

# Prime Times

News, Information and More From the Derby Senior Center

March 2013

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

## Active couple feels truly blessed

By Shirley Stees

Jim and Carol Wells moved to Derby 5 years ago to be near their daughter. Prior to settling in Derby they lived several places in Kansas plus Ardmore and Ponca City, Oklahoma.

When Jim was growing up his father was in the oil industry, so they were moved from Stafford, Cunningham, Hays, Kingman and Burton and finally to Ellinwood in Jim's junior year of high school where he played football. He was awarded a scholarship to play football at Kansas University. However, he sustained several

injuries in spring practice and was unable to play nor finish at KU.

Fond memories of his youth was the freedom we had at that time - exploring the countryside, fishing in the river, going to the movies and seeing the newsreels of "Time Marches On" of the war events, cartoons, etc., telephone party lines, watching his father roll his own cigarettes because they were rationed during the war. In later years the one memory he will always cherish is the day he was leaving Allen Field House and met Phog Allen and his new recruit, Wilt Chamberlain. Wilt came to KU the following year and became a basketball legend.

After leaving KU, Jim had various types of jobs but also settled in the oil industry. He owned and operated his own oil field chemical company several years before starting retirement.

Carol spent most of her childhood in the Great Bend/Ellinwood locations. Her father was also in the oil industry and her mother was a school teacher. Her grandfather came to the United States from Germany to become a land owner and for religious freedom. At sixteen, he knew very little English and continued to speak his native language throughout his life.

She met Jim when he moved to Ellinwood and they dated some during high school and later when they both were attending KU. Accounting was her profession, however she spent several years with Albertson's Distribution Center as assistant buyer and later as buyer. She enjoyed and returned to an accounting office before the move to Derby required her to retire.

They have always been avid

sports fans and KU basketball is their favorite. During the games when the TV cameras scan the Allen Field House, Carol's memory is stirred and she still feels the excitement of being on that basketball court for the dedication in 1955. She was a member of the "Red Pepper" cheering squad and participated in the pageant for the opening of the now famous Allen Field House. (In 1955 the cost of the Field House was \$2.5 million and the seating capacity was 17,000).

Jim and Carol lived in Ponca City for 25 years before moving to Derby. They loved Ponca City and had many friends which they still visit. However, if there was a choice, they would remain in Derby with their many friends, their church, the Senior Center and all that is available to do. Carol volunteers at the Woodlawn United Methodist Church Thrift Store, and does many of the activities at the Senior Center where the "girls (Dee, Laura, Kim, Sonya) are wonderful," she said.

They have three children. Scott is a psychologist in Cincinnati and he has twin boys. Oldest daughter, Shelly, is a lawyer in Wausau, Wis. Cynthia lives in Derby and also has a set of twins - a boy and a girl, and another son. Two grandchildren have graduated from college and three are still in college.

The couple has traveled extensively through Europe, Alaska, Hawaii and Canada. The Netherland was Jim's favorite. They loved the architecture of the old churches in England and Germany - some of which were bombed and restored, the museums, and all the history.

They have celebrated their 57-year anniversary. But, Jim's last comment was "we couldn't have



Jim and Carol Wells

been born at a more perfect time with the freedom and the relaxed way of life, even through the war years," he said. They feel they are truly blessed.

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Mon	Tue	Wed	Thu	Fri
<b>March Activity Sign-Up will Open Monday, February 25th at 7:30 am</b>				1 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Acrylic Painting
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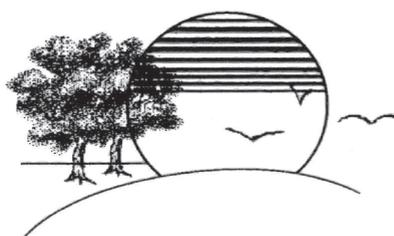
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## Dee's Notes

If you're looking for an opportunity to meet people, share your skills, then volunteering at the Derby Senior Center is for you! We are looking for a person who likes to take pictures and is able to make a brief visit at a few activities to take photos. We have the camera, so give Laura a call if you can help us out.



Dee Williams

Our parking lot is getting a bit more congested, so here are a few tips on parking lot safety. 1. Slow down and be cautious when traveling in the parking lot; especially on the East/West side of City Hall around noon and 5 PM when most

drivers are backing up and seem to be in a hurry. 2. Be aware on certain days the Center has special events and activities like Bingo and Birthday/Anniversary Party where we experience an increase in traffic in and out of the parking lot. 3. Consider parking in the North end parking and walking a little further. 4. Be careful when passing a parked Derby Dash bus that is picking up or dropping off passengers. 5. Drive defensively!

Check out the opportunities we have for you this month. Don't forget Daylight Savings time starts on March 10, 2013 so spring forward with your clocks. Have a great March and Happy Easter!

- Dee

## Bits & Pieces

### Tax Help

It's Tax time again! We will have trained AARP volunteers available to do your SIMPLE taxes here at the center. The qualifications have changed a bit; you must have a photo I.D. and Social Security card. If filing joint both husband and wife need to be present. The Center will provide the space, phone lines and supplies. Space is limited, so be sure to make your appointment early, first come first served. Please stop by the front desk to pick up a requirement sheet before scheduling an appointment. Call 788-0223 for your appointment.

**Date:** February 1st through April 17th

**Day & Time:** Call for day & time

**Location:** Conference Room

**Fee:** Free

### 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 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.

### 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.

### 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 both lunches is 11:30 am. A schedule of restaurants 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 multi-purpose 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.

### WSU Driving Training

If you haven't completed the driving habits survey and are still interested in being a part of the study, please stop by on March 6. Students from WSU will be here to administer them from 9 am to 12 pm and 1 pm to 4 pm.

**Severe Weather Safety Program**  
**Thursday, March 21 • 6:30 p.m.**  
**Derby Public Library • 1600 Walnut Grove**

## A little lonely?

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## Upcoming Events

### Registration is required for all activities

#### Inspiring Women

Frances Perkins grew up during a time when women were not expected to be educated or hold public office. She was not the usual woman and had different and interesting life that led her right to Washington D.C. Frances was the first woman appointed to the President's cabinet. Join us to hear Ardellee Coons tell about Frances Perkins' life.

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

#### "TNT" "Tuesday Nite Together"

It's different; it will be fun and delicious! "Tuesday Nite Together" March 5 starting at 5pm. Dinner will be spaghetti, tossed salad, and garlic bread. Price includes coffee, tea, or water, and "something" sweet to top off your meal. The 2 hour time 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:** March 5  
**Day:** Tuesday  
**Time:** 5:00 to 7:00 pm  
**Location:** Multipurpose Room  
**Fee:** \$5.00 (suggested donation)

#### Senior Dance

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

**Date:** March 5  
**Day:** Tuesday  
**Time:** 7:00 – 9:30 pm  
**Location:** Welcome Center  
**Fee:** \$3.00 donation at door

#### Maxwell Wildlife Refuge

Feeling a little wild, join us on this adventure to Maxwell Wildlife where we will see elk and bison. We will Board the tram for a tour of the prairie with buffalo and elk. The elk will still have their antlers and the bison will be sporting their winter coats. We will have lunch at Three Sisters tea room before heading

home. Dress warm. Price includes transportation, entry and lunch.

**Date:** March 7  
**Day:** Thursday  
**Time:** 8:30 am  
**Location:** Depart Library  
**Fee:** \$32.00

#### 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 Wednesday, March 6 before noon. Everyone must pay a \$1.00 to attend the luncheon. We are looking forward to seeing you there. The entertainment will be Charles Nida.

**Date:** March 7  
**Day:** Thursday  
**Time:** 11:30 am  
**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. No Shopping, after lunch. Registration required.

**Date:** March 12  
**Day:** Tuesday  
**Time:** 11:00 am  
**Location:** Depart from Library  
**Fee:** \$3.00 plus lunch

#### Community Dance

Join us for another great dance event! Our entertainment for the evening will be provided by 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:** March 19  
**Day:** Tuesday  
**Time:** 7:00 – 9:30 pm  
**Location:** Welcome Center  
**Fee:** \$3.00 donation at door

#### Looking for Jammers

Join us for an informal meeting to talk about Jam Sessions. We will be kicking off Jam Session this month and want your feedback. All current jammers and new jammers welcome. Anyone interested in playing or singing are encouraged to come and give your input.

**Date:** March 14  
**Day:** Thursday  
**Time:** 1:00 pm  
**Location:** Multipurpose Room  
**Fee:** Free

#### Food Handler Class

Food Handler Cards are required for all employees and volunteers at food service establishments. All volunteers who work in our kitchen at any time are required to have a food handler's card. Class will last approximately 2 hours and everyone is invited to attend. Please register by calling 788-0223 or come by the Center to sign up.

**Date:** March 18  
**Day:** Monday  
**Time:** 12:30 pm  
**Location:** Multipurpose Room  
**Fee:** Free

#### 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 by Wednesday, March 20 by noon.

**Date:** March 21  
**Day:** Thursday  
**Time:** 2:00 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:** March 26  
**Day:** Tuesday  
**Time:** 6:00 pm  
**Location:** Game Room  
**Fee:** \$2.00

#### 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:** March 26  
**Day:** Tuesday  
**Time:** 7:00 pm  
**Location:** Multi-Purpose Room  
**Fee:** Free

#### Just Lunch

This adventure is always an exciting and unique experience. Sign up to dine at an undisclosed location that only the driver will know. No Shopping, after lunch. Registration required.

**Date:** March 28  
**Day:** Thursday  
**Time:** 11:00 am  
**Location:** Depart from Library  
**Fee:** \$3.00 plus lunch

## Enrichment & Learning

### Registration is required for all activities

#### Acrylic Painting

Local award winning artist Cindy Roper will introduce you to the basic techniques of acrylic painting. She will be instructing the class in: Preparing your canvas, various brush strokes, designing your composition, color values, and much more. The class will start painting as a group and should complete it before the end of the month. Supplies needed: artist quality acrylic paints (white, ultramarine blue, sap or hookers green, cadmium medium yellow, purple, burnt sienna, yellow green and any extra colors you might have. A 16x20 canvas, any artist brushes you have, a palette (paper or other), roll of paper towels or clean rags, and table easel. Wear old clothing or bring a smock to protect your clothes.

**Date:** March 1, 8, 15, 22, 29  
**Day:** Friday  
**Time:** 10:00 am  
**Location:** Classroom 2  
**Fee:** \$10.00 per class

#### T-Shirt Scarfs

Sign up to make a cute easy scarf. Supplies needed: 1 or 2 men's t-shirt color of your choice (best with no seams). You will also need scissors. Stop by the front desk to see sample. Class taught by Belinda Johnson.

**Date:** March 5  
**Day:** Tuesday  
**Time:** 2:00 pm  
**Location:** Multipurpose Room  
**Fee:** \$1.00

~~ Continued ~~

~~Enrichment & Learning Continued~~

### 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:** March 6, 13, 20, 27

**Day:** Wednesday

**Time:** 10:00 am

**Location:** Conference Room

**Fee:** Free

### Clean and Adjust

Everyone who has a scooter or power wheelchair is invited to attend. Jay Hatfield will be at our facility to clean and or fix anything on the scooter or power wheelchair. A representative will also be available for a free consultation for seniors on how to get a power wheelchair for little to no money.

**Date:** March 8

**Day:** Friday

**Time:** 10:00 am

**Location:** Classroom 1

**Fee:** Free

### "Marjorie's Home"

Are you looking for options and choices for long term care? Join Theresa Regier as she tells you about "Marjorie's Home", named after her mother. At "Marjorie's Home" they provide long term care and adult day care. They have 4 private bedrooms and 2 semi-private. They have 2 staff 24/7 to provide wonderful care. Come learn about this alternative program and enjoy a light snack.

**Date:** March 11

**Day:** Monday

**Time:** 10:00 am

**Location:** Conference Room

**Fee:** Free

### Learning New Roles

Often, the deceased loved one had important roles in the family's life, and their absence forces us to face new duties or situations with which we are unfamiliar, including chores and going into social situations without the loved one there. Join Rita Willis, Bereavement Coordinator with Heartland Home Health Care and Hospice as she walks you through this process.

**Date:** March 12th

**Day:** Tuesday

**Time:** 10:00 am

**Location:** Conference Room

**Fee:** Free

### Zentagle

Back by popular demand! This is an easy to learn method of drawing beautiful images from structured patterns. If you can write your name, you can create this beautiful drawing. Anyone can learn this unique drawing technique and experience the benefits of Zentagle. It's fun, relaxing, helps reduce stress and anxiety and increases ability to focus. No artistic ability required! All supplies included. We will have a sample at front desk.

**Date:** March 19

**Day:** Tuesday

**Time:** 1:00 – 3:00 pm

**Location:** Multipurpose Room

**Fee:** \$20.00

### Senior Companions

Senior Companions is a Federal Program administered by the Mental Health Association of South Central Kansas. The goal of the program is to provide companionship and respite care for frail and elderly members of the community. Our local program serves Sedgwick, Butler and Harvey Counties. We match Senior Companions with a client in their area. Senior Companions are paid a tax free stipend and also receive mileage reimbursements. Join Alana Veges to learn how you can

become a volunteer.

**Date:** March 25

**Day:** Monday

**Time:** 10:00 am

**Location:** Conference Room

**Fee:** Free

### Senior Employment

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

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

**Date:** March 26

**Day:** Tuesday

**Time:** 1:00 pm

**Location:** Conference Room

**Fee:** Free

## Health & Information

### Registration is required for all activities

#### How to Stay Young

Join a member from the staff at Gage Chiropractic for this brief, fun and enlightening program. She will explain the many facets of a healthy lifestyle helping you make better lifestyle choices and incur fewer sick days. They will also be offering Infrared Spinal Screenings. One of the great breakthroughs in spinal care has been the development of infrared spinal thermography. This non-invasive procedure allows the operator to visually measure heat given off by the spine which can be a reliable indicator of spinal health. In effect, it can allow a problem area to be discovered before it has become a painful and costly condition to correct.

**Date:** March 11

**Day:** Monday

**Time:** 1:00 pm

**Location:** Multipurpose Room

**Fee:** Free

#### Mental Health and Aging

Approximately one in five older adults mix alcohol and medications in inappropriate ways. Depression may be an underlying factor, as 15 percent of the older adult population has clinical symptoms of depression, and about 12 percent suffer from anxiety. The interplay between alcohol and medication misuse, and mental health issues, may also help us understand why the highest suicide rates in the U.S. are found among older adults, especially white males age 85 and older. This session will address signs and symptoms that can alert us to develop problems in family members and friends.

**Date:** March 13

**Day:** Wednesday

**Time:** 1:00 pm

**Location:** Multipurpose Room

**Fee:** Free

#### Brunch for your Brain

Based on a program that won national recognition, Brunch for your Brain classes are designed for seniors who wish to take part in a brain wellness program. Brunch for Your Brain introduces participants to a variety of topics relevant to brain health. The same one-hour sessions are scheduled twice a month and take approximately one hour to complete. Sessions will lead participants through a knowledge of how brains work, stress relief tactics, using visuals to stimulate – puzzles, optical illusions, creative art, left/right brain activities, listening as a brain enhancer, expressing opinions reminiscing exercises, word games and memory building exercises. This session will be on Back to School / Tangled Webs. Choose your date and sign-up at the Senior Center.

**Date:** March 18 or 27

**Day:** Monday or Wednesday

**Time:** 10:00 am

**Fee:** Free

#### Cooking for 1 or 2

Learn cooking strategies to make smaller meals that are tasty and good for you too! Recipes and a food demo are included in this class. Denise Dias will be teaching class.

**Date:** March 20

**Day:** Wednesday

**Time:** 1:00 pm

**Location:** Multipurpose Room

**Fee:** Free

#### Vascular Disease & Stroke Prevention

This free program offers you the opportunity to learn firsthand about

~~ Continued ~~

*"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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~~ Health & Information Continued ~~

the warning signs and risk factors associated with stroke. The program will also outline the steps you can take to help reduce your stroke risk and how Life Line Screening can play a role in your own personal wellness program. At the conclusion of the program there will

be drawing for a FREE preventive health screening that will be held on April 9th here at the center. You are required to pre-register for your screening.

**Date:** March 21  
**Day:** Thursday  
**Time:** 10:00 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. Special rates available for couples and groups of two or three. 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:** March 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!

**Date:** March 7, 14, 21, 28  
**Day:** Thursday  
**Time:** 3:30 pm  
**Location:** Austin Room  
**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:** March 5, 7, 12, 14, 19, 21, 26, 28  
**Day/Time:** Tuesday 1:00 pm Thursday 8:00 am  
**Location:** Classroom 1  
**Fee:** Free

#### Weight/Strength Training

Doctors and physical therapists recommend weight training as one of the best forms of exercise active older adults can engage in. Improve strength, flexibility, balance, and arthritic conditions with strength training. This class is for those who would like to participate in entry-level weight bearing and muscle strengthening exercise. An instructor will take you through this in a 45 minute workout.

**Date:** March 5, 7, 12, 14, 19, 21, 26, 28  
**Day /Time:** Tuesdays and Thursdays, 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.

**Date:** March 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!

**Date:** March 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 teaches how yoga can be done from a chair.

**Date:** March 5, 12, 19, 26  
**Day:** Tuesday  
**Time:** 4:00 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

~~ Continued ~~

## Welcome New Patrons

Sandra Allen  
Judith Brahan  
John Cary  
Sheryl Cary  
Charles Geyer  
Mary Ellen Harvey  
Bobbie Huston

Jim Jerrick  
Mary Johnson  
Henry Kampschroeder  
Harold Kelly  
Peggy Lawrence  
Sheila Maksimowicz  
Ronald Miller

Sharon Miller  
David Moyer  
Linda Moyer  
John Nichols  
David Rushton  
Nancy Rushton  
Elizabeth Salmon

Ruby Sinn  
Lois Snodgrass  
Pierina Thomson  
Darrell Williams

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~~ Healthy Active Living Continued ~~

standing support. Come and have some fun and improve your overall health!

**Date:** March 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 and your muscle tone.

**Date:** March 6, 13, 20, 27

**Day:** Wednesday

**Time:** 4:00 pm

**Location:** Classroom 1

**Fee:** \$2.50 per class

**Date:** April 25

**Day:** Thursday

**Time:** 8:00 am

**Location:** Depart Library

**Fee:** \$50.00

**Historical German Churches**

We will be visiting a few of the beautiful historic churches in the Hays area that will provide a glimpse of the history and an understanding of the strong religious values of the early settlers in Ellis County. The Roman Catholic influences, artistic gothic style and beautiful stained glass are the most dominant features, yet each church is unique in its own way. Our tour

will start in Catherine at St. Catherine, before heading to Gella's in Hays where we will have a wonderful lunch. After lunch we are off to Pfeifer where we will visit the Holy Cross Church. Our last stop before heading back to Derby will be in Victoria, where we will visit the beautiful St. Fidelis church. Plan to be back to Derby by 7:00 pm. Fee includes charter transportation, lunch and fees.

**Date:** May 14

**Day:** Tuesday

**Time:** Depart 7:30 am

**Location:** Depart Library

**Fee:** \$55

## Looking Ahead

**Life Line Screening**

Life Line Screening will be doing preventive health screenings to assess your risk for vascular disease and osteoporosis. This is a prevention program, and with early detection, these problems can be treated. The results are sent directly to you, for you to refer back to your own doctor. These tests, which are non-invasive, completely painless and take only about 10 minutes each. Pre-registration is required, call 1-800-324-1851. Medicare does not cover the cost.

**Date:** April 9

**Day:** Tuesday

**Time:** 8:15 am

**Location:** Classroom

**Fee:** Call for fees and appointment

**Chicken-N-Pickin**

We are off to Walnut Kansas! Our first stop will be the famous Chicken-N-Pickin down Home Dinner Theater. Here you will enjoy pan fried chicken dinner with all the fixins' and 2 hours of live country music and comedy! Then we will stop at Russell Stover's in Lola before heading back to Derby. Fee includes charter bus transportation, lunch and live country show! Plan to be back to Derby by 6:15 pm.



**Round Trip Special**  
**\$3.00**

*Ride round trip for \$3.00 to Walmart on Tuesday, March 19, and Dillon's Marketplace on Friday, March 22.*

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# Ongoing Activities

## Monday

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

9:00am Blood Pressure ✓  
 (3rd Wednesday)  
 9:10am Exercise w/ Purpose  
 9:30am Bingo (3rd Wednesday)  
 10:00am Board Meeting (1st Wednesday)  
 10:45am Yang Tai Chi  
 12:30pm Poker  
 12:30pm Cribbage  
 4:00pm Yoga

## 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

## Tuesday

7:00am Foot Care (3rd Tuesday by appt.)  
 7a-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  
 1:00pm Bridge  
 4:00pm Restorative Yoga  
 5:00pm Line Dancing  
 5:00pm "TNT" (1st Tuesday)  
 7:00pm Senior Dance (1st Tuesday)  
 7:00pm Community Dance  
 (3rd Tuesday)

## Thursday

8:00am Wii  
 7am-4pm Treadmill, Recumbent Bike  
 8:30am Massage (by appointment)  
 8:10am Weight Strength  
 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  
 2:00pm Birthday/Anniversary  
 (3rd Thursday)  
 3:30pm Line Dance

## 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 by appointment in city limits of Derby. Hours are Monday-Friday 7:30 a.m. to 4:30 p.m. On Fridays when school is not in session and during the summer months, hours are 7:30 a.m. to 12:30 p.m. Reservations will be accepted as long as time slots are available. Call 788-7433 for additional information.

## Wednesday

7:30am Senior Greeters at High School  
 7:30am Senior Greeters  
 at Swaney Elementary  
 7am-4pm Treadmill, Recumbent Bike  
 8:10am Cardio, Core & More  
 8:10am Zumba Gold  
 8:30am Massage (by appointment)

## Friday

7am-4pm Treadmill, Recumbent Bike  
 8:10am Cardio, Core & More  
 9:10am Exercise w/Purpose

## 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.





**Open 7 Days a week!**  
**Mon. - Thurs.**  
**7:30a - 8p**  
**Fri. 7:30a - 6p**  
**Sat. 9a - 3p**  
**Sun. 10a - 3p**

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

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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