

GOLDEN GAZETTE

July 2018



Duncanville

Adult Activity 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

Come Join Us!

Our Mission:

"Providing opportunities for citizens to engage in physical and social activities in an inclusive environment."

July Trips

Spaghetti Warehouse

Tuesday, July 10, 2018, at 4:30 pm

Cost: \$3 + cost of meal

Holocaust Museum

Thursday, July 12, 2018, at 9:00 am

Cost: \$11 + cost of meal

Omni Theater-Panda's

Thursday, July 19, 2018, at 9:00 am

Cost: \$11.00 + cost of meal

Babe's Chicken

Thursday, July 26, 2018, at 4:30 pm

Cost: \$3.00 + cost of meal

Happy
4th of July



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NO REFUNDS FOR A RESTAURANT TRIP.

All participants must have a current membership at the senior center. You must pay the fee when you sign up starting Monday, July 2, 2018 for each trip.

Thank you for your cooperation!

Creative Expression Classes:

Tuesdays & Fridays
11 am
No Class Fee

Instructor: Elaine Robinson & the
"Starlight Dancers"

Line Dancing!



"Hands On"
Craft Class on July 9 at 11 am
Instructor, Charlesetta Thompson



Ceramics

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



Folk Dance
Thursday's
11:00 am

Learn Simple dances from
Europe and Latin America

Instructors: Penny Ball & Olga Sanchez

Lotteria!

Lotteria is a form of BINGO. Instead of calling out numbers, we use a deck of cards with pictures and the names in Spanish. This is a way to learn Spanish while having a great time.

Instructor: Nelda Reschman

Staying Fit:

50+ Fitness

Come join the fun...Exercising to the Oldies.

Includes a warmup, cardio section, strength training with weights OR exercubes. Coordination with a ball and a cool-down with slow, static stretching.

Tuesday's & Thursday's
8:45 to 9:30 am
Fee: \$16 per month or \$10 1/2 a month
Instructor, Judy Sides

Stick Stretch
New at the Senior Center
Mondays & Wednesdays
10 to 11 am
Free Class
Shirley B, Instructor

A 1-hour energizing "low impact" exercise using a stick to maximize your ability to stretch, twist and move your entire body without stressing your joints.

This is a great whole body workout without the pain. A complete workout for older adults.

Free Yoga Class For Beginners

Tuesdays and Fridays
10 am to 11 am

Elaine Robinson, Instructor



Social Activities & More:



Thursday, July 19 at 10:30 am

Sponsored by
Anna Thornton with Cigna HealthSpring

GOLDENAIRES CONCERT

Practice every Wednesday at 1:00pm

Center concert on Monday July 23 at 11 am.

Performances at 10:30 am
Duncanville Rehab on 7/20 and
Laurenwood on 7/27

3RD FRIDAY DANCE

Fri. July 20 @ 7 pm
Cost: \$ 5.00 per person
This month featuring the music of:
Tommy Chandler



Café & Other Activities

CENTER CAFÉ Monday through Friday Lunch daily at 12 noon

We serve lunch daily. Our lunch program targets older adults and provides information regarding 1/3 of the daily dietary requirements. Reservation for lunch must be made two days in advance. You must 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.** There are no fees for meals however, we do recommend a donation of \$1.00 for each meal. Come and join us for lunch. **Our nutrition program is funded in part by the Dallas Area Agency on Aging and the Texas Dept. of Aging and Disability.**

Will Clinic Monday, July 16 9:00 am—12:00 noon

Do you need a will?
Are you Age 60 or Older?
Dallas County Resident?

Ask Receptionist For Location: TBA
Sponsored by: The Dallas Volunteer Attorney Program and Community Council Dallas Area Agency



AARP DRIVER SAFETY CLASS

Monday, July 16, 2018
8:30 am to 1:00 pm

Cost: \$15.00 w/ AARP membership
\$20 without AARP membership

BILLY & COMPANY LIVE MUSIC

Every 2nd Wednesday
at 11:00 am

Musical Open Mic Concert

Birthdays & Opportunities :

We celebrate birthdays once a month. This month's birthdays will be celebrated on **Wednesday, July 11** during lunch. Make reservations for you and your guest on or before **Thursday, July 5, 2018**



Starting: Monday, September 10 to
Friday October 5, 2018
Every Monday and Friday
from 9:30 am—11:30 am

A Matter of Balance (English and Spanish)

Developed by the Roybal Center at Boston University, A Matter of Balance is designed to reduce the fear of falling and increase activity levels

Coming Fall 2018 New Classes

U S History-(Presidents)
Smart Phone
Music Theory & Appreciation
Computer Operations
(Word & Internet)

Starting: Thursday, September 27
9:15 am—11:45 am
6 Weeks

Diabetes Education/Chronic Disease Program (English and Spanish)

Developed originally by researchers at Stanford University, and now overseen by the Self-Management Resource Center, The Diabetes and Chronic Disease Self-Management Programs empower persons with Diabetes or other chronic diseases to take an active role in managing their condition