

≡ Prime Times ≡

News, Information and More From the Derby Senior Center

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April 2016

Reverend Aleksandra wears many hats

By Elsie Klish

I was getting desperate to find someone for this month's article and Laura came to my rescue with several suggestions. My saving grace turned out to be a vibrant youthful New York native with many talents and interests. Meet Reverend Aleksandra, fine artist, entrepreneur, photographer, author, instructor, life coach, and more.

Aleksandra was born February 20, 1944, and grew up in beautiful Westchester County's Yonkers and then Ossining, N.Y., home of "The Big House" or "Sing Sing Prison" and home of movie producers' films of gangsters. She was the middle child with an older brother (deceased) and a younger sister. Her maternal grandmother immigrated from Lomza, Poland at age 10 with her father to escape the Russian invasion and had to leave her mother and two brothers, whom she never saw again.

Aleksandra's mother was a fine artist and worked as a graphic illustrator and her father did technical sketches, so her exceptional artistic talent was both natural and encouraged. She developed talent in mediums of pen and ink, pastels, charcoal, pencil, acrylics, Japanese Brush painting, and decades later Intaglio printmaking (etching) techniques. Her beginning artwork was

contemporary, then she switched to Western and Native Western American scenes. Her award-winning art evolved through impressionist, expressionist and realist styles and has been described as "capturing subject-energy through color layering techniques that create dynamic realism that add depth, vibrance, and life to her work." She researches favorite Western and Native American theme ideas extensively through photography taken at "Paw-Waws" and Western-style rodeos before acrylic painting, which is her favorite medium. Her art has sold since age 19 and was displayed at IBM headquarters in Armonk, N.Y. where she worked as a corporate manager's personal secretary for 2 years.

Aleksandra graduated with honors from both Ossining, N.Y. high school in 1962 and from Berkeley School of Secretarial Training in White Plains, NY. Her first job was secretary to



Reverend Aleksandra

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Activity Sign-Up Procedure for Derby Senior Center Effective April 25, 2016

1. Each person may sign-up one other person.
2. Each person may pull one number to be waited on starting at 7:30 a.m.
3. Each person who attends activities must be a registered participant.
4. Phone-in sign-ups will begin at 9:30 a.m. on the first day of sign-ups and the same rules apply over the phone.

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April 2016

Mon	Tue	Wed	Thu	Fri
April Activity Sign-Ups will open Monday, Mar. 28 at 7:30 a.m.				1 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
4 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/ purpose 10:00 Benefits of Massage 10:15 Arthritis Tai Chi Intermediate 1:00 Inspiring Women 1:00 Hooks & Needles 3:45 Restorative Yoga	5 8:10 Weight / Strength 9:10 Fitness & Flexibility 9:30 Bingo 10:00 Tap 11:00 Advance Tap 1:00 Wii 2:30 Ping Pong 4:30 TNT 5:00 Line Dance 7:00 Community Dance	6 8:10 Cardio, Core & More 8:10 Zumba Gold 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/purpose 10:00 Board Meeting 10:00 Massage 10:00 Hooks & Needles 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 1:00 Ping Pong 3:45 Yoga	7 8:00 Wii 8:10 Weight /Strength 9:00 Beginning Tap 9:00 New Member Orientation 9:10 Fitness & Flexibility 10:00 Tap 10:30 Blood Pressure ✓ 11:00 Advance Tap 11:30 Covered Dish 12:15 Rocky Schmeid 1:00 Joy of Singing 2:15 Beginning Line Dance 3:30 Line Dance	8 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
11 7:00 Prairie Band Casino 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi Intermediate 1:00 Hooks & Needles 3:45 Restorative Yoga	12 8:10 Weight Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Wii 2:30 Ping Pong 5:00 Line Dance 5:00 Jeb Beck	13 8:10 Cardio, Core & More 8:10 Zumba Gold 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:00 Massage 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 1:00 Choosing the Right Fat 1:00 Ping Pong 3:45 Yoga	14 8:00 Wii 8:10 Weight /Strength 9:00 Beginning Tap 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 11:00 Lunch & Movie 1:00 Joy of Singing 2:15 Beginning Line Dance 3:30 Line Dance	15 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
18 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:30 Self-Management Education 9:10 Exercise w/ purpose 10:15 Arthritis Tai Chi Intermediate 1:00 Hooks & Needles 3:45 Restorative Yoga	19 7:00 Foot Care 8:10 Weight / Strength 9:10 Fitness & Flexibility 12:00 Friendship Club 1:00 Fly Tying 1:00 Wii 1:00 Book Club 2:30 Ping Pong 5:00 Line Dance 7:00 Community Dance	20 8:10 Cardio, Core & More 8:10 Zumba Gold 9:00 Arthritis Tai Chi Beginning 9:00 Zoo History 9:00 Blood Pressure ✓ 9:30 Bingo 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:00 Massage 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 1:00 Ping Pong 3:45 Yoga	21 7:00 Crystal Bridge / National Weather Center 8:00 Wii 8:10 Weight /Strength 8:30 Hearing Checks (by appointment) 9:00 Beginning Tap 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Joy of Singing 1:00 Quilting 1:30 Birthday Celebration 2:15 Beginning Line Dance 3:30 Line Dance	22 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
25 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:30 Self-Management Education 9:10 Exercise w/ purpose 10:00 The Maze of Grief 10:15 Arthritis Tai Chi Intermediate 1:00 Social Coloring 1:00 Hooks & Needles 3:45 Restorative Yoga Sign-ups	26 8:10 Weight Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Wii 2:30 Ping Pong 5:00 Line Dance 6:00 Bunco Babes 6:00 Singles Popcorn & Movie 6:30 Alzheimer's Support Group	27 8:10 Cardio, Core & More 8:10 Zumba Gold 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:00 Massage 10:15 Arthritis Tai Chi Intermediate 11:00 Just Lunch 12:30 AARP Driving Class 1:00 Carving Class 1:00 Ping Pong 3:45 Yoga	28 8:00 Wii 8:10 Weight /Strength 9:00 Beginning Tap 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 12:30 AARP Driving Class 1:00 Joy of Singing 1:00 Quilting 2:15 Beginning Line Dance 3:30 Line Dance	29 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi

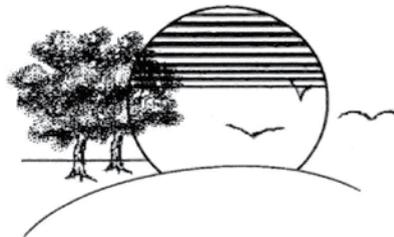
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Dee's Notes

Hopefully, we've managed to get through the cold winter weather. It's time to get out and enjoy Spring. In April you will want to try our new Massage Therapist, Cindy! She is a bundle of energy and will be available on Wednesdays for appointments. Single Mingle, for all you single's, first activity is popcorn and a movie here at the Center April 26. We are starting a single group and wanting your ideas on activities to do as a group. Come and meet new people.

We have received a number of complaints about the sign-up process. In an attitude of fairness to each person



Dee Williams

we are making new rules. Effective April 25, for the May activities, we are going to allow each person to sign-up one other person. Each person may only pull one number to be waited on in order starting at 7:30am. Every person who attends activities must be a registered participant. You may sign up over the phone at 9:30am. We will have these rules posted at the Center and they will also be in the May newsletter, hopefully, giving everyone time to learn about them. We strive to make positive decisions best for all patrons; so thank you for your comments.

Hope to see you soon at the Derby Senior Center!

~ Dee

Bits & Pieces

Registration is required for all activities

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 3 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 Thursday 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.

Senior Greeters

We are looking for a few volunteers to be greeters at the Derby High School. You would need to be at the High School Wednesday mornings at 7:15 and welcome the students to school. If you are interested, please stop by the front desk to get signed up!

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 avail-

able 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 1:00 p.m., pick up a book list at the front desk.

Derby Alzheimer's Support Group

This support group is for anyone of any age facing the everyday battle of being a caregiver to someone with memory challenges. The meetings are informal, and individuals help carry each other's burdens with uplifting and encouraging words. The Derby Senior Center, Glen Carr House Memory Care, and the Alz-

heimer's Association have collaborated to offer a support group for the Derby area. To join the support group, please come to the Derby Senior Center on the fourth Tuesday of each month at 6:30 p.m. Light refreshments and reasons to smile are provided. For more information, contact Teressa Hatfield at (316) 788-9999.

Hearing Aid Checks

Dr. Haris Zafar Ph.D., Audiologist comes to the Senior Center every third Thursday of the month for checking hearing aids. Please call his clinic at 316-634-1100 to set up a time to get your hearing aids checked at the Senior Center.

Merlin Reader

Next time you need to read something that is hard to see; come down and use our new Merlin enhanced vision reader. Read a magazine article or an old letter Aunt Thelma wrote in 1903. Merlin is designed to enlarge and enhance images in order to offer improvement in the quality of life for people with visual impairment. The extent to which Merlin can improve the ability to see images depends on a person's individual condition and level of visual impairment. Merlin is not designed to restore vision, correct eye conditions or halt degenerative vision loss. We will show you how to use the Merlin when you come in, and it is a first come first serve schedule.

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 Baked Pork Loin, Sweet Potato Casserole, Tossed Salad & 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! **You must sign up by March 30 for April TNT.**
Date: April 5
Day: Tuesday
Time: 4:30 to 6:00 pm
Location: Multipurpose Room
Fee: \$5.00 (suggested donation)

Community Dance

Join us for another great dance event!

Our entertainment for the evening will be provided by Honky Tonk Time Band. Light refreshments will be provided. Whether you want to be out on the dance floor or just want to sit and listen to the music, there's a spot for you! Come early for TNT and enjoy a home cooked meal. Call 788-0223 for reservations.

Date: April 5

Day: Tuesday

Time: 7:00 – 9:30 pm

Location: Welcome Center

Fee: \$3.00 donation at door

Ping-Pong

We are getting together at the Center for table tennis. Ping-Pong is an exciting game that can be played by two or four

– CONTINUED FROM PAGE 3 –

players. Playing table tennis is a great way to stimulate the brain and promote quick thinking while improving hand-eye coordination. Table tennis is a low-injury risk sport that keeps one fit and flexible, without putting severe stress on joints. Playing table tennis increases one's agility and flexibility, and most of all their reaction time.

Dates: April 5, 6, 12, 13, 19, 20, 26, 27

Day/Time: Tuesday 2:30

Wednesday 1:00

Location: Class Room

Fee: Free

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. Rocky Schmied will be the entertainment.

Date: April 7

Day: Thursday

Time: 11:30 am

Location: Austin Room

Fee: \$2.00

An Evening with Jeb Beck

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: April 12

Day: Tuesday

Time: 5:00 pm

Location: Austin Room

Fee: \$5.00

Lunch & A Movie

Join us for a movie at the Warren Theatre on 13th Avenue. We will have lunch before attending the movie. Movie will be announced at sign ups. Cost includes transportation and movie ticket. You will

pay for your own meal.

Date: April 14

Day: Thursday

Time: 11:00 am

Location: Depart Library

Fee: \$10.00 plus meal

Community Dance

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

Date: April 19

Day: Tuesday

Time: 7:00–9:30 pm

Location: Welcome Center

Fee: \$3.00 donation at door

Zoo History

Join us for a Senior Wednesday at the Zoo. The presentation will look into Sedgwick County Zoo's past and all the changes in the last 45 years! You will have time to walk around the zoo and have lunch. We will depart back to Derby at 2:00 pm. Lunch is on your own.

Date: April 20

Day: Wednesday

Time: 9:00 am

Location: Depart Library

Fee: \$7.00

Birthday Celebration

Is this your birthday month? If so, be one of the first 30 members to sign up with a birthday this month and you will get in **FREE**. Once we reach 30, it will still be \$2.00 each. Everyone else is welcome too, grab a friend and 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 April 20.

Date: April 21

Day: Thursday

Time: 1:30 pm

Location: Austin Room

Fee: \$2.00

Bunco Babes

If a girl's night out is what your craving, join us for some miss behaving..... Come roll the dice and have some fun. Bunco is a game of 100% luck and no skill. Simply try to throw three of a kind of a specified number when it's your turn to roll the dice and accumulate points. Played in teams of four with three dice. Anyone can learn this fun social game.

Date: April 26

Day: Tuesday

Time: 6:00 pm

Location: Game Room

Fee: \$2.00

Single Mingle Popcorn & Movie

We are targeting the single baby boomers in our community. Our goal is to have a friendly environment where everyone feels comfortable and can enjoy events. All singles are invited. Come make new friends and enjoy a fun evening. Movie will be posted at the front desk day of sign ups.

Date: April 26

Day: Tuesday

Time: 6:00 pm

Location: Austin Room

Fee: \$1.00

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: April 27

Day: Wednesday

Time: 11:00 am

Location: Depart from Library

Fee: \$3.00 plus lunch

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Health & Information

Registration is required for all activities

Massage Therapy

Cindy Kaup MT, OMT, Muscle Focus Therapeutic Massage. She has 950 hours of Massage Education. She has been giving massage for 7yrs now, and specializes in realigning the body muscularly to promote natural skeletal realignment, relieving pain and stiffness. Her practice includes, but is not limited to: *Swedish Massage for relaxation *Orthopedic Massage *Warm Stone *Light Therapy (Cold Photon Therapy) *Foot Reflexology. Clients have adequate time and privacy before, and after the massage. Appointments available on Wednesday 10 am - 4pm.

Discounted Prices are as follows:

30 min/ \$25.00

60 min/ \$40.00

Benefits of Massage Therapy

Have you ever wondered how massage might benefit your health? Cindy Kaup/ MT, OMT (Orthopedic Massage Therapist), will be giving a presentation concerning massage therapy and it's modern applications. *What to expect before, during, and after a massage. *How often should I get massage? *Is massage right for you? *The origins of Massage *Massage Modalities *Draping *The importance of communication with your therapist. Come and be informed!

Date: April 4

Day: Monday

Time: 10:00 am

Location: Multipurpose Room

Fee: Free

Choosing the Right Fat

Join Shirley Lewis, Sedgwick County Program Assistant with the Family Nutrition Program, for a presentation on "Eat Smart – Live Strong" and the Right Bite nutrition classes. Shirley will feature several different recipes during the nutrition sessions and everyone will have a chance to taste and sample each recipe. So please bring your taste buds with you at each class. This month's class you will learn how to choose and prepare foods with the right fat.

Date: April 13

Day: Wednesday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

Self-Management Education

CPAAA will be offering a Medicare approved diabetes education series. Classes are 120 minutes for 6 weeks. These classes require a referral from your doctor to attend and will be used to bill Medicare and or your supplemental insurance. Referral form can be obtained by calling Tiffany Smith at CPAAA, 316-660-9633. Tiffany will obtain necessary info and fax referral to your doctor.

Date: April 18, 25, May 2, 9, 16, 23

Day: Monday

Time: 9:30 am

Location: Conference Room

Fee: Free (if approved by Medicare & your Supplemental Ins. Plan)

to see what other ladies are doing and to get started on a new skill or enjoy the visit.

Date: April 4, 6, 11, 13, 18, 20, 25, 27

Day/Time: Monday 1:00 pm

Wednesday 10:00 am

Location: Conference Room

Fee: Free

Carving Class

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

Date: April 6, 13, 20, 27

Day: Wednesday

Time: 1:00 – 3:00 pm

Location: Classroom

Fee: Free

Inspiring Women

Loretta Lynn, born April 14, 1952, is a multiple gold album American country music singer – songwriter whose work spans almost 60 years. She has numerous awards and other accolades for her groundbreaking role in country music including many awards. You will want to come and hear about her amazing life. Loretta Lyon will be doing the presentation.

Date: April 4

Day: Monday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

The Maze of Grief

The process of navigating through grief can take many twists and turns. Each person's journey is unique and unpredictable. Join us as we explore some of the potential traps and some of the pathways

through the process of grieving. Dennis Clough Bereavement Coordinator with Heartland Home Health Care and Hospice instructor.

Date: April 25

Day: Monday

Time: 10:00 am

Location: Conference Room

Fee: Free

Social Coloring

With the overwhelming response to our first coloring session we have added a monthly coloring social. Social Coloring will help reduce stress levels, elevates focus and promotes a soothing, relaxing frame of mind and sense of wellbeing. Most importantly, it is a time to socialize, laugh and have fun coloring. We will provide the color sheets and colors if you would like to bring your own colored pencils, etc. you are welcome to do so.

Date: April 25

Day: Monday

Time: 1:00 pm

Location: Multipurpose Room

Fee: \$1.00

AARP Driver Safety Course

Join Don Anderson for an informative two-day class that teaches you to be aware of changes in your driving abilities that can start as early as 50 years of age. You will learn how to get rid of tailgaters, and much more. The class is also good for a three-year discount in Kansas with your auto insurance company.

Date: April 27, 28

Day: Wednesday & Thursday

Time: 12:30 – 4:30 pm

Location: Council Room

Fee: \$15 per person for AARP Members \$20 non-member

Enrichment & Learning

Registration is required for all activities

Fly Tying

The Derby Senior Center and the Flatland Fly Fishers will have a fly tying class at the Derby Senior Center starting April 19th.

This class is free and is open to anyone who would like to learn a new hobby even if you are not a fly fisher person. We will provide all of the tying vices and tool as well as all of the materials needed to tie. This class will be limited to 20 tiers.

Day: April 19

Date: Tuesday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

Hooks & Needles

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

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Looking Ahead

Seniors at the Park

"Blaze a Trail," is the theme for Older Americans Month, and we are celebrating with seniors at the park. Join us at High Park for fun, laughter and food! We will start the day with a raffle walk, come earn raffle tickets, the more laps you do the more chances you have to win some great prizes. Join in on a variety of exercise and activities. You can earn bucks for a free lunch by participating in one

of these great activities. Enjoy a healthy lunch sponsored by HealthBack Home Health of Kansas. Lunch will be served for participants between 11:30 and 12:00 am. Don't miss the fun and come enjoy the outdoors. Please sign up ahead for lunch.
Date: May 9
Day: Monday
Time: 9:30 am – 12:00 pm
Location: High Park
Fee: Free

Trips

Registration is required for all activities

Prairie Band Casino

You will love Prairie Band Casino with a spacious gaming floor featuring hot new games and great casino classics. Whatever your game is you will find it with over 1,000 slots, and more than 29 table games including live poker and much more. You will get \$10 in game play, with an additional

\$25 if it's your first time at the casino. You will also receive \$10 lunch voucher. Plan to be back to Derby by 6:00 p.m.
Date: April 11
Day: Monday
Time: 7:00 am
Location: Depart Library
Fee: \$10.00

American Made

Don't miss this opportunity to tour one of Oklahoma's oldest manufacturers of overalls and jeans. We will head to Shawnee Ok where our day will begin at the Round House Factory; here you will see the entire process from start to finish. After a wonderful lunch at Vans Pig stand we are off to "The Farmers Daughter Market." Old doors will beckon you to look inside,

antique signs will remind you of days gone by, beautiful art depicting the wholesome life found on a farm. Here you can enjoy something for your sweet tooth and have time for shopping.

Date: May 10th
Day: Tuesday
Time: 7:00 am
Location: Depart Library
Fee: \$45.00

Healthy Active Living

Registration is required for all activities

Fitness & Flexibility

This class is geared towards older adults to help 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! Class is done

with a video.

Dates: April 5, 7, 12, 14, 19, 21, 26, 28
Day: Tuesday, Thursday
Time: 9:10 am
Location: Austin Room
Fee: \$1.00 per class

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,

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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. Bring your own mat some exercises will be done on floor. Class is done with a video.

Dates: April 5, 7, 12, 14, 19, 21, 26, 28
Day: Tuesdays and Thursdays
Time: 8:10 am
Location: Austin Room
Fee: \$1.00 per class

Line Dance

Senior beginning line dance. Joy Sloan with the Department on Aging teaches this class with basic steps and 5-6 beginner dances. Supportive instructor, participants, encouragement and lots of laughter provided. Zero dancing experience or partner required; must desire to have fun while getting some physical activity. Evening class enters through the back door. No cost

Date: April 5, 12, 19, 26
Day: Tuesday
Time: 5:00 pm
Location: Austin Room
Fee: Free

Cardio, Core and More

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

Dates: April 1, 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, 29
Day: Monday, Wednesday & Friday
Time: 8:10 am
Fee: \$1.00

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: April 6, 13, 20, 27
Day: Wednesday
Time: 8:10 am
Location: Classroom
Fee: \$1.00

Exercise with a Purpose

This 30-minute exercise program was created by two individuals with twenty years of experience in the field of exercise science. The video is appropriate for all ages, and all fitness levels. You will learn how to enhance your balance for fall prevention.

Dates: April 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

Yoga

Join Karrienne Graham for a relaxing and enjoyable session of gentle yoga, learning techniques to increase your flexibility, balance and muscle tone. Bring your own yoga mat. Class runs from 3:45 pm to 4:45 pm.

Dates: April 6, 13, 20, 27
Day: Wednesday
Time: 3:45 pm
Location: Classroom 1
Fee: \$2.50 per class

Beginning Tap

Here's your chance to try tap! This class will have you shim-shamming' & shuffling' off to Buffalo in no time! This is a very basic tap class for beginners.

Date: April 7, 14, 21, 28
Day: Thursday
Time: 9:00 am
Location: Classroom
Fee: Free

Beginning 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 Waggoner. You will find its great exercise and a wonderful way to socialize. No partner needed!

Dates: April 7, 14, 21, 28
Day: Thursday
Time: 2:15 pm
Location: Classroom
Fee: \$1.00 per class

- CONTINUED ON PAGE 8 -

Westview of Derby

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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.



L-R: David Niederee, MD; Cynthia Ward, MD; Lorraine Alvarado, MD; Gregory Bongers, MD



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Fri. 7:30a - 6p
Sat. 9a - 8p
Sun. 10a - 8p

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– CONTINUED FROM PAGE 7 –

Line Dance

This line dance class is for those who have been line dancing for a while and want to learn more advanced dances. Belinda Waggoner will be teaching this class, as well. No partner needed!

Dates: April 7, 14, 21, 28

Day: Thursday

Time: 3:30 pm

Location: Classroom

Fee: \$1.00

Wii

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

Dates: April 5, 7, 12, 14, 19, 21, 26, 28

Day / Time: Tuesday 1:00 pm / Thursday 8:00 am

Location: Classroom 1

Fee: Free

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: April 1, 8, 15, 22, 29

Day: Friday

Time: 7:10 am

Location: Austin Room

Fee: \$1.00

Restorative Yoga

This type of yoga works on joints, flexibility, balance and is good for fibromyalgia, chronic fatigue, arthritis and osteoarthritis. Karriane Graham teaches how yoga can be done from a chair. Class runs from 3:45 to 4:45.

Dates: April 4, 11, 18, 25

Day: Monday

Time: 3:45 pm

Location: Classroom 1

Fee: \$2.50 per class

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 well-being. 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: April 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 ef-

fective exercises for physical and mental well-being. 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: April 4, 6, 11, 13, 18, 20, 25, 27

Day: Monday & Wednesday

Time: 10:15 am

Location: Classroom

Fee: \$2.00 per class

Blood Pressure Check-Ups

No appointment is necessary.

Date: 1st Thursday 10:30 am

3rd Wednesday 9:00 am

Location: Conference Room

Fee: Free

– CONTINUED FROM PAGE 1 –

WELCOME NEW PATRONS

EDWIN ALEY	SHERYL HARDEN	MICHAEL PERKINS
DEBORAH AUER	HARVEY HELMS	GROVER POWELL
LARRY BOLT	JOYCE HELMS	CHARLES PRIEST
STELLA BOLT	GAIL HOFFMAN	DIANNE RAPP
BETTY BROWN	SHARON HUDDLESTON	FRAN REDMAN
LOWELL BROWN	HERBERT INGRAM	SUSAN SAVILLE
DOLORES BRUNK	MARIE JEWELL	PAULA SHERBET
NANCY CAIN	STEVE KENNEDY	LLOYD SHOEMAKER
BEATRICE CALL	SANDRA KILGORE	MARTHA SHOEMAKER
WILLIAM CALL	WILLIAM KOCH	VEVA SMITH
KRISTINE CLARKE	DAVID LOOPER	TERESA STANGLE
CAROLYN CONYERS	DIANE MACLACHLAN	CONNIE STEVENS
DEBRA COX	SANDRA MENDOZA	CAROL TAYLOR
MICHAEL COX	ROBERT MILLER	PHILLIP THOMPSON
BEVERLY CROWE	MERCY MISTRI	JOHN WAGNER
IRENE DARROW	MARGO MOORE	CARYL WILEY
DANIEL DE LOS SANTOS	PAUL NIELSEN	ROZANNE WILLIAMS
DEBRA DEINES	GLORIA ORR	VELMA WILLSON
MARTHA FERGUSON	RICK PAULER	MARSHA YOUNGER
PATRICIA GOFF	DONNA PERKINS	MICHAEL YOUNGER



**A Western-style rodeo acrylic painting
by Reverend Aleksandra**

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– CONTINUED FROM PAGE 8 –

the Manager of Market Planning for International Business Machines HQ, Armonk, N.Y., before working at IBM headquarters. She met her children's father through her younger sister, who was dating his younger brother and was married in August of 1964. Howard Author Hough eventually became a Naval Lieutenant Commander and during their 18-year marriage they lived on Guam, Mariana Islands, U.S. Trust Territory, and traveled overseas to Japan, England, and across the USA living in five states. Her first son, Timothy, was born in 1966 while living on Guam and her second son, Todd, in 1969 while living in Castro Valley, Calif. Aleksandra raised her sons mostly by herself since her naval husband was deployed 10 of the 18 years they were married. She was active in the Naval Officer's Wives Club for 28 years and wrote commentaries for their Fashion Shows that procured community funding to assist persons with disabilities. She also worked with culturally diverse populations serving on boards and committees doing community outreach.

Aleksandra earned a Nondenominational Ministerial Philosophy Bachelor of Arts, Master's and Doctorate in Metaphysical Science Theology degree

(ThD) in her mid-20s through correspondence courses from the University of Metaphysics in Palo Alto, Calif. She founded and directed The Silver Cord Foundation for Higher Consciousness, a nonprofit spiritual healing and self-awareness organization, for 10 years. She counseled women in identifying and resolving thoughts, issues and attitudes inhibiting expression of the "True Self" to transform perceptions and life experiences to fulfill their potential and personal growth.

Aleksandra married Joseph Murashie, a former Navy Pilot, in 1992, after being single for 10 years. They lived on Whibey Island, Wash. where her husband was stationed for many years. She earned an Associate Arts & Sciences degree from Bellevue Community College and then a Bachelor of Arts & Sciences degree in Human Services Counseling and Management from Western Washington University. She worked for the Washington State Department of Social and Health Services teaching Life, Anger Management, and Social Skills to male teenage welfare recipients with Learning Disabilities and or Attention Deficit Disorders. She worked as a Crisis Counselor and her research on the relationship between

"Life Skills Training and Criminal Recidivism in Persons with Learning and/or Attention Deficit Disorders" inspired the Learning Disability Association of Washington State to continue the Life Skills training program to prevent repeat offending.

Other career experiences include: fine artist/art consultant and teaching evening art class at two Washington State colleges; award-nominated photographer; small business owner; Certified Color Analyst & Dress for Success Consultant; interior and landscape designer; window and interior display creative designer; and fashion eyewear consultant. She authored A Journey Through Soul, an awareness-awakening book of poetry. After her second divorce she worked full-time for 5 years as a substitute teacher for grades K-12 in Wenatchee, Wash. and for 9 years in Henderson, Nev. before moving to Derby to enjoy retirement.

For fun, she was once a "movie extra" with actor/director Bo Bridges in his TV movie Seven Hours to Judgement. Bo personally picked Aleksandra out of auditions. Aleksandra enjoys playing billiards at the Senior Center, gardening, reading, and sewing. Her oldest son Timothy, a former marine, lives

in the Denver, Colo. area with two of her grandchildren where he is a police officer. Her son Todd lives here with his family and her other two grandchildren and is a manager with Learjet. Moving to Derby to be near her youngest son and his family has fulfilled her dream of family and sharing her wisdom of life-long experiences with her grandchildren.

Aleksandra consistently worked at being the best person she could be and in helping others even though she was diagnosed herself at age 48 with a complex learning disability and ADHD. She also discovered she had been hearing- and vision-impaired all of her life with a narrow visual field and focus, which she says is difficult and exhausting to this day. She has recently been diagnosed with early onset Alzheimer's disease which cast a shadow over her remaining years. She plans to keep on learning, and helping others the best way she can and plans to "never give up" on being her "highest true self". Her advice is to "Never give up on your dreams" since that is what life is about and helping others through example. Her motto is "What goes around comes around" which she says is a Universal Law of Nature.

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How to combat rising life insurance costs

(Family Features) For a good portion of Americans, life insurance is a critical component of financial planning. However, in recent months, many seniors have been hit with an unwelcome surprise as several insurers are raising the premiums on their life insurance policies.

When a life insurance policy becomes too expensive to maintain due to premium increases, the owner can be faced with some difficult decisions.

Consider this story: A 75 year-old man owned a Universal Life insurance policy with a death benefit of approximately \$500,000, which he purchased to provide income for his wife in the event of his death. Unfortunately, a battle with prostate cancer dealt him a financial blow and the low interest rates took a toll on the cash value in his policy. Then came the sucker punch: the life insurance company was raising his premiums to almost twice what he had originally planned.

He was told that he would receive just \$1,006 in cash surrender value from the insurance company. Instead, he contacted Coventry Direct. Through a life settlement, he received \$10,000, which he used to supplement his retirement income, getting out from underneath the policy and putting some extra change in his pockets at the same time.

If you are among those policyholders facing an increase in premiums that is stretching you out of your budget comfort zone, it may be time to explore

your options. There are a few things you can do to combat rising life insurance costs:

Pay the higher premiums. This may seem like a do-nothing option, but look closer. If premiums are exceeding your budget, then you need to make adjustments to ensure that you can continue to make the scheduled payments or you could risk losing the policy altogether. This may mean cutting other personal expenses, eliminating travel plans or making other changes to your finances.

Maintain current premiums, but take a cut in death benefits. If you find that keeping your policy is creating a financial burden, it may be worth reassessing how much of a benefit you truly need. Reducing the death benefit amount means less money for your heirs, but it may also help prevent the policy from lapsing and leaving your heirs without any benefit under the policy.

Shop for new coverage. Like any other type of insurance, you have the right to explore different insurers for any number of reasons, including escalating policy rates. However, you'll want to make sure that you have a new policy in force before cancelling your old policy, just in case you hit any snags finding a new insurer.

Surrender the policy back to the carrier. Depending on your financial situation, surrendering your policy back to your insurer may be your best choice. Although the cash payout will be a fraction of the death benefit that



Photo courtesy of Getty Images

you had established for your heirs, surrendering the policy will eliminate an annual payment that you may not be able to afford.

Explore a life settlement. As circumstances change, your insurance priorities may change, too, and selling your life insurance policy can make sense. Selling your life insurance policy to a third-party investor, which is known as a life settlement, may be a more attractive alternative to surrendering your

policy back to the carrier. Coventry Direct can help you learn whether a life settlement might allow you to sell your policy for an immediate cash payment that could be four to eight times greater than what you would receive from your insurance company.

To learn more about your options and whether a life settlement is right for you and your family, visit coventrydirect.com/lifeselements or call 888-858-9344.

RECIPE: Carrot Cake Swirled Cream Cheese Bars

Prep time: 15 minutes • Cook time: 40 minutes
Servings: 24

- 1 cup plus 2 tablespoons flour, divided
 - 2 cups sugar, divided
 - 1½ teaspoons Ground Cinnamon
 - 1 teaspoon baking soda
 - ½ teaspoon Ground Nutmeg
 - ¼ teaspoon salt
 - ⅔ cup vegetable oil
 - 4 eggs, divided
 - 2 teaspoons Pure Vanilla Extract
 - 1½ cups finely grated carrots
 - 3 packages (8 oz.) cream cheese, softened
 - ¼ cup milk
 - 1 teaspoon Pure Lemon Extract
- Preheat oven to 325 F. Mix 1 cup each of flour and sugar, cinnamon, baking soda, nutmeg and

salt in large bowl. Add oil, 2 eggs, vanilla extract and carrots; mix well. Spread 1/2 of the batter into greased and floured 13x9-inch baking pan. Reserve remaining batter. Set aside.

Beat cream cheese and remaining 1 cup sugar in another large bowl with electric mixer on medium speed until well blended. Add milk, remaining 2 tablespoons flour and lemon extract; beat until well blended. Add remaining 2 eggs, 1 at a time, beating on low speed after each addition just until blended.

Drop spoonfuls of cream cheese mixture and reserved carrot cake batter, alternately, over carrot cake batter in pan. Cut through several times with knife for marble effect.

Bake 40 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack.

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.

Staff

City of Derby Senior Services

Dee Williams, Administrator
Laura Friend, Activity Coordinator
Kim Hart, Administrative Assistant
Jennifer Keller, PT Administrative Assistant

Derby Dash

Sonya Dalton, Dispatch
Chuck Jeffries, Driver
Steve Williams, Driver
Price Wachholz, Driver

Derby Senior Services Advisory Board 2015 -2016

Gerald Brownlee
Jim Burgess
Tom Davidson - Secretary
Duane Day - Vice Chairman
Janice Neagle
Diane Schmitt - Treasurer
Eleanor Underwood - Chairman

Derby Senior Center • 611 Mulberry, Suite 100 • Derby, KS 67037
316-788-0223 • Derby Dash 316-788-7433 • www.derbyweb.com

Ongoing Activities

MONDAY

- 7A-4PM Treadmill,
Recumbent Bike
- 8:10 AM Cardio, Core & More
- 9:00 AM Arthritis Tai Chi
Beginning
- 9:10 AM Exercise w/ Purpose
- 10:15 AM Arthritis Tai Chi
Intermediate
- 1:00 PM Bridge
- 1:00 PM Rummikub
- 1:00 PM Hooks & Needles
- 3:45 PM Restorative Yoga

TUESDAY

- 7A-4PM Treadmill,
Recumbent Bike
- 8:10 AM Weight Strength
- 9:10 AM Fitness & Flexibility
- 9:30 AM Bingo (1st Tuesday)

- 12:00 PM Friendship Club
(3rd Tuesday)
- 1:00 PM Pitch, Dominos,
Pinochle, Wii
- 1:00 PM Book Club
(3rd Tuesday)
- 2:30 PM Ping Pong
- 4:30 PM "TNT" (1st Tuesday)
- 5:00 PM Line Dancing
- 6:00 PM Bunco (4th Tuesday)
- 6:30 PM Alzheimer's Support
Group (4th Tues)
- 7:00 PM Community Dance
(1st & 3rd Tuesday)

WEDNESDAY

- 7A-4PM Treadmill,
Recumbent Bike
- 8:10 AM Zumba Gold
- 8:10 AM Cardio, Core & More

- 9:00 AM Blood Pressure ✓
(3rd Wednesday)
- 9:00 AM Arthritis Tai Chi
Beginning
- 9:10 AM Exercise w/ Purpose
- 9:30 AM Bingo
(3rd Wednesday)
- 10:00 AM Board Meeting
(1st Wednesday)
- 10:00 AM Hooks & Needles
- 10:00 AM Massage
- 10:15 AM Arthritis Tai Chi
Intermediate
- 12:30 PM Cribbage
- 1:00 PM Carving
- 1:00 PM Ping Pong
- 1:00 PM Mexican Train
- 3:45 PM Yoga

THURSDAY

- 7A-4PM Treadmill,
Recumbent Bike
- 8:00 AM Wii
- 8:10 AM Weight Strength
- 8:30 AM Hearing Aid ✓
(3rd Thursday)
- 10:30 AM Blood Pressure ✓
(1st Thursday)
- 11:30 AM Covered Dish
(1st Thursday)
- 1:00 PM Canasta
- 1:00 PM Bridge
- 1:00 PM Joy of Singing
- 1:30 PM Birthday/Anniversary
(3rd Thursday)
- 2:15 PM Beginning
Line Dance
- 3:30 PM Line Dance

FRIDAY

- 7A-4PM Treadmill,
Recumbent Bike
- 7:10 AM Pilates
- 8:10 AM Cardio, Core & More
- 9:10 AM Exercise w/Purpose
- 10:15 AM Yang Tai Chi

DAILY LUNCHES

Friendship Meals / Meals on
Wheels
*Meals served Mon-Fri
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VOLUNTEER

If you would like to be a volunteer
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being a class instructor. Please
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