

# GOLDEN GAZETTE

August 2017

August



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

**National  
Watermelon Day  
August 3rd**



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THANK YOU  
Volunteers

## Come Join Us!

**Our Mission:**

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

## August Trips

### Omni Imax

Thursday, Aug. 10, 2017 at 10:00 am.  
\$10.00 + cost of meal

### Applebee's

Tuesday, Aug. 15, 2017 at 4:30 pm.  
cost of meal

### Museum of Biblical Art

Thursday, Aug. 17, 2017 at 10:30 am.  
\$20.00 + cost of meal

### Caroline's Cafe

Tuesday, Aug. 22, 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, Tuesday, August 1, 2017. Thank you for your cooperation!

*Where Silver is Golden!*

# Creative Expression Classes & More:

## Mondays

6:30 pm—8:00 pm

### Swing Out Class

Instructor:

**Timothy Ellington**

Free Classes !



### Miracles from Heaven

Monday @ 9:30 am

**Norris Perry**  
**Entertainment**  
 Aug. 30th at 11:00 am  
**Singer/Karaoke Host**



**Oral Health Presentation by**  
**Nathan Vaughn, BSN - RN**  
 Aug 2nd at 11:15 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!**



### It's Zumba Time!

New at the Senior Center  
 Monday's beginning August 7  
 10:30 am to 11:30 am

**Free Class**

**Olga Sanchez, Instructor**

### Free Yoga Class For Beginners

Tuesdays and Fridays  
 10:00 am to 11:00 am

**Olivia Chavez, Instructor**



## Social Activities & More:



Wednesday, Aug.23rd at 10:30 am.  
 Sponsored by

**Hopkins Sr. 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 Aug. 28th at 11:00 am.

Performance at Duncanville Rehab on 8/18 and Laurenwood Nursing Home on 8/25 at 10:30 am.

### 3RD FRIDAY DANCE

Fri. Aug 18th, @ 7:00 pm

Cost: \$ 5.00 per person

This month featuring the music of:

**Jimmy Gomez**  
**(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.**

**Nutrition Presentation**

**By: Megan Vick**

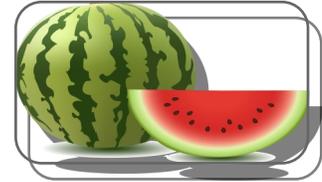
**Aug.10th at 11:00 am.**



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

**National Watermelon Day**

Aug. 3rd at 12:00 pm.



**August 21, 2017**  
 10:00 am. to 1:00 pm.

# Birthdays, Opportunities, & Trips :

We are celebrating July Birthdays on **Wednesday, August 9th** during lunch. Make reservations for yourself and guest on or before **Thursday, August 3rd.**



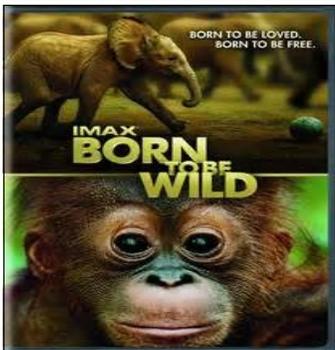
**AARP DRIVER SAFETY CLASS**

Monday, August 21, 2017  
 8:30 am to 1:00 pm

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

**Omni IMAX**

Aug. 10th at 10:00 am.



**Applebee's**  
 Aug. 15th at 4:30 pm.

**Museum of Biblical Art**

Aug. 17th at 10:30 am.



**Caroline's Cafe**  
 Aug. 22nd at 4:30 pm.



# August 2017

Free Coffee On Fridays



Mon	Tue	Wed	Thu	Fri
	<b>1 Sign Up For Trips</b> <b>Please Pay At Sign Up</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga	<b>2 Oral Presentation</b> 9:30 Game Tables <b>10:00 AAA Texas</b> 11:00 Bridge <b>11:15 Dental Health</b> 1:00 Goldenaires	<b>3 Entertainment</b> 8:45 50+ Fitness 9:30 Game Tables <b>10:00 Conversational English</b> <b>11:00 Folk Dance</b> <b>11:00 Greg &amp; Charles</b>	<b>4</b> 9:30 Game Tables 10:00 Beginner's Yoga <b>11:00 Yarn Class</b>
<b>7 Miracles from Heaven</b> 9:30 Game Tables <b>9:30 Movie Morning</b> <b>10:30 Zumba Class</b> 6:30 Swing Out	<b>8</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga	<b>9 Birthday Lunch</b> 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle 	<b>10 OMNI IMAX</b> 8:45 50+ Fitness <b>9:30 Goodwill</b> <b>10:00 Born To Be Wild</b> <b>10:00 Conversational English</b> <b>11:00 Nutrition Presentation</b>	<b>11</b> 9:30 Game Tables 10:00 Beginner's Yoga <b>11:00 Yarn Class</b> 7:00 Cliff Dwellers Square Dance
<b>14</b> 9:30 Game Tables <b>10:00 Share &amp; Care</b> <b>10:30 Zumba Class</b> 6:30 Swing Out 	<b>15 Applebee's</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga <b>4:30 Applebee's</b>	<b>16</b> 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	<b>17 Museum</b> 8:45 50+ Fitness 9:30 Game Tables <b>10:00 Conversational English</b> <b>10:30 Museum Of Biblical Art</b> <b>11:00 Folk Dance</b>	<b>18 Watermelon Day</b> 9:30 Game Tables 10:30 Goldenaires @ Dunc. Rehab <b>12:00 Watermelon</b> <b>7:00 3rd Friday Dance Jimmy Gomez</b>
<b>21 Eye Care Screening</b> 9:30 Game Tables <b>8:30 AARP Drive Safe</b> <b>10:00 Carter Eye Care</b> <b>10:30 Zumba Class</b> 6:30 Swing Out	<b>22 Caroline's Cafe</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga <b>4:30 Caroline's Cafe</b>	<b>23 BINGO</b> 9:30 Game Tables <b>10:30 BINGO</b> 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	<b>24</b> 8:45 50+ Fitness 9:30 Game Tables <b>10:00 Conversational English</b> <b>11:00 Folk Dance</b>	<b>25</b> 9:30 Game Tables 10:00 Beginner's Yoga 10:30 Goldenaires @ Laurenwood <b>11:00 Yarn Class</b>
<b>28</b> 9:30 Game Tables <b>11:00 Goldenaires Concert</b> <b>10:30 Zumba Class</b> 6:30 Swing Out	<b>29</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga	<b>30 Karaoke</b> 9:30 Game Tables 11:00 Bridge <b>11:00 Karaoke with Norris Perry</b> 1:00 Goldenaires 1:00 Pinochle	<b>31</b> 8:45 50+ Fitness 9:30 Game Tables <b>10:00 Conversational English</b> <b>11:00 Folk Dance</b>	

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.