

Prime Times

July 2010

Derby Days Parade



Derby Senior Services

611 N. Mulberry - Suite 100, Derby, Ks 67037
Phone 788-0223 www.Derbyweb.com

Dee's Notes

Construction has begun! We want to keep everyone safe during this time of transition. Senior Center staff will let you know in advance if the Center will be closed due to construction. The game room may need to be closed for a short period of time. Please use caution around the construction area both inside and outside the Center. Design plans are available for viewing in the commons area.

Have a happy and safe Independence Day! *Dee*

**Derby
Dash
July
Special**

788-RIDE

**Ride round trip to
Dillons Marketplace the week of**

July 12-16 for only \$3.00

Call 788-7433 for more details.

Let us do the driving!!

Upcoming Events

Registration required for all activities

Red, White and Boots Party

“The dance floor is hopping, and it’s hotter than the 4th of July!” Swing your sweetie, or push your tush out on the dance floor. All you line dancers grab your friends and come on down. Terry Crane and the Country Heartbeats will provide the music for this hot summer evening! Refreshments will be served.

Date:	July 1 st	Day:	Thursday
Time:	7:00 – 10:00 pm	Location:	DRC
Fee:	\$7.50 advance		

Upcoming Events con't

Registration required for all activities

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. If you prefer to visit instead of listening to the entertainment please move to the commons area before the entertainment begins. We are looking forward to seeing you there. The entertainment will be The Haskell Cooley Family.

Date: July 2nd **Day:** Friday **Time:** 11:30 am
Location: DSAC **Fee:** Dish to share

Mystery Lunch

This adventure is always an exciting and unique experience. Sign up to dine at an undisclosed location that only the driver will know. After lunch we will stop for a short shopping excursion. Registration required.

Date: July 6th **Day:** Tuesday **Time:** 11:00 am
Location: Depart DRC **Fee:** \$2.00 plus lunch

Tail Gate Party / Derby Twins Baseball

Are you ready for some Baseball! Help us cheer on the Derby Twins as they take on Haysville. One lucky senior will get to throw the first pitch of the game! We will start the evening with a tailgate party at the senior center, with grilled hotdogs, beans, chips, cookies and drawing to see who gets the 1st pitch. Then we will load up the Dash and go the baseball park. Come support our local team! We will come back to the center at the end of the game or by 10:00pm. **You must sign up ahead!**

Date: July 8th **Day:** Thursday
Time: 5:45 pm **Location:** DSAC **Fee:** \$3.00

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, July 13th. The entertainment will be Phillip Black.

Date: July 16th **Day:** Friday **Time:** 11:30 am
Location: DSAC **Fee:** \$4.00

Upcoming Events con't

Registration required for all activities

Summer Theatre

Derby Recreation Commission Camp Center Stage will be performing selections from Disney's Alice in Wonderland Junior. Camp Center stage is the DRC's summer theater program with 25 local children participating in an 8 week class.

Date: July 22nd **Day:** Thursday
Time: 12:30 pm **Location:** DSAC **Fee:** Free

Lunch & A Movie

Start your week-end off right with a movie at the Warren Theatre on 13th Avenue. The luxurious theatre auditoriums are pure comfort. We will have lunch before attending the movie. Cost includes transportation and movie ticket. You will pay for your own meal.

Date: July 30th **Day:** Friday **Time:** 11:15 am
Location: Depart DRC **Fee:** \$9.00 plus meal

Day Trips

Registration required for all activities

Hidden Gems

We are off to Garnett, Kansas where we will begin our day at Barnhart's Honey-Berry Farm. This farm raises blueberries and harvests its own honey. We will sample their honey on biscuits and blueberries too. Learn how honey is extracted from hives as well as the many products Barnhart's creates from honey harvest. You will also have the opportunity to purchase berries, honey and other products. We are then off to the Valley View Elk Farm. Meet the elk, sample elk meat and learn about this lean cuisine. We will then have a wonderful Italian lunch before stopping at Passin' Thru Clocks, where we will enjoy a unique barn, filled to the brim with clocks of all kinds. We will then tour the Kirk House, Garnett's largest home, designed by famed architect George Washburn. We will take a quick break at The Coffee Loft, or browse nearby antique or fabric quilting store. Plan to be back to Derby by 7:00 pm.

Date: July 19th **Day:** Monday **Time:** 7:00 am
Location: Depart DRC **Transportation:** Charter Bus **Fee:** \$44.00

Enrichment & Learning

Registration required for all activities

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: July 1st, 8th, 15th, 22nd, 29th **Day:** Thursday
Time: 1:00 – 2:00 pm **Location:** DSAC **Fee:** Free

“Behind the Scenes: Antique Roadshow”

Jesse Huxman, Director of Content, KPTS will be here to share a video about when the Antique Roadshow was in Wichita. You will get to see firsthand what went on behind the scenes. He will share his experience and answer questions.

Date: July 9th **Day:** Friday
Time: 10:00 am **Location:** DSAC **Fee:** Free

Caregiver Meeting

The Derby Senior Activity Center and the Senior Companion Program invite you to attend the Caregivers Support Group to explore ***the art of scrapbooking***. Come and join in! ***Bring photos and let your creative juices flow*** as Davna Gould, SCP Case Coordinator and Graphic Designer, assists you in a past time that you can enjoy at home with your loved one. If you would like relief from care giving during the meeting, call Davna at 316-685-1821, ext. 522 to make arrangements. A Senior Companion will be there at the center to provide respite. This is a meeting you won't want to miss! This project was made possible in part by a grant from the Derby Community Foundation.

Date: July 21st **Day:** Wednesday
Time: 2:00 pm **Location:** DSAC **Fee:** Free

Health & Information con't

Registration required for all activities

Diabetic Footwear Clinic

As a diabetic, did you know that you are entitled to a pair of therapeutic shoes and 3 pairs of inserts per calendar year? This is a Medicare paid program, HMO not eligible. A representative from Hart Pharmacy will explain in person why the government is willing to pay for this program and the importance for you to wear good shoes. You can pick the style of shoe you want at the clinic. **Please bring the following: Medicare number, primary doctor's name and phone number, secondary insurance card (if you have one). You must sign up ahead for appointment.**

Date: July 19th **Day:** Monday
Time: 10:00 am **Location:** DSAC **Fee:** Free

The Difference between Home Healthcare & Hospice

Do you have questions about Hospice and Home Healthcare? Veronne Heitman with Home Health of Kansas will be here to talk about the different in the type of care they provide. You are welcome to bring family members to hear this presentation. Snacks will be provided.

Date: July 23rd **Day:** Friday
Time: 10:00 am **Location:** DSAC **Fee:** Free

Skin Rashes

Kytt Baylee from Saint Raphael will be presenting a lecture about causes of rashes; how to recognize you have a skin rash and what to do when you have identified a rash. She will also speak about prevention and alternative treatments.

Date: July 23rd **Day:** Friday
Time: 12:30 pm **Location:** DSAC **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 8:15 Tap 10:00 Adv Tap 9:30 Fitness & Flexibility 10:00 Advance Tap 3:00 Line Dance	8:10 Cardio, Core 9:00 Exercise with Purpose

Healthy Active Living

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.

Date: July 7th, 12th, 14th, 19th, 21st, 26th, 28th **Day:** Monday & Wednesday
Time: 11:45 am **Location:** DSAC **Fee:** \$2.50 per class

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: July 1st, 6th, 8th, 13th, 15th, 20th, 22nd, 27th, 29th **Day/Time:** Tuesdays and Thursdays 8:30 am
Location: DSAC **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: July 2nd, 7th, 9th, 12th, 14th, 16th, 19th, 21st, 23rd, 26th, 28th, 30th **Day:** Mon, Wed & Fri
Time: 9:00 (except 21st 8:30 am) **Location:** DSAC **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: July 2nd, 7th, 9th, 12th, 14th, 16th, 19th, 23rd, 26th, 28th, 30th **Day:** Mon, Wed & Fri (*No class 21st*)
Time: 8:10 am **Location:** DSAC **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: July 1st, 8th, 13th, 15th, 20th, 22nd, 27th, 29th **Day:** Tues, Thurs (*No class 6th*)
Time: 9:30 am **Location:** DSAC **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: July 6th, 13th, 20th, 27th **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: July 7th, 14th, 21st, 28th **Day:** Wednesday **Time:** 4:00 pm
Location: DSAC **Fee:** \$2.50 per class

July Computer Classes

Monday	Tuesday	Wednesday	Thursday	Friday
5	6 10:00 Intro to Computer	7 10:00 Intro to Computer	8 10:00 Intro to Computer	9
12	13 10:00 Email	14 10:00 Email	15 10:00 Email	16
19	20 10:00 Surfing the Net	21 10:00 Surfing the Net	22 10:00 Surfing the Net	23
26	27 10:00 Facebook	28 10:00 Facebook	29 10:00 Facebook	30

Registration Required for all classes

Please read computer class descriptions carefully. We have categorized the classes by degree of difficulty. Be sure you know the requirements of the class your signing up for, before enrolling. **Each three-day session \$2.00. Each session consist of three, 90 minute classes.**

Introduction to Computers (Level 1)

Learn about the basics of a computer from the hardware to the software and how to keep your computer safe from viruses.

Email

This class will cover all the info you need on emailing and setting up accounts. You will learn how to delete an email, open attachments, do forwards and set up folders for email storage.

Surfing the Net (Level 2)

Learn how to surf the net using different websites; learn the language of the internet.

Facebook (Level 2)

Learn how to set up an account and how to look for individuals through Facebook. This is a fun way to keep up with relatives and friends.

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 (3rd 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 (1st Tuesday)
1:00 PM Pitch, Dominos, Pinochle
1:00 PM Wii
10:30 AM 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 (3rd Wednesday)
10:00 AM Board Meeting (1st 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 (1st Friday)
11:30 AM Covered Dish (1st Friday)
11:30 AM Birthday/Anniversary (3rd 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.



PRSR STD
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PRIME TIMES
"Newsletter"
Derby Senior Services

Welcome New Patrons

Dennis Blubaugh
Walfred Kieffer
Priscilla Nulik
Sharon Vaughn

Janice Crater
Marilyn Koch
Pat Rohling
Madge Volavka

James Green
John McMillen
Barbara Smith

Frieda Kieffer
Virginia McMillen
William Smith

Massage

Mart Madison MT, NBC, Health & Serenity Massage Therapy has worked with the Derby Senior Center for 10 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

July Activity Sign Up Will Open Monday, June 28th at 8:00 am