

GOLDEN GAZETTE

May 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

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."*

May Trips

Museum of International Cultures (Duncanville)

Tuesday, May 9, 2017 at 10:00 am.

\$7.00 + cost for meal

Airhogs (Grand Prairie)

Monday, May 22, 2017 at 6:00 pm.

\$10.00+ cost of meal

Mystery Dinner

Thursday, May 25, 2017 at 4:30 pm.

\$3.00 + cost of meal

May Fair (Hyatt Regency)

Friday, May 26, 2017 at 9:00 am.

\$12.00

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,
May 1, 2017. Thank you for your cooperation!

Where Silver is Golden!

Creative Expression Classes:

Laugh, Relax, Wind Down & Paint

With Tanasha
10:00 am. to 12:00 pm.
\$30.00 a month



Free Classes !
Thursdays at 10:00 am.

Central Elementary Choir

May 11, 2017
11:00 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

May. 24th 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, May 24th at 11:00 am.
Sponsored by

D.L. Hopkins Senior Center

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 May 22nd at 11:00 am. Performance at Duncanville Rehab on 5/19 and Laurenwood Nursing Home on 5/26 at 10:30 am.

3RD FRIDAY DANCE

Fri. May, 19th. @ 7:00 pm
Cost: \$ 5.00 per person
This month featuring the music of:
Tommy Chandler (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.**

Memorial Service
Thurs. May 25, 2017
10:30 am.



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



**Cinco De Mayo
Celebration**
Fri. May 5, 2017
10:30 am.

**Mother's Day
Brunch**
May 12th @9:30 am.



Birthdays, Opportunities, & Trips :

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



AARP DRIVER SAFETY CLASS

Monday, May 15, 2017
8:30 am to 1:00 pm
Cost: \$15.00 w/AARP membership
\$20.00 without AARP membership
Call (972) 780-5073

**Museum of
International Cultures**
May 9th at 10:00 am.



Air Hogs
May 22nd. At 6:00 pm.

Mystery Dinner
May 25th at 4:30 pm.



MAY FAIR
Hyatt Regency
May 26th at 9:00 am.



May 2017

Free Coffee On Fridays



Mon	Tue	Wed	Thu	Fri
1 Sign Up For Trips Please Pay At Sign Up 9:00 Beginner Walkers 9:30 Game Tables 10:00 Art Class	2 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance	3 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	4 8:45 50+ Fitness 9:30 Game Tables 10:00 Conversational English 11:00 Folk Dance	5 CINCO DE MAYO 9:30 Game Tables 10:00 Beginner's Yoga 10:30 Cinco De Mayo Celebration 11:00 Yarn Class
8 9:00 Beginner Walkers 9:30 Game Tables 10:00 Art Class	9 Trip 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga 10:00 Museum of International Cultures	10 Birthday Lunch 9:30 Game Tables 11:00 Bridge 10:30 Billy & Co. 1:00 Goldenaires 1:00 Pinochle 	11 8:45 50+ Fitness 9:30 Game Tables 9:30 Goodwill 10:00 Conversational English 11:00 Central Elem. Choir	12 9:00 Mother's Day Brunch 10:00 Beginner's Yoga 11:00 Yarn Class 7:00 Cliff Dwellers Square Dance
15 8:30 Drive Safe 9:00 Beginner Walkers 9:30 Game Tables 10:00 Art Class 11:00 New Dawn Presen.	16 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance	17 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	18 8:45 50+ Fitness 9:30 Game Tables 10:00 Conversational English 11:00 Folk Dance	19 10:00 Beginner's Yoga 10:30 Goldenaires @ Dunc. Rehab 11:00 Yarn Class 7:00 3rd Friday Dance Tommy Chandler
22 Trip 9:00 Beginner Walkers 9:30 Game Tables 10:00 Art Class 11:00 Goldenaires Concert 6:00 Air Hogs- GP	23 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance	24 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	25 Dinner Out 8:45 50+ Fitness 10:00 Conversational English 10:30 Memorial Service 11:00 Folk Dance 4:30 Mystery Dinner	26 Trip 9:00 May Fair 9:30 Game Tables 10:00 Beginner's Yoga 10:30 Goldenaires @ Laurenwood 11:00 Yarn Class
29 Happy Memorial Day	30 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 11:00 Line Dance	31 9:30 Game Tables 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.