

GOLDEN GAZETTE

April 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.”*

April Trips

Ozona

Tuesday, Apr. 10, 2018, at 4:30 pm
\$3.00 + cost of meal

Thibodeaux

Thursday, Apr. 12, 2018, at 4:30 pm
Cost of meal

Allen Outlet Mall

Tuesday, Apr. 17, 2018, at 9 am
\$3.00 + cost of meal

Fort Worth Zoo

Wednesday, Apr. 25, 2018, at 9 am
\$8.00 + 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, Monday,
April 2, 2018. Thank you for your cooperation!

Where Silver is Golden!

Creative Expression Classes:

FREE! Gratis!

Tuesdays & Fridays

11 am



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



Free 18 Week Pre-Diabetes Program

Wednesday's
Beginning March 28
9:45 am to 11 am

For questions or further information
call Francis Rizo
at 214 336-9757



"Hands On"

Craft Classes on First Monday of
Every Month—11:00 am

Charlesetta Thompson, Instructor

Resistance Training

Wednesdays

11 am

Instructor Nilgun Sezgin



Tuesdays

9:30 am - 12 pm

Or

12 pm - 3 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

Elaine Robinson, Instructor

Free Yoga Class For Beginners

Tuesdays and Fridays

10 am to 11 am

Olivia Chavez, Instructor



Social Activities & More:



Friday, Apr. 18 at 10:30 am

Sponsored by
**CHAMPIONS
COVE**

BILLY & COMPANY

Every 2nd Wed. at 11 am

Musical Open Mic Concert

GOLDENAIRES CONCERT

Practice every Wednesday at 1 pm
Center concert on Monday April 23
at 11 am. Performance at Dunc.
Rehab. on 4/20 and Laurenwood
on 4/27
at 10:30 am.

3RD FRIDAY DANCE

Fri. Apr. 20, @ 7 pm

Cost: \$ 5.00 per person

This month featuring the music of:

**Tommy Chandler
(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.**

ClearCaptions

Presentation by Darwin Isham
 Wednesday, Apr. 18
 at 11:30 am



Can't hear on the phone?
 Get your **FREE** CaptionPhone!
 Nothing to pay for... **EVER!**

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



Friday

April 13, 2018
8:30 am — 1:30 pm



Birthdays, Opportunities & Trips :

We are celebrating April Birthdays on **Wednesday, April 11** during lunch. Make reservations for yourself and guest on or before **Thursday, April 5, 2018**



AARP DRIVER SAFETY CLASS

Monday, April 16, 2018
 8:30 am to 1 pm
 Cost: \$15.00 w/AARP membership
 \$20.00 without AARP membership



Ozona
 Apr. 10 at 4:30 pm.

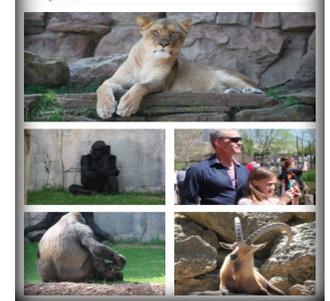


Thibodeaux
 Apr. 12 at 4:30 pm.

Allen Outlet Mall
 Apr. 17 at 9 am.



fort worth zoo



Fort Worth Zoo
 Apr. 25 at 4:30 pm.

April 2018

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



Mon	Tue	Wed	Thu	Fri
2 Sign Up For Trips Please Pay At Sign Up 9:30 Game Tables 10:00 Zumba Class 11:00 Craft Class	3 8:45 50 + Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance	4 9:30 Game Tables 9:45 Diabetes Prevention 11:00 Resistance Training 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	5 8:45 50 + Fitness 9:30 Game Tables 11:00 Folk Dance	6 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance
9 9:30 Game Tables 10:00 Share & Care 10:00 Zumba Class 	10 Dinner Out \$3 8:45 50 + Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance 4:30 Ozona	11 Birthday Lunch 9:00 Beginner's Yoga 10:00 Line Dance 10:30 Billy & Co. 11:00 Resistance Training 11:00 Bridge 1:00 Goldenaires 	12 Dinner Out 8:45 50+ Fitness 9:30 Game Tables 11:00 Folk Dance 4:30 Thibodeaux	13 RUMMAGE SALE 8:30 Rummage Sale 9:30 Game Tables
16 8:30 Drive Safe 9:30 Game Tables 10:00 Zumba Class	17 Outlet Mall \$3 8:45 50 + Fitness 9:00 Allen Outlet Mall 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance	18 PRESENTATION 9:30 Game Tables 9:45 Diabetes Prevention 10:30 BINGO ! 11:00 Resistance Training 11:00 Bridge 11:30 ClearCaptions 1:00 Goldenaires	19 8:45 50+ Fitness 9:30 Game Tables 11:00 Folk Dance	20 9:30 Game Tables 10:00 Greg & Travis 10:30 Goldenaires @ Dunc. Rehab 11:00 Line Dance 7:00 3rd Friday Dance Tommy Chandler
23 9:30 Game Tables 10:00 Zumba Class 11:00 Goldenaires Concert	24 8:45 50 + Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Line Dance	25 Ft. Worth Zoo \$8 9:00 Fort Worth Zoo 9:30 Game Tables 9:45 Diabetes Prevention 11:00 Resistance Training 11:00 Bridge 1:00 Goldenaires	26 8:45 50+ Fitness 9:30 Game Tables 11:00 Folk Dance	27 9:30 Game Tables 10:00 Beginner's Yoga 10:30 Golddenaires @ Laurenwood 11:00 Line Dance
30 9:30 Game Tables 10:00 Zumba Class				

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.