

Prime Times

News, Information and More From the Derby Senior Center

February 2013

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

A volunteer with personality

By Shirley Stees

This month I was able to interview Janeen Powers. She is a very active participant and dedicated volunteer of the Senior Center. You can find her helping serve the noon Red Cross meals, helping with the birthday and bingo parties, covered dish lunches, attending yoga, line dance, exercise class, trips, classes, etc.

Business hours to change

Beginning February 4, 2013, City Hall, the Derby Welcome Center, Municipal Court, Senior Center, and the Derby Dash public transportation will change business hours to better meet the needs of residents.

New Senior Center hours will be Monday-Thursday 7 a.m. to 5 p.m.; Friday 7 a.m. to 1 p.m.

Derby Dash hours will be 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 will be 7:30 a.m. to 12:30 p.m.

Learn more about the new hours on the City website: www.derbyweb.com/new-business-hours.cfm. You can also find the link on the "Issues and Initiatives" page under the "News" tab.

Janeen was born in Tecumseh, Nebraska. Her father was a clerk for the District Court. About the age of 5 she moved to Leavenworth, Kansas where her dad was a government guard at the Ft. Leavenworth Federal Prison. At that time the famous Bird Man of Alcatraz (Robert Stroud) was incarcerated. Don't you know there would be some very interesting stories? While living in Leavenworth her brother Neil was born.

The family moved to Wichita when Janeen was about 7 years old, and her father was a government manager in the Hilltop/Plainview and Beechwood areas where the women workers at the Boeing plants and elsewhere lived while their husbands were at war. The only car they had was the government issued vehicle and could not be used for personal business. During the summer months the family would pack a picnic lunch and take the bus to Riverside Park for an afternoon of fun. She had a very delightful childhood and didn't hear or worry about the war.

Janeen walked to school at Jefferson, All Saints, and later took the bus to Cathedral High School and later what was then Wichita University for a couple of years. One interesting story she related was after walking home from school in the winter



Janeen Powers

her mother would soak her frozen feet in a pan or bathtub of water to defrost them. In her math class in high school if you made an error at the blackboard, the nun would throw an eraser at your head.

After attending college she went to work at Cessna, accumulating almost a total of 40 years. She met her future husband, Boyd, at Cessna. She expressed over and over what fantastic people she had worked with on the flight line and how many interesting customers she met. Often Mr. Wallace would take a tour of the flight area and greet the people. About 20 of her near 40 years at Cessna were located on the flight line. It was a dream job. It was so busy, exciting and fulfilling. The flight line consisted of first flight after out the door, paint shop, modification and final flight before delivery. Anything and everything can and did happen, from planes being bellied in, to a McConnell's jet crashing in the backyard.

She and Boyd had two sons, Boyd III and Jeff. During the years the boys were growing up they were into scouts, baseball and car racing. They raced at 81 Speedway—semi late. Their driver and co-owner was T. J. Newman. They had a yellow Plymouth #711. She also drove a Plymouth and when the boys and she arrived at the track her car was dismantled for parts. She never knew if she would get home or not. One fourth of July a truck filled with fireworks was parked in the pit area, a spark got in the bed and fireworks went everywhere. One winter they built a new car and the first race in front of the grandstand it went end over end. She never went

back.

They moved to Derby about 1990. She has two granddaughters and two grandsons, and nine great-grandchildren. Upon her retirement from Cessna, she and Boyd took a trip to Nova Scotia where he coughed the entire time. Upon returning home Boyd went to the doctor and was diagnosed with lung cancer and passed away four months later.

Four days after Boyd's funeral Janeen stopped in the Derby Senior Center to see if they needed a volunteer for anything. Immediately Doris Queen and Dee took her to the kitchen to work with Tammy Urso, the Red Cross coordinator, to serve the noon meal, and she has continued since as a volunteer. She took bus trips with the Center and became acquainted with a lot of nice people. She has also taken a 29-day bus trip to Alaska, has been to Hawaii and back to Nova

Scotia two additional times. One thing that has most impacted her life was getting to go in a hot air balloon ride in Mulvane and then she has taken two trips to see the Hot Air Balloon Festival in Albuquerque.

During the time Boyd was ill, the doctor suggested they get a small dog that could sit in his lap. After Boyd's death Leo became Janeen's companion, however it took awhile for Leo to warm up and get along with her. He is now 12 years old and spent the summer months building up his system so he could have major surgery which was a success and now he acts like a puppy, and lets her know when anybody is coming to the house. She said she has had a good life, but would not go back one minute.

The Derby Senior Center is very lucky to have Janeen with her personality and willingness to help.

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Derby Senior Services
611 Mulberry - Suite 100
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February 2013

Mon	Tue	Wed	Thu	Fri
February Activity Sign-Up will Open Monday, January 28th at 8:00 am				1
<p>8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:45 Yang Tai Chi 1:00 Inspiring Women</p>	<p>8:10 Weight/Strength 9:10 Fitness & Flexibility 9:30 Bingo No Tap 11:00 Advance Tap 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance 5:00 TNT Tuesday Nites Together 7:00 Senior Dance</p>	<p>8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:00 Board Meeting 10:45 Yang Tai Chi No Yoga</p>	<p>8:00 Wii 8:10 Weight/Strength 8:30 Massage No Tappercise No Tap 11:00 Advance Tap 9:00 New Member Orientation 9:10 Fitness & Flexibility 10:00 Bible Study 10:30 Blood Pressure ✓ 11:00 Hearing Aid ✓ 11:30 Covered Dish 12:15 Roger Mattingly 1:00 Joy of Singing 3:30 Line Dance</p>	<p>8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Crochet Scarf Class</p>
<p>8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Brunch for Your Brain 10:45 Yang Tai Chi 1:00 Heart Bookmark</p>	<p>8:10 Weight/Strength 9:10 Fitness & Flexibility No Tap 11:00 Advance Tap 10:00 Taking Care of Business 1:00 Wii 1:00 Zentagle 4:00 Restorative Yoga 5:00 Line Dance</p>	<p>8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:45 Yang Tai Chi 1:00 Downsizing Workshop 4:00 Yoga 5:00 Valentine Dinner</p>	<p>8:00 Wii 8:10 Weight/Strength 8:30 Massage No Tappercise 9:10 Fitness & Flexibility No Tap 11:00 Advance Tap 10:00 Bible Study 12:00 Kansas Star Casino 1:00 Joy of Singing 3:30 Line Dance</p>	<p>8:10 Cardio, Core & More 9:10 Exercise w/ purpose</p>
Center Closed	<p>7:00 Foot Care 8:10 Weight/Strength 9:10 Fitness & Flexibility 12:00 Friendship Club 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance 7:00 Community Dance</p>	<p>8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Blood Pressure ✓ 9:10 Exercise w/purpose 9:30 Bingo 10:00 Brunch for Your Brain 10:00 Hooks & Needles 10:45 Yang Tai Chi 4:00 Yoga</p>	<p>8:00 Wii 8:10 Weight/Strength 8:30 Massage No Tappercise 9:10 Fitness & Flexibility No Tap 11:00 Advance Tap 10:00 Bible Study 10:45 Church Basement Ladies 1:00 Joy of Singing 2:00 Birthday & Anniversary Celebration 3:30 Line Dance</p>	<p>8:10 Cardio, Core & More 9:10 Exercise w/ purpose</p>
<p>8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:45 Yang Tai Chi 11:00 Just Lunch Sign-ups</p>	<p>8:10 Weight/Strength 9:10 Fitness & Flexibility No Tap 11:00 Advance Tap 11:00 Are you Alright 1:00 Wii 1:00 Senior Employment 1:30 Severe Weather 4:00 Restorative Yoga 5:00 Line Dance 6:00 Bunco Babes</p>	<p>8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:45 Yang Tai Chi 1:00 Heart Healthy Cooking 4:00 Yoga</p>	<p>8:00 Wii 8:10 Weight/Strength 8:30 Massage No Tappercise 9:10 Fitness & Flexibility No Tap 11:00 Advance Tap 10:00 Bible Study 1:00 Joy of Singing 3:30 Line Dance</p>	

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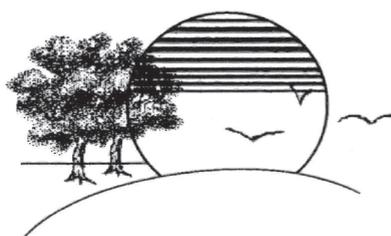
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Dee's Notes

Back by popular demand, Brunch For Your Brain on a monthly basis! Each month will feature a topic and offer two dates for your convenience to attend the class. The pilot project is over so NO more forms to fill out! This class is great for anyone and you must register!



Dee Williams

The Senior Center programs are here for you to improve your quality of life and to help you stay healthy, independent and able to take care of yourself. We depend on volunteers to help with this large task. We have new computers funded by memorials and a grant from Walmart. We are in need of a volunteer to teach computer classes. This computer savvy person would be willing to work with a small group of seniors wanting to learn basic computer skills. If you are interested or know of someone interested please let me know.

The Advisory Board provides coffee

on a daily basis to our patrons and charges a minimal fee. After almost twenty years the price is going up from .10 cents a cup to .25 cents a cup. Another change taking place is Bingo cards will now be .25 cents each (limit two) at the first Tuesday and third Wednesday Bingo. You will pay for the Bingo cards at the door. All Senior Center exercise classes will have a \$1.00 fee. Thank you for your participation and support as we work through these changes.

Please make sure you read your newsletter and don't forget to sign-up as soon as possible. We have activities for every Valentine out there. The Covered Dish luncheon is on the first Thursday and requires you to sign-up ahead of time, by noon Wednesday, the day before the luncheon. Also the Birthday and Anniversary Celebration requires that you sign-up ahead of time, by noon Wednesday, the day before the Celebration.

Happy Valentine's Day! Dee

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, starting January 28 at 9:00 am.

Date: February 1st - 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 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.

Smoke and Carbon Monoxide Detectors

The Derby Fire Department has smoke detectors and a small amount of carbon monoxide detectors available. The only way to receive a free detector is for the fire department to install it; no carry-out detectors will be issued. Stop by the front desk to fill out a form if interested.

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Bits & Pieces

Inclement Weather Policy

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

Derby Senior Center Community Quilters

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

to various charities. Thank you to everyone who donated fabric.

Friendship Club

This is a good opportunity to get together with other seniors. 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!

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

A little lonely?

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~~ Bits & Pieces Continued ~~

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.

Are You All Right ----- Reassurance Calling Program

We are looking for volunteers to

call seniors who need and want this service. This program can be a life saver! Volunteers call the senior every day at the same time, usually a week at a time, to check on their wellbeing and ask "Are you all right"? There will be a meeting on February 26, at 11:00 for new volunteers and current callers. * If you are a senior and need to receive a reassurance call; our staff can help you with connecting to the leader of the group.

Upcoming Events

Registration is required for all activities

TNT "Tuesday Nite Together"

It's different; it will be fun and delicious! "Tuesday Nite Together" February 5 starting at 5pm. Ham & Beans and a side of corn 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: February 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: February 5

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, February 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 Roger Mattingly.

Date: February 7

Day: Thursday

Time: 11:30 am

Location: Austin Room

Fee: \$1.00

Valentine Dinner

Valentine's Day is a great occasion to get together with your friends, enjoy a wonderful dinner and listen to some great music. LV Smith will be here playing all your favorites oldies, gospels and country. There will be plenty of room to dance, too! The evening will start with a wonderful catered dinner. Here is your chance to take out your honey or grab a friend and relax a little!

Date: February 13th

Day: Wednesday

Time: 5:00 pm

Location: Austin Room

Fee: \$6.00

Kansas Star Casino

Take a gamble on this sweet deal! Join us for a tour of the casino and then play your favorite games. Kansas Star Casino offers a high-energy gaming experience! Try your luck at over 1,825 of the newest, hottest slots, 55 table games including Craps,

Roulette, no-ante Blackjack, an Asian Gaming pit, plus a 10-table poker room! So grab a friend and check out what everyone's talking about. We will be leaving the casino at 4:00 pm.

Date: February 14th

Day: Thursday

Time: 12:00 pm

Location: Depart Library

Fee: \$3.00

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: February 19

Day: Tuesday

Time: 7:00 – 9:30 pm

Location: Welcome Center

Fee: \$3.00 donation at door

Church Basement Ladies

Join us at Crown Uptown for a fun afternoon with the beloved church ladies. This fun loving production is the latest in the series of musicals based on the humorous novel, Growing Up Lu-theran. The show celebrates the Church basement kitchen, the four distinct women who work there and their relationships as they organize the food and solve the problems of rural Minnesota Church. It's 1960, and Bev-erly gets her first pair of high heels for confirmation; Pastor announces his impending nuptials; Mrs. Snustad and Mrs. Gilmerson plan a food booth at the County Fair to raise money; and Mrs. Engelson embarks on a spontaneous driving lesson.

Date: February 21

Day: Thursday

Time: 10:45 am

Location: Depart Library

Fee: \$32.00

Birthday / Anniversary Celebration

We will be celebrating Birthday and Anniversaries with Bingo and cake and ice cream. Come and enjoy cake and ice cream and then we will play bingo. We will have prizes and play

for about an hour. You must sign up ahead.

Date: February 21

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. Registration required.

Date: February 25

Day: Monday

Time: 11:00 am

Location: Depart from Library

Fee: \$3.00 plus lunch

Severe Weather

Join Mark Bogner from KSN Weather team for a presentation on Severe Weather with an emphasis on barometric pressure. As a native Kansan who's spent his entire career in the state, Mark has seen his share of unique Kansas weather. He joined the KSN PinPoint Weather Center Team in January 1995, and holds Seals of Approval from both the American Meteorological Society and the National Weather Association. Mark is the weekend Meteorologist for KSN and can also be seen on several Noon shows a week. Please register for class ahead.

Date: February 26

Day: Tuesday

Time: 1:30 pm

Location: Austin Room

Fee: Free

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: February 26

Day: Tuesday

Time: 6:00 pm

Location: Game Room

Fee: \$2.00

Enrichment & Learning

Registration is required for all activities

Dollar Bill Origami

All you need is a dollar, so bring your last buck and learn how to make it into a heart. It will make a cute gift for friends and family. Keep one in a pocket to giveaway or tuck it into a card. It's cute, fun, and simple!

Date: February 1

Day: Friday

Time: 1:00 pm

Location: Conference Room

Fee: Free

Hooks & Needles

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

Date: February 6, 13, 20, 27

Day: Wednesday

Time: 10:00 am

Location: Conference Room

Fee: Free

Inspiring Women

Rosemary Pawloski will tell the story of Lucy Maud Montgomery life and how it influenced the writing of the "Anne of Green Gables" series and many of her other books.

Date: February 4

Day: Monday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

Bible Study

Dr. James McIntosh, will continue the verse by verse study of the Book of Hebrews. This six weeks study, ending March 14, will focus on the theme that Jesus is superior to everybody and anybody. W.E. Vine wrote, "this letter is written to provide the great antidote to meet the dangers both of the true Hebrews

believers and of those who were tending to become apostates."

Date: February 7, 14, 21, 28, March 7, 14

Day: Thursday

Time: 10:00 am

Location: Multipurpose Room

Fee: Free

Crochet Scarf Class

Make a ruffled scarf, one 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: February 8

Day: Friday

Time: 10:00 am

Location: Conference Room

Fee: \$3.00

Heart Bookmark

Mark your place with a heart. Join us to make a simple heart shaped bookmark and never lose your place again. If you are a book lover or know someone who is, you won't want to miss this fun class.

Supplies provided, but you are welcome to bring any embellishments to personalize. Class taught by Vicki Durrenberger.

Date: February 11

Day: Monday

Time: 1:00 PM

Location: Conference Room

Fee: \$2.00

Zentagle

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: February 12

Day: Tuesday

Time: 1:00 – 3:00 pm

Location: Multipurpose Room

Fee: \$25.00

Downsizing Workshop

Learn the art of downsizing with Kirsten Awe, professional organizer from Three Pea. Kirsten Awe has contributed organizing tips and information to hundreds of clients over the past five years. She has helped many senior's with the downsizing, moving and transitional process. Not only can Kirsten help you sort through your possessions she can help you decide what items to keep and which ones to let go of. If you have thinking about downsizing or just want to get more organized don't miss this fascinating presentation.

Date: February 13

Day: Wednesday

Time: 1:00 pm

Location: Multi-Purpose

Fee: Free

Are You Looking For 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: February 26th

Day: Tuesday

Time: 1:00 pm

Location: Conference Room

Fee: Free

Health & Information

Registration is required for all activities

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. Our first session will be on Brain Matter. Choose your date and sign-up at the

Senior Center.

Date: February 11 or 20

Day: Monday or Wednesday

Time: 10:00 am

Location: Multipurpose Room

Fee: Free

Taking Care of Business

Rita Willis, Bereavement Coordinator with Heartland Home Health Care and Hospice will talk about how the loss of a loved one brings business matters to mind, both for the estate of the deceased and for those who remain. A listing of business matters to consider will be shared both by the facilitator and group members.

Date: February 12th

Day: Tuesday

Time: 10:00 am

Location: Conference Room

Fee: Free

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Heart Healthy Cooking

Learn to stay young at heart by cooking the heart healthy way. Jan McMahon Extension Agent will share with you meal ideas, recipes and samples to taste.

Date: February 27

Day: Wednesday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

and discomfort through massage. Clients have adequate time and privacy before and after the massage. Appointments available on Wednesday and Thursday, call Mart at 788-0228.

Discounted Prices are as follows:
Half hour, upper body (or specific areas by request): \$23
One hour, full body (or specific areas by request): \$43

Massage

Mart Madison MT, NBC, Health & Serenity Massage Therapy has worked with the Derby Senior Center for 13 years. He has helped many seniors with releasing pain

Blood Pressure Check-Ups

No appointment is necessary.

Date: 1st Thursday 10:30 am

3rd Wednesday 9:00 am

Location: Health Room

Fee: Free

Welcome New Patrons

LILAHA BOLEN	PATTY HARDISON	GARY SHAFFER
EDDIE CLEMENTS	CHARLOTTE HARMON	NANCY SIEBERT
PENNY DAVIS	VIRGINIA LAWRENCE	DORIS SMITH
CHERIE DUPREZ	TIM MONROE	BERNICE STEGMAN
WILLIAM DUPREZ	ROSALINE NESLER	SYVANUS STEGMAN
KATHY EDWARDS	MARTIN ODELL	
ROBERT EDWARDS	JACQUELINE ROGERS	

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- Dasa V. Gangadhar, MD

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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: February 6, 13, 20, 27

Day: Wednesday

Time: 8:10 am

Location: Austin Room

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: February 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: February 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: February 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 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: February 1, 4, 6, 8, 11, 13, 15, 20, 22, 25, 27

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: February 1, 4, 6, 8, 11, 13, 15, 20, 22, 25, 27

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

Date: February 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: February 6, 13, 20, 27

Day: Wednesday

Time: 4:00 pm

Location: Classroom 1

Fee: \$2.50 per class

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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

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"
 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)
 3:30pm Line Dance

Friday

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

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 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.

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.

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

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



Department on Aging

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