

GOLDEN GAZETTE

February 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

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."*

February Trips

Pocket Sandwich Theatre

Thursday, Feb. 15, 2018, at 5:45 pm.
13.00 + Cost of meal

Amore

Tuesday, Feb.20, 2018, at 4:30 pm
cost of meal

British Flying Museum

Thursday, Feb. 22, 2018, at 9:00 am
\$8.00 + cost of meal

Abuelos

Tuesday, Feb. 27, 2018 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, Wednesday,
February 7, 2018. Thank you for your cooperation!

Where Silver is Golden!

Creative Expression Classes:

FREE! Gratis!
Tuesdays & Fridays
11:00 am



LINE DANCE

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



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
10:00 am to 11:00 am

Olivia Chavez, Instructor



Social Activities & More:



Wednesday, Feb.21 at 10:30 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 Feb. 26 at 11:00 am. Performance at Dunc. Rehab. on 2/16 and Laurenwood on 2/23 at 10:30 am.

3RD FRIDAY DANCE

Fri. Feb. 16, @ 7:00 pm
Cost: \$5.00 per person
This month featuring the music of:
92nd. Roadhouse
(C&W)

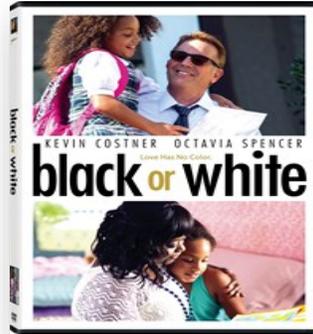


Café & Other Activities

CENTER CAFÉ Monday through Friday Lunch daily from 12 noon

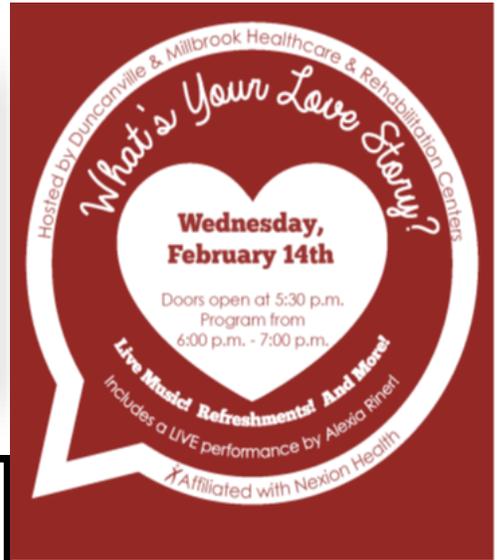
We serve lunch daily. Our lunches are designed for older adults and provide 1/3 of the daily dietary requirements. We take reservations for lunch two days in advance. We ask you to fill out an intake registration form before you eat the first time. **Reservations may be made by calling (972) 780-5073 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.**

Movie Morning Featuring



Thursday, Feb. 8

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



Event held at the Senior Center
Door Prizes & Refreshments
5:30 to 7:00 pm

Birthdays, Opportunities, & Trips:

We are celebrating February Birthdays on **Wednesday, February 14** during lunch. Make reservations for yourself and guest on or before **Thursday, February 8, 2018**



AARP DRIVER SAFETY CLASS

Monday, Feb. 19, 2018
8:30 am to 1:00 pm
Cost: \$15.00 w/AARP membership
\$20.00 without AARP membership



Amore
Feb. 20 at 4.30 pm.



British Flying Museum
Feb. 22 at 4:30 pm.

Abuelos
Feb. 27 at 4:30 pm.



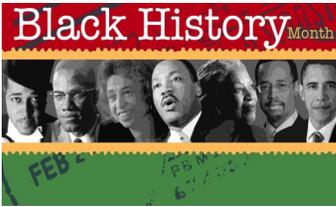
Pocket Theatre
Feb. 15 at 5:45 pm.



February 2018

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



Mon	Tue	Wed	Thu	Fri
			1 CLOSED 	2 CLOSED 
5 CLOSED 	6 CLOSED 	7 Sign Up For Trips Please Pay At Sign Up 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	8 8:45 50+ Fitness 9:30 RSVP Goodwill 9:30 Game Tables 10:00 Movie Morning 11:00 Folk Dance	9 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance
12 9:30 Game Tables 10:00 Share & Care 10:00 Zumba Class 11:00 Craft Class 	13 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance	14 Birthday Lunch 9:30 Game Tables 10:30 Billy & Co. 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle 5:30 Valentines Event 	15 Pocket Theatre \$13 8:45 50+ Fitness 9:30 Game Tables 11:00 Folk Dance 5:45 Pocket Theatre	16 10:30 Goldenaires @ Dunc. Rehab 10:30 BINGO! 11:00 Line Dance 7:00 3rd Friday Dance Final Showdown
19 8:30 Drive Safe 9:30 Game Tables 10:00 Zumba Class	20 Dinner Out 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance 4:30 Amore's	21 9:30 Game Tables 10:30 BINGO 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	22 Museum \$8 8:45 50+ Fitness 9:00 British Flying Museum 9:30 Game Tables 11:00 Folk Dance	23 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance
26 9:30 Game Tables 10:00 Zumba Class 11:00 Craft Class 11:00 Goldenaires Concert	27 Dinner Out 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance 4:30 Abuelo's	28 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle		Craft Classes Will Resume Monday, February 12 at 11:00 

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.