

## Get Involved

### Become a member - It's free

If you are 55 years of age or older and live in Sedgwick County, you can become a member of the Derby Senior Center.

To have your name added to the Prime Times monthly newsletter mailing list, call 788-0223 or stop by the Center at 611 Mulberry Rd.

### Serve on the Board

The Derby Senior Center has a seven-member Advisory Board appointed by the Derby City Council that meets monthly.

For more information, visit [www.derbyks.com/seniors](http://www.derbyks.com/seniors).

The mission of the board is to make recommendations to the City Council with respect to the social, health, educational, nutritional, physical, recreational and intellectual well being of the senior citizens in the City of Derby.

## Volunteer

If you would like to volunteer at the Derby Senior Center there are many opportunities to choose from. From working on special events, delivering meals to seniors who are homebound, making phone calls, teaching a class or doing odd jobs. We need you!

Call 788-0223 to learn how you can help.

## Join in the Fun



Senior Trips



Community Dances

### For more information, contact:

Derby Senior Center  
611 Mulberry Rd., Suite 100  
Derby, KS 67037  
(316) 788-0223  
TDD/TTY Dial 711  
[www.derbyks.com/seniors](http://www.derbyks.com/seniors)

June 2017

# Derby Senior Center



### Hours

Monday–Thursday  
7 a.m. to 5 p.m.

Friday  
7 a.m. to 1 p.m.

[www.derbyks.com/seniors](http://www.derbyks.com/seniors)

# Derby Senior Center Programs & Activities

## Overview

The Derby Senior Center offers a variety of classes ranging from educational presentations and computer classes to crafts, special trips and tours. Tax and Medicare assistance is also available.

Enjoy exercise classes such as Weight/Strength, Tai Chi, Yoga, Cardio Core and Zumba Gold. Tap and line dance classes are also offered.

Visit [www.derbyks.com/seniors](http://www.derbyks.com/seniors) to read the *Prime Times* monthly newsletter for more information about upcoming activities.

## Monthly Events

### Birthday Celebration

The Birthday Celebration is a special time for seniors celebrating a birthday to get together for cake, ice cream and a fun game of Bingo. Cost is \$2/person.

### Covered Dish Luncheon

The Covered Dish Luncheon is a time to enjoy fellowship and entertainment with other seniors. Please bring a dish to share. Cost is \$2/person.

### Community Dances

Enjoy live music and dancing on the first and third Tuesdays of each month from 7 to 9:30 p.m. Held at the Derby Welcome Center, the dances are open to people all ages.



## Special Services

### Derby Dash Public Transportation



The Derby Dash is a curb-to-curb public transportation service available within the Derby city limits. The Dash is ADA compliant.

Riders must have a pre-paid Derby Dash Ride Card to use the bus. Purchase a Ride Card at the Senior Center, City Hall, Derby Recreation Center or either Dillons store in Derby. The cost is \$2 per ride.

Sedgwick County also provides transportation to Derby residents. Call 660-5150 or visit [www.sedgwickcounty.org/aging/transportation.asp](http://www.sedgwickcounty.org/aging/transportation.asp) for more information.

### Food Services

Volunteers with the Red Cross Good Neighbor Nutrition Program serve lunch Monday through Friday at 11:30 a.m. at the Center. Call the Center at 788-0223 to reserve a lunch (required). Meals are also delivered to homebound seniors. Call 219-4020 to request meal delivery.

### Equipment Loans

Wheelchairs, four-prong canes and walkers are available for use by Center patrons for up to 30 days. Call 788-0223 for more information.

## Resources

### Computer Lab

The Computer Lab has 10 work stations. It is open for use during Center hours when classes are not in session.



### Fitness Center

The Fitness Center features treadmills, recumbent bikes, an elliptical cross trainer, free weights and TVs to watch while you work out.

### Game Room

The Game Room is a gathering place for anyone to enjoy a game of cards, dominoes or a chat over coffee.

### Billiards

The Senior Center has two billiard tables.

### Wellness Center

The Senior Center provides the following on-site classes and programs:

- blood pressure check
- blood sugar monitoring
- daily lunches
- foot clinic
- hearing exams/hearing aid checks
- massage
- outreach services
- reassurance calling program