

# GOLDEN GAZETTE

September 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



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## Come Join Us!

**Our Mission:**

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

## September Trips

### Olive Garden

Tuesday, Sept. 12, 2017 at 4:30 pm.  
cost of meal

### Main Street Cafe

Tuesday, Sept. 19, 2017 at 4:30 pm.  
\$3.00 + cost of meal

### Civil War Museum

Thursday, Sept. 21, 2017 at 9:00 am.  
\$10.00 + cost of meal

### Downtown Grapevine

Thursday, Sept. 28, 2017 at 9:00 am.  
\$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, Friday,  
September 1, 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 !



Don't Let Anxiety Stop You From Having the Life You Want!



Thursday, September 7 @ 11:40 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**

**Mondays**  
10:30 am to 11:30 am

**Free Class**  
Olga Sanchez, Instructor

## Free Yoga Class For Beginners

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

Olivia Chavez, Instructor



## Social Activities & More:



Wednesday, Sept 6th at 10:30 am.  
Sponsored by

**AAA Texas**

## 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 Sept. 25th at 11:00 am.*  
Performance at Duncanville Rehab on 9/ 15 and Laurenwood Nursing Home on 9/22 at 10:30 am.

## 3RD FRIDAY DANCE

Fri. Sept. 15th, @ 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**  
 September 1, 2017  
 12:00 Noon



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



**Share & Care Site**  
 Council Elections  
**Tuesday, Sept. 12, 2017**  
 8:00 am. - 3:00 pm.

**President**  
**Vice President**  
**2ND Vice President**  
**Treasurer**  
**Secretary**  
 You must be eligible to vote

# Birthdays, Opportunities, & Trips :

We are celebrating September Birthdays on **Wednesday, September 13th** during lunch. Make reservations for yourself and guest on or before **Thursday, September 7th.**



## AARP DRIVER SAFETY CLASS

Monday, September 18th, 2017  
 8:30 am to 1:00 pm  
 Cost: \$15.00 w/AARP membership  
 \$20.00 without AARP membership  
**Call (972) 780-5073**



**Olive garden**  
 Sep. 12th at 4:30 pm.



**Main Street Cafe**  
 Sept. 19th at 4:30 pm.

**Civil War Museum**  
 Sept. 21st at 9:00 am.



**Downtown Grapevine**  
 Aug. 22nd at 4:30 pm.

# September 2017

Free Coffee On Fridays



Mon	Tue	Wed	Thu	Fri
				<b>1 Sign Up For Trips</b> <b>Please Pay At Sign Up</b> 9:30 Game Tables 10:00 Beginner's Yoga <b>11:00 Yarn Class</b> <b>1:00 Labor Day BBQ</b>
<b>4 LABOR DAY</b>  <b>Closed For The Holiday</b>	<b>5</b> 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga	<b>6 BINGO</b> 9:30 Game Tables <b>10:30 BINGO !</b> 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	<b>7 Presentation</b> 8:45 50+ Fitness 9:30 Goodwill <b>10:00 Conversational English</b> <b>11:00 Folk Dance</b> <b>11:40 Living with Anxiety</b>	<b>8</b> 9:30 Game Tables 10:00 Beginner's Yoga <b>11:00 Yarn Class</b> 7:00 Cliff Dwellers Square Dance
<b>11</b> 9:30 Game Tables <b>10:00 Share &amp; Care</b> <b>10:30 Zumba Class</b> 	<b>12 Voting/ Elections</b> 8:00 <b>Share &amp; Care Voting</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga <b>4:30 Olive Garden</b>	<b>13 Birthday Lunch</b> 9:30 Game Tables 11:00 Bridge <b>11:00 Billy &amp; Co.</b> 1:00 Goldenaires 1:00 Pinochle 	<b>14</b> 8:45 50+ Fitness 9:30 Game Tables <b>10:00 Conversational English</b> <b>11:00 Folk Dance</b>	<b>15</b> <b>9:30</b> Game Tables 10:30 Goldenaires @ Dunc. Rehab <b>11:00 Yarn Class</b> <b>7:00 3rd Friday Dance Final Showdown</b>
<b>18</b> 9:30 Game Tables <b>8:30 Drive Safe</b> <b>10:30 Zumba Class</b>	<b>19 Dinner Out</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga <b>4:30 Main Street Cafe</b>	<b>20</b> 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	<b>21 Museum</b> 8:45 50+ Fitness <b>9:00 Civil War Museum</b> 9:30 Game Tables <b>10:00 Conversational English</b> <b>11:00 Folk Dance</b>	<b>22</b> 9:30 Game Tables 10:00 Beginner's Yoga 10:30 Goldenaires @ Laurenwood <b>11:00 Yarn Class</b>
<b>25</b> 9:30 Game Tables <b>10:30 Zumba Class</b> <b>11:00 Goldenaires Concert</b>	<b>26</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga	<b>27</b> 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	<b>28 Grapevine</b> 8:45 50+ Fitness 9:00 <b>Downtown Grapevine</b> 9:30 Game Tables <b>10:00 Conversational English</b> <b>11:00 Folk Dance</b>	<b>29</b> 9:30 Game Tables 10:00 Beginner's Yoga <b>11:00 Yarn Class</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.