

# GOLDEN GAZETTE

April 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**

April  
SHOWERS  
BRING  
May  
FLOWERS

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Spring

## Come Join Us!

**Our Mission:**

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

## April Trips

### Amore (Duncanville)

Tuesday, Apr. 11, 2017 at 4:30 pm.  
cost for meal

### Dallas Zoo

Monday, Apr. 17, 2017 at 9:00 am.  
\$15.00 + cost of meal

### The Star (Frisco)

Monday, Apr. 24, 2017 at 1:00 pm.  
\$30.00+ cost of meal

### Klopper Haus (Waxahachie)

Thursday, Apr. 27, 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, Monday,  
April 3, 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

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



**Free** Line Dance **Free**  
Tuesdays at 11:00 am.



**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**  
Apr. 26th at 8:30 am—12:00 pm

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, Apr. 19th at 11:00 am.  
Sponsored by

**Graceful Arms**  
Senior Living

### 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 April 24th at 11:00 am. Performance at Duncanville Rehab on 4/21 and Laurenwood Nursing Home on 4/28 at 10:30 am.

### 3RD FRIDAY DANCE

Fri. Apr. 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 \$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.**

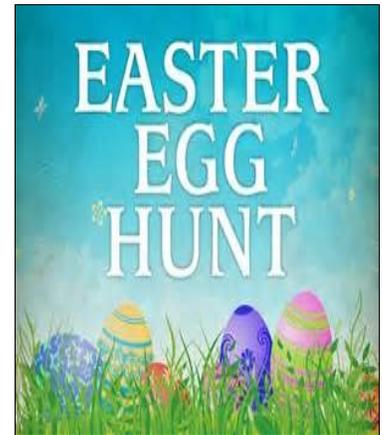


**Friday  
April 21st.**

8:30 am. to 1:30 pm.

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

**Thursday  
April 13th  
11:00 am.**



# Birthdays, Opportunities, & Trips :

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



**AARP DRIVER SAFETY CLASS**

Monday, April 17, 2017  
8:30 am to 1:00 pm

Cost: \$15.00 w/AARP membership  
\$20.00 without AARP membership  
**Call (972) 780-5073**



**Amore**  
April 11th at 4:30 pm.



**Dallas Zoo**  
April 17th at 9:00 am.

**The Star  
Frisco**  
April 24th at 1:00 pm.



**Klopfers Haus**  
April 27th at 4:30 pm.



# April 2017

Free Coffee On Fridays



Mon	Tue	Wed	Thu	Fri
<b>3 Sign Up For Trips</b> <b>Please Pay At Sign Up</b> 9:00 Beginner Walkers 9:30 Game Tables 10:00 Advanced Walkers	<b>4</b> 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance	<b>5</b> 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	<b>6</b> 8:45 50+ Fitness 9:30 Game Tables 9:45 Movie Morning <b>"Miracles from Heaven"</b>	<b>7</b> 9:30 Game Tables 10:00 Beginner's Yoga <b>11:00 Yarn Class</b>
<b>10</b> 9:00 Beginner Walkers 9:30 Game Tables 10:00 Advanced Walkers <b>10:00 Share &amp; Care</b> <b>6:00 Swing Out Class</b> 	<b>11 Dinner Out</b> 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance <b>4:30 Trip to Amore</b>	<b>12 Birthday Lunch</b> 9:30 Game Tables 11:00 Bridge <b>10:30 Billy &amp; Co.</b> 1:00 Goldenaires 1:00 Pinochle 	<b>13 Easter Egg Hunt</b> 8:45 50+ Fitness 9:30 Game Tables 10:00 Conversational Spanish <b>11:00 Egg Hunt</b>	<b>Closed For Good Friday</b>
<b>17 Dallas Zoo</b> <b>8:30 Drive Safe</b> <b>9:00 Dallas Zoo</b> 9:00 Beginner Walkers 9:30 Game Tables 10:00 Advanced Walkers <b>6:30 Swing Out Class</b>	<b>18</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance	<b>19</b> 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle <b>11:00 BINGO !</b>	<b>20</b> 8:45 50+ Fitness 9:30 Game Tables 10:00 Conversational Spanish	<b>21 Front Porch Sale !</b> <b>8:30 Front Porch Sale</b> 10:00 Beginner's Yoga 10:30 Goldenaires @ Dunc. Rehab <b>11:00 Yarn Class</b> <b>7:00 3rd Friday Dance Final Showdown</b>
<b>24 The Star – Frisco</b> 9:00 Beginner Walkers 9:30 Game Tables <b>11:00 Goldenaires Concert</b> <b>1:00 Trip to Frisco</b> <b>6:30 Swing Out Class</b>	<b>25</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance	<b>26</b> 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	<b>27 Dinner Out</b> 8:45 50+ Fitness 9:30 Game Tables <b>10:30 Ice Cream BINGO!</b> <b>4:30 Trip to Klopfer Haus</b>	<b>28</b> 9:30 Game Tables 10:00 Beginner's Yoga 10:30 Goldenaires @ Laurenwood <b>11:00 Yarn Class</b>