

GOLDEN GAZETTE

June 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."*

June Trips

Amore

Tuesday, June 12, 2018, at 4:30 pm
Cost of meal

Lone Star Park

Thursday, June 21, 2018, at 5 pm
\$20

Plaza Theatre Co.

Saturday, June 23, 2018, at 11:30 am
\$28.00 + cost of meal

La Margarita

Tuesday, June 26, 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, Friday,
June 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"!



Folk Dance

Thursdays
11:00 am.

Learn Simple Dances from Europe and Latin America

Instructors, Penny Ball & Olga Sanchez



Free 18 Week Pre-Diabetes Program

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

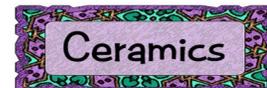
For questions or further information
call Francis Rizo
at 214 336-9757



"Hands On"

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

Charlesetta Thompson, Instructor



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!



Stick Stretch

New at the Senior Center

Mondays & Wednesdays
10:00 am to 11:00 am

Free Class

Shirley B, Instructor

**Free Yoga Class
For Beginners**

Tuesdays and Fridays

10 am to 11 am

Elaine Robinson, Instructor



Social Activities & More:



Friday, June 22 at 10:30 am

Sponsored by

United Health Care

Wednesday, June 27 at 10:45 am

Sponsored by, **Nexion Health**

Friday, June 29 at 10:30 am

Sponsored by

Cigna

BILLY & COMPANY

Every 2nd Wed. at 11 am

Musical Open Mic Concert

GOLDENAIRES CONCERT

Practice every Wednesday at 1 pm

Center concert on Monday June 25
at 11 am. Performance at Dunc.

Rehab. on 6/15 and Laurenwood

on 6/22

at 10:30 am

3RD FRIDAY DANCE

Fri. June 15 @ 7 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.**



Eye Screening
Wednesday
June 20, 2018
10 am to 1 pm



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

Bank Trip
June 7 at 9:30 am

WALMART Trip
June 8 at 9:30 am

Dollar Tree Trip
June 14 at 9:30 am

RSVP
At Front Desk
\$3 fee

Movies In June !

Birthdays, Opportunities & Trips :

We are celebrating June Birthdays on **Wednesday, June 13** during lunch. Make reservations for yourself and guest on or before **Thursday, June 7, 2018**



AARP DRIVER SAFETY CLASS

Monday, June 18, 2018
8:30 am to 1 pm
Cost: \$15.00 w/AARP membership
\$20.00 without AARP membership



Amore
June 12 at 4:30 pm



Lone Star Park
June 21 at 5 pm

Plaza Theatre Co.
June 23 at 11:30 am



La Margarita
June 26 at 4:30 pm