GOLDEN GAZETTE

May 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

Inside this issue:

Creative Expression Classes	2
Staying Fit	2
Social Activities	2
Café & Other	3
Birthday & Opportunities	3
May Trips	3
Calendar	4

Come Join Us!

Our Mission:
"Providing opportunities for older adults to continue being active and vital participants in their community."

May Trips

Asian Buffet
Tuesday, May 8, 2018, at 4:30 pm
Cost of meal

Duncanville Community Theatre
Thursday, May 17, 2018, at 5 pm
$13 + Cost of meal

Caroline
Thursday, May 24, 2018, at 4:30 pm
$3.00 + cost of meal

Scarborough Fair
Saturday, May 26, 2018, at 9:30 am
$30.00 + 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, May 1, 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"!*

Resistance Training

Wednesdays
11 am

Instructor
Nilgun Sezgin

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

Ceramics

Tuesdays
9:30 am - 12 pm
Or
12 pm - 3 pm
Cost: $18.00 per session
Pat Weaver, Instructor

Staying Fit:

50 + FITNESS!

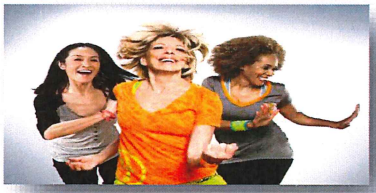
Tuesdays & Thursdays

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 to11:30 am

Free Class
Olga Sanchez, Instructor

Free Yoga Class
For Beginners

Tuesdays and Fridays
10 am to 11 am

Elaine Robinson, Instructor

Social Activities & More:

Friday, May 11 at 10:30 am

Sponsored by
UnitedHealthCare

BILLY & COMPANY

Every 2nd Wed. at 11 am

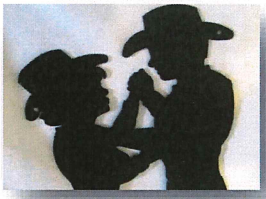
Musical Open Mic Concert

GOLDENAIRES CONCERT

Practice every Wednesday at 1 pm
Center concert on Monday May 28 at 11 am. Performance at Dunc. Rehab. on 5/18 and Laurenwood on 5/25
at 10:30 am

3RD FRIDAY DANCE

Fri. May 18 @ 7 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.**

Center Elementary

Choir
Wednesday, May 23,2018
11:00 am

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

24th Annual Older Americans Month

Information & Health Fair

Thursday, May 10, 2018
915 am – 1 pm

Sponsored by

DART
COMMUNITY COUNCIL
CITY OF DALLAS
DALLAS POLICE DEPT.
DAAA

Birthdays, Opportunities & Trips :

We are celebrating May Birthdays on **Wednesday, May 9** during lunch.
Make reservations for yourself and guest on or before **Thursday, May 3, 2018**

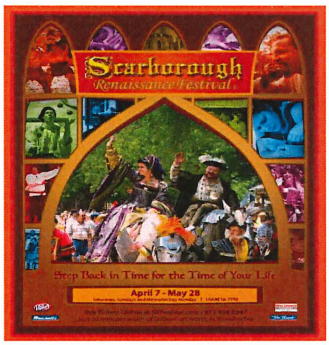
AARP DRIVER SAFETY CLASS

Monday, May 21, 2018
8:30 am to 1 pm
Cost: $15.00 w/AARP membership
$20.00 without AARP membership

Asian Buffet
May 8 at 4:30 pm

Duncanville Community Theatre
May 17 at 5 pm

Caroline
May 24 at 4:30 pm



Scarborough Fair
May 26 at 9:30 am

May 2018

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

Mon	Tue	Wed	Thu	Fri
MAY 13th 	1 ***Sign Up For Trips*** ***Please Pay At Sign Up*** **8:45 50 + Fitness** 9:30 Ceramics 10:00 Beginner's Yoga	2 9:30 Game Tables 9:45 Diabetes Prevention 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	3 8:45 50 + Fitness 9:30 Game Tables **11:00 Folk Dance**	4 **Cinco De Mayo Celebration** 9:30 Game Tables 10:00 Beginner's Yoga **11:00 Line Dance**
7 9:30 Game Tables **10:00 Zumba Class** **11:00 Craft Class**	8 **Dinner Out** **8:45 50 + Fitness** 9:30 Ceramics 10:00 Beginner's Yoga **11:00 Line Dance** **4:30 Asian Buffet**	9 9:00 Beginner's Yoga **10:30 Billy & Co.** 11:00 Bridge 1:00 Goldenaires 	10 **Info. & Health Fair** 8:45 50+ Fitness **9:15 DART** 9:30 Game Tables **11:00 Folk Dance**	11 **Mother's Day Celebration** 10:00 Beginner's Yoga **10:30 BINGO!** **11:00 Line Dance** **7:00 Cliff Dwellers Square Dance**
14 9:30 Game Tables **10:00 Share & Care** **10:00 Zumba Class** 	15 **8:45 50 + Fitness** 9:30 Ceramics 10:00 Beginner's Yoga **11:00 Line Dance**	16 9:30 Game Tables 9:45 Diabetes Prevention 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	17 **Dunc. Community Theatre** 8:45 50+ Fitness 9:30 Game Tables **11:00 Folk Dance** **5:00 The Savannah Sipping Society**	18 9:30 Game Tables 10:30 Goldenaires @ Dunc. Rehab **11:00 Line Dance** **7:00 3rd Friday Dance** ***Final Showdown***
21 **8:30 Drive Safe** 9:30 Game Tables **10:00 Zumba Class** **11:00 Goldenaires Concert**	22 **8:45 50 + Fitness** 9:30 Ceramics 10:00 Beginner's Yoga **11:00 Line Dance**	23 **Choir Performance** 9:30 Game Tables 9:45 Diabetes Prevention **11:00 Central Elem.Choir** 11:00 Bridge 1:00 Goldenaires	24 **Dinner Out** 8:45 50+ Fitness 9:30 Game Tables **11:00 Folk Dance** **4:30 Caroline's Cafe**	25 9:30 Game Tables 10:00 Beginner's Yoga 10:30 Golddenaires @ Laurenwood **11:00 Line Dance**
28 Closed	29 8:45 50 + Fitness 9:30 Ceramics 10:00 Beginner's Yoga **11:00 Line Dance**	30 9:30 Game Tables 9:45 Diabetes Prevention	31 8:45 50 + Fitness 9:30 Game Tables **11:00 Folk Dance**	**May 26th** **9:30 am.** **Scarborough Fair**

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.