

Prime Times

News, Information and More From the Derby Senior Center

June 2013

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

A love story that has lasted more than 75 years

By Shirley Stees

Paul and Ada Day's is a love story not many of us are able to experience - 75 years together and just as romantic and in love as the day Paul realized he had feelings for Ada. Paul claims they didn't have a very romantic beginning, but Ada's face lights up and said she remembers it differently. They have been through a lot, but they've conquered a lot in their 75 years together.

They both grew up in

Greenwood County - Ada in Climax and Paul in Severy. Ada had four sisters and three brothers and Paul had one brother. Both grew up in the typical farm families - milking cows, weeding the gardens, etc.. Ada walked two miles to attend high school. They attended rival high schools and played basketball for their local teams. Ada confided to a friend that "he was the best looking man on the team," but it took two years after that for them to get together and only four months later they married at the court house.

Like many in the 30s during the Great Depression, they experienced very hard times. Paul worked in various jobs and many times had as many as three different jobs at one time to support the growing family. He worked in the oil fields, highway department, grain company and farming. They soon discovered that they were not good farmers, although Ada always had flower and vegetable gardens. And, she now misses not being able to dig in the dirt and plant.

Uncle Sam caught up with Paul in 1944 and he went off to serve in the Army in Europe. Their families helped them out with rent money, etc., while he was away. Upon his return, they stayed in Severy for five years while he was in the Reserves.

In 1950 they moved to Wichita where he went to work for Boeing in security.

The couple had four children - two girls and two boys. There is now 11 grandchildren, 22 great-grandchildren, and seven great-great grandchildren with two more on the way.

Paul beams when he talks about

his family. One daughter lives in Haysville, one in Louisiana, a son in Alabama and one in Derby. A more important legacy is the example of love and mutual respect Paul and Ada show toward each other. Their daughter said it is an example of behavior that has had an effect not only on their family, but on everyone who sees them holding hands, talking to one another, being in love. They lived in Wichita for 52 years before moving to Derby in 2005.

Paul always took his vacation time to travel. They have been to all 50 states. Ada's favorite is Hawaii and Paul's is the west coast. They took a Caribbean cruise, but Ada was sick before they left the port so "never again." In May, Paul was able to go to Washington D.C. with the World War II veterans accompanied by his daughter.

After retirement, Paul and Ada would spend six months in Wichita and six months in their home in Texas where they had many friends, played baseball, went bowling, fished, golfed and enjoyed all sports.

Today, Paul is the first one up and he get Ada's breakfast and helps around the house. He said "she did it all those years and now it is pay back time to help her out."

They are very happy in Derby and enjoy the Senior Center activities and going on day trips. "The girls at the Center are the best - always happy, helpful and positive," they said.

Paul and Ada are a perfect example of love and sharing in partnership. They agreed communication is the key for a



Paul and Ada Day

marriage and in making decisions together. Ada said she wouldn't change a thing in her life.

They celebrated their 75th

wedding anniversary on May 11 at their church, Woodlawn United Methodist, with family and friends.

What's inside this month

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611 Mulberry - Suite 100
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June 2013

Mon	Tue	Wed	Thu	Fri
<p>3 8:10 Cardio, Core & More 9:00 Medicine Cabinet Makeover 9:10 Exercise w/ purpose 10:45 Yang Tai Chi 1:00 Inspiring Women 1:00 Acrylic Painting</p> <p>June Activity Sign-Up will open May 28th at 7:30 a.m.</p>	<p>4 8:10 Weight/Strength 9:10 Fitness & Flexibility 9:00 Blood Pressure ✓ 9:30 Bingo 10:00 Tap 11:00 Advance Tap 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance 5:00 TNT at High Park 7:00 Senior Dance</p>	<p>5 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 8:45 Hand Massage 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:00 Board Meeting 10:45 Yang Tai Chi 1:00 Community Quilters 4:00 Yoga</p>	<p>6 8:00 Wii 8:10 Weight/Strength 8:30 Massage 9:00 Tappercise 10:00 Tap 11:00 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 Randy Williams 1:00 Joy of Singing 3:30 Line Dance</p>	<p>7 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 9:00 Master of Memory</p>
<p>10 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:45 Yang Tai Chi 11:00 Just Lunch 1:00 Bob Ross Painting</p>	<p>11 8:10 Weight/Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 10:00 "Great Places Here in Kansas" 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance</p>	<p>12 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 Community Quilters 3:15 Kansas Sports Hall of Fame 4:00 Yoga</p>	<p>13 8:00 Wii 8:10 Weight/Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Development Activities at Wichita Mid-Continent Airport 10:00 Tap 11:00 Advance Tap 1:00 Joy of Singing 3:30 Line Dance</p>	<p>14 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Crochet Necklace</p>
<p>17 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:45 Yang Tai Chi 1:00 Blinded by his Shadow 1:00 Acrylic Painting</p>	<p>18 7:00 Foot Care 7:45 Positive Aging 8:10 Weight/Strength 9:10 Fitness & Flexibility 10:00 Book Club 12:00 Friendship Club 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance 7:00 Community Dance</p>	<p>19 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 8:45 Hand Massage 9:00 Blood Pressure ✓ 9:10 Exercise w/purpose 9:30 Bingo 10:00 Hooks & Needles 10:45 Yang Tai Chi 1:00 Community Quilters 4:00 Yoga</p>	<p>20 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>21 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 9:00 Master of Memory</p>
<p>24 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:45 Yang Tai Chi 1:00 "Living with Droughts in Kansas" 1:00 Acrylic Painting Sign-ups</p>	<p>25 8:10 Weight/Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 11:00 Just Lunch 1:00 Wii 1:00 Senior Employment 4:00 Restorative Yoga 5:00 Line Dance 7:00 Jam Session</p>	<p>26 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 Glorious Garlic 1:00 Community Quilters 4:00 Yoga</p>	<p>27 7:00 Oklahoma Skies 8:00 Wii 8:10 Weight/Strength 8:30 Massage 9:00Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Joy of Singing 3:30 Line Dance</p>	<p>28 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 9:15 Elder Abuse</p>

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Dee's Notes

We want to keep you safe during this tornado season. If you are visiting the Derby Senior Center, the closest shelter is in the Derby Library Community Room. Since the shelter is not located at the Center, our policy will be for you to go home when alerted of a tornado watch or severe thunderstorm warning. Our goal is to be prepared for the unexpected and keep you safe. Please follow the instructions, go home and be ready to take cover from the storm.



Dee Williams

at or below 185 percent of the poverty guidelines. (Individual income \$1,772/month or \$20,665/yr or less). Both husband and wife can individually qualify if they meet these guidelines. You may complete an application, available at the front desk, and pick up your booklets every Wednesday from 9 a.m. to 1 p.m. while the supply lasts. Eligible participants will receive a \$20 booklet of checks to spend at a farmer's market location. Wichita, Oaklawn, Mulvane, Haysville and other locations are giving out coupon booklets to seniors located in their area.

Here's wishing you a pleasant and safe June. We have some fabulous fun planned for you. Join us!

- Dee

The Farmers Market Nutrition Program is for seniors 60 years of age or older who have an income

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 residents 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.

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.

Medicine Cabinet Makeover

Do you want safer, cheaper, more effective healthcare? Do you just want to feel better and avoid more medication because of the side effects caused from the chemical substances that you have been taking? Do you suffer from allergies or want to avoid the flu and other respiratory events? Class offered by Marilyn York, Essential Oils Consultant.

Date: June 3

Day: Monday

Time: 9:00 a.m.

Location: Multipurpose Room

Fee: Free

What Can You Do To Help?

Join a special group of people who represent the Derby Senior Center and help shape its image. Commit to a two year term for the Derby Senior Center Advisory Board. Be in the know about your Center and help us grow into the future. It's fun, interesting and friendly! We meet on the first Wednesday of each month at 10:00 a. m. and you will be appointed by the City Council. Applications are available online at www.derbyweb.com, at City Hall front desk and at the Senior Center front desk. Deadline for the applications are June 25, 2013. Call 788-0223 with questions.

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Upcoming Events

Registration is required for all activities

"TNT" at High Park

It's different; it will be fun and delicious! This month we are holding "TNT" at High Park in the Pavilion. Dinner will be pulled pork sandwiches, baked beans and potato 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. Come and support your Derby Senior Center! Sign up at the front desk, pay at the door.

Date: June 4

Day: Tuesday

Time: 5:00 to 7:00 pm

Location: High Park

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: June 4

Day: Tuesday

Time: 7:00 – 9:30 pm

Location: Welcome Center

Fee: \$3.00 donation at door

Covered Dish

Join us for a great lunch by the best cooks in town and enjoy entertainment too! This is a wonderful time to catch up with friends. We ask everyone attending to bring food to share and sign up by Wednesday, June 5 before noon. Everyone must pay a \$1.00 to attend

the luncheon. We are looking forward to seeing you there. The entertainment will be Randy Williams.

Date: June 6

Day: Thursday

Time: 11:30 am

Location: Austin Room

Fee: \$1.00

Discover the Kansas Sports Hall of Fame

We will be going to the The Kansas Sports Hall of Fame, located in the Wichita Boathouse, for a Senior Wednesday. This is an organization dedicated to honor the great athletic tradition in the state of Kansas. Come to this event to hear Hall of Fame president Ted Hayes highlight great moments and athletes in Kansas sports history plus have an opportunity to tour the exhibit area. We will be back to Derby by 5:30 pm.

Date: June 12

Day: Wednesday

Time: 3:15 pm

Location: Depart Library

Fee: \$4.00

Birthday / Anniversary Celebration

Come enjoy cake and ice cream as well as a fun game of bingo. We will have prizes and play for about an hour. You must sign up by noon on June 19.

Date: June 20

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: June 10 or 25

Day: Monday / 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 Terry Crane and The Country Heartbeats. Light refreshments will be provided. Whether you want to be out on the dance floor or just want to sit and listen to the music, there's a spot for you!

Date: June 18

Day: Tuesday

Time: 7:00 – 9:30 pm

Location: Welcome Center

Fee: \$3.00 donation at door

Jam Session

An open call to all bluegrass and country musicians, join us for an evening of music, dancing, and fun! Don't play but like to dance or just sit back and listen? You're welcome too! Bring a neighbor, a friend, and a snack to share. Jam will now be the 4th Tuesday of every month.

Date: June 25

Day: Tuesday

Time: 7:00 pm

Location: Multi-Purpose Room

Fee: Free

Enrichment & Learning

Registration is required for all activities

Inspiring Women

Elizabeth Fry 1780-1845 was an English prison reformer, social reformer, and as a Quaker, a Christian philanthropist. She has sometimes been referred to as the "angel of prisons". Since 2001, she has been depicted on the Bank of England £5 note. Come hear about this remarkable woman presented by Loretta Lyons.

Date: June 3

Day: Monday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

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: June 3, 17, 24

Day: Monday

Time: 1:00 pm

Location: Classroom 2

Fee: \$10.00 per class

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: June 5, 12, 19, 26

Day: Wednesday

Time: 10:00 am

Location: Conference Room

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

Date: June 6, 13, 20, 27

Day: Thursday

Time: 1:00 – 2:00 pm

Location: Classroom

Fee: Free

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~~ Continued ~~

~~Enrichment & Learning Continued~~

Master of Memory

Memory lapses happen to people of any age. It seems that as we get older we start to associate these lapses with our age. While some change may be expected as you age, that doesn't mean you can't do something about it – you can be proactive in using some strategies and lifestyle adaptations. The Master of Memory series will help you understand how various factors affect your memory and help you discover ways to improve it. Lesson one: Am I Losing My Mind? Lesson two: Memory Strategies, Instructor: Teresa Hatfield Extension Agent, Adult Development and Aging.

Date: June 7, 21

Day: Friday

Time: 9:00 am

Location: Multipurpose Room

Fee: Free

Bob Ross Style Painting Class

Cindy Roper will be instructing this painting class using the "Bob Ross" technique. Bring a 16 x 20 canvas and tabletop easel. If supplies are provided by instructor cost of class is \$25.00. If you bring your own supplies cost for the class is \$15.00, get list at front desk. Painting will be completed and ready to go at the end of the class. You must register by June 5.

Date: June 10

Day: Monday

Time: 1:00 pm

Location: Class Room

Fee: See Above

"Great Places Here in Kansas"

Join Beccy Tanner, KS History Writer, The Wichita Eagle for a presentation on her favorite places in Kansas. Beccy has been employed with the Eagle for 30 years and seen many things throughout Kansas. Don't miss this interesting

presentation.

Date: June 11

Day: Tuesday

Time: 10:00 am

Location: Multipurpose Room

Fee: Free

Development Activities at Wichita Mid-Continent Airport

Pat McCollom, P.E., Wichita Airport Authority will give a power point presentation on the development activities at ICT. Pat is the Program Manager for the ACT 3 new Terminal at Wichita Mid-Continent Airport. Pat will be giving an overview of this new two-level, 12 gate Airport Terminal. This \$160 Million project is the airline gateway to the State of Kansas and will emphasize Wichita's position as the "Air Capital of the World."

Date: June 13

Day: Thursday

Time: 10:00 am

Location: Multipurpose Room

Fee: Free

Crochet Necklace

Necklaces are great projects for crochet beginners. They're small, so you can correct mistakes quickly, and are stylish for all seasons. Best of all, they make excellent gifts. Items Needed: Crochet hook size N, 3 large hole beads, 1 skein ICE yarn or 1 roll ¼" satin ribbon, optional; thin strands of pearls, beads, cording. Items may be purchased from instructor. See list at front desk. Join Barbara Bulger for this fun class.

Date: June 14

Day: Friday

Time: 10:00 am

Location: Conference Room

Fee: \$1.00

Blinded by his Shadow

Mulvane resident, Tammy Zimmerman, will be here to talk about Blinded by His Shadow, a book about her grandfather

Joseph Zimmerman, she wrote and published. The book spans Joseph's entire life but primarily records his service as an infantryman in World War II fighting in the trenches, marching across France and Germany and eventually helping to bring freedom to the concentration camps of Landsberg, Germany. "History is a vital part of everyone's life," Tammy says. "The stories of everyday heroes are what make us look forward to the future with pride and a sense of who we are." As the "Greatest Generation" grows older and memories fade, Tammy sensed an urgency to capture these stories before they were lost.

Date: June 17

Day: Monday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

"Living with Droughts in Kansas"

Drought is a common, reoccurring weather pattern for Kansas. Being prepared for drought to happen at any time has been and continues to

be a way of life for all of us so as to safeguard our water supplies. Kay Drennen, environmental specialist in water resources for the city of Wichita, will be here to talk about this problem.

Date: June 24

Day: Monday

Time: 1:00 pm

Location: Multipurpose 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: June 25

Day: Tuesday

Time: 1:00 pm

Location: Conference Room

Fee: Free

Health & Information

Registration is required for all activities

Positive Aging

This educational seminar has programs specifically for seniors in Sedgwick County. This is a day for seniors to learn about important issues you are facing or will be facing. This program will be held at the County Extension Education Center. Breakout sessions will include topics on Protecting Your Health, Protecting Your Wealth, Protecting Yourself, and more.

Fee covers materials, refreshments and box lunch. We will be back to Derby around 3:30 pm.

Sign-up deadline is June 12.

Date: June 18

Day: Tuesday

Time: 7:45 am

Location: Depart DRC

Fee: \$13.00

~~ Continued ~~

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~~ Health & Information Continued ~~

Glorious Garlic

Garlic is touted for its nutritional and health benefits, but how do you use it in your cooking? Join Denise Dias for information on using these aromatic vegetables in dishes.

Date: June 26

Day: Wednesday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

Elder Abuse

The Mental Health Association is holding its 8th annual Elder Abuse Awareness Day at Botanica. Larry Hatteberg will be the guest speaker. Free lunch and door prizes will be given. Wear purple and take a stand against Elder Abuse. You will be able to stroll through the beautiful Botanica. We will be back to Derby by 1:30 pm.

Date: June 28

Day: Friday

Time: 9:15 am

Location: Depart Senior Center (back)

Fee: \$3.00

788-RIDE

Derby Dash Summer Special

Take a round trip for \$3.00 to:

- Library
- DRC/
Rock River Rapids
- Plaza Movie
- Derby Bowl
- Senior Center

Summer Ride Cards

Summer Ride Cards are good June 1st through August 31st

Purchase your ride cards at the Senior Center, City Hall, Dillons stores, and the DRC.



Day Trips

Registration is required for all activities

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, 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

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~~ 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: June 5, 12, 19, 26

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: June 6, 13, 20, 27

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: June 4, 6, 11, 13, 18, 20, 25, 27

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: June 4, 6, 11, 13, 18, 20, 25, 27

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: June 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, 28

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: June 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, 28

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: June 4, 11, 18, 25

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: June 4, 6, 11, 13, 18, 20, 25, 27

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.

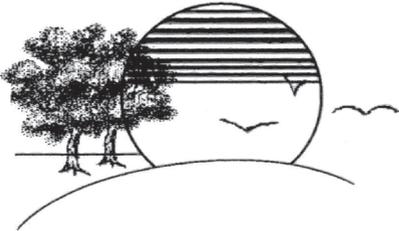
Date: June 5, 12, 19, 26

Day: Wednesday

Time: 4:00 pm

Location: Classroom 1

Fee: \$2.50 per class



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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 –

THE DERBY INFORMER

Call 788-4006 today to subscribe!

Ongoing Activities

Monday

7am-4pm Treadmill, Recumbent Bike
 8:10am Cardio, Core & More
 9:10am Exercise w/ Purpose
 10:45am Yang Tai Chi
 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

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

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

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

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