

# GOLDEN GAZETTE

January 2018

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.”*

## January Trips

### Bowling Museum

Tuesday, Jan. 9, 2018 at 9:00 am  
11.00 + Cost of meal

### Babe's Chicken

Thursday, Jan. 18, 2018 at 4:30 pm  
\$3.00 + cost of meal

### Maggiano's

Tuesday, Jan. 23, 2018 at 4:30 pm  
\$3.00 + cost of meal

### Defords Museum

Tuesday, Jan. 30, 2018 at 4:30 pm  
\$18.00 + 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,  
January 2, 2018. Thank you for your cooperation!

*Where Silver is Golden!*

# Creative Expression Classes:

**FREE ! Gratis!**  
**Tuesdays & Fridays**  
**11:00 am**



With Instructor: Elaine Robinson  
 & the "Starlight Dancers"!

**"Hands On"**  
**Craft Class**  
 will resume on  
**Monday, Feb. 12**

11:00 am. to 12:00 pm.

Charlesetta Thompson, Instructor



**Upgrade Coming!**

New Floors for Our Building

We will be closed, **Jan.31**  
**through Feb. 6, 2018** .

Please Mark your Calendar.



**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:



Friday, Jan.19th at 10:30 am

Sponsored by  
**Good Life**

**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  
 Jan.22nd at 11:00 am.  
 Performance at Dunc. Rehab. on  
 1/19 and Laurenwood on 1/26  
 at 10:30 am.

**3RD FRIDAY DANCE**

Fri. Jan. 19, @ 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.**

**Trip to the**

**Hilton Garden Inn**

**Thursday, Jan. 18 at 9:00 am.**

**Trip cost: \$3.00**

**Free Lunch included**

RSVP on Tuesday, Jan. 2

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

**Movie Monday**  
**Jan. 29th at 9:30 am.**

**KINGSMEN**

The group of elite secret agents from both sides of the pond band together to battle a ruthless enemy and save the day.



# Birthdays, Opportunities, & Trips :

We are celebrating January Birthdays on **Wednesday, January 17th** during lunch. Make reservations for yourself and guest on or before **Thursday, January 4, 2018**



**AARP DRIVER SAFETY CLASS**

Monday, Jan 22, 2018  
 8:30 am to 1:00 pm

Cost: \$15.00 w/AARP membership  
 \$20.00 without AARP membership



**Bowling Museum**  
 Jan. 9 at 9:00 am.

**Babe's Chicken**  
 Jan. 18 at 4.30 pm.



**Maggiano's**  
 Jan. 23 at 4:30 pm.

**Defords Museum**  
 Jan. 30 at 4:30 pm.





# January 2018

**A Cup of Joe is now \$0.50  
Free Coffee on Fridays!**



| Mon   | Tue  | Wed   | Thu   | Fri   |
|---|--|---|---|---|
| <b>1</b><br>Closed<br>  | <b>2 Sign UP For Trips<br/>Please Pay At Sign Up</b><br><b>8:45 50+ Fitness</b><br>9:30 Ceramics<br>10:00 Beginner's Yoga<br><b>11:00 Line Dance</b> | <b>3</b><br>9:30 Game Tables<br>11:00 Bridge<br>1:00 Goldenaires<br>1:00 Pinochle   | <b>4</b><br><b>8:45 50 + Fitness</b><br>9:30 Game Tables<br><b>9:30 Diabetes Class (Spanish)</b><br><b>11:00 Folk Dance</b>   | <b>5</b><br>9:30 Game Tables<br>10:00 Beginner's Yoga<br><b>11:00 Line Dance</b>  |
| <b>8</b><br>9:30 Game Tables<br><b>10:00 Share &amp; Care</b><br><b>10:00 Zumba Class</b><br>                           | <b>9 Museum</b><br>8:45 50+ Fitness<br><b>9:00 Bowling Museum</b><br>9:30 Ceramics<br>10:00 Beginner's Yoga<br><b>11:00 Line Dance</b>               | <b>10 Birthday Lunch</b><br>9:30 Game Tables<br><b>10:30 Billy &amp; Co.</b><br>11:00 Bridge<br>1:00 Goldenaires<br>1:00 Pinochle<br> | <b>11</b><br><b>8:45 50+ Fitness</b><br>9:30 Game Tables<br><b>9:30 Diabetes Class (Spanish)</b>  | <b>12</b><br>9:30 Game Tables<br>10:00 Beginner's Yoga<br><b>11:00 Line Dance</b>   |
| <b>15</b><br><b>CLOSED</b><br>  | <b>16</b><br><b>8:45 50+ Fitness</b><br>9:30 Ceramics<br>10:00 Beginner's Yoga<br><b>11:00 Line Dance</b>  | <b>17</b><br>9:30 Game Tables<br><b>10:30 Billy &amp; Co.</b><br>11:00 Bridge<br>1:00 Goldenaires<br>1:00 Pinochle                    | <b>18 Luncheon &amp; Trip</b><br>8:45 50+ Fitness<br><b>9:00 Hilton Garden Inn</b><br>9:30 Game Tables<br><b>9:30 Diabetes Class (Spanish)</b><br><b>11:00 Folk Dance</b><br><b>4:30 Babe's Chicken</b> | <b>19</b><br>10:30 Goldenaires @ Dunc. Rehab<br><b>10:30 BINGO!</b><br><b>11:00 Line Dance</b><br><b>7:00 3rd Friday Dance Final Showdown</b> |
| <b>22</b><br><b>8:30 Drive Safe</b><br>9:30 Game Tables<br><b>10:00 Zumba Class</b><br><b>11:00 Goldenaires Concert</b> | <b>23 Dinner Out</b><br><b>8:45 50+ Fitness</b><br>9:30 Ceramics<br>10:00 Beginner's Yoga<br><b>11:00 Line Dance</b><br><b>4:30 Maggiano's</b>       | <b>24</b><br>9:30 Game Tables<br>11:00 Bridge<br>1:00 Goldenaires<br>1:00 Pinochle  | <b>25</b><br>8:45 50+ Fitness<br>9:30 Game Tables<br><b>9:30 Diabetes Class (Spanish)</b><br><b>11:00 Folk Dance</b>  | <b>26</b><br>9:30 Game Tables<br>10:00 Beginner's Yoga<br><b>10:30 BINGO!</b><br><b>11:00 Line Dance</b>                                      |
| <b>29 Movie Monday</b><br>9:30 Game Tables<br><b>9:30 Movie &amp; Popcorn!</b><br><b>10:00 Zumba Class</b>              | <b>30 Museum</b><br><b>8:45 50+ Fitness</b><br>9:30 Ceramics<br><b>9:30 Deford's Museum</b><br>10:00 Beginner's Yoga<br><b>11:00 Line Dance</b>      | <b>31</b><br><b>CLOSED</b><br>  | <b>Craft Classes Will Resume Monday, February 12 at 11:00</b><br>   |   |