

GOLDEN GAZETTE

October 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."*

October Trips

State Fair of Texas \$2 trip fee

Thursday, Oct.6. 2016 at 9:30 am.

Thursday, Oct 13, 2016 at 1:30 pm.

Farmer's Market

Tuesday, Oct.11, 2016 at 9:00 am.

\$2.00 + cost of meal

Catfish Plantation

Wednesday, Oct.19, 2016 at 4:30 pm.

\$2.00 + cost of meal

Roma's

Tuesday, Oct.25, 2016 at 4:30 pm.

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,
October 3, 2016. Thank you for your cooperation!

Where Silver is Golden!

Creative Expression Classes:

Moving After Mourning

Grief and Bereavement
Sessions

Thursdays, beginning Oct. 13th
11:00 am. To 12:00 pm.



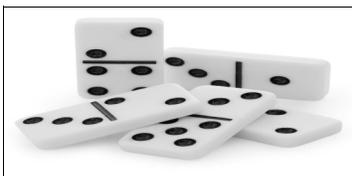
Group facilitated by *Nancy Zacharius*

Thank You!

TO ALL OUR WONDERFUL
VOLUNTEERS

Domino Tournament

Thurs. Oct.20th
9:30am.



Free

Yarn Class

Fridays @11:00-11:30 am.



**Classes para aser bufandas de
estambre**

Los Viernes de 11:00-11:30 am.

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

October 24th at 11:00 am.

Performance at Duncanville Rehab

*on 10/21 and Laurenwood Nursing
Home on 10/28 at 10:00 am.*

Ceramics

Tuesdays

9:00 am -12:00 pm

Or

12:00 pm -3:00 pm

Cost: \$18.00 per session

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

October 26th 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:

Monday, Oct.31st

10:00am.

Sponsored By
Heritage Home Care

Costume



BRIDGE

Every Wednesday at

11:00 am - Northside

PINOCHLE

Every Wednesday at

1:00 pm – Library

3RD FRIDAY DANCE

Fri. Oct. 21st. @ 7:00 pm

Cost: \$ 5.00 per person

This month featuring the music of:

**Final Showdown
(C & W)**



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.**

“ The Noise Maker “

DJ

Joe Deleon

10/5 & 10/19

10:00 am –12 noon

Join us for

Music & Dancing



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

Movie Morning
Thursday, Oct 27th @ 9:30 am
Miracles From Heaven



When Christy discovers her 10-year old daughter Anna has a rare, incurable disease, she becomes a ferocious advocate for her daughter’s healing as she searches for a solution. After Anna has a freak accident, an extraordinary miracle unfolds in the wake of her dramatic rescue that leaves medical specialist mystified.

Birthdays, Opportunities, & Trips :

We are celebrating October Birthdays on **Wednesday, October 12th** during lunch. Make reservations for yourself and a guest on or before **Thursday, October 6th.**



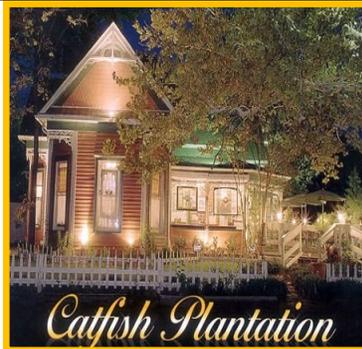
AARP DRIVER SAFETY CLASS

Monday, October 17, 2016
 8:30 am to 1:00 pm
 Cost: \$15.00 w/AARP membership
 \$20.00 without AARP membership
Call (972) 780-5073

State Fair of Texas
 Oct. 6th at 9:30 am
 Or
 Oct. 13th at 1:30 pm.



Farmer’s Market
 Oct.11th. at 9:00 am.



Catfish Plantation
 Oct. 19th at 4:30 pm.

Roma’s
 Oct. 25th at 4:30 pm.





October 2016

Free Coffee On Fridays



Mon	Tue	Wed	Thu	Fri
3 Sign Up For Trips Please Pay at Sign-Up 9:30 Game Tables 1:00 Folk Dance Class 6:30 Swing Out Dance Class	4 Vote 4 Share & Care 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Billy & Company 12:30 Sidesteppers	5 9:30 Game Tables 10:00 DJ Joe Deleon 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	6 State Fair of Texas 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 9:30 State Fair	7 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Yarn Class
10 9:30 Game Tables 10:00 Share & Care 1:00 Folk Dance Class 6:30 Swing Out Dance Class 	11 Farmer's Market 8:45 50+ Fitness 9:00 Farmer's Market 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Billy & Company 12:30 Sidesteppers	12 Birthday Lunch 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle 	13 State Fair of Texas 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 11:00 Grief Group 1:30 State Fair	14 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Yarn Class 7:00 Cliff Dwellers Square Dance
17 8:30 AARP Drive Safe 9:30 Game Tables 1:00 Folk Dance Class 6:30 Swing Out Dance Class	18 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Billy & Company 12:30 Sidesteppers	19 Dinner Out 9:00 Benefits Counseling 9:30 Game Tables 10:00 DJ Joe Deleon 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle 4:30 Catfish Plantation 	20 Domino Tournament 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 9:30 Domino Tournament	21 9:30 Game Tables 10:00 Beginner's Yoga 10:00 Goldenaires @ Dunc. Rehab 7:00 3rd Friday Dance Final Showdown
24 9:30 Game Tables 11:00 Goldenaires 1:00 Folk Dance Class 6:30 Swing Out Dance Class	25 Dinner Out 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Billy & Company 4:30 Roma's	26 8:30 Health Screening 9:30 Game Table 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	27 9:30 Movie Morning 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 9:30 Habitat Volunteers	28 9:30 Game Tables 10:00 Beginner's Yoga 10:00 Goldenaires @ Laurenwood 11:00 Yarn Class
31 Costume Bingo 9:30 Game Tables 11:00 Costume Bingo ! 1:00 Folk Dance Class 				

Lunch served every day at 12:00 noon
 Telephone Access for Hearing Impaired—711

The City of Duncanville and the Dallas Area Agency on Aging do not discriminate on the basis of race, creed, color, sex, age, ancestry, national origin, religion, or handicap in services or employment.