GOLDEN GAZETTE

June 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."

June Trips

Lone Star Park
Thursday, June 15, 2017 at 4:45 pm.
$12.00 + cost for meal

Rockett Cafe
Thursday, June 22, 2017 at 4:30 pm.
$3.00+ cost of meal

Top O' Hill
Monday, June 26, 2017 at 9:00 am.
$13.00 + cost of meal

The Coaches Box
Tuesday, June 27,2017 at 4:30 pm.
No Pick Up

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, Thursday, June 1, 2017. Thank you for your cooperation!

Where Silver is Golden!

Creative Expression Classes:

Folk Dance Class

Thursdays at 11:00 am.
Instructor: Penny Ball
FREE !

conversational English

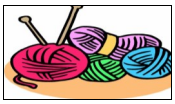
Thursdays at 10:00 am.
Free Classes !

Fit For Life Walkers

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

Free Line Dance Free
Tuesdays and Fridays
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
June 28th 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
10:00 am to 11:00 am.

Olivia Chavez, Instructor

Social Activities & More:

Friday, June 30th at 10:30 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 June 26th at 11:00 am. Performance at Duncanville Rehab on 6/16 and Laurenwood Nursing Home on 6/23 at 10:30 am.

3RD FRIDAY DANCE

Fri. June, 16th. @ 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.**

"Protecting Your Family "
From Fraud and Loss
Presentation and Lunch by:
Golden Gate
Funeral Home
June 1, 2017
11:00 am—1:00 pm

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

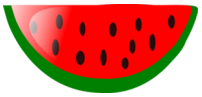
Father's Day Breakfast

Friday
June 16th at 9:30-11:00 am.
Sign Up at Front Desk
By June 9th

Watermelon Wednesday

With Leigh & Jeannine
New Dawn
Health and Hospice

June 28th at 10:30



Birthdays, Opportunities, & Trips :

We are celebrating June Birthdays on **Wednesday, June 14th** during lunch. Make reservations for yourself and guest on or before **Thursday, June 8th.**

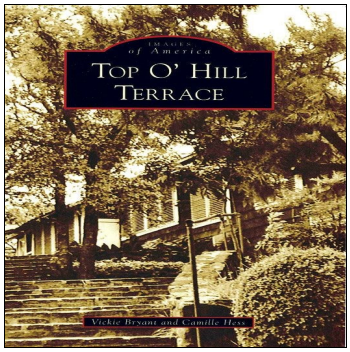
AARP DRIVER SAFETY CLASS

Monday, June 19, 2017
8:30 am to 1:00 pm
Cost: $15.00 w/AARP membership
$20.00 without AARP membership
Call (972) 780-5073

Lone Star Park
June 15th at 4:45 pm.

Rockett Cafe
June 22nd at 4:30 pm.

Top O' Hill
June 26th at 9:00 am.



Coaches Box
June 27th at 4:30 pm.

June 2017

Free Coffee On Fridays

Mon	Tue	Wed	Thu	Fri
			1 ***Sign Up For Trips*** ***Please Pay At Sign Up*** 8:45 50+ Fitness **10:00 Conversational English** **11:00 Folk Dance** **11:00 Golden Gate Pres.**	2 9:30 Game Tables 10:00 Beginner's Yoga **11:00 Yarn Class**
5 9:00 Beginner Walkers 9:30 Game Tables	6 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga **11:00 Line Dance**	7 9:30 Game Tables **10:00 Benefits Counseling** 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	8 8:45 50+ Fitness 9:30 Game Tables 9:30 Goodwill **10:00 Conversational English** **11:00 Folk Dance**	9 9:30 Game Tables 10:00 Beginner's Yoga **11:00 Yarn Class** 7:00 Cliff Dwellers Square Dance
12 9:00 Beginner Walkers 9:30 Game Tables **10:00 Share & Care** 	13 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga **11:00 Line Dance**	14 **Birthday Lunch** 9:30 Game Tables **10:30 Billy & Co.** 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle 	15 **Lone Star Park** 8:45 50+ Fitness 9:30 Game Tables **10:00 Conversational English** **11:00 Folk Dance** **4:45 Lone Star Park**	16 **9:30 Father's Day Breakfast** 10:30 Goldenaires @ Dunc. Rehab **7:00 3rd Friday Dance Final Showdown**
19 **8:30 Drive Safe** 9:00 Beginner Walkers 9:30 Game Tables	20 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga **11:00 Line Dance**	21 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	22 **Dinner Out** 8:45 50+ Fitness 9:30 Game Tables **10:00 Conversational English** **11:00 Folk Dance** **4:30 Rockett Cafe**	23 9:30 Game Tables 10:00 Beginner's Yoga 10:30 Goldenaires @ Laurenwood **11:00 Yarn Class**
26 **Top O'Hill** 9:00 Beginner Walkers **9:00 Top O' Hill** 9:30 Game Tables 11:00 Goldenaires Concert	27 **Dinner Out** 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga **11:00 Line Dance** **4:30 Coaches Box**	28 9:30 Game Tables **10:30 Watermelon Wed.** 11:00 Bridge 1:00 Golddenaires 1:00 Pinochle	29 8:45 50+ Fitness 9:30 Game Tables **10:00 Conversational English** **11:00 Folk Dance**	30 9:30 Game Tables 10:00 Beginner's Yoga **10:30 BINGO !** **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.