

GOLDEN GAZETTE

December 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."*

December Trips

Bethlehem Revisited

Friday, Dec. 8, 2017 at 4:30 pm

\$5.00 + cost of meal

Old City Park

Saturday, Dec.9, 2017 at 4.30 pm

\$13.00 + cost of meal

Texas Pecan Company

Wednesday, Dec. 13, 2017 at 9:00am

\$3.00 No meal

Pizza Inn

Tuesday, Dec.19, 2017 at 4:30pm

No trip fee + cost of meal

Mystery Dinner

Thursday , Dec 28, 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, Friday,

December 1, 2017. Thank you for your cooperation!

Where Silver is Golden!

Creative Expression Classes & More:

FREE ! Gratis!
Tuesdays & Fridays
11:00 am



With Instructor: Elaine Robinson



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!**

"Hands on Craft Class"



New Class for Members!
First Class Begins Monday,
December 4

1st & 3rd Mondays
 11:00 am to 12 noon
 Instructor Charlesetta Thompson



Monday, December 11
9:30 am



It's Zumba Time !

New at the Senior Center

Mondays
 10:30 am to 11:30 am

Free Class
Olga Sanchez, Instructor



Free Eye Screening
 Tuesday, December 12

Ceramics

Tuesdays
 9:30 am. - 12:00 pm.
 Or
 12:00 pm. - 3:00 pm

Cost: \$18.00 per session
Pat Weaver, Instructor

Free Yoga Class For Beginners

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

Olivia Chavez, Instructor



Social Activities & More:



Wednesday, December 20
 at 10:30 am
 Sponsored by
CIGNA

BILLY & COMPANY

Every 2nd Wed. at 10:30 am
 Musical Open Mic Concert

GOLDENAIRES CONCERT

Practice every Wednesday at 1:00 pm. Center concert on Monday Dec.18th at 11:00 am. Performance at Laurenwood Nursing Home on 12/8 and Dunc. Rehab on 12/15 at 10:30 am.

3RD FRIDAY DANCE

Fri. Dec.15, @ 7:00 pm
 Cost: \$ 5.00 per person
 This month featuring the music of:
Pete & Patti



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.**

Silver Serenaders
of Texas
Performance
 Wednesday, December 6
 11:00 am.



Friday, December 15
 11:00 am

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



Musical Concert
UMC Trinity
Ringers

Friday, December 15
 12:15 pm

Cowboy Christmas
Dinner Dance

Friday, December 22
 Live Entertainment!

6:00 pm to 9:30 pm
 Cost: \$10.00



Birthdays, Opportunities, & Trips :

We are celebrating December Birthdays on **Wednesday, December 13** during lunch. Make reservations for yourself and guest on or before **Thursday, December 7, 2017**



AARP DRIVER SAFETY CLASS

Monday, Dec 18, 2017
 8:30 am to 1:00 pm
 Cost: \$15.00 w/AARP membership
 \$20.00 without AARP membership



Bethlehem Revisited
 Dec.8 at 4:30 pm.

Old City Park
 Dec.9 at 4.30 pm.



TEXAS PECAN CO.
 Dec. 13 at 9:00 am



Pizza Inn
 Dec.19 at 4:30 pm.

Mystery Dinner
 Dec.28 at 4:30 pm.





December 2017

Free Coffee On Fridays



Mon	Tue	Wed	Thu	Fri
<p>Old City Park</p> <p>Saturday Dec. 9th at 4:30 pm</p>	<p>Christmas Dance & Dinner Tickets on Sale Now \$10.00 Live Entertainment</p>			<p>1 Sign Up for Trips Please Pay At Sign Up 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance</p>
<p>4</p> <p>9:30 Game Tables 10:30 Zumba Class 11:00 Hands On Craft Class</p>	<p>5</p> <p>8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance</p>	<p>6</p> <p>9:30 Game Tables 11:00 Silver Serenaders 11:00 Bridge 1:00 Goldenaires</p>	<p>7</p> <p>8:45 50+ Fitness 9:30 Game Tables 11:00 Folk Dance</p>	<p>8 Bethlehem Revisited 10:00 Beginner's Yoga 11:00 Line Dance 11:00 Performance~ Greg 4:30 Bethlehem Revisited 7:00 Cliff Dwellers Square Dance</p>
<p>11</p> <p>9:30 Holiday Movie 9:30 Game Tables 10:00 Share & Care 10:30 Zumba Class</p>	<p>12</p> <p>8:45 50+ Fitness 9:30 Carter Eye Care 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance</p>	<p>13 Birthday Lunch 9:00 Texas Pecan Co. 9:30 Game Tables 10:30 Billy & Co. 11:00 Bridge 1:00 Goldenaires</p>	<p>14</p> <p>8:45 50+ Fitness 9:30 Game Tables 9:30 RSVP Goodwill Volunteers 11:00 Folk Dance</p>	<p>15</p> <p>10:00 Beginner's Yoga 10:30 Goldenaires @ Dunc. Rehab 11:00 Texas Winds 12:15 Trinity Bells 7:00 3rd Friday Dance Pete & Patti</p>
<p>18</p> <p>8:30 Drive Safe 9:30 Game Tables 10:00 Hands On Craft Class 10:30 Zumba Class 11:00 Goldenaires Concert</p>	<p>19 Dinner Out 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance 4:30 Pizza Inn</p>	<p>20 BINGO 9:30 Game Tables 10:30 Bingo 11:00 Bridge 1:00 Goldenaires</p>	<p>21</p> <p>8:45 50+ Fitness 9:30 Holiday Movie 9:30 Game Tables 11:00 Folk Dance</p>	<p>22 Cowboy Christmas! 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance 6:00 Christmas Dinner Dance with Sundance Band</p>
<p>25</p>	<p>26</p> <p>CLOSED FOR HOLIDAY</p>	<p>27</p> <p>9:30 Game Tables 11:00 Bridge 1:00 Goldenaires</p>	<p>28 Mystery Dinner</p> <p>8:45 50+ Fitness 9:30 Game Tables 11:00 Folk Dance 4:30 Dinner Out</p>	<p>29</p> <p>9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance</p>

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.