgwick County Agent. Participants may be eligible to receive a \$50 gift card!

**Dates:** August 4 through September 15

**Day:** Monday

**Time:** 2:00 pm

**Location:** Multipurpose Room

**Fee:** Free

#### 10 Tips for a Healthy Heart

Come learn ways to keep your heart healthy. Pam Cartwright RN BSN, with Glen Carr House will talk about ways to

keep your heart healthy. She will bring heart healthy snacks and be offering blood pressure checks.

**Date:** August 12

**Day:** Tuesday

**Time:** 10:00 am

**Location:** Multipurpose Room

**Fee:** Free

#### Senior Moment? or Seizure Moment?

Did you know that the largest proportion of new onset seizures occurs in individuals aged 55 and over? Since epilepsy is commonly under-diagnosed in older adults, this training also raises awareness of the signs and symptoms that may lead to an epilepsy diagnosis and appropriate treatment. Refreshments will be served.

**Date:** August 19

**Day:** Tuesday

**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



Open 7 Days a week!

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7:30a - 8p

Fri. 7:30a - 6p

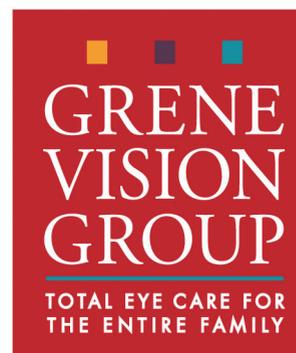
Sat. 9a - 8p

Sun. 10a - 8p

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**Memorial Services with Heartland Home Health Hospice**

Anyone who wishes to remember a loved one is invited to attend. Bring a photo or other memento to be included in our Book of Remembrance. Let us know in advance if you would like to have your loved ones

name included in the service. Call DSC at 788-0223 or Rocky at 788-7626 to sign up.

**Date:** August 21  
**Day:** Thursday  
**Time:** 3:00 pm  
**Location:** Multipurpose Room  
**Fee:** Free

type shoe, fabric markers and a fine point sharpie. Design a pair for yourself or a pair to give your grandchildren. The possibilities are endless. You will have fun making and wearing your own easy designs. See samples at the front desk.

**Date:** August 14  
**Day:** Thursday  
**Time:** 9:30 am  
**Location:** Multipurpose Room  
**Fee:** \$2.00

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:** August 26  
**Day:** Tuesday  
**Time:** 1:00 pm  
**Location:** Conference Room  
**Fee:** Free

**Senior Employment**

The senior Employment Program is a job placement service for job seekers 55 years

**Enrichment & Learning**

**Registration is required for all activities**

**Inspiring Women “Willa Cather”**

Willa Cather was an American author who achieved recognition for her novels of frontier life on the Great Plains, in works such as O Pioneers! Cather’s work made her one of the most important American novelists of the first half of the 20th century. Critics note that the themes of her work are intertwined with the universal story of the rise of civil civilizations in history. Sharyon Miller will be presenting.

**Date:** August 4  
**Day:** Monday  
**Time:** 1:00 pm  
**Location:** Multipurpose Room  
**Fee:** Free

**Carving Class**

Come join a senior carving group. Everyone welcome, beginners and experienced carvers. If you are interested in learning no need to purchase materials, equipment will be available and blanks will be provided for a small fee.

**Date:** August 6, 13, 20, 27  
**Day:** Wednesday  
**Time:** 1:00 – 3:00 pm  
**Location:** Classroom  
**Fee:** Free

**Shoes, Shoes,**

**those magical shoes.....**

Come learn how to create your own magical shoes! All you need is a plain canvas

**Trips**

**Registration is required for all activities**

**Hard Rock Casino**

Hard Rock Hotel & Casino Tulsa is the ultimate destination for gaming excitement. With more than 2,600 of the newest and most popular electronic games like Mr. Money Bags, Big Buck Hunter, Triple Double Diamonds, Video Poker, Pinball, Xerxes, Queen’s Knight, Press Your Luck and Jungle Wild II, your favorite game is

never far away. Hard Rock is one of the few casinos’ that has a smoke free area. With over 47,000 square foot of gaming area, this casino boasts \$2 million in rock ‘n’ roll costumes, guitars and other memorabilia crossing from Elvis to Beyoncé, Buddy

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**Save the Date!**

**Dine & Deal**

“What happens in Derby stays in Derby!” Mark your calendars for a fun filled evening of black jack, roulette, craps and wheel of fortune. Don’t stay away if you don’t know how to play, we will teach you! Over 5 food vendors will have booths set up for a unique dining experience. Details next month but mark your calendars today so you won’t miss the fun.

**Date:** September 30      **Day:** Tuesday  
**Time:** 6:00 pm      **Location:** Austin Room  
**Fee:** TBD

**Have a Safe and Happy Fourth of July!**

**Sharing life together!**

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

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

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

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~~ Trips Continued ~~

Holly to Britney Spears, Garth Brooks to James Brown. You will receive a \$10.00 free play and a \$5.00 food voucher good at any of the five restaurants. Plan to be back in Derby by 7:00 pm.

**Date:** August 6

**Day:** Wednesday

**Time:** 7:00 am

**Location:** Depart Library

**Fee:** \$5.00

### Three Sisters Tea Room

We are off to Canton Kansas where what began as three little girls playing with a small blue willow toy tea set, has grown into Three Sisters Victorian Tea Room. We will enjoy a wonderful lunch complete with dessert and tea. We will visit the Stars and Stripes Military Museum. Fee includes transportation, lunch and tour.

**Date:** September 9

**Day:** Tuesday

**Time:** 10:45 am

**Location:** Depart Library

**Fee:** \$10.00

Mattoon is the instructor.

**Date:** August 4, 6, 11, 13, 18, 20, 25, 27

**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:** August 6, 13, 20, 27

**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:** August 7, 14, 21, 28

**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:** August 5, 7, 12, 14, 19, 21, 26, 28

**Day / Time:** Tuesday 1:00 pm /

Thursday 8:00 am

**Location:** Classroom 1

**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

**Date:** August 1, 4, 8, 11, 15, 18, 22, 25, 29

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

Friday 7:10 am

**Location:** Austin Room

**Fee:** \$1.00

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:** August 4, 6, 11, 13, 18, 20, 25, 27

**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

#### 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

## 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

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### 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:** August 5, 7, 12, 14, 19, 21, 26, 28

**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:** August 1, 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, 29

**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:** August 1, 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, 29

**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:** August 5, 12, 19, 26

**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:** August 5, 7, 12, 14, 19, 21, 26, 28

**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:** August 6, 13, 20, 27

**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

Lillian Anderson

James Baker

Sandy Buchanan

David Clark

Sherri Clark

Connie Gard

Don Gard

Irene Johnson

Lenora Kenmuir

Pauline Killough

Sandra Macklin

Nancy Reece

Diana Reel

Mary Reid

Linda Simmons

Harlan Wright

~~ Continued from Page 1 ~~

as several state parks. Judy remembers one camping trip when the boys all had a grand time playing with a tarantula. Later, while the boys showered, John put the tarantula in a paper bag in the trash barrel. That night it rained all night and Judy envisioned the paper bag dissolving and the tarantula crawling back into the camper to get revenge on her for throwing it away. The next morning, after a miserable night, John confided that he had stomped on the bag before putting it in the trash barrel.

Judy's grandmother taught her how to knit when she was seven. She has entered several Kansas State Fairs with her knitting, winning many of those times, and getting "Best of Show" one time. She has kept her children and grandchildren in sweaters, caps and mittens.

They have had many experiences with the children and love to have the family over to listen to all the stories their children share with their 13 grandchildren (nine boys and four girls). The children like to make sure all the

grandchildren know that their "Daddy" used to sing them his version of "The Ice Cream Song." They always thought Daddy had made it up not knowing he heard it from a 1947 recording on the radio. All of their children live in the Derby area except for their second son who lives north of Oklahoma City.

About eight years ago, Judy and John started receiving the Senior Center newsletter. Judy tossed it away for a while thinking it wasn't for them. One day she looked at it and discovered it was for them after all. They have been coming to the center ever since and enjoy all sorts of classes such as exercise, tap and line dancing, Bingo, dominoes, Hooks and Needles, some of the day trips, birthday and anniversary parties, and covered dish dinners. Also, they provide the donuts on the first Tuesday of each month for the Bingo games.

Be sure to say hi to this neat couple when you see them at the Senior Center or around Derby.

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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  
 4:30PM "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

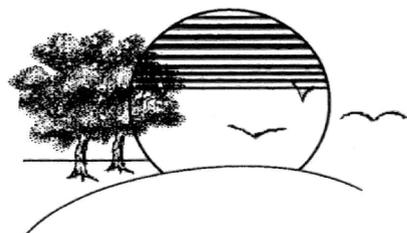
Wheel Chair, Cane, Walker  
 Up to 30 day check out

## 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.



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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  
 Chuck Jeffries, 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 - Vice Chairman  
 Jack Hemphill  
 Diane Schmitt - Treasurer  
 Eleanor Underwood - Chairman