

# GOLDEN GAZETTE

March 2017



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."*

## March Trips

### Babe's Chicken

Monday, Mar. 6 2017 at 4:30 pm.  
cost for meal

### Farmer's Market

Friday, Mar. 24, 2017 at 10:00 am  
\$2.00 + cost of meal

### Sea Life Aquarium

Tuesday, Mar. 28, 2017 at 9:00 am.  
\$20.00 + cost of meal

### Mimi's Cafe

Thursday, Mar. 30, 2017 at 4:30 pm.  
\$3.00+ cost of meal

**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, Wednesday,  
March 1, 2017. Thank you for your cooperation!

*Where Silver is Golden!*

# Creative Expression Classes:

## SWING OUT MONDAYS With Timothy Ellington

6:30 pm. to 8:00 pm.



**Free Classes !**

## Fit For Life Walkers

Every Monday  
Beginners @ 9:00 am.  
Advance @ 10:00 am.



## Volunteer Appreciation Dinner Invite Only Entertainment by Donnie Pyle



"Remembering Elvis"  
4:00 pm. to 6 pm.

**Free**

## Yarn Class

Fridays @ 11:00-11:30 am.



## Classes para aser bufandas de estambre

Los Viernes de 11:00-11:30 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!**

## HEALTH SCREENING Cancelled for March

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:



Tuesday, Mar.14th at 10:30 am.  
Sponsored by

**Heritage Home Care**

## BILLY & COMPANY

Every 2nd Wed. at 11:00 am  
Musical Open Mic Concert

## GOLDENAIRES CONCERT

Practice every Wednesday at 1:00 pm. Center concert on Monday March 27th at 11:00 am. Performance at Duncanville Rehab on 3/17 and Laurenwood Nursing Home on 3/24 at 10:30 am.

## 3RD FRIDAY DANCE

Fri. Mar.17th. @ 7:00 pm  
Cost: \$ 5.00 per person  
This month featuring the music of:  
**Jimmy Gomez**



# 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 \$1.00 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.**

**Texas Winds**  
"Sentimental Journey"

Friday, March 17 at 11:00 am.



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

## The Silver Summit

Presented by  
**Senior Solutions**  
*Preparedness for the*  
**"Senior Tsunami"**

**Lunch Provided!**

**March 22, 2017**  
10:00 am. to 2:00 pm.



Senior Activities held at the  
Duncanville Recreation Center  
Gymnasium  
No Services at the Senior Center

# Birthdays, Opportunities, & Trips :

We are celebrating March Birthdays on  
**Wednesday, March 8th** during lunch.  
Make reservations for yourself and a guest on  
or before **Thursday,**  
**March 2nd.**



## AARP DRIVER SAFETY CLASS

Monday, March 20, 2017  
8:30 am to 1:00 pm  
Cost: \$15.00 w/AARP membership  
\$20.00 without AARP membership  
**Call (972) 780-5073**

**Babe's Chicken**  
March 6th at 4:30 pm.

**Farmer's Market**  
March 24th at 10:00 am.

**Sea Life Aquarium**  
Grapevine  
March 28th at 9:00 am.

**Mimi's Cafe**  
March 30th at 4:30 am

# March 2017

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 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	<b>2</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables	<b>3</b> 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Yarn Class
<b>6 Dinner Out</b> 9:30 Game Tables 4:30 Babe's Chicken 6:30 Swing Out Class	<b>7</b> 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga	<b>8 Birthday Lunch</b> 9:30 Game Tables 11:00 Bridge <b>11:00 Billy &amp; Co.</b> 1:00 Goldenaires 1:00 Pinochle	<b>9</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables	<b>10</b> 10:00 Beginner's Yoga 11:00 Yarn Class 7:00 Cliff Dwellers Square Dance
<b>13</b> 9:30 Game Tables <b>10:00 Share &amp; Care</b>  6:30 Swing Out Class	<b>14</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 10:30 BINGO!	<b>15</b> 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle <b>11:00 New Dawn</b>	<b>16</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 4:00 Senior Appreciation Dinner	<b>17</b> 10:00 Beginner's Yoga 10:30 Goldenaires @ Dunc. Rehab 11:00 Yarn Class <b>7:00 3rd Friday Dance</b> Jimmy Gomez
<b>20</b> <b>8:30 Drive Safe</b> 9:30 Game Tables <b>6:30 Swing Out Class</b>	<b>21</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga	<b>22 Senior Preparedness</b>  10:00 am. - 2:00 pm. Lunch Provided	<b>23</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables	<b>24 Farmer's Market</b> 9:30 Game Tables 10:00 Farmer's Market 10:00 Beginner's Yoga 10:30 Goldenaires @ Laurenwood 11:00 Yarn Class
<b>27</b> 9:30 Game Tables <b>9:30 Movie Morning</b> <b>11:00 Goldenaires</b> <b>6:30 Swing Out Class</b>	<b>28 Sea Life Aquarium</b> 8:45 50 + Fitness <b>9:00 Sea Life Aquarium</b> 9:30 Ceramics 9:30 Game Tables	<b>29</b> 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	<b>30 Dinner Out</b> 8:45 50 + Fitness 9:30 Ceramics 9:30 Game Tables <b>4:30 Mimi's Cafe</b>	<b>31</b> 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Yarn 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.