

Prime Times

News, Information and More From the Derby Senior Center

July 2013

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The Grovers celebrate a wonderful, blessed life

By Shirley Stees

Most of you will know this month's interviewees - Dick and Darlene Grover. When I told Darlene I wanted them to be my next month's interviewees, she said they had not done anything interesting. I suggested she make a few notes and then we would talk. A few days later, she sent me the following email which contained their story written by their daughter:

Dick was born and raised in Clay Center, Kansas, on June

16, 1935. He was the baby of the family. He had a brother 15 years older than him and three sisters. His dad was a section foreman for the Rock Island Railroad. Dick was raised in a caring hardworking family. He was 6 years old when World War II started. He spent his childhood playing war games and was a member of the "gopher boys." He loved going to the Saturday afternoon matinees. He would scrounge around for a nickel and bring his own popcorn to watch Gene, Roy and Hoppy, or even a first run Errol Flynn picture show. One of his favorite Christmas presents was a "new" used bike. During Dick's high school years, he worked as a projectionist and helper at both of the Clay Center movie theaters.

Darlene was born into a farm family on July 10, 1936, which holds the records for being the hottest day in July. Darlene was a "tom boy," but she had to be to keep up with her two older brothers. She was also the only girl in her one room school house that had 11 other children whom happened to all be boys. She was caught by her mortified mother when she climbed on top of a silo. She rode her horse to school, uphill both ways. She was quite the marksman with a .22 - she shot rattlesnakes and quails, hitting them in their heads.

Dick and Darlene's love story began in Salina. Dick was stationed as an airman at Smokey Hill AFB, later renamed Schilling AFB. After Darlene graduated from Brown Mackie Business School, she got a job with the Civil Service working in the finance office as a comptometer operator for the airbase. Dick and Darlene

met at a drinking fountain at the big warehouse where they both worked. Dick was quickly smitten with Darlene and asked her to go to the movies with him. They saw the movie "My Sister Ilene." After the movie, they went to a soda shop and Darlene put money in the juke box. One of the songs she picked was Love and Marriage. A few months later, they were married at a small country church. The traveling minister who performed the ceremony nodded at Dick several times and Dick would just nod back. After several people started to snicker, he told Dick it was okay to kiss his bride.

Dick supported the family as a sergeant in the Air Force. The family lived in Kansas, Texas, Turkey and Guam. Dick had temporary duty in Greenland, Iceland and Vietnam. The family was able to visit Spain, Greece, Germany and England. The family had many benefits of living in wonderful places, but it was difficult on everyone when Dick was in Vietnam and when he had to go TDY. When Dick retired from the military in 1974, he moved the family to Derby. He worked for JC Penney's and Darlene worked as a secretary for Swaney Elementary for 24 years.

In their 57 years of marriage, they raised three girls and one boy. Raising the kids to be respectful and successful members of society was very important to Dick and Darlene. The four kids all graduated from Derby High School. Their son

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Dick and Darlene Grover

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# July 2013

| Mon                                                                                                                                                                                             | Tue                                                                                                                                                                                                                                                                                         | Wed                                                                                                                                                                                                                                                                                                                              | Thu                                                                                                                                                                                                                                                                          | Fri                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>1</b> 8:10 Cardio, Core & More<br>9:10 Exercise w/ purpose<br>10:45 Yang Tai Chi<br><b>1:00 Inspiring Women</b><br><b>1:00 Acrylic Painting</b>                                              | <b>2</b> 8:10 Weight/Strength<br>9:10 Fitness & Flexibility<br><b>9:30 Bingo</b><br>10:00 Tap 11:00 Advance Tap<br>1:00 Wii<br>4:00 Restorative Yoga<br><b>5:00 Line Dance</b><br><b>5:00 TNT- High Park</b><br><b>7:00 Senior Dance</b>                                                    | <b>3</b> 8:10 Cardio, Core & More<br><b>8:10 Zumba Gold</b><br>8:30 Massage<br><b>8:45 Hand Massage</b><br>9:10 Exercise w/purpose<br><b>10:00 Hooks &amp; Needles</b><br><b>10:00 Board Meeting</b><br>10:45 Yang Tai Chi<br><b>1:00 Community Quilters</b><br>4:00 Yoga                                                        | <b>4</b> <p style="text-align: center;"><b>Happy 4th of July<br/>Center Closed</b></p>                                                                                                                                                                                       | <b>5</b> 8:10 Cardio, Core & More<br>9:10 Exercise w/ purpose                                                               |
| <b>8</b> 8:10 Cardio, Core & More<br>9:10 Exercise w/ purpose<br>10:45 Yang Tai Chi<br><b>10:00 Heart Healthy Lunasin</b><br><b>1:00 Acrylic Painting</b>                                       | <b>9</b> 8:10 Weight/Strength<br>9:10 Fitness & Flexibility<br>10:00 Tap 11:00 Advance Tap<br>1:00 Wii<br><b>1:00 Sundae's / Bingo</b><br>4:00 Restorative Yoga<br><b>5:00 Line Dance</b>                                                                                                   | <b>10</b> 8:10 Cardio, Core & More<br><b>8:10 Zumba Gold</b><br>8:30 Massage<br><b>9:00 "How to Be Smarter than<br/>Your Smart Phone"</b><br>9:10 Exercise w/purpose<br><b>10:00 Hooks &amp; Needles</b><br>10:45 Yang Tai Chi<br><b>1:00 Community Quilters</b><br>4:00 Yoga                                                    | <b>11</b> 8:00 Wii 8:10 Weight/Strength<br>8:30 Massage 9:00 Tappercise<br>9:10 Fitness & Flexibility<br>10:00 Tap 11:00 Advance Tap<br><b>10:00 Caregiving &amp; Aging Resources</b><br><b>11:00 Lunch &amp; Movie</b><br>1:00 Joy of Singing<br><b>3:30 Line Dance</b>     | <b>12</b> 8:10 Cardio, Core & More<br>9:10 Exercise w/ purpose<br><b>9:00 Master of Memory</b>                              |
| <b>15</b> 8:10 Cardio, Core & More<br>9:10 Exercise w/ purpose<br><b>10:00 125 Things that<br/>must be done</b><br>10:45 Yang Tai Chi<br><b>1:00 Bob Ross</b><br><b>1:00 Visions of Tuscany</b> | <b>16</b> <b>7:00 Foot Care</b><br>8:10 Weight/Strength<br>9:10 Fitness & Flexibility<br>12:00 Friendship Club<br><b>12:30 Youth Summer Theatre</b><br>1:00 Wii<br>4:00 Restorative Yoga<br><b>5:00 Line Dance</b><br><b>7:00 Community Dance</b>                                           | <b>17</b> 8:10 Cardio, Core & More<br><b>8:10 Zumba Gold</b><br>8:30 Massage<br><b>8:45 Hand Massage</b><br><b>9:00 Blood Pressure</b> ✓<br>9:10 Exercise w/purpose<br><b>9:30 Bingo</b><br><b>10:00 Hooks &amp; Needles</b><br>10:45 Yang Tai Chi<br><b>1:00 Community Quilters</b><br><b>1:00 Tomato / Tamato</b><br>4:00 Yoga | <b>18</b> 8:00 Wii 8:10 Weight/Strength<br>8:30 Massage 9:00 Tappercise<br>9:10 Fitness & Flexibility<br>10:00 Tap 11:00 Advance Tap<br><b>10:00 Madison Ave Park</b><br>1:00 Joy of Singing<br><b>2:00 Birthday &amp; Anniversary Celebration</b><br><b>3:30 Line Dance</b> | <b>19</b> 8:10 Cardio, Core & More<br>9:10 Exercise w/ purpose<br><b>9:00 Master of Memory</b><br><b>10:00 Wholly Molly</b> |
| <b>22</b> 8:10 Cardio, Core & More<br>9:10 Exercise w/ purpose<br><b>10:00 Pain Management</b><br>10:45 Yang Tai Chi<br><b>1:00 Acrylic Painting</b>                                            | <b>23</b> 8:10 Weight/Strength<br>9:10 Fitness & Flexibility<br><b>9:15 First Council Casino</b><br>10:00 Tap 11:00 Advance Tap<br><b>11:00 Natural Remedies for<br/>Arthritis Pain</b><br>1:00 Wii 1:00 AYAR<br>4:00 Restorative Yoga<br><b>5:00 Line Dance</b><br><b>7:00 Jam Session</b> | <b>24</b> 8:10 Cardio, Core & More<br><b>8:10 Zumba Gold</b><br>8:30 Massage<br>9:10 Exercise w/purpose<br><b>10:00 Hooks &amp; Needles</b><br>10:45 Yang Tai Chi<br><b>11:00 Just Lunch</b><br><b>1:00 Community Quilters</b><br>4:00 Yoga                                                                                      | <b>25</b> 8:00 Wii 8:10 Weight/Strength<br>8:30 Massage 9:00 Tappercise<br>9:10 Fitness & Flexibility<br>10:00 Tap 11:00 Advance Tap<br><b>10:00 Cooking for One</b><br><b>10:45 Hairspray</b><br>1:00 Joy of Singing<br><b>3:30 Line Dance</b>                              | <b>26</b> 8:10 Cardio, Core & More<br>9:10 Exercise w/ purpose<br><b>9:00 Master of Memory</b>                              |
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## Dee's Notes

July, don't you just love it? Watermelon, picnics, firecrackers, family reunions, friends, grandkids, bar-b-ques and the lazy days of summer! It doesn't get any better! Try an afternoon at the theatre watching "Hairspray," go play a game at First Council Casino. Stay cool with us by attending the many interesting classes you have to pick from this month!



Dee Williams

Did you know that "Tuesday Nite Together" is a fundraiser for the programs and services at the Senior Center? We need you to attend and support your Center. This month on July 2 it's time to grab your grandkids, family and friends and have a fun evening at the park eating hot dogs with all the fixins. We have plenty of shade and fans too. It's time to get out and try something different and fun!

Hope you're having a safe summer!  
- Dee

### 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.

### 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!

## 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 seniors on a first come basis. Visit the Center to fill out a simple application on Wednesdays starting May 29 from 9:30am to 12:30pm. 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.

## Welcome New Patrons

MIKE BURGARDT  
PEGGY DAVIS  
LINDA ELLETTE  
ELLEN FERMAN  
LARRY FERMAN

MARTHA HANSON  
VANA HARTLEY  
DEBRA HIGGS  
JEANENE HOLL  
MARILYN KILGORE

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Ride round trip to the new Wal-Mart Neighborhood Market the week of July 15-19 for only \$3.00

Ride cards may be purchased at the Senior Center, City Hall, both Dillons stores, and the DRC.



# Upcoming Events

## Registration is required for all activities

### “TNT” “Tuesday Nite Together”

July 2 is Family Night at High Park! This is a great time to grab your grandchildren and have a fun evening at the park. Enjoy hot dogs with all the fixings, chips, sweet treat for dessert and a drink. The 1.5 hour time frame (5-6:30pm) 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:** July 2

**Day:** Tuesday

**Time:** 5:00 to 6:30 pm

**Location:** High Park

**Fee:** \$3.00 one hot dog / \$5.00 two hot dogs (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:** July 2

**Day:** Tuesday

**Time:** 7:00 – 9:30 pm

**Location:** Welcome Center

**Fee:** \$3.00 donation at door

### Sundaes/ Bingo

Join Innovative Senior Care for an Ice Cream Sundae and some bingo, therapy bingo that is..... Put your right foot in and your right foot out. Get a bingo and win a prize. Innovative Senior Care will provide ice cream and all the toppings and some fun bingo for all. Don't miss this exciting event.

**Date:** July 9

**Day:** Tuesday

**Time:** 1:00 pm

**Location:** Multipurpose Room

**Fee:** Free

### Lunch & A Movie

Start your week off right with a movie at the Warren Theatre on 13th Avenue. We will have lunch before attending the movie. Movie will be announced at sign-ups. Cost includes transportation and movie ticket. You will pay for your own meal.

**Date:** July 11

**Day:** Thursday

**Time:** 11:00 am

**Transportation:** Van

**Location:** Depart Library

**Fee:** \$10.00 plus meal

### Visions of Tuscany

John Ellert has been photographing the natural world since age 14. Taking great joy in pursuing unique qualities of light, he has traveled extensively while photographing throughout the U.S. and Europe, as well as journeys to Africa and South America. Join John for this amazing presentation of Visions of Tuscany is a visual paean to the beauty of the Tuscan countryside, hill towns, and cities. The photography concentrates on the spectacular light and landscapes from Florence south to Chianti and the Crete Senesi. Set to music by Tuscan native son Giacomo Puccini, the program also shows the people of central Italy – native and tourist alike – going about the business of daily living.

**Date:** July 15

**Day:** Monday

**Time:** 1:00

**Location:** Austin Room

**Fee:** Free

### Youth Summer Theatre

Join us for a fun afternoon with the DRC Youth Summer Theatre group as they present Jungle Book. The jungle is jumpin' with jazz in this exciting Disney classic! Join Mowgli, Baloo, King Louie and the gang as they swing their way through madcap adventures and thwart the ferocious tiger, Shere Khan. Specially adapted from the beloved film, this musical includes all your favorite Disney tunes, like "The Bare Necessities," and "I Wan'na Be Like You." With colorful characters and that toe-tapping jungle rhythm, Disney's THE JUNGLE BOOK KIDS is sure to be a crowd-pleaser for audiences of all ages.

**Date:** June 16

**Day:** Tuesday

**Time:** 12:30 pm

**Location:** Multipurpose Room

**Fee:** Free

### 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:** July 16

**Day:** Tuesday

**Time:** 7:00 – 9:30 pm

**Location:** Welcome Center

**Fee:** \$3.00 donation at door

### Madison Ave Park

Many volunteers have come together to create a vision for Madison Avenue Central Park, located at the former St. Mary's property at Madison Ave. and Westview. This park has been envisioned as a community gathering space that provides activities and resources for everyone. This new community park has been brought to life through digital technology. Join Robert Mendoza, Director of Public Works, for a presentation that offers a 3D video flythrough of the fully developed park and a model that puts you in the park today.

**Date:** July 18

**Day:** Thursday

**Time:** 10:00 am

**Location:** Austin Room

**Fee:** Free

### 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 July 17.

**Date:** July 18

**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:** July 24

**Day:** Wednesday

**Time:** 11:00 am

**Location:** Depart from Library

**Fee:** \$3.00 plus lunch

### 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:** July 23

**Day:** Tuesday

**Time:** 7:00 pm

**Location:** Multi-Purpose Room

**Fee:** Free

### Hairspray

Join us at Crown Uptown for a fun afternoon. Set in 1962, Baltimore, this musical tells the story of plump teenager Tracy Turnblad's dream to dance on a local TV dance program. When she wins a role on the show, she becomes a celebrity overnight. She then launches a campaign to integrate the show. Hairspray, winner of eight Tony Awards, is a social commentary on the injustices of parts of American society in the 1960s. Price includes dinner, play and transportation.

**Date:** July 25

**Day:** Thursday

**Time:** 10:45 am

**Location:** Depart Library

**Fee:** \$47.00

### First Council Casino

Let's go win some money! We are heading to First Council where you will get a \$10.00 casino credit. Enjoy more than 700 of today's hottest slot games, a dedicated poker room with 10 tables, and eight blackjack tables. We will be back to Derby around 5:30 pm.

**Date:** July 31

**Day:** Wednesday

**Time:** 9:00 am

**Location:** Depart Library

**Fee:** \$10.00

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## Enrichment & Learning

### Registration is required for all activities

#### Inspiring Women

Have you seen a statue of a woman in the area of Century II in Wichita and wondered who she is or why she has been honored? This statue of Mary Elizabeth Lease was placed there 126 years after she founded the Hypatia in Wichita. Join us as Ardelle Coons tells about this woman's life and importance in history.

**Date:** July 1

**Day:** Monday

**Time:** 1:00 pm

**Location:** Multipurpose Room

**Fee:** Free

#### 125 Things that must be done

125 Things That Must Be Done on the Most Difficult Day of Your Life...we will talk about the statistics that is needed, paperwork that will need to be gathered, plus very crucial decisions that have to be made immediately. Jackie Hartman with Smith Family Mortuaries will be presenting.

**Date:** July 15

**Day:** Monday

**Time:** 10:00 am

**Location:** Multipurpose Room

**Fee:** Free

#### Wholly Molly

Start your Christmas crafts early. Join us to make this colorful, dainty scarf. It is a perfect gift for the young and the young at heart. Beginners and seasoned knitters are welcome. Materials needed are size II needles, 2 oz. Boucle type yarn. Instructors: Shirley Driskell and Vicki Durrenberger.

**Date:** July 19

**Day:** Friday

**Time:** 10:00 am

**Location:** Multipurpose Room

**Fee:** \$2.00

#### 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:** July 1, 8, 22, 29

**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:** July 5, 10, 17, 24, 31

**Day:** Wednesday

**Time:** 10:00 am

**Location:** Conference Room

**Fee:** Free

#### How to be Smarter than Your Smart Phone

So, you bought a smartphone. Now what? Want to see all the wonderful things it can do? Smartphones can make your life easier. Bring your phone and learn how to unlock and explore the many features of your smartphone. Class will be facilitated by Jennifer Keller, Community Marketing Director.

**Date:** July 10

**Day:** Wednesday

**Time:** 9:00 am

**Location:** Multipurpose Room

**Fee:** Free

#### 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 three, July 12: Nutrition and Memory

Lesson four, July 19: Medications and Memory,

Lesson five, July 26: Medical Conditions and Memory,

Instructor: Teresa Hatfield Extension Agent, Adult Development and Aging.

**Date:** July 12, 19, 26

**Day:** Friday

**Time:** 9:00 am

**Location:** Multipurpose 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:** July 11, 18, 25

**Day:** Thursday

**Time:** 1:00 – 2:00 pm

**Location:** Classroom

**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.

**Date:** July 15

**Day:** Monday

**Time:** 1:00 pm

**Location:** Class Room

**Fee:** See Above

#### 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:** July 30

**Day:** Tuesday

**Time:** 1:00 pm

**Location:** Conference Room

**Fee:** Free



Shirley Parkins painted a beautiful picture at the Bob Ross Style Painting Class

## Health & Information

### Registration is required for all activities

#### Heart-Healthy Lunasin

Come Learn about health and prevention and how lunasin is a part of it. Studies show that increasing the amount of lunasin you consume increases the health benefit you receive. It has been proven to lower cholesterol naturally in 2 ways and has been endorsed by the American Heart Association. Lunasin has also been shown to promote optimal fitness, boost immunity and strengthen cells by reducing inflammation and strengthening cells. Sandy Short will be here to talk to you about products that have a fascinating ingredient.

**Date:** July 8

**Day:** Monday

**Time:** 10:00 am

**Location:** Multipurpose Room

**Fee:** Free

#### Caregiving & Aging Resources

Caregiver Success 101 - Tips and Resources to assist the Caregiver - over 85% of senior adults receive unpaid care from loved ones in the U. S. Come learn tips and community resources that are available to assist you, as well as the caregiver. Class given by Conni Mansaw, Caregiver Coordinator, Central Plains Area Agency on Aging.

**Date:** July 11

**Day:** Thursday

**Time:** 10:00 am

**Location:** Multipurpose Room

**Fee:** Free

#### Tomato, Tamato

You cannot beat a fresh sliced tomato out of the garden. Join Denise Dias, Sedgwick

~~ Continued ~~

~~ Health & Information Continued ~~

County Extension Agent for some new ideas on serving tomatoes tonight!

**Date:** July 17

**Day:** Wednesday

**Time:** 1:00 pm

**Location:** Multipurpose Room

**Fee:** Free

### Cooking for One

Comfort Keepers knows that nutrition is a critical part of senior health both in prevention and management of diseases. Many people struggle to cook for themselves after cooking for a family, or struggle to buy the correct fresh foods over processed foods. Learn ways to help you with meal ideas, healthy cooking, recipes and shopping on a fix budget.

Presentation will be given by Brad from Comfort Keepers.

**Date:** July 25

**Day:** Thursday

**Time:** 10:00 am

**Location:** Multipurpose Room

**Fee:** Free

### Natural Remedies for Arthritis Pain

Dr. Anne Zauderer, Riordan Clinic will be here to talk about natural treatment remedies that will help with the arthritis pain as well as support your body to heal. She will cover things like small lifestyle habits you can implement or change that will affect arthritis pain and how your diet affects your arthritis and how to reduce inflammation naturally.

**Date:** July 23

**Day:** Tuesday

**Time:** 11:00 am

**Location:** Multipurpose Room

**Fee:** Free

### Pain Management

Do you have pain in joints, headaches, or just general inflammation and causing you discomfort? We all have pain at some time in our lives. It seems when

we get older the pain problem is ever present. Come to the Senior Center and find out how to control that pain using essential oils without the negative side effects of pain medications.

**Date:** July 22

**Day:** Monday

**Time:** 10:00 a.m.

**Location:** Multipurpose Room

**Fee:** Free

## Healthy Active Living

**Registration is required for all activities**

### PERSONAL TRAINER

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

**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:** July 11, 18, 25

**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:** July 2, 9, 11, 16, 18, 23, 25, 30

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

**Location:** Classroom 1

**Fee:** Free

~~ Continued ~~

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.



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~~ Healthy Active Living Continued ~~

### 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:** July 2, 9, 11, 16, 18, 23, 25, 30  
**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:** July 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 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:** July 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 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:** July 2, 9, 16, 23, 30  
**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:** July 2, 9, 11, 16, 18, 23, 25, 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:** July 3, 10, 17, 24, 31  
**Day:** Wednesday  
**Time:** 4:00 pm  
**Location:** Classroom 1  
**Fee:** \$2.50 per class

~~ Grovers Continued ~~

followed in his dad's footsteps and had a career in the Air Force. Two of their daughters are school teachers and one daughter is a florist. The four children blessed them with 10 grandchildren and 7 great-grandchildren.

Besides the love of family, they love the outdoors. They started camping when their children were young. They would load up the four kids, the dog and tent camp. After a few years they were able to move up to a trailer, and then eventually a fifth wheel. They were able to visit most of the states. They have taken

several cruises to such wonderful places as Alaska, Hawaii and the Caribbean. They currently have a second home where they winter in Texas. They love to eat shrimp and fish, and never tire of watching the ships come in the harbor and crossing on the ferry.

They have had a fun, wonderful, blessed life that celebrates the joys of family. With the joys came some heartaches. They lost a beautiful granddaughter due to a car accident and a son-in-law to cancer.

With all of this, the Senior Center has played a very important part as being somewhere to hang out and be with others.

*"After a lifetime of working, raising families, and contributing to the success of this nation in countless other ways,... senior citizens deserve to retire with dignity"*  
 - Charlie Gonzalez

Downsizing? Retirement Community? Lifestyle Change?  
 Make your first call to J.P. Weigand & Sons, Inc.

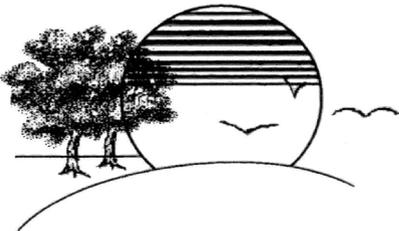
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 Assisted Living Residence

# 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

## 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)**

**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

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