

Prime Times

February 2012

Afghan Raffle Winner



Derby Senior Services

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

Dee's Notes

Winter is here, but the Center is warm and full of life with activities for you. Don't get the winter blues, come see us.

It is very important that you use the new computer system to sign-in. The staff is required to report the number of people we serve at each activity as well as the number of activities. The report covers other data required by the Department on Aging to receive funding. This funding is very important to us, so please help and use the computer system to sign-in.

This spring the City Council will be appointing four Senior Services Advisory Board Members. The duties of the board are to comment on and make recommendations to the City Council on various issues and to support the Senior Center programs. If you would like to apply go to www.Derbyweb.com and print the application or come by the front desk. I hope you will consider being part of the Advisory Board! We need you.

Happy Valentine's Day! *Dee*

Bits and Pieces Registration required for all activities

Energy Assistance Program

Do you need assistance in paying your electric bill? Are you eligible for the Low Income Energy Assistance Program? If you are not sure you meet the guidelines, you may contact LIEAP at (866)- 44-LIEAP. However, if you need assistance in filling out your application, Westar Energy will be providing their annual LAAP (LIEAP Applicant Assistance Program) in your area. A Westar Energy Customer Advisor will be here, on February 2nd from 10:00 am to 11:30 am to assist you with filling out your LIEAP application.

City of Derby Senior Services

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. Please listen to these stations for announcements. For information on special events that may also be affected by weather, please call 788-0223. .

Bits and Pieces Registration required for all activities

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. A BIG THANK YOU TO EVERYONE WHO HAS DONATED THREAD AND FABRIC IT IS APPRECIATED!

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.**

**Derby
Dash
February
Special**

788 - RIDE

A Sweetheart of a DEAL!

Ride round trip for \$3.00

The week of Feb. 13 - 17

Upcoming Events 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 and pre-sign up. Everyone must pay a \$1.00 to attend the luncheon. The entertainment will be Not Worthy.

Date: February 2nd **Day:** Thursday **Time:** 11:30 am
Location: Austin Room **Fee:** \$1.00

Upcoming Events con't

Registration required for all activities

Park Hill School

Join us for a valentine program at Park Hill School. Enjoy entertainment with of the 4th & 5th grade students of Mary Lynn Blacklock, Music Teacher. Her students will perform songs for you.

Date: February 1st **Day:** Wednesday **Time:** 3:30 pm
Location: Depart DRC **Fee:** Free

Card Class

Valentine's Day is right around the corner and what better way to brighten someone's day than with a handmade card. These cards will be made with Valentine stamps and card stock; you can create your own card to fit your unique style. You can make two cards in class, all materials will be provided. Just bring your creative spirit; all supplies are included in price. Classes are limited to 6 each so sign up early.

Date: February 3rd **Day:** Friday **Time:** 1:00 pm or 2:00 pm
Location: Multipurpose Room **Fee:** \$2.00 per card

Steel Magnolias

Crown Uptown is presenting "Steel Magnolias," this show is full of life and brimming with laughter, this smash hit comedy is a warm and witty tribute to the power of friendship. In a quaint Louisiana town, the local beauty parlor serves as the gathering spot for a group of eccentric women to gossip and giggle and survive the hardships and splendors of life. Fee includes lunch, entry and transportation.

Date: February 9th **Day:** Thursday **Time:** 10:45 am
Location: Depart DRC **Fee:** \$30.00

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. Tyler Morton professional DJ will be here playing all your favorites from the 50's and 60's. 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 14th **Day:** Tuesday **Time:** 5:00 pm
Location: Austin Room **Fee:** \$8.00



Upcoming Events con't

Registration required for all activities

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 28th **Day:** Tuesday **Time:** 6:00 pm
Location: Game Room **Fee:** \$2.00

**Don't
Miss!**

Downstream Casino Resort

**Good
Deal!**

Let's go win some money! We are heading to Downstream Casino in Oklahoma. Downstream Casino brings Las Vegas style gambling close to home. From the moment you arrive, you can feel it. This 70,000 square-foot casino has a slot floor featuring an expansive collection of more than 2,000 machines. Play your favorites and discover new ones throughout the casino. Slots not your game, they offer 30 thrilling table games, such as Blackjack, Pai Gow Poker and Texas Holdem.

Everyone will receive a \$5 Lunch Voucher and \$10 Gaming Voucher. Plan on being back to Derby around 8:00 pm.

Date: February 29th **Day:** Wednesday
Time: 7:00 am **Location:** Depart DRC **Fee:** \$25.00

Enrichment & Learning

Registration required for all activities

Inspiring Women

Betty White Ludden better known as Betty White, is an American actress, comedienne, singer author and former game show personality, with a career spanning seven decades since 1939. Join Loretta Lyon as she talks about her inspiring life. Refreshments will be served.

Date: February 6th **Day:** Monday **Time:** 1:00 pm
Location: Multipurpose Room **Fee:** Free

Enrichment & Learning con't

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.

Please note new days, 2nd and 4th Wednesday.

Date: February 8th, 22nd **Day:** Wednesday **Time:** 10:00 am
Location: Conference Room **Fee:** Free

Bible Study

In the midst of the turmoil in the waning days of the 1st Century, John shared God's message in The Revelation. Dr. James McIntosh plans to conclude the study of The Revelation in an eight week period, starting with chapter 17. Reserve your place at the table by registering early. Bring an inquiring mind and spirit of joy to the adventure.

Date: February 9th, 16th, 23rd **Day:** Thursday **Time:** 10:00 am
Location: Multipurpose Room **Fee:** Free

Cash in with Coupons

This lesson will provide information on why to use coupons, tips on using them effectively, where to find coupons, and different methods of organizing them. Individuals will gain encouragement and skills to maximize your household budget dollars more efficiently.

Date: February 15th **Day:** Wednesday **Time:** 1:00 pm
Location: Multipurpose Room **Fee:** Free

Headbands

Come and knit or crochet a much sought after headband. This headband can be made with several variations; you can use your imagination to create your unique headband. Supplies needed are, 1 Big-eyed needle, 1 skein of 4 ply yarn, and a small amount of accent color yarn if want to add another color. Knitters will need, 16" circular needle, 1 marker. If crocheting you will need 1 crochet hook. You must know how to knit or crochet. Shirley Driskell will be teaching this class.

Date: February 17th, 24th **Day:** Friday **Time:** 10:00 am
Location: Classroom **Fee:** \$1.00

Enrichment & Learning con't

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 28th **Day:** Tuesday **Time:** 1:00 pm
Location: Conference Room **Fee:** Free

Health & Information

Registration required for all activities

Life Line Screening

Life Line Screening will be doing preventive health screenings to assess your risk for vascular disease and osteoporosis. This is a prevention program, and with early detection, these problems can be treated. The results are sent directly to you, for you to refer back to your own doctor. These test, which are non-invasive, completely painless and take only about 10 minutes each. Pre-registration is required, call 1-800-324-1851. Medicare does not cover cost.

Date: February 8th **Day:** Wednesday **Time:** 8:15 am
Location: Classroom 1& 2 **Fee:** Call for fees

Living with Low Vision & Eye Disease

Do you or know someone who lives with low vision caused by macular degeneration, diabetic retinopathy, glaucoma or stroke? David Austin, Manager of Public Relations & Events for Envision will be our guest speaker discussing these issues. Come learn about the many facets of vision rehabilitation, facts about blindness and eye disease and gain tips on preventing or slowing sight robbing eye disease. Envision is a 77-year old Wichita-based private, not-for-profit agency uniquely combining employment opportunities with vision rehabilitation services and public education.

Date: February 10th **Day:** Friday **Time:** 10:00 am
Location: Multipurpose Room **Fee:** Free

Health & Information con't

Registration required for all activities

Alzheimer's Disease

Knowing the Ten Signs—the most common early warning signs of Alzheimer's disease are covered in detail as well as basic information about the disease itself, advantages of early detection and action steps for those who suspect Alzheimer's disease. Join Jenny Shipman for Alzheimer's Association for this informative session.

Date: February 13th **Day:** Monday **Time:** 10:00 am
Location: Conference 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 14th **Day:** Tuesday **Time:** 10:00 am
Location: Listening Room **Fee:** Free

Amedisys Hospice Services

Hospice is a special form of care that is designed to provide comfort and support for those who are facing a life-limiting illness. It is a compassionate form of caring that promotes dignity and affirms quality of life for the patient, family member, and their loved-ones. **Amedisys Hospice** treats the well being of the individual including the physical, emotional and spiritual needs. If you want to learn more about Amedisys Hospice or would be interested in volunteering please join us.

Date: February 28th **Day:** Tuesday **Time:** 10:00 am
Location: Multipurpose Room **Fee:** Free

Healthy Active Living

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 2nd, 9th, 16th, 23rd, 28th **Location:** Classroom 1
Day/Time: Tuesday 1:00 pm Thursday 8:00 am **Fee:** Free

Healthy Active Living con't

TAPPERCISE

If you are looking for a new spin on exercise, try out "TAPPERCISE"! This is a FREE drop-in class to learn the basics of tap (no long routines!), while getting an aerobic workout. Wear comfortable shoes (taps, if you want to make noise!). If you already know how basic tap combinations, please join our INTERMEDIATE level. ADVANCED tap is for 'seasoned' tappers.

Date: February 2nd, 9th, 16th, 23rd **Day:** Thursday
Time: 9:00 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. Class for those who would like to participate in entry-level weight bearing and muscle strengthening exercise. This is a 45 minute workout.

Date: February 2nd, 7th, 9th, 14th, 16th, 21st, 23rd, 28th **Location:** Austin Room
Day/Time: Tuesdays and Thursdays 8:10 am **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: February 1st, 3rd, 6th, 8th, 10th, 13th, 15th, 17th, 22nd, 24th, 27th, 29th
Day: Mon, Wed & Fri **Time:** 9:10 am **Location:** Austin Room **Fee:** Free

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: Feb 1st, 3rd, 6th, 8th, 10th, 13th, 15th, 17th, 22nd, 24th, 27th, 29th **Day:** Mon, Wed & Fri
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 chronic fatigue, arthritis and osteoarthritis. This yoga can be done from a chair.

Date: February 7th, 14th, 21st, 28th **Day:** Tuesday
Time: 4:00 pm **Location:** Class Room 1 **Fee:** \$2.50 per class

Healthy Active Living con't

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 1st, 8th, 15th, 22nd, 29th

Day: Wednesday

Time: 4:00 pm

Location: Classroom 1

Fee: \$2.50 per class

Massage

Mart Madison MT, NBC, Health & Serenity Massage Therapy has worked with the Derby Senior Center for 12 years. Appointments available on Wednesday and Thursday, call 788-0223 today.

Half hour, upper body (or specific areas by request): \$23

One hour, full body (or specific areas by request): \$43

February Computer Classes

Monday	Tuesday	Wednesday	Thursday	Friday
6	7 10:00 Intro to Computer	8	9 10:00 Intro to Computer	10 10:00 Intro to Computer
13	14 10:00 Email	15	16 10:00 Email	17 10:00 Email
20	21 9:30 One/One	22	23 9:30 One/One	24 9:30 One/One

Registration Required for all classes

Please read computer class descriptions carefully. We have categorized the classes by degree of difficulty. **Each three-day session \$2.00.**

One/ One's \$2.00, per class

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 (Level 2)

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.

One on One

Here's your chance for the personal attention you need. Ask basic computer questions, learn how to forward messages, get on the internet, etc. Sign up early space limited. Each session is 60 minutes.



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 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 see requirements on the following page. If your return is determined too complicated you will be asked to seek paid assistance. Call 788-0223 for your appointment, starting January 30th at 10:00 am.**

Date: February 1st through April 17th **Day & Time:** Call for day & time

Location: Conference Room **Fee:** Free

Donations are accepted by the Derby Senior Center.

AARP Tax- Aide

**Please read
before making
appointment**

AARP Tax- Aide helps low-and moderate-income taxpayers, with special attention to those 60 and older file their personal income tax returns. Volunteers are trained to assist in filing tax forms and certain schedules, including the Form 1040. Taxpayers with complex tax returns or in instances where the Counselors feels they do not have adequate training or knowledge will be advised to seek paid tax assistances or assistance from another Counselor who is qualified to do the return. AARP Tax Counselors can determine if a return is too complicated or outside the scope of their training. Please see the list below for items that volunteers have been trained to do under the guidelines of the program. Under the Volunteer Protection Act, AARP Tax- Aide volunteers must stay in the scope of the program.

Can Prepare

- 1040 with Schedules A, B and D
- Schedule C up to \$10,000 expenses/ C-EZ up to \$5,000
- Expenses (Schedule C has same requirements for CEZ-
- No employees, no inventory, no losses or depreciation, ECT)
- Schedule EIC and EIC Worksheets
- 1099 Misc (box 7 nonemployee compensation is reported on Schedule C/CEZ)
- 1099 Misc (box 1or 2–rents, royalties, reported on Schedule E with no expenses, depreciation)
- 1099 Misc (box 3 other income is reported on 1040 Line 21)
- 1040- ES (Estimated Payments) • 2441 (Child & Dependents Care)
- 5329 Additional Taxes on Qualified Plans, Part 1
- 8283 Section A, Part 1- non- cash contributions to charity exceed \$500 but less than \$5,000
- 8606 (Nondeductible IRA) Part 1 • 8880 (Qualified Savings Credit)
- 8812 (Additional Child Tax Credit) • 8863 (Education Credits)
- 9465 (Installment Agreement) • 8379 (Injured Spouse)
- 1040X (Amended Returns, if trained in the tax year being amended)
- Schedule K-1 that provides information only for interest, dividends and capital gain distributions and royalties (Schedule B, D, E)
- Cancellation of Debt- 1099- A and/ or 1099- C and Form 982 – if trained and certified*
- Health Savings Accounts – Form 1099 – SA and Form 8889- if trained and certified*

Please bring the following with you:

- Copy of last year's income tax returns; • W-2 forms from each employer;
- Unemployment compensation statements; • SSA –1099 form if you were paid Social Security benefits;
- 1099—misc, showing any miscellaneous income; • All forms indicating federal income tax paid;
- Dependent care provider information (name, employer, ID, Social Security number:
- All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/ or dividends and documentation showing original purchase of sold assets;
- All receipts or canceled checks if itemizing deductions
- Social Security cards or other official documentation for yourself and all dependents
- Photo I.D. • If filing with spouse both parties need to be present
- Please pick up interview sheet before appointment

On-Going Activities

Monday

8:00 AM - 4:00 PM Treadmill, Recumbent Bike
8:10 AM Cardio, Core & More
9:10 AM Exercise w/ Purpose
9:45 AM Show & Tell (3rd Monday)
10:45 AM Tai Chi 11:45 AM Arthritis Tai Chi
12:30 PM Readers Theatre Meetings
1:00 PM Bridge 1:00 PM Rummikub

Tuesday

8:00 AM – 4:00 PM Treadmill, Recumbent Bike
8:10 AM Weight Strength
9:10 AM Fitness & Flexibility
9:30 AM Bingo (1st Tuesday)
12:00 PM Friendship Club (3rd Tuesday)
1:00 PM Pitch, Dominos, Pinochle
1:00 PM Wii
4:00 PM Restorative Yoga
5:00 PM Line Dancing (**New Time**)
7:00 PM Community Dance (3rd Tuesday)

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 Blood Pressure √ (3rd Wednesday)
9:10 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
4:00 PM Yoga

Thursday

8:00 AM Wii
8:00 AM – 4:00 PM Treadmill, Recumbent Bike
8:30 AM Massage (by appointment)
8:10 AM Weight Strength
9:00 AM Tap
9:10 AM Fitness & Flexibility
10:30 AM Blood Pressure √ (1st Thursday)
11:00 AM Hearing Aid √ (1st Thursday)
11:30 AM Covered Dish (1st Thursday)
1:00 PM Canasta
1:00 PM Bridge - Also Sunday

Thursday con't

1:00 Joy of Singing
2:00 PM Birthday/Anniversary (3rd Thursday)
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
9:10 AM Exercise w/Purpose
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, Walker
Up to 30 day check out

Transportation

Derby Dash runs curb to curb, 7:30 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 in-
structor. Please call 788-0223 to find out how
you can help.



PRSR STD
U.S. POSTAGE PAID
Derby, KS
Permit No. 611

PRIME TIMES
"Newsletter"
Derby Senior Services

To the home of:

Welcome New Patrons

<i>Felix Aguilar</i>	<i>Garon Belveal</i>	<i>Larry Blevins</i>	<i>Paula Blevins</i>
<i>Debra Burnett</i>	<i>Ricardo Bustamante</i>	<i>Norma Durnil</i>	<i>Jim Kimble</i>
<i>Barbara Sheldon</i>	<i>Frances Showalter</i>	<i>Sharon Whitman</i>	

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.

Date: February 2nd, 7th, 9th, 14th, 16th, 21st, 23rd, 28th **Day:** Tues, Thurs
Time: 9:10 am **Location:** Austin Room **Fee:** \$1.00 per class

**Febuary Activity Sign Up Will Open
Monday, January 30th at 8:00 am**