

GOLDEN GAZETTE

November 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."*

November Trips

Coaches Box

Tuesday, Nov.7, 2017 at 4:30 pm.

Cost of meal

Pocket Sandwich Theatre

The Strange Case of Dr. Jekyll & Mr. Hyde

Thursday, Nov.9, 2017 at 5:45 pm.

\$15.00+ cost of meal

La Margarita

Tuesday, Nov.21, 2017 at 4.30 pm

\$3.00 + cost of meal

Dallas Arboretum

Tuesday, Nov.28, 2017 at 9:00 am.

\$15.00 + 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, Wednesday,
November 1, 2017. Thank you for your cooperation!

Where Silver is Golden!

Creative Expression Classes:

FREE ! Gratis!

Line Dancing!



**Tuesdays & Fridays
11:00 am**

With Instructor Elaine Robinson
& the "Starlight Dancers"!



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 equip-
ment, 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, Nov. 15th at 10:00 am
Sponsored by

CIGNA

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
Nov.27th at 11:00 am.*
Performance at Duncanville Rehab
on 11/17 and Laurenwood Nursing
Home on 11/24 at 10:30 am.

3RD FRIDAY DANCE

Fri. Nov. 17th, @ 7:00 pm
Cost: \$ 5.00 per person
This month featuring the music of:
**Benji Allen Band
(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.**

Starlight Dance
Performance
Friday, November 17th



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

Health And Wellness
Expo

Nov. 14th at 8:30 am.
 Cost: \$3:00 + meal

DALLAS PARK AND RECREATION PRESENTS

HEALTH AND WELLNESS EXPO 2017

TUESDAY
NOVEMBER 14, 2017
9:00AM - 1:00PM
 Food and Fiber Pavilion
 Fair Park
 1233 S. Washington, Dallas Texas
 (Enter through Gate 3)

Ask the Doctor Presentation
 Dr. Lydia R. Best
 Baylor Scott and White Health and Wellness Center
 Juanita J. Craft Recreation Center
 Dr. Jayshri Chasmawala
 WellMed Clinic
 At Carrier Parkway

Mistress of Ceremonies
 Donna Richardson
 Author, "Witness to Fitness"

Birthdays, Opportunities, & Trips :

We are celebrating November Birthdays on **Wednesday, November 8th** during lunch. Make reservations for yourself and guest on or before **Thursday, November 2, 2017**



AARP DRIVER SAFETY CLASS

Monday, November 20 2017
 8:30 am to 1:00 pm
 Cost: \$15.00 w/AARP membership
 \$20.00 without AARP membership
Call (972) 780-5073



Pocket Sandwich Theatre
 Nov. 9th at 5:45 pm.



Coaches Box
 Nov. 7th at 4:30 pm.



La Margarita
 Nov. 21st at 4:30 pm.

Dallas Arboretum
 Nov. 28th at 9:00 pm.





November 2017

Free Coffee On Fridays



Mon	Tue	Wed	Thu	Fri	
		1 Sign Up For Trips Please Pay At Sign Up 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	2 8:45 50+ Fitness 9:30 Game Table 10:00 Conversational English 11:00 Folk Dance	3 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance 11:30 Nutrition Presentation	
6 9:30 Game Tables 10:30 Zumba Class	7 Dinner Out 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance 4:30 The Coaches Box	8 Birthday Lunch 9:00 Benefits Council 9:30 Game Tables 10:30 Billy & Co 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle 	9 Pocket Sandwich Theatre 8:45 50+ Fitness 9:30 Goodwill 10:00 Conversational English 11:00 Folk Dance	10 10:00 Beginner's Yoga 11:00 Line Dance 10:30 Veterans Day Observance 7:00 Cliff Dwellers Square Dance	
13 9:30 Game Tables 10:00 Share & Care 10:30 Zumba Class	14 Health Fair 8:30 Health Fair Expo 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance	15 BINGO ! 9:30 Game Tables 10:00 Bingo ! 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	16 8:45 50+ Fitness 9:30 Game Tables 10:00 Conversational English 10:30 Medicare Presentation 11:00 Folk Dance	17 Thanksgiving Lunch 9:30 Game Tables 10:30 Goldenaires @ Dunc. Rehab 11:00 Line Dance 7:00 3rd Friday Dance	
20 8:30 Drive Safe 9:30 Game Tables 10:30 Zumba Class	21 Dinner Out 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance 4:30 La Margarita	22 9:30 Game Tables 10:00 Senior Game Day 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	Happy Thanksgiving !		
27 9:30 Game Tables 10:30 Zumba Class 11:00 Goldenaires Concert	28 Dallas Arboretum 8:45 50+ Fitness 9:00 Arboretum 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance	29 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	30 8:45 50+ Fitness 9:30 Game Tables 10:00 Conversational English	Closed For Holiday	

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.