

# Prime Times

News, Information and More From the Derby Senior Center

May 2013

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

## Meet the Harmons - an interesting and fun couple

By Shirley Stees

One of the joys of interviewing and writing these articles is getting to know interesting and fun individuals. This month's article is about Gladys and Winnie Harmon.

Gladys was born on a farm in Meade County, Kansas. She has quite a wit and sense of humor with a very interesting growing up years. Gladys had an older sister and a younger brother and sister. She was "Daddy's girl" and followed him around the farm,

milking lots of cows, gathering eggs, hauling wood for their wood burning stove and taking out the ashes, carrying water into the home to heat for washing and rinsing clothes, baths, and general use. During hot summer nights, their "air conditioner" would be when mother hung wet sheets over the door and windows and hoped for a breeze. Their farm became a dairy farm, supplying milk to the local dairy. Also, their farm had the first shelter belt in Meade County with the trees being furnished by the county, and she had to carry water to keep them watered and weeded.

On the nicer days, she and her older sister would walk the 2-1/2 miles to school, and on occasion, they would take the horse and wagon. During their high school years, the two girls would room and board in Meade, which was 15 miles from home. Upon graduation, she went to Business College in Dodge City to learn clerical skills, and quickly learned math was not her thing (she later married an accountant). Her first employment was with the First National Bank in Dodge City, and later at an attorney's office.

She roomed with two girls. One dated a boy who had a cousin - guess who he was - Winnie Roy Harmon.

Winnie was born in Kiowa County with one sister. During the dust bowl years, they moved from Mullinville to Greensburg where his father worked for the city. Winnie played all sports in high school, and upon graduation, enlisted in the Army, serving in the 77th Infantry Division in the South Pacific. Within a couple days of leaving the service and returning

to Greensburg, his aunt came and took him to Dodge City to work as a bookkeeper in their Nash Dealership and later a Buick Dealership. He then spent 30 years as bookkeeper/office manager for a feed yard, retiring in 1988.

Winnie and Gladys had four children - three girls and one boy. She became a "kept woman" when the children arrived, letting Winnie be the bread winner.

During their married life, they built three houses. They saved for seven years to get enough money for carpenters to rough in the first house. Built - as in a hammer, saw, nails and lots of sheetrock! They had kitchen cupboards, a small bedroom finished, and bathroom almost finished when they moved in. Their third child was on the way. This allowed them to put the rent money they had been paying into more building materials. They lived there 24 years on an acre east of Dodge City, Kansas.

Recently, Gladys played a song on the piano for Winnie. She asked him if he remembered that song from World War II. He replied, "Every time someone says something like that to me, I want to laugh." They weren't allowed to have radios when he was serving in Saipan, Cebu and Hokkaido.

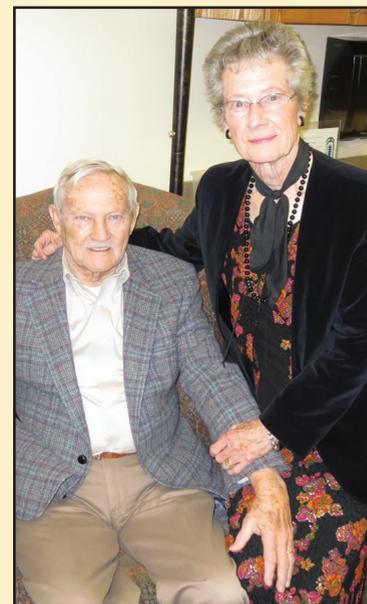
Another time, she asked him where he did his laundry during the war. That was another laughable question. He then proceeded to tell her about having two pairs of socks and trying to keep one pair dry, and wearing them for three weeks.

They have traveled to

practically all the states except a few in New England. They moved to Derby about nine years ago to be near their children - son in Wichita, daughters in Kiowa and Oklahoma City. They no longer travel on their own, but the family will take them to see grandchildren and great-grandchildren in Iowa and Wisconsin.

Gladys' therapy is sewing and making quilts. She recently brought her "necktie quilt" for us to see. Her girls know this necktie quilt is to be put on her casket. She enjoys playing her accordion (self taught except for one lesson) for the jam sessions every month, and also plays the piano. Gladys is a very "classy lady."

Winnie and Gladys will be celebrating their 65-year wedding anniversary this August and the family is planning a get-together. Take the opportunity to get acquainted with them.



Winnie and Gladys Harmon

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## Dee's Notes

Every year since 1963, May has been the month to appreciate and celebrate the vitality and aspirations of older adults and their contributions and achievements. It is a proud tradition that shows our nation's commitment to honor the value that elders continue to contribute to our communities.



Dee Williams

This year's Older Americans Month theme – "Unleash the Power of Age!" emphasizes the important role of older adults. While Derby Senior Services provides services, support, and resources to older adults year round, Older Americans Month is a great opportunity to show special appreciation!

Derby Senior Center encourages you to take part in the celebration at High Park. After enjoying a variety of exercises and activities, we will celebrate with a healthy lunch in the picnic shelter. Thanks to Glen Carr House in Derby for sponsoring this event. You will have the opportunity to jot down on a large poster what you will do this May to unleash the power of aging. It could be as simple as sharing a story or picture with a grandchild, learn Facebook, travel, or run for an office. We will continue to provide opportunities for elders to come together and share their experiences with one another and "Unleash the Power of Age!"

Enjoy your Senior Center this month!

- Dee

### 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 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.

### 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 read it, too? If you are interested in participating in a book club please come to a planning session on May 3 at 10:00 am



OLDER AMERICANS MONTH 2013

## Bits & Pieces

### Kansas Seniors Farmers' Market Nutrition Program

The Kansas Department of Health and Environment would like to offer a special opportunity to seniors – the Kansas Senior Farmers' Market Nutrition Program. The goal of the program is two-fold to promote better nutrition among seniors and to expand the revenue base for farmers marketing fresh, locally grown produce. The program runs from May 2013 to October 2013 and eligible participants will receive a \$20.00 booklet of checks to spend at a farmer's market location. Coupon booklets will be available to qualifying Derby senior residence on a first come basis. Visit the Center to fill out a simple application on Wednesdays starting May 29 from 9:30am to 1:30pm. Wichita, Oaklawn, Mulvane, Haysville and other locations are giving out coupon booklets to seniors located in their area. Please call 788-0223 for questions you may have.

### Foot Care

Podiatrist, Dr. Weaver and his staff will be coming to the center on the third Tuesday of every month. Dr. Weaver has seen a wide variety of podiatric issues,

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

### Bingo

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

### Derby Senior Center Community Quilters

Calling all quilters! Join this fun group of ladies for a good cause doing what you love and giving back at the same time. The group will meet on Wednesdays from 1:00 to 3:00. Call 788-0223 for location. Once completed the quilts will be donated to various charities. Thank you to everyone who donated fabric.

## A little lonely?

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# 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 sign up by Wednesday, May 1 before noon. Everyone must pay a \$1.00 to attend the luncheon. We are looking forward to seeing you there. The entertainment will be Wrinkle Box Players.

**Date:** May 2  
**Day:** Thursday  
**Time:** 11:30 am  
**Location:** Austin Room  
**Fee:** \$1.00

### Seniors at the Park

"Unleash the Power of Age", 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 variety of exercises and activities like hula hoop, and a fishing casting contest. We will finish the event with a healthy lunch sponsored by Glen Carr House of Derby. Lunch will be served between 11:00 and 11:30 am. We will have drawings for some great prizes. Don't miss the fun and come enjoy the outdoors. Please sign up ahead for lunch.

**Date:** May 6  
**Day:** Friday  
**Time:** 9:30 am – 12:00 pm  
**Location:** High Park  
**Fee:** Free

### "TNT" "Tuesday Nite Together"

It's different; it will be fun and delicious! "Tuesday Nite Together" May 7 starting at 5 p.m. The menu will be Taco Salad. 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:** May 7  
**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:** May 7  
**Day:** Tuesday  
**Time:** 7:00 – 9:30 pm  
**Location:** Welcome Center  
**Fee:** \$3.00 donation at door

### 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:** May 9  
**Day:** Thursday  
**Time:** 10:45 am  
**Location:** Depart Library  
**Fee:** \$3.00

### Birthday / Anniversary Celebration

We will be celebrating Birthday and Anniversaries with cake and ice cream. We will also play bingo for about an hour. Prizes will be given. You must sign up ahead.

**Date:** May 16  
**Day:** Thursday  
**Time:** 2:00 pm  
**Location:** Austin Room  
**Fee:** \$2.00

### Just Lunch

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

**Date:** May 21 or 29  
**Day:** Tuesday / Wednesday  
**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 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:** May 21

# 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:** May 1, 8, 15, 22, 29  
**Day:** Wednesday  
**Time:** 10:00 am  
**Location:** Conference Room  
**Fee:** Free

### Joyous Bells

We are starting something new here at the center, Joyous Bells! The simple steps of listening to accompaniment melodies, counting the beats of the music, looking at the flash cards of

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

### 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:** May 28  
**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:** May 28  
**Day:** Tuesday  
**Time:** 7:00 pm  
**Location:** Multi-Purpose Room  
**Fee:** Free

color and exercising hand and eye coordination involve the whole person – body, mind and spirit. No previous musical ability is necessary. You do not have to read music! The beautiful music that is achieved through a group effort, engages the participants in a sense of community and purpose. The Bell Choir blesses it's participants as well as its audience! Weekly practices will prepare the group for performing concerts.

**Date:** May 1, 8, 15, 22, 29  
**Day:** Wednesday  
**Time:** 1:00 pm  
**Location:** Classroom  
**Fee:** Free

### Joy of Singing

Looking for all singers! Here's a chance to get involved with a fun group and enjoy the benefits of singing. Studies have linked singing with a lower heart rate, decreased blood pressure and reduced

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~~Enrichment & Learning Continued~~

stress. Join us for song, laughter and fun. Group is led by Ross Hearn and meets once a week.

**Date:** May 2, 9, 16, 23, 30

**Day:** Thursday

**Time:** 1:00 – 2:00 pm

**Location:** Classroom

**Fee:** Free

### Crochet Ruffle Scarf

Make a ruffled scarf, one of the newest crochet rage. Supplies needed, one skein self-ruffling yarn (available at Michaels or Wal Mart) or on line, crochet hook G or H and scissors. Skill level easy, you need to be able to crochet a chain. You can make a scarf in about one hour. Class taught by Nancy Orr. See sample at front desk.

**Date:** May 10

**Day:** Friday

**Time:** 10:00 am

**Location:** Conference Room

**Fee:** \$3.00

### Marathon on Mt Everest; How Hard Can it Really Be?

Kay Cherryholmes tells the story of her Mt Everest climb. Kay is the mother of 2 children, a Triathlete, a Mountain Climber, and an Adventure Enthusiast. Don't miss this interesting story! Favorite quote; It is not the mountains that we conquer, but ourselves ~ Sir Edmund Hillary

**Date:** May 13

**Day:** Monday

**Time:** 1:00 pm

**Location:** Multipurpose Room

**Fee:** Free

### Facebook

Have you wanted to learn what Facebook is all about? Looking to connect with your grandchildren or old friends, this is a great tool to use. You will learn how to set up an account, manage it, add pictures, etc. Join Brad Weber from WSU as he walks you through this fun class.

**Date:** May 20

**Day:** Monday

**Time:** 10:00 am

**Location:** Computer Room

**Fee:** \$5.00

### 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 Bric-A-Brac/Tongue In Cheek. Choose your date and sign-up at the Senior Center.

**Date:** May 20 or May 22

**Day:** Monday or Wednesday

**Time:** 10:00 am

**Fee:** Free

### Honoring Memories

Join Rita Willis, Bereavement Coordinator with Heartland Home Health Care and Hospice to learn ways to honor memories today and in the future. Developing new routines or habits in our lives to honor the life of our loved ones can help preserve and foster memories and the impact on our lives. She will also talk about ways to incorporate honoring that memory.

**Date:** May 21

**Day:** Tuesday

**Time:** 10:00 am

**Location:** DSAC

**Fee:** Free

### AARP Driver Safety Course

Join Bob Chorn 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:** May 22 & 23

**Day:** Wednesday & Thursday

**Time:** 12:30 – 4:30 pm

**Location:** Austin Room

**Fee:** \$12.00 per person for AARP

Members \$14.00 non-members

### 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:** May 28

**Day:** Tuesday

**Time:** 1:00 pm

**Location:** Conference Room

**Fee:** Free

## Health & Information

**Registration is required for all activities**

### Foot Problems

Robert Schmidt with Hart Medical will be here to talk about different types of foot problems. He will talk about causes and solutions for things like plantar fasciitis, diabetic neuropathy, vascular disease, heel spurs and bunions.

**Date:** May 17

**Day:** Friday

**Time:** 10:00 am

**Location:** Multipurpose Room

**Fee:** Free

### Heart Healthy Cooking

Learn to stay young at heart by cooking the heart healthy way. Denise Dias, Sedgwick County Agent will share with you meal ideas, recipes and samples to taste.

**Date:** May 20

**Day:** Monday

**Time:** 1:00 pm

**Location:** Multipurpose Room

**Fee:** Free

### Healthy Cooking with Herbs

Healthy Cooking with Herbs: Give your favorite dishes a flavor boost with herbs! Recipes and savory suggestions will be shared. Denise Dias, Sedgwick County Agent will be presenting.

**Date:** May 22

**Day:** Wednesday

**Time:** 1:00 pm

**Location:** Multipurpose Room

**Fee:** Free

### Better Hearing & Speech

May is Better Hearing & Speech Month. Dr. Zafar with Audiology & Hearing Aid Services, will be talking about new hearing technology including Bluetooth linkages, suppression, feedback management and tinnitus retraining programs in hearing aids.

**Date:** May 30

**Day:** Thursday

**Time:** 10:00 am

**Location:** Multipurpose Room

**Fee:** Free

~~ Continued ~~

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~~ Health & Information Continued ~~

### Effects of Scams

Home Instead Senior Care professionals would like you to know that damage can run deep for seniors who have been scammed. The Protect Seniors for Fraud program – developed with the expert assistance of the nonprofit National Association of Triads- features a number

of important tools to keep you from being victimized. Join Michael Steinberg as he takes you through the steps to keep you safe and the repercussions you face if you are scammed.

**Date:** May 30

**Day:** Thursday

**Time:** 1:00 pm

**Location:** Multipurpose Room

**Fee:** Free

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## Day Trips

**Registration is required for all activities**

### 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:** \$55.00

### Oklahoma Skies

We are heading south to Shawnee Oklahoma where our first stop will be Country Cottage Primitives where it is all about lavender. Nestled in a country setting we will enjoy lavender lemonade and refreshments as we visit the lavender field and cottage shop. We will learn about the history of lavender and everyone will have your choice of either a sachet or you can pick-a-lavender bundle. After lunch we will tour the NOAA National Severe Storms Laboratory where we get an overview of the operations as we see the School of Meteorology, the observation deck, NOAA's Storm Prediction Center, the National Weather Service Forecast Office, and the National Severe Storms Laboratory. We will stop both ways for restroom breaks and snacks, plan on being back to Derby by 7:00 pm. Fee includes charter bus, lunch and entry fees.

**Date:** June 27

**Day:** Thursday

**Time:** 7:00 am

**Location:** Depart Library

**Fee:** \$60.00

## 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

~~ Continued ~~

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~~ Healthy Active Living Continued ~~

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:** May 1, 8, 15, 22, 29

**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:** May 2, 9, 16, 23, 30

**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:** May 2, 7, 9, 14, 16, 21, 23, 28, 30

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

**Location:** Classroom 1

**Fee:** Free

### Weight/Strength Training

Pat Mize will lead you in this weight training class. 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:** May 2, 7, 9, 14, 16, 21, 23, 28, 30

**Day:** Tuesdays and Thursdays

**Time:** 8:10 am

**Location:** Austin Room

**Fee:** \$1.00 per class

### Exercise with a Purpose

This 30-minute exercise program was created by two individuals with twenty years of experience in the field of exercise science. The video is appropriate for all ages, and all fitness

levels. You will learn how to enhance your balance for fall prevention.

**Date:** May 1, 3, 8, 10, 13, 15, 17, 20, 22, 24, 29, 31

**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:** May 1, 3, 8, 10, 13, 15, 17, 20, 22, 24, 29, 31

**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:** May 7, 14, 21, 28

**Day:** Tuesday

**Time:** 4:00 pm

**Location:** Multipurpose Room

**Fee:** \$2.50 per class

### Fitness & Flexibility

Pat Mize will be instructing this class; it is geared towards older adults to improve activity level for daily living skills. It is designed to increase your range of movement, strength, agility, balance and coordination. It will improve your overall fitness level and sense of well-being. This is a low impact class, perfect for beginning level exercise! A chair will be used for seated and/or standing support. Come and have some fun and improve your overall health!

**Date:** May 2, 7, 9, 14, 16, 21, 23, 28, 30

**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:** May 1, 8, 15, 22, 29

**Day:** Wednesday

**Time:** 4:00 pm

**Location:** Classroom 1

**Fee:** \$2.50 per class

## Welcome New Patrons

JOLEEN ALEXANDER  
ANNA BOUNOUS  
JUANITA CARR  
LUCRETIA CORNELISON  
SUE HOFFMAN  
MARY HOGGATT  
LINDA HUDDLESTON  
IDA JACKSON

BARBARA JOHNSTON  
EDWARD JOHNSTON  
ANTONIA MARTIN  
MARYANN MATOS  
MARCIA MEIKLE  
DONNA MILLER  
LINDA OHRT  
LEROY PEARL

ETHEL ROSEBERRY  
BONNIE RYSER  
DARREL RYSER  
CINDY SCHROEDER  
DOUGLAS SCHROEDER  
DANA ZIMMERMAN

**Be PROUD!**

You have made  
the Derby Senior  
Activities Center  
one of the finest  
in the State!

*Come See how we have changed!*

- Newly remolded apartments
- Activities that keep you active
- Delicious meals – Every day
- House keeping, cable & MORE!

Call for a Free  
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Offering a Friendly, Natural,  
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to schedule a  
FREE tour  
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Offering  
three levels  
of assistance  
to fit your needs.

**316-788-9600**  
1701 E. Walnut Grove  
Derby, KS 67037

# 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

## Tuesday

7am-4pm Treadmill, Recumbent Bike  
 8:10am Weight Strength  
 9:10am Fitness & Flexibility  
 9:30am Bingo (1st Tuesday)  
 12:00pm Friendship Club (3rd Tuesday)  
 1:00pm Pitch, Dominos, Pinochle, Wii  
 4:00pm Restorative Yoga  
 5:00pm Line Dancing  
 5:00pm "TNT"  
 7:00pm Senior Dance (1st Tuesday)  
 7:00pm Community Dance  
 (3rd Tuesday)

## 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)  
 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

## 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)

## Friday

7am-4pm Treadmill, Recumbent Bike  
 8:10am Cardio, Core & More  
 9:10am Exercise w/Purpose  
 1:00pm Pinochle  
 1:00pm 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 a.m. to 4:30 p.m. Monday through Friday by appointment in city limits of Derby. Reservations will be accepted as long as time slots are available. Call 788-7433 for additional information.

## Volunteer

If you would like to be a volunteer at the Center we have many opportunities, from delivering meals and making phone calls, to being a class instructor. Please call 788-0223.





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

**1101 N. Rock Road • Derby**  
**788-MYMD (788-6963)**

*Immediate Acute Care, for your cough, cold, fever & flu*

**Our Morning Immediate Care Clinic is Open Monday-Friday from 7:30 to 9:00 a.m. with No Appointment Needed**

### 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  
 Tom Davidson - Secretary  
 Duane Day - Treasurer  
 Jack Hemphill - Vice Chairman  
 Marilyn Newkold  
 Eleanor Underwood - Chairman