GOLDEN GAZETTE

July 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."

July Trips

Mesquite Rodeo
Saturday, July 8, 2017 at 6:30 pm.
$13.00 + cost of meal

Ellis County BBQ
Tuesday, July 11, 2017 at 4:30 pm.
$3.00 + cost of meal

George Bush Presidential Library
Thursday, July 20, 2017 at 9:00 am.
$20.00 + cost of meal

Rice Pot
Thursday, July 27, 2017 at 4:30 pm.
No Cost

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, July 3, 2017. Thank you for your cooperation!

Where Silver is Golden!

Creative Expression Classes:

Mondays
6:30 pm—8:00 pm

Swing Out Class

Instructor:
Timothy Ellington

Free Classes !

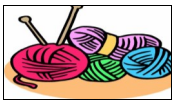
Thursdays
10:00 am.

Free Classes!

conversational English

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
July. 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, July 28th at 11:00 am.
Sponsored by

UNITED HEALTH 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 July 24th at 11:00 am. Performance at Duncanville Rehab on 7/21 and Laurenwood Nursing Home on 7/28 at 10:30 am.

3RD FRIDAY DANCE

Fri. July, 21st. @ 7:00 pm
Cost: $ 5.00 per person
This month featuring the music of:
92nd Roadhouse
(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.**

Blue Bell Day

Wednesday
July 26th at 12:00 pm.

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

A MATTER OF BALANCE

Managing Concerns About Falls

Mondays and Fridays
July 3rd to July 28th

9:30 am. to 11:30 am.

Free Class

Birthdays, Opportunities, & Trips :

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

AARP DRIVER SAFETY CLASS

Monday, July 17, 2017
8:30 am to 1:00 pm
Cost: $15.00 w/AARP membership
$20.00 without AARP membership
Call (972) 780-5073

Mesquite Rodeo
July 8th at 6:30 pm.

Ellis County BBQ
July 11th at 4:30 pm..

George Bush Presidential Library
July 20th at 9:00 am.

Rice Pot
July 27th at 4:30pm.

July 2017

Free Coffee On Fridays

Mon	Tue	Wed	Thu	Fri
3 Sign Up For Trips ***Please Pay At Sign Up*** 9:30 A Matter of Balance 9:30 Game Tables **6:30 Swing Out**	4 **Closed For Independence Day**	5 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	6 8:45 50+ Fitness **10:00 Conversational English** **11:00 Folk Dance**	7 9:30 A Matter of Balance 9:30 Game Tables 10:00 Beginner's Yoga **11:00 Yarn Class**
10 9:30 A Matter of Balance 9:30 Game Tables **10:00 Share & Care** **6:30 Swing Out** 	11 **Dinner Out** 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga **11:00 Line Dance** **4:30 Ellis County BBQ**	12 **Birthday Lunch** 9:30 Game Tables 10:30 Billy & Co. 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle 	13 8:45 50+ Fitness 9:30 Game Tables 9:30 Goodwill **10:00 Conversational English** **11:00 Folk Dance**	14 9:30 A Matter of Balance 9:30 Game Tables 10:00 Beginner's Yoga **11:00 Yarn Class** 7:00 Cliff Dwellers Square Dance
17 9:30 A Matter of Balance 9:30 Game Tables **6:30 Swing Out**	18 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga **11:00 Line Dance**	19 9:00 Benefits Counseling 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	20 **Library Trip** 8:45 50+ Fitness 9:00 George Bush Library 9:30 Game Tables **10:00 Conversational English** **11:00 Folk Dance**	21 9:30 A Matter of Balance **9:30** Game Tables 10:30 Goldenaires @ Dunc. Rehab **7:00 3rd Friday Dance 92nd Roadhouse**
24 9:30 A Matter of Balance 9:30 Game Tables 11:00 Goldenaires Concert **6:30 Swing Out**	25 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga **11:00 Line Dance**	26 **Ice Cream Social** **8:30 Health Screening** 9:30 Game Tables 11:00 Bridge 12:00 Blue Bell Ice-Cream 1:00 Goldenaires 1:00 Pinochle	27 **Dinner Out** 8:45 50+ Fitness 9:30 Game Tables **10:00 Conversational English** **11:00 Folk Dance** **4:30 Rice Pot**	28 9:30 A Matter of Balance 10:00 Beginner's Yoga 10:30 Goldenaires @ Laurenwood **10:30 BINGO !** **11:00 Yarn Class**
31 9:30 Game Tables **6:30 Swing Out**				**Saturday** **July 8th, 2017** **Mesquite Rodeo** **6:30 pm.** **$13.00 + cost of meal**

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.