

Prime Times

News, Information and More From the Derby Senior Center

January 2013

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

This month's Senior Spotlight

What's inside this month

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Check this out!

Have you ever thought about taking a college class? Look at the FREE "WSU Senior Citizen Class Information" on page 4!

I've been asked to write a monthly column for Primetime introducing an attendee of the Derby Senior Center. My first attempt will be me – Shirley Stees.



Shirley Stees

I was fortunate to grow up in a small town – Fort Scott, Kan. – in an era where we could ride our bikes, play kick-the-can, roller skate, walk to school and home for lunch, and just hang out with friends until dark, or go to Grandma's in the summer.

During World War II my folks moved "suburban" in order to have a Victory Garden and a few chickens. Although I was too young to be much help, mother canned lots of things after I had shelled peas, picked beans, shucked corn,

etc. I was a Camp Fire Girl and we canvassed our neighborhoods pulling our little red wagon to collect newspapers and grease to help with the war effort. I don't remember what the grease was used for, unless it was to make soap or lye. I remember ration books for food, gas, shoes and just about everything we needed.

Several summers I went to Camp Fire Girls Camp in the Ozarks for a couple of weeks. What a delightful experience. We had a wonderful neighbor who spent hours teaching me to embroidery, and to this day my therapy is doing counted cross stitch and handwork. Thanks Mrs. Konantz. When we were old enough to drive, we'd pool our change to buy a gallon or two of gas at 25 cents a gallon to drag Main Street. I'm sure you remember those days. Remember when you hung the washing on

the clothes line in the winter and they were frozen stiff when you took them in, sprinkled them before you ironed them, and the pant stretchers that you could never get them in the legs properly.

My Dad was with AT&T and was transferred to Wichita my senior year of high school. Coming from a graduating class of 96 to a class of 735 at East High School

was not easy, but my friends in Ft. Scott still consider me one of them and I regularly attend their reunions. My high school girlfriend from California came to visit me in October and we attended a milestone reunion. Out of the 96, 34 have passed away, and I think about 30 attended. I saw a close girlfriend I hadn't seen since we moved away,

~~Continued on Page 8~~

Derby Senior Services
611 Mulberry ~ Suite 100
Derby, KS 67037

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January 2013

Mon	Tue	Wed	Thu	Fri
<p>January Activity Sign-Up will Open Monday, December 31st at 8:00 am</p>	<p>1</p> <p>Happy New Year!</p>	<p>2</p> <p>8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:00 Board Meeting 10:45 Yang Tai Chi No Yoga</p>	<p>3</p> <p>8:00 Wii 8:10 Weight/Strength 8:30 Massage No Tappercise No Tap No Advance Tap 9:00 New Member Orientation 9:10 Fitness & Flexibility 10:30 Blood Pressure ✓ 11:00 Hearing Aid ✓ 11:30 Covered Dish 12:15 Threadbare Theatre 1:00 Joy of Singing 3:30 Line Dance</p>	<p>4</p> <p>8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Wildcat Hat</p>
<p>7</p> <p>8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:45 Yang Tai Chi 1:00 Inspiring Women</p>	<p>8</p> <p>8:10 Weight/Strength 9:10 Fitness & Flexibility No Tap No Advance Tap 1:00 Wii Tournament 4:00 Restorative Yoga 5:00 Line Dance 5:00 TNT Tuesday Nites Together 7:00 Senior Dance</p>	<p>9</p> <p>8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:45 Yang Tai Chi 1:00 Warm-up with Soup 4:00 Yoga</p>	<p>10</p> <p>8:00 Wii 8:10 Weight/Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Acupuncture & Massage 10:00 Tap 11:00 Advance Tap 1:00 Joy of Singing 3:30 Line Dance</p>	<p>11</p> <p>8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Wildcat Hat</p>
<p>14</p> <p>8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:45 Yang Tai Chi 10:00 WSU</p>	<p>15</p> <p>7:00 Foot Care 8:10 Weight/Strength 9:10 Fitness & Flexibility 12:00 Friendship Club 1:00 Wii Tournament 4:00 Restorative Yoga 5:00 Line Dance 6:00 Virtual Tour</p>	<p>16</p> <p>8:00 Information Booth 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Blood Pressure ✓ 9:10 Exercise w/purpose 9:30 Bingo 10:00 Hooks & Needles 10:45 Yang Tai Chi 4:00 Yoga</p>	<p>17</p> <p>8:00 Wii 8:10 Weight/Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Joy of Singing 2:00 Birthday & Anniversary Celebration 3:30 Line Dance</p>	<p>18</p> <p>8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Wildcat Hat</p>
<p>21</p> <p>Center Closed</p>	<p>22</p> <p>8:10 Weight/Strength 9:10 Fitness & Flexibility No Tap No Advance Tap 1:00 Wii Tournament 4:00 Restorative Yoga 5:00 Line Dance 6:00 Bunco Babes</p>	<p>23</p> <p>8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:45 Yang Tai Chi 1:00 Elder Law 4:00 Yoga</p>	<p>24</p> <p>8:00 Wii 8:10 Weight/Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:45 Avita Tour & Lunch 10:00 Tap 11:00 Advance Tap 1:00 Joy of Singing 3:30 Line Dance</p>	<p>25</p> <p>8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Wildcat Hat</p>
<p>28</p> <p>8:10 Cardio, Core & More 9:10 Exercise w/ purpose 9:30 Kansans Optimizing Health 10:45 Yang Tai Chi 1:00 Stretchy Bracelets Sign-ups</p>	<p>29</p> <p>8:10 Weight/Strength 9:10 Fitness & Flexibility No Tap No Advance Tap 1:00 Wii Tournament 4:00 Restorative Yoga 5:00 Line Dance</p>	<p>30</p> <p>8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:45 Yang Tai Chi 4:00 Yoga</p>	<p>31</p> <p>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 1:00 Joy of Singing 3:30 Line Dance</p>	

It's our pleasure to be a part of Derby
 A great town – with great people ...
LIKE YOU!



Vaughn Nun
 LPL Registered Principal
 LPL Financial Advisor
 vaughn.nun@lpl.com



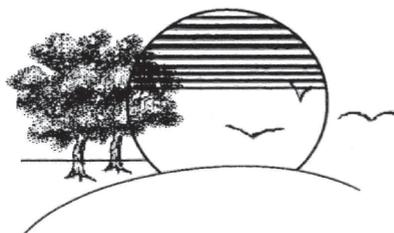
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Dee's Notes

You may have noticed we have a new format for our newsletter *Prime Times*. *The Derby Informer* is going to print and mail out the *Prime Times* for us. It looks different, but will have the same information.



Dee Williams

It will have a special article each month on a participant here at the Center called "Senior Spotlight." Everyone has a story and this will be your opportunity to get to know a different person each month. We will miss the 20 to 25 people we saw every month that helped fold, tab and label our newsletter for mailing. I want to thank this fun group who made folding time a party every month. Thank you for your time and work on this project.

What a great year 2012 was for Derby Senior Services. We hit a

record high in 2012 for registered participants of 2,880. The boomers are here! I don't see this number decreasing. We welcome all new members and hope you attend the Center on a regular basis. Take advantage of your great facility!

TNT, "Tuesday Nite Together," is every first Tuesday, except for January 8 because of the holiday. Come join us for a delicious home cooked meal of chicken pot pie, Jello salad and dessert. All the funds collected go to support the Senior Center activities. The Advisory Board also accepts donations to help pay for all the paper goods, coffee and pop used at the Center.

"Change is necessary in life – to keep us moving – to keep us growing – to keep us interested."

Dr. O'grady

Happy New Year! Dee
Dee Williams
Senior Center Director

Upcoming Events

Registration is required for all activities

Covered Dish

Join us for a great lunch by the best cooks in town and enjoy entertainment too! This is a wonderful time to catch up with friends. We ask everyone attending to bring food to share and pre-sign up. Everyone must pay \$1.00 to attend the luncheon. We are looking forward to seeing you there. The entertainment will be Threadbare Theatre.

Date: January 3
Day: Thursday
Time: 11:30 am
Location: Austin Room
Fee: \$1.00

Wii Bowling Tournament

Everyone welcome! You will sign up individually and we will randomly draw for teams. We will start with bracket play drawing two teams at a time to

compete. The amount of teams will determine how many brackets we will have. We will meet on January 8 to bowl absentee scores, and draw for times. Bracket play will start on January 15th. **You must sign up by January 3.**

Date: January 8, 15, 22, 29
Day: Tuesday
Time: 1:00 pm
Location: Classroom 1 & 2
Fee: \$2.00

"TNT" "Tuesday Nite Together"

It's different; it will be fun and delicious! "Tuesday Nite Together" January 8 starting at 5 pm. Chicken Pot Pie and Jello Salad. Price includes coffee, tea, or water, and "something" sweet to top off your meal. The 2 hour time

~~ Continued ~~

Bits & Pieces

Inclement Weather Policy

The Derby Senior Center will be closed for all programs, activities, classes, lunch and home meal deliveries when Derby Public Schools are closed due to inclement weather. School cancellations are announced on channels 3, 10, 12 and KFDI Radio, around 6 a.m. For information on special events that may also be affected by weather, please call 788-0223.

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.

Friendship Club

This is a good opportunity to get together with other seniors. Men and women are encouraged to attend. 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. A schedule of restaurants dates and information is available at the front desk. No reservations necessary, you just need to show up!

We're Livin' Life Every Day!!

At Avita Senior Living, each day is an exciting opportunity to share life in a fun, family-like atmosphere. Residents enjoy the comforts of home among social events and activities that allow everyone to engage.

- Weekly outside performers
- Exercise classes
- Group projects
- Home-cooked meals
- Outside activities

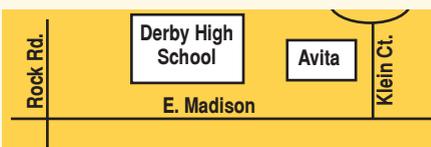


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~~ Upcoming Events Continued ~~

frame (5-7pm) will permit a leisurely meal, time to chat with friends or perhaps meet a new person and help them feel welcome. Stay and enjoy the dance starting at 7:00 pm. Come and support your Derby Senior Center! Sign up at the front desk, pay at the door.

Date: January 8
Day: Tuesday
Time: 5-7 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!

Date: January 8
Day: Tuesday
Time: 7-9:30 pm
Location: Welcome Center
Fee: \$3.00

Birthday / Anniversary Celebration

We will be celebrating Birthday and Anniversaries with Bingo and cake and ice cream. Come and enjoy cake and ice cream and then we will play bingo. We will have prizes and play for about an hour. You must sign up ahead.

Date: January 17
Day: Thursday
Time: 2 pm
Location: Austin Room
Fee: \$2.00

Bunco Babes

If a girl's night out is what you're 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: January 22
Day: Tuesday
Time: 6 pm
Location: Game Room
Fee: \$2.00

Avita Tour & Lunch

Join us for bingo, lunch and a tour at the beautiful Avita Senior Living at Derby. This facility is designed to give each resident a sense of home and independence. We will start with bingo before we enjoy a wonderfully prepared meal, and a tour. You must sign up ahead.

Date: January 24
Day: Thursday
Time: 10:45 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. No Shopping, after lunch. Registration required.

Date: January 31
Day: Thursday
Time: 11 am
Location: Depart Library
Fee: \$3.00 Plus lunch

Enrichment & Learning

Registration is required for all activities

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

Date: January 2, 9, 16, 23, 30
Day: Wednesday
Time: 10 am
Location: Conference Room
Fee: Free

KSU Wildcat Hat

Learn how to crochet the purrrfect Wildcat hat. Purple power is what this Wildcat hat shows. Makes a great gift for kids and adults. Materials needed: 1 skein purple, 1 skein white, small amounts of red, black and pale yellow. Small amount of fiberfill, yarn needles F, H, I hooks.

Date: January 4, 11, 18, 25
Day: Friday
Time: 10 am
Location: Conference Room
Fee: \$4.00

Inspiring Women

Erma Bombeck was an American humorist who achieved popularity for her newspaper column that described suburban home life from the mid 1960's until the late 1990's. She published 15 books, most of them became best-sellers. Come hear about her life and enjoy some of her humor presented by Loretta Lyon.

Date: January 7
Day: Monday
Time: 1 pm
Location: Multipurpose Room
Fee: Free

WSU Senior Citizen Class Information

Come and find out how you can take College level academic courses, if space is available and prerequisites are met without paying tuition fees. Senior Registration will start January 24! If you have questions before the session please call WSU south Campus in Derby at 316-978-8000.

Date: January 14
Day: Monday
Time: 10 am
Location: Multipurpose Room
Fee: Free

The Virtual Dementia Tour

Derby Senior Center and Right at Home of Wichita invites you to join us on an emotional journey to experience the realities of life for persons living with Alzheimer's disease and dementia. After experiencing this sensory training you will understand the overwhelming effects of the aging process when combined with Alzheimer's disease or dementia. This life-changing workshop can also help you make better caregiving and health care decisions by knowing what your loved one may be coping with on a daily basis. Light refreshments will be served. Open to public.

Date: January 15
Day: Tuesday
Time: 6 pm
Location: Multipurpose Room
Fee: Free

Information Booth

Albert Coccetella will be here with information about Avita Senior Living at Derby. Avita Senior Living at Derby is designed to give each resident a sense of home and independence. It's built much more like one's own home, where bedrooms are located short distances from the living and dining areas. The facility has 33

~~ Continued ~~

Things are happening in Derby that could ...

AFFECT YOU!!

The only way to know what is going on in Derby is to subscribe to Derby's newspaper -

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INFORMER

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~~ Enrichment/Learning Continued ~~

rooms. Stop by and say hi and grab a snack.

Date: January 16
Day: Wednesday
Time: 8-10 am
Location: Commons
Fee: Free

Elder Law

Robert M. Collins, a Wichita Elder Law Attorney, will discuss five ways to pass your property at your death. He will tell you which way requires probate and which way does not. In addition he will discuss how you can protect yourself in the event of incapacity or disability. You can name someone you trust to handle your financial matters when you cannot do so yourself. You will learn how you name someone with the authority to handle your health care decisions

and follow your wishes regarding the use or continued use of life sustaining procedures. Mr. Collins will be available for questions after his talk.

Date: January 23
Day: Wednesday
Time: 1 pm
Location: Austin Room
Fee: Free

Stretchy Bracelets

Laura from Born to Bead will be here to help you create a cute stretchy bracelet. The bracelet will be made using both beads and buttons. All supplies will be supplied, just bring your creativity.

Date: January 28
Day: Monday
Time: 1 pm
Location: Conference Room
Fee: \$8.00

Health & Information

Registration is required for all activities

Kansans Optimizing Health Program

Kansans Optimizing Health Program (KOHP) is a highly interactive program where people with various chronic conditions come together to learn and practice new skills over a six week period to manage their chronic condition. The participants meet once a week for 2-1/2 hours to discuss and problem solve a variety of topics relevant to coping with chronic conditions that could include Arthritis, Diabetes, and Heart or Lung Disease. The workshops are appropriate and beneficial for anyone dealing with an ongoing chronic health condition, family members or caregivers. Workshop participants receive the "Living a Healthy Life with a Chronic Conditions" book that is a resource for additional information beyond the workshop topics. This is a 6 week course. Please register by

Thursday, January 24. Snacks will be served.

Date: January 28, February 4, 11, 25, March 4, 11
Day: Monday
Time: 9 – 11:30 am
Location: Conference Room
Fee: Free

Acupuncture & Massage

Shelly Callahan with Wheatland Acupuncture & Massage will be here to talk about the advantages of massage and introduce you to Chinese medicine. Acupuncture can be used for general health and well being, also.

Date: January 10
Day: Thursday
Time: 10 am
Location: Multipurpose Room
Fee: Free

Healthy Active Living

Registration is required for all activities

Personal Trainer

A helping hand to a healthier you. Why not feel and look your best by working with an A.C.E. certified Personal Trainer, Joyce Urban. She will focus more on individual goals in a one on one setting. Sessions are one hour long. Couple and groups of three rates available. Call Joyce at 253-3629 to schedule today!

Zumba Gold

Stephanie Schneider has been an aerobics instructor since 1999 and is truly delighted to be serving you through a fun and stress free Zumba Gold Fitness Party. 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!!

Date: January 2, 9, 16, 23, 30
Day: Wednesday
Time: 8:10 am
Location: Classroom
Fee: \$1.00 per class

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!

Date: January 3, 10, 17, 24, 31
Day: Thursday
Time: 3:30 pm
Location: Austin Room
Fee: \$1 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.

Date: January 3, 10, 17, 24, 31
Day: Thursday
Time: 8 am
Location: Classroom 1
Fee: Free

Weight/Strength Training

Doctors and physical therapists recommend weight training as one of the best forms of exercise active older adults can engage in. Improve

~~ Continued ~~

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~~ Healthy Active Living Continued ~~

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. An instructor will take you through this 45-minute workout.

Date: January 3, 8, 10, 15, 17, 22, 24, 29, 31
Day: Tues/Thurs
Time: 8:10 am
Location: Austin Room
Fee: \$1 per class

Exercise with a Purpose

This 30-minute exercise program was created by two individuals with twenty years 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.

Date: January 2, 4, 7, 9, 11, 14, 16, 18, 23, 25, 28, 30
Day: Mon/Wed/Fri
Time: 9:10 am
Location: Austin Room
Fee: \$1 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!

Date: January 2, 4, 7, 9, 11, 14, 16, 18, 23, 25, 28, 30
Day: Mon/Wed/Fri
Time: 8:10 am
Location: Austin Room
Fee: \$1 per class

Restorative Yoga

This type of yoga works on joints, flexibility, balance and is good for fibromyalgia, chronic fatigue, arthritis and osteoarthritis. Denise teaches how yoga can be done from a chair.

Date: January 8, 15, 22, 29
Day: Tuesday
Time: 4 pm
Location: Multipurpose Room
Fee: \$2.50 per class

Fitness & Flexibility

This class 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!

Date: January 3, 8, 10, 15, 17, 22, 24, 29, 31
Day: Tues/Thurs
Time: 9:10 am
Location: Austin Room
Fee: \$1 per class

Yoga

Join Denise Madison for a relaxing and enjoyable session of gentle yoga, learning techniques to increase your flexibility and your muscle tone.

Date: January 9, 16, 23, 30
Day: Wednesday
Time: 4 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 13 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: First Thursday, 10:30 a.m.
 Third Wednesday, 9 a.m.
Location: Health Room
Fee: Free

**Derby
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788-RIDE

Start 2013 by reading!
Take a round trip ride to the Library for only \$3.00 during the week of January 11th-18th

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Ongoing Activities

Monday

7 AM – 4 PM Treadmill, Recumbent Bike
 8:10 AM Cardio, Core & More
 9:10 AM Exercise w/ Purpose
 10:45 AM Yang Tai Chi
 12:30 PM Readers Theatre Meetings
 1:00 PM Bridge 1:00 PM Rummikub

Tuesday

7 AM – 4 PM 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 Bridge
 4:00 PM Restorative Yoga
 5:00 PM Line Dancing
 5:00 PM "TNT"
 7:00 PM Senior Dance (1st Tuesday)
 7:00 PM Community Dance (3rd Tuesday)

Wednesday

7:30 AM Senior Greeters at High School
 7:30 AM Senior Greeters at Swaney Elementary
 7 AM – 4 PM Treadmill, Recumbent Bike
 8:10 AM Cardio, Core & More
 8:10 AM Zumba Gold
 8:30 AM Massage (by appointment)
 9:00 AM Blood Pressure ✓ (3rd Wednesday)
 9:10 AM Exercise w/ Purpose
 9:30 AM Bingo (3rd Wednesday)
 10:00 AM Board Meeting (1st Wednesday)
 10:45 AM Yang Tai Chi
 12:30 PM Poker
 12:30 PM Cribbage
 4:00 PM Yoga

Thursday

8:00 AM Wii
 7 AM – 4 PM Treadmill, Recumbent Bike
 8:30 AM Massage (by appointment)
 8:10 AM Weight Strength
 9:00 AM Tap
 9:00 AM Try It Out Thursday (1st Thursday)
 9:10 AM Fitness & Flexibility
 10:30 AM Blood Pressure ✓ (1st Thursday)
 11:00 AM Hearing Aid ✓ (1st Thursday)

Thursday con't

11:30 AM Covered Dish (1st Thursday)
 1:00 PM Canasta
 1:00 PM Bridge
 1:00 PM Joy of Singing
 2:00 PM Birthday/Anniversary (3rd Thursday)

Friday

7 AM – 4 PM Treadmill, Recumbent Bike
 8:10 AM Cardio, Core & More
 9:10 AM Exercise w/Purpose
 1:00 PM Pinochle
 1:00 PM Pitch

Daily Lunches

Good Neighbor Nutrition Program

*Meals served Mon-Fri @ 11:30 AM

Call Tues for Thurs & Fri Meals and Thurs for the next week's

Mon- Wed meals. Call 788-0223 by 9:00 AM 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, 7:30 AM to 4:30 PM Monday thru

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, making phone calls or being a class instructor. Please call 788-0223.

Would your business like to reach senior center readers?

Call 788-4006 – *The Derby Informer*
 Advertise your products and services right here!

~~ Senior Spotlight Continued ~~

her parents had offered to let me stay with them my senior year, but I was looking for something new. I had several great teachers, Miss O'Connor, my high school English teacher, would not allow us to use the word "got" she claimed it was not in the dictionary (which I have never checked it out), so to this day if I hear someone say it, I think of her. She also made us read Julius Ceasar and Silas Marner. Miss Hamlin was our social studies teacher – you had better learn your history, and Mr. Frisbee taught Algebra and Geometry, he was the football coach and let the four girls in the classes get away with whatever we wanted, including bringing a radio so he could listen to the World Series, but we had better

do our homework.

I took piano lessons for eight years and have always regretted telling my mother when I turned 16 "that was enough, no more!" I played the clarinet but had to give it up in Middle School because I had to have braces on my teeth, and the two things just didn't go together. I attended Wichita University (now Wichita State University) but elected after a couple of years to get married.

We moved to Derby in 1966 and my children attended the local schools. My daughter Janan and her husband Dan have two daughters, my son Kevin lives in Colorado, and my son Brad passed away after a 10-year battle with cancer. I was employed by Beech Aircraft as

an administrative assistant for 33 years, but thoroughly enjoy my retirement years playing bridge, reading, traveling, visiting with friend, napping, and most importantly doing what I want when I want.

I've been fortunate to have the opportunity to travel as many of you have. There are a lot of places I have not seen, but have been to Maui, Hawaii, New Zealand, England, Scotland and Wales, Nova Scotia, Alaska, Vancouver Island and all across the southern portion of Canada including Niagara Falls, Banff, Lake Louise, Whistler, several cruises in the Caribbean, as well as most of the states of United States. I have no great desire to travel overseas at this time. I am a member of Woodlawn United Methodist Church and

spend Monday mornings as a volunteer counting Sunday's collection, and entering all new and important information in the personnel database of the computer, and whatever else they want me to do.

You can find me at the early morning exercise class, coffee with the gals, trips, classes, etc. at the Senior Center. The staff employees here are phenomenal. The Center has a wide variety of activities, come and be apart of all the dances, informative classes, exercise classes and exercise equipment, trips, parties, games, crafts, cards and get acquainted with some great people.

I look forward to interviewing some of you and getting more acquainted.

Welcome New Patrons

TRISH ASHBURN	SHARON KRUCKENBERG	ROY ROLES
CATHERINE BALE	ELIZABETH MARTIENS	TOM SHOCKEY
DIXIE CHAPMAN	CUSHMAN MILLER	W SMITH
DONNA DURFLINGER	HELEN MILLER	JOHN WEHRMAN
JOAN GANTT	JOAN MILLER	LEIGH WELCH
MERLYN HATCHER	LEOLA NEISES	EDWARD WILLE
CAROL HEDRICK	KAREN PARKER	KATHLEEN WINQUIST
VERNON HEDRICK	COLLEEN ROGERS	LINDA WRIGHT
BONNIE KENNEDY	PEGGY ROLES	GLENNA YOUNG

Westview of Derby

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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
 John Truex, Driver
 Terry Whiteside, Driver
 Steve Williams, Driver

Derby Senior Services Advisory Board 2012 -2013

Gerald Brownlee
 Mickey Bowie
 Tom Davidson - Secretary
 Duane Day - Treasurer
 Jack Hemphill - Vice Chairman
 Marilyn Newkold
 Eleanor Underwood - Chairman

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