

# Prime Times

August 2010



Luau Party



## Derby Senior Services

611 N. Mulberry - Suite 100, Derby, Ks 67037  
Phone 788-0223 [www.Derbyweb.com](http://www.Derbyweb.com)

# Dee's Notes

Ever look forward to trash day? I used to think I'm only one person what can I do. I now look forward to seeing the recycling truck, because I am part of the RecycleBank rewards program and that motivates me to recycle more. It's easy to do in three easy steps. Collect the allowed materials from your home. The amount of material each home recycles is converted into RecycleBank Points. An ID tag on the recycling container records participation and the amount recycled is turned into RecycleBank points. Points can be redeemed for hundreds of local rewards coupons. I like saving money so I enjoy using the coupons. The web site is [www.recyclebank.com](http://www.recyclebank.com) or you may call 1-888-727-2978 to get your coupons. If you want to learn more come to the RecycleBank Coupon Class we're having this month, August 23<sup>rd</sup> at 10:00a.m. The Derby Dash is an Official RecycleBank Partner, which means you can use coupons to ride the Dash.

Construction is in full swing and I appreciate your continued understanding for small inconveniences.

Enjoy August in the cool Senior Center. *Dee*

# Bits and Pieces

## **UNLOCK THE FUTURE**

The Derby Senior Services Advisory Board is diligently working through the self assessment portion of the accreditation process for the Derby Senior Center. Accredited Senior Centers demonstrate that they are able to meet new challenges of an aging population, document themselves as an accountable and reliable program and demonstrate excellence in accomplishing their mission. Achieving national accreditation will bring much deserved recognition to our Senior Center and will assure the community that the Center is prepared.

**YOU** are invited to be a part of this exciting process on August 26 starting at 3:00 in the Derby Public Library Community Room. This will be your opportunity to introduce new ideas, define goals and strategies to build community partnerships and prepare our community for its aging population.

Refreshments will be served.

**Derby  
Dash  
August  
Special**

**788-RIDE**

**Ride round trip to  
Wal-Mart for \$3.00  
The week of Aug. 16th—20th!**

## **Upcoming Events**

Registration required for all activities

### **Weight Watchers Open House**

Come and join us at 11:30 a.m. on Tuesday, August 3, 2010 in the Senior Center to try out a Weight Watcher Meeting! We are looking to renew our At Work Series and all are welcome - we have a wonderful mix of City employees and seniors from the Senior Center. The series is 13 weeks in length and costs \$156. Members are able to pay either by cash, charge, or check in full or by writing 3 separate checks of \$52 (first check will be cashed after the first meeting is held, the second check one month after the first meeting, and third check two months after the first meeting). We need at least 15 people to sign up and pay for the series at the Open House. If we reach that number, our first meeting will be August 11th with weigh ins beginning at 11:00 a.m. and the 30 minute meeting starting at 11:30 a.m. Contact Mary Carry either by phone at 788-1510 or by email [marycarry@derbyweb.com](mailto:marycarry@derbyweb.com) if you have questions.

### **Make & Take Meals**

Join Angela Farris with Make & Take Meals as she talks about the many nutritional benefits of eating at home. So many times, we want to eat better, but it's easier to eat processed foods you find at the grocery store, or simply go out and eat. To help battle obesity in our country, we need to focus more on eating at home, where we can control what goes into our foods. Seniors can benefit from our services, too. We offer single serving sizes or 2-3 serving sizes that allow variety to mealtimes. We can address special dietary restrictions, such as low-sodium, low sugar and offer whole grain pasta in place of regular pasta in many of our entrees.

**Date:** August 4<sup>th</sup>

**Day:** Wednesday

**Time:** 9:30 am

**Location:** DSC

**Fee:** Free



# Upcoming Events con't

Registration required for all activities

## **Evening Bingo**

Let's get together for a fun filled evening of bingo. We will start with sloppy joes, chips, coleslaw and of course dessert! Then we will play bingo for about an hour. Reservations required.

**Date:** August 16th                      **Day:** Monday  
**Time:** 5:00 pm                      **Location:** DSC                      **Fee:** \$5.00

## **Birthday and Anniversary Lunch**

Come to the Birthday and Anniversary lunch for a catered meal and entertainment. Enjoy cake with all those patrons who are celebrating a Birthday or Anniversary. Tickets must be purchased by the afternoon of Tuesday, August 17<sup>th</sup>. The entertainment will be Denzel Alcorn & the Citations.

**Date:** August 20th                      **Day:** Friday  
**Time:** 11:30 am                      **Location:** DSC                      **Fee:** \$4.00

## **Memorial Services with Heartland Home Health Hospice**

Anyone who wishes to remember a loved one is invited to attend. Bring a photo or other memento to be included in our Book of Remembrance. Let us know in advance if you would like to have your loved ones name included in the service. Call DSC at 788-0223 or Rita at 788-7626 to sign up.

**Date:** August 23rd                      **Day:** Monday  
**Time:** 3:00 pm                      **Location:** DSC                      **Fee:** Free

# Day Trips

Registration required for all activities

## **Mid- Life the Crisis Musical**

**Crown Uptown Debut!** This wacky Saturday Night Live style musical takes a hilarious look at the "age old" conditions and situations faced in middle age. Everyone will relate to this hilarious and at times touching new show about growing older. Lunch, show and transportation to Crown Uptown included.

**Date:** August 5<sup>th</sup>                      **Day:** Thursday  
**Time:** 10:45 am                      **Location:** DSC  
**Fee:** \$29.00

# Day Trips con't

Registration required for all activities

## **Firelake Grand Casino**

Dust off those gambling shoes and let's go win some money! We are heading south to Shawnee Oklahoma. Firelake Grand Casino has over 1,000 slots and various table games including blackjack and poker. Everyone's a winner on this trip with free game play of \$10.00 casino credit, plus first time visitors are eligible for an additional \$10.00 credit. You will also receive \$10.00 lunch credit. We will spend five hours at the casino before returning home. Plan on being back in Derby by 7:00 pm.

**Date:** August 23rd                      **Day:** Monday  
**Time:** 7:00 am                      **Location:** Depart DRC                      **Fee:** \$25.00

# Looking Ahead

Registration required for all activities

## **Blue Bell Ice Cream & More**

Ice Cream Anyone? Have you ever wondered what it takes to make the ice cream you love? We are off to Broken Arrow, Ok to visit Blue Bell Creamery; Blue Bell is one of the best-selling ice creams in the country. Following the tour and ice cream samples we will go back to Tulsa for lunch. After lunch we are off to Boston Avenue Methodist Church, a National Historic Landmark, one of the world's most significant examples of art deco architecture. The building's straight, vertical lines suggest the church is reaching toward God, and the tower's four shards of glass are placed at angles to the four directions - receivers and reflectors of light. The downward-flowing lines in the terra cotta motif symbolize the outpouring of God's love and are echoed throughout the building. The tower is 255 feet high, with fifteen floors. The Boston Avenue facility is currently valued at more than \$50 million. Fee includes transportation, all entries fees, and lunch.

**Date:** September 9<sup>th</sup>                      **Day:** Thursday  
**Time:** 7:30 am                      **Location:** Depart DRC  
**Fee:** \$43.00

# Enrichment & Learning

Registration required for all activities

## Inspiring Women

Little has been written about Amish women. How are they regarded within their highly structured community? Anyone wishing to know more about Amish women and how they live will find this month's "inspiring women" inspiring, and enlightening. Loretta Lyon presenter. Refreshments will be served.

**Date:** August 2<sup>nd</sup>      **Day:** Monday  
**Time:** 1:00 pm      **Location:** DSC      **Fee:** Free

## Joy of Singing

Looking for all singers! We are starting a singing group that will meet once a week. 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 will be led by Ross Hearn.

**Date:** August 5<sup>th</sup>, 12th, 19th, 26th      **Day:** Thursday  
**Time:** 1:00 – 2:00 pm      **Location:** DSC      **Fee:** Free

## Felted Slippers

Just in time for Christmas gifts, we'll be making the knitter's choice of either felted slippers or felted clogs (backless slippers). Students should have intermediate skill in knitting. Decide before class what size you want to make. 100% wool yarn is a must. Super wash wool will not felt! Size 13 circular needles, no longer than 24" (16" is better). Yarn: For slippers or clogs with contrasting cuff and sole, bring 1 skein wool for cuff/sole and 2 skeins wool for body of slipper. At the end of the class, we will adjourn to instructor's home for a crash course in felting. Limit six students, Linda Wood instructor.

**Date:** August 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>      **Day:** Friday  
**Time:** 10:00 am      **Location:** DSC      **Fee:** \$7.50

## Kansas Depots

J. Harvey Koehn will present photos of various railroad depots, including the Frisco, Santa Fe, Rock Island, Missouri Pacific, Union Pacific, and perhaps some others. Come join us for a journey to the past to see various depots as they once were.

**Date:** August 9<sup>th</sup>      **Day:** Monday  
**Time:** 1:00 pm      **Location:** DSC      **Fee:** Free

# **Enrichment & Learning con't**

Registration required for all activities

## **Easy Library**

Have you been to the new library and felt a little lost? We have set up a workshop for you to learn the ins and outs of what our new library has to offer. You will learn how to log on to and access the internet; learn how to use the card catalog as well as a tour of the building. You must have a library card. So bring your library card and your questions.

**Date:** August 12<sup>th</sup>

**Day:** Thursday

**Time:** 10:00 am

**Location:** DSC

**Fee:** Free

## **You Can Master Digital Photography**

Ted Blankenship, retired reporter, photographer and editor will present. His topic will be "You Can Master Digital Photography." He will stress the fact that it is the photographer who determines how well photographs turn out, not his equipment. He will show some of his photographs and then answer questions. Blankenship writes a monthly column on photography for Active Aging. He has been associated with publications including the Topeka Capital, Midwest Industry Magazine, The Hutchinson News, The Coffeyville Journal, The Wichita Eagle and Beacon, Kansas Business News magazine and The Kansas Times. He taught journalism at Wichita State University and Friends University and was a full-time free-lance writer/photographer for seven years.

**Date:** August 16<sup>th</sup>

**Day:** Monday

**Time:** 1:00 pm

**Location:** DSC

**Fee:** Free

## **Caregiver Meeting**

Caregivers, are you memory makers? Are you interested in learning scrapbooking techniques to brighten up your photo albums? Scrapbooking has become one of the most modern methods of expressing one's creativity and making memories simultaneously. Come to the Derby Senior Center on August 18<sup>th</sup> at 2:00 p.m. for a follow up to last month's meeting. It's simple to get started. Just bring pictures, poetry, or whatever memorabilia you collect and wish to display. You'll learn to polish up your presentation in preparation for the holidays. Scrapbooks are great gift ideas! Remember ... a picture is worth a thousand words! This project was made possible in part by a grant from the Derby Community Foundation.

**Date:** August 18<sup>th</sup>

**Day:** Wednesday

**Time:** 2:00 pm

**Location:** DSC

**Fee:** Free

# **Enrichment & Learning con't**

Registration required for all activities

## **Recycle Bank Coupons**

Hopefully you all are recycling now and are earning rewards for you efforts. If you haven't registered yet to get rewards or not sure if your earning them, you will benefit from this hands on class. A representative from Waste Connections will be here to talk about the recycle program. Learn about the Recycle Bank rewards program and how you can earn points for local discounts. Bring your questions and start recycling.

**Date:** August 23<sup>rd</sup>

**Day:** Monday

**Time:** 10:00 am

**Location:** DSC

**Fee:** Free

# **Health & Information**

Registration required for all activities

## **Diabetes Review**

This 9 week class will be a hands on class helping you update your information about diabetes. You will look at pattern management, learn how to problem solve and get a better understanding of good fats vs. bad fats. Joy Sloan, from the Department on Aging will also talk about updates regarding the medications prescribed and how to make behavioral changes to improve your health. This class is not for newly diagnosed diabetics.

**Date:** August 19<sup>th</sup>, 26th, Sept 2<sup>nd</sup>, 9th, 16th, 23rd, 30th, Oct 7<sup>th</sup>, 14th

**Day:** Thursday

**Time:** 9:00 am

**Location:** DSC

**Fee:** Free

## **Free Spinal Screening**

Gage Chiropractic Center will be offering a free spinal screening at the Derby Senior Center. Bring your aches, pains and your questions. You will leave with a chiropractic health evaluation. Call today for your one on one free screening. Snacks will be served.

**Date:** August 27<sup>th</sup>

**Day:** Friday

**Time:** 10:00 am

**Location:** DSC

**Fee:** Free

# Health & Information con't

Registration required for all activities

## Medicare Update

Back by popular demand! Learn about your Medicare benefits for hospitalization, skilled nursing care, home health and beyond. Marilyn Burnell, MA, CCC, SLP Clinical Liaison with Wichita Specialty Hospital will discuss these updates and answer any questions you may have.

**Date:** August 27th **Day:** Friday  
**Time:** 1:00 pm **Location:** DSC **Fee:** Free

Monday	Tuesday	Wednesday	Thursday	Friday
8:10 Cardio, Core 9:00 Exercise with Purpose 10:45 Tai Chi 11:45 Arthritis Tai Chi	8:30 Weight Strength 9:30 Fitness & Flexibility 1:00 Wii 4:00 Restorative Yoga 5:30 Line Dance	8:10 Cardio ,Core 8:30 Massage 9:00 Exercise with Purpose 10:45 Tai Chi 11:45 Arthritis Tai Chi 4:00 Yoga	8:00 Wii 8:30 Weight Strength 8:30 Massage 9:15 Tap 10:00 Adv Tap 9:30 Fitness & Flexibility 3:00 Line Dance	8:10 Cardio, Core 9:00 Exercise with Purpose

## Arthritis Tai Chi (Beginning)

Tai Chi is now known as one of the most effective exercises for physical and mental well being. Sun style, one of four widely recognized Tai Chi styles, is especially suitable and effective for arthritis. It increases flexibility, muscle strength, increases heart/lung activity, aligns posture, improves balance and integrates the mind and body. Thousands of people with arthritis have gained pain relief and better quality of life from learning and practicing Tai Chi.

**Date:** August 2<sup>nd</sup>, 4<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>, 16<sup>th</sup>, 18<sup>th</sup>, 23rd, 25<sup>th</sup>, 30th  
**Day:** Monday & Wednesday **Time:** 11:45 am  
**Location:** DSC **Fee:** \$2.50 per class

## Advance Tai Chi

Tai Chi is a Traditional Chinese Martial Art that combines deep breathing and relaxation with many fundamental postures that flow smoothly from one to the other through slow, gentle, graceful movements. Research shows Tai Chi has proven medical benefits for arthritis, strengthening the immune system, high blood pressure, osteoporosis, headaches and more. It also may help improve the balance for the elderly and reduce the risk of falling.

**Date:** August 2<sup>nd</sup>, 4th, 9th, 11th, 16th, 18th, 23rd, 25th, 30th **Day:** Mon & Wed  
**Time:** 10:45 am **Location:** DSC **Fee:** \$2.50 per class

# **Healthy Active Living**

## **Weight/Strength Training**

This class is for those who would like to participate in entry-level weight bearing and muscle strengthening exercise. The instructor will guide you through this 45 minute workout.

**Date:** August 3<sup>rd</sup>, 5<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup>, 24<sup>th</sup>, 26<sup>th</sup>, 31<sup>st</sup>

**Day /Time:** Tuesdays and Thursdays 8:30 am

**Location:** DSC

**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.

**Date:** August 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>, 13<sup>th</sup>, 16<sup>th</sup>, 18<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 25<sup>th</sup>, 27<sup>th</sup>, 30<sup>th</sup>

**Day:** Mon, Wed & Fri **Time:** 9:00 (*except 18th 8:30 am*)

**Location:** DSC

**Fee:** Free

## **Cardio, Core and More**

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. Bring your own mat. Get ready to have some fun!

**Date:** August 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>, 13<sup>th</sup>, 16<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 25<sup>th</sup>, 27<sup>th</sup>, 30<sup>th</sup>

**Day:** Mon, Wed & Fri (*No class 18th*)

**Time:** 8:10 am

**Location:** DSC

**Fee:** \$1.00 per class

## **Fitness & Flexibility Fun**

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.

**Date:** August 5<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup>, 24<sup>th</sup>, 26<sup>th</sup>, 31<sup>st</sup>

**Day:** Tues, Thurs (*No class 3rd*)

**Time:** 9:30 am

**Location:** DSC

**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.

**Date:** August 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>

**Day:** Tuesday

**Time:** 4:00 pm

**Location:** DSAC

**Fee:** \$2.50 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:** August 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

**Day:** Wednesday

**Time:** 4:00 pm

**Location:** DSC

**Fee:** \$2.50 per class

# On-Going Activities

## Monday

8:00 AM - 4:00 PM Treadmill, Recumbent Bike  
8:10 AM Cardio, Core & More  
9:00 AM Exercise w/ Purpose  
9:45 AM Show & Tell (3<sup>rd</sup> Monday)  
10:45 AM Tai Chi 11:45 AM Arthritis Tai Chi  
1:00 PM Bridge 1:00 PM Rummikub

## Tuesday

8:00 AM – 4:00 PM Treadmill, Recumbent Bike  
8:30 AM Weight Strength  
9:30 AM Fitness & Flexibility  
9:30 AM Bingo (1<sup>st</sup> Tuesday)  
1:00 PM Pitch, Dominos, Pinochle  
1:00 PM Wii  
2:00 PM Eyeglass Cleaning (2nd Tuesday)  
4:00 PM Restorative Yoga  
5:30 PM Line Dance

## Wednesday

7:30 AM Senior Greeters at High School  
7:30 AM Senior Greeters at Swaney Elementary  
8:00 AM – 4:00 PM Treadmill, Recumbent Bike  
8:10 AM Cardio, Core & More  
8:30 AM Massage (by appointment)  
9:00 AM Exercise w/ Purpose  
9:30 AM Bingo (3<sup>rd</sup> Wednesday)  
10:00 AM Board Meeting (1<sup>st</sup> Wednesday)  
10:45 AM Tai Chi 11:45 AM Arthritis Tai Chi  
12:30 PM Poker 12:30 Cribbage  
2:00 PM Caregiver Support Group (3rd Wednesday)  
4:00 PM Yoga

## Thursday

8:00 AM Wii  
8:00 AM – 4:00 PM Treadmill, Recumbent Bike  
8:30 AM Massage (by appointment)  
8:30 AM Weight Strength  
9:15 AM - 11:00 AM Tap  
1:00 PM Canasta  
1:00 PM Bridge - Also Sunday  
3:00 PM Line Dancing  
7:00 PM Jam Session (3rd Thursday)

## Friday

8:00 AM – 4:00 PM Treadmill, Recumbent Bike  
8:10 AM Cardio, Core & More  
9:00 AM Exercise w/ Purpose  
10:30 AM Blood Pressure Check (1st & 3rd)  
11:00 AM Hearing Aid Check (1<sup>st</sup> Friday)  
11:30 AM Covered Dish (1<sup>st</sup> Friday)  
11:30 AM Birthday/Anniversary (3<sup>rd</sup> Friday)  
1:00 PM Pinochle  
1:00 PM Pitch

## 3rd Saturday each month

7:00 AM – 10:00 AM Biscuit & Sausage Gravy  
Breakfast (with eggs, juice & coffee) \$4.00

## Daily Lunches

Good Neighbor Nutrition Program  
\*Meals served Mon-Fri @ 11:30 AM  
**Call Tues for Thurs & Fri Meals and Thurs  
for the next weeks 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 your-  
self on this list to receive daily calls.

## Loaner Equipment

Wheel Chair, Cane, Tub Chair, Walker  
Up to 30 day check out

## Transportation

Derby Dash runs curb to curb, 8:00 AM to  
4:00 PM Monday thru 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, making phone calls or being a class  
instructor. Please call 788-0223 to find out how  
you can help.



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**PRIME TIMES**  
*"Newsletter"*  
**Derby Senior Services**

**Welcome New Patrons**

<i>Edith Angstadt</i>	<i>Gloria Brooks</i>	<i>Gertrude Crum</i>	<i>Mickey Dunbar</i>	<i>Sharon Dunbar</i>
<i>Agnes Eslinger</i>	<i>Frances Garcia</i>	<i>Elizabeth Garone</i>	<i>Armen Gazaway</i>	<i>Patricia Hand</i>
<i>William Hand</i>	<i>Russell Hanus</i>	<i>Virginia Hanus</i>	<i>Joan Hunter</i>	<i>Sherry Lucas</i>
<i>Elaine Mead</i>	<i>Carolyn Nelson</i>	<i>James Pernice</i>	<i>Lorella Pernice</i>	<i>Jada Rausch</i>
<i>Carole Salmon</i>	<i>Thelda Shelton</i>	<i>Sally Stevens</i>	<i>Sandra Titus</i>	<i>Mary Varble</i>
			<i>Mary Varble</i>	<i>Mary Whitehair</i>

**Massage**

Mart Madison MT, NBC, Health & Serenity Massage Therapy has worked with the Derby Senior Center for 11 years. He has helped many seniors with releasing pain and discomfort through massage. Clients have adequate time and privacy before and after the massage. Appointments available on Wednesday and Thursday, call 788-0223 today. **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

**August Activity Sign Up Will Open  
 Monday, July 26th at 8:00 am**