

GOLDEN GAZETTE

August 2016

**D. L. Hopkins, Jr.
Senior Center**

206 James Collins Blvd.
Duncanville, TX 75116
972)780-5073

Lunch reservations and
cancellations: 972 707-3843

www.duncanville.com

Center Hours:

Monday thru Thursday

8:00 am to 3:00 pm

Friday

9:00 am to 3:00 pm



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Come Join Us!

Our Mission:

*"Providing opportunities for older adults
to continue being active and vital
participants in their community."*

August Trips

I-MAX Theater

Wednesday, Aug. 10, 2016 at 9:00 am.
\$9.00 + cost for meal

Ellis County BBQ

Tuesday, Aug. 16, 2016 at 4:30 pm.
\$2.00 + cost of meal

Ripley's Believe It or Not

Thursday, Aug 25, 2016 at 9:30 am.
The cost is \$21.00 + cost of meal

Osaki (Duncanville)

Tuesday, Aug. 30, 2016 at 4:30pm
No trip fee

NO REFUNDS ARE GIVEN FOR A RESTAURANT TRIP.

All trip participants must have a current membership at the senior center.
We appreciate if you pay at the time of sign-up, Monday,
August 1, 2016. Thank you for your cooperation!

Where Silver is Golden!

Creative Expression Classes:

Pre-Labor Day BBQ

Thursday

Sept. 1st
12:00 pm.



Please sign up by
August 29, 2016

Thank You!

To All Our Wonderful
Volunteers

SEE FRONT DESK TO BECOME
A VOLUNTEER

BILLY & COMPANY

Every Tuesday at 11:00 am

Musical Open Mic Concert

GOLDENAIRES CONCERT

Practice every Wednesday at 1:00

pm. Center concert on Monday

August 22th at 11:00 am.

Performance at Duncanville Rehab

on 8/19 and Laurenwood Nursing

Home on 8/26 at 10:00 am.

Ceramics

Tuesdays or Thursdays @ 9:30 am
Cost: \$18.00 per month

Pat Weaver, Instructor

Staying Fit:

50 + FITNESS!

Tuesdays & Thursdays

8:45 am

Cost: \$ 16.00 per month

Judy Sides, ACE Certified

Instructor will start with warm-up
exercises to get you going. Light
resistance training with equip-
ment, seated or standing.
Designed for senior adults.
It's fun!



Sanar.org

HEALTH SCREENING

August 24th at 8:30—12:00

Dallas County Nurses are here
faithfully every 4th Wednesday of
the month to take blood pres-
sures, glucose screening and for
you to visit with.

Free Yoga Class For Beginners

Tuesdays and Fridays
10:00am to 11:00am

Olivia Chavez, Instructor



Social Activities & More:



Wednesday, August 17th at
10:00am

Sponsored by

Hamilton & Assoc. Insurance

BRIDGE

Every Wednesday at

11:00 am - Northside

PINOCHLE

Every Wednesday at

1:00 pm – Library

3RD FRIDAY DANCE

Fri. Aug. 19th @ 7:00 pm

Cost: \$ 5.00 per person

This month featuring the music of:

Doc Gibbs

(ballroom/variety)



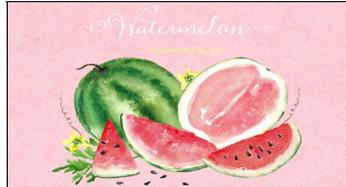
Café & Other Activities

CENTER CAFÉ
 Monday through Friday
 Lunch daily from 12 noon

We serve lunch daily. Our lunches are designed for older adults and provide 1/3 of the daily dietary requirements. We take reservations for lunch two days in advance. We ask you to fill out an intake registration form before you eat the first time. **Reservations may be made by calling (972) 780-5073 or (972) 707-3843.** We never charge for our meals however, we do suggest a donation of \$.75 for each meal. Come and join us for lunch. The food is good and the price is right! **Our nutrition program is funded in part by the Dallas Area Agency on Aging and the Texas Dept. of Aging and Disability.**

Watermelon Day.

Friday
Aug. 19th
12:30 pm.



MEMBERSHIP FEES
\$15.00 a year for
Duncanville residents.
\$20.00 a year for
outside of city limits.

Movie Morning
Monday, Aug.29th @ 9:30 am

On A Clear Day



Frank is a hard-working and very respected man in his community, who suddenly finds himself without a job. For the first time in his life, he is without direction. When his friend Danny jokes that on a clear day he could swim to France, an idea is planted in Frank's mind. He is determined to put his life back together by attempting the ultimate test of endurance...to swim the English Channel.

Birthdays, Opportunities, & Trips :

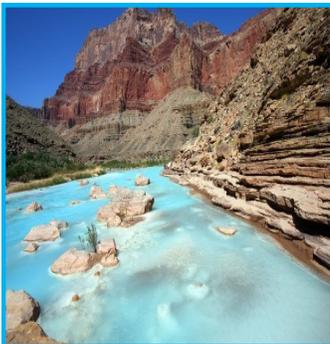
We are celebrating August Birthdays on **Wednesday, August 10th** during lunch. Make reservations for yourself and a guest on or before **Thursday, August 4th.**



AARP DRIVER SAFETY CLASS

Monday, August 15, 2016
 8:30 am to 1:00 pm
 Cost: \$15.00 w/AARP membership
 \$20.00 without AARP membership
Call (972) 780-5073

I-MAX Theater
 Aug. 10th at 9:00am



Ellis County BBQ
 Aug. 16th at 4:30pm.



Ripley's Believe It or Not
 Aug. 25th at 9:30am.

Osaki
 Aug. 30th at 4:30 pm.





August 2016

Free Coffee On Fridays



Mon	Tue	Wed	Thu	Fri
1 SIGN-UP FOR TRIPS PLEASE PAY AT SIGN -UP 9:30 Game Tables 1:00 Folk Dance Class	2 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Billy & Company	3 8:30 Just Move 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	4 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables	5 9:30 Game Tables 10:00 Beginner's Yoga
8 9:30 Game Tables 10:00 Share & Care 1:00 Folk Dance Class 	9 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Billy & Company 12:30 Sidesteppers	10 Birthday Lunch 8:30 Just Move 9:00 IMAX Theater 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle 	11 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables	12 9:30 Game Tables 10:00 Beginner's Yoga 7:00 Cliff Dwellers Square Dance
15 8:30 AARP Drive Safe 9:30 Game Tables 1:00 Folk Dance Class	16 Dinner Out 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Billy & Company 12:30 Sidesteppers 4:30 Ellis County BBQ	17 8:30 Just Move 9:30 Game Tables 10:00 BINGO ! 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	18 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 9:30 Habitat Volunteers	19 Watermelon Day 10:00 Beginner's Yoga 10:00 Goldenaires @ Dunc Rehab 12:30 Watermelon Day 7:00 3rd Friday Dance Doc Gibbs 
22 9:30 Game Tables 11:00 Goldenaires Concert 1:00 Folk Dance Class	23 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Billy & Company 12:30 Sidesteppers	24 8:30 Just Move 9:30 Game Table 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	25 Ripley's Museum 8:45 50+ Fitness 9:30 Ripley's Believe it or not 9:30 Ceramics 9:30 Game Tables	26 9:30 Game Tables 10:00 Beginner's Yoga 10:00 Goldenaires @ Laurenwood
29 9:30 Game Tables 1:00 Folk Dance Class 9:30 Movie Morning	30 Dinner Out 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Billy & Company 12:30 Sidesteppers 4:30 Osaki	31 8:30 Health Screening 8:30 Just Move 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	PRE LABOR DAY BBQ SEPT. 1st 12:00pm.	