

# GOLDEN GAZETTE

November 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](http://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."*

## November Trips

### Sam Moon

Wednesday, Nov. 9, 2016 at 9:00 am.  
\$2.00 + cost for meal

### Dunston's Steakhouse

Tuesday, Nov. 15, 2016 at 4:30 pm.  
\$2.00 + cost of meal

### Dallas Arboretum

Tuesday, Nov. 22, 2016 at 9:00 am.  
The cost is \$15.00 + cost of meal

### Dickey's BBQ

Tuesday, Nov. 29, 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, Tuesday,  
November 1, 2016. Thank you for your cooperation!

*Where Silver is Golden!*

# Creative Expression Classes:

## Diabetes Self Management Classes

Sponsored by Dallas Area Agency  
On Aging (DAAA)



- How Diabetes Affects the Body
- Health Assessment from Registered Dietician
- Preventing/Monitoring Low Blood Sugar
- Nutrition/Healthy Eating
- Fitness/Exercise

**Classes are held once a week for  
6 weeks 2 1/2 hours**

**Nov. 3rd to Dec. 15th**

Thursdays: 9:30 am. To 12:00 pm.

## Swing Out Mondays With Timothy Ellington

Every Monday in  
November

6:30 pm. to 8:00 pm.



## Free Classes

### Congratulations !

To the Share & Care Elected Officers

President:	Elaine Robinson
Vice- President:	Robert Berg
Treasurer:	Lou Clevenger
Secretary:	Carolyn Harris

## 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*

*November 28th at 11:00 am.*

*Performance at Duncanville Rehab*

*on 11/18 and Laurenwood Nursing*

*Home on 11/25 at 10:00 am.*

## Ceramics

**Tuesdays**

**9:30 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 equipment, seated or standing. Designed for senior adults. **It's fun!**



Sanar.org

## HEALTH SCREENING

**Nov. 23rd. at 8:30—12:00**

Dallas County Nurses are here faithfully every 4th Wednesday of the month to take blood pressures, 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, Nov. 2nd at 10:00 am

Sponsored by

**Keystone Advisors**

Wednesday, Nov. 23rd at 10:00 am

Sponsored by

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

A big **THANK YOU** to

**Leo Bell** for a wonderful contribution on October 5th.



**Thank You!**

## 3RD FRIDAY DANCE

Fri. Nov. 18th. @ 7:00 pm

Cost: \$ 5.00 per person

This month featuring the music of:

**92nd Road  
(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.**

## Dancing by Day

**With DJ Joe Deleon**  
 "The Noise Maker" 

**11/16 & 11/30**  
**10:00 am –12 noon**

**Tejano**

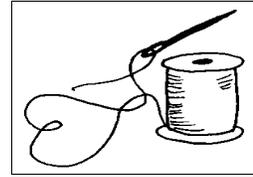
**Country & Western**

**R & B**

Music Request Welcome

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

## Quilt Raffle Tickets



### Handmade Quilt

On sale now at the Senior Center  
 until 11/17/16  
**\$1.00 each or**  
**Six tickets for \$5.00**

## Celebrating Our Vets Nov. 11th



# Birthdays, Opportunities, & Trips :

We are celebrating November Birthdays on **Wednesday, November 9th** during lunch. Make reservations for yourself and a guest on or before **Thursday, November 3rd.**



### AARP DRIVER SAFETY CLASS

Monday, November 21, 2016  
 8:30 am to 1:00 pm  
 Cost: \$15.00 w/AARP membership  
 \$20.00 without AARP membership  
 Call (972) 780-5073

### Christmas Program

**Dec. 19, 2016**

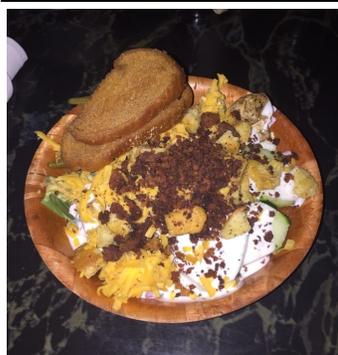
Practice on Fridays  
 12/9 & 12/16  
 1:00 pm.

**For Sign Up:**  
**See Front Desk**



**Sam Moon**  
 Nov. 9th at 9:00 am

**Dunston's Steakhouse**  
 Nov. 15th at 4:30 pm.



**Dallas Arboretum**  
 Nov. 22nd at 9:00 am.

**Dickey's BBQ**  
 Nov. 29th at 4:30 pm.





# November 2016

Free Coffee On Fridays



Mon	Tue	Wed	Thu	Fri
	<b>1 Sign Up For Trips</b> <b>Please Pay At Sign-Up</b> 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Billy & Company 12:30 Sidesteppers	<b>2</b> 9:30 Game Tables <b>10:00 BINGO !</b> 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	<b>3</b> 8:45 50+ Fitness <b>9:30 Diabetes class</b> 9:30 Ceramics 9:30 Game Tables	<b>4</b> 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Yarn Class
<b>7</b> 9:30 Game Tables 1:00 Folk Dance Class <b>6:30 Swing Out Dance Class</b>	<b>8</b> 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Billy & Company 12:30 Sidesteppers	<b>9 Birthday Lunch</b> <b>9:00 Sam Moon</b> 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle 	<b>10</b> 8:45 50+ Fitness <b>9:30 Diabetes Class</b> 9:30 Ceramics 9:30 Game Tables	<b>11</b>  <b>Veterans Day</b> 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Yarn Class 7:00 Cliff Dwellers Square Dance
<b>14</b> 9:30 Game Tables <b>10:00 Share &amp; Care</b> 1:00 Folk Dance Class <b>6:30 Swing Out Dance Class</b> 	<b>15 Dinner Out</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Billy & Company 12:30 Sidesteppers <b>4:30 Dunston Steakhouse</b>	<b>16</b> 9:30 Game Tables <b>10:00 DJ Joe the Noise Maker</b> 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	<b>17</b> 8:45 50+ Fitness <b>9:30 Diabetes Class</b> 9:30 Ceramics 9:30 Game Tables <b>9:30 Habitat Volunteers</b>	<b>18 Thanksgiving Lunch</b> 9:30 Game Tables 10:00 Beginner's Yoga <b>11:30 Goldenaires Concert</b> 7:00 3rd Friday Dance 92nd Roadhouse
<b>21</b> <b>8:30 AARP Drive Safe</b> 9:30 Game Tables 1:00 Folk Dance Class <b>6:30 Swing Out Dance Class</b>	<b>22 Dallas Arboretum</b> <b>9:00 Dallas Arboretum</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Billy & Company	<b>23</b> 9:30 Game Tables <b>10:00 BINGO !</b> 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	<b>24</b> 	<b>25</b> <b>CLOSED</b>  <b>FOR THE</b>  <b>HOLIDAY</b>
<b>28</b> 9:30 Game Tables <b>11:00 Goldenaires Concert</b> 1:00 Folk Dance Class <b>6:30 Swing Out Dance Class</b>	<b>29 Dinner Out</b> 8:45 50 + Fitness 9:30 Ceramics 9:30 Game Tables <b>4:30 Dickey's BBQ</b>	<b>30</b> 9:30 Game Tables <b>10:00 DJ Joe the Noise Maker</b> 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle		

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.