

GOLDEN GAZETTE

August 2018

Duncanville

D.L. Hopkins Jr., Sr. 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 am to 3 pm

Friday

9 am to 3 pm

STAFF

Noel Garcia-Supervisor

**Jeanette Rodriguez-
Administrative Assistant**

Judy McGlothlin-

PT Administrative Assistant

**Cecilia Rodriguez-Kitchen
Coordinator**

**Tim Davis—Lead Building
Attendant**

Mary Lou Braun-Bus Driver

**Edwin Hogan-Building
Attendant**

**Sport Jackson-Building
Attendant**



Come Join Us!

Our Mission:

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

Upcoming New Classes for September– Smart Phone operations class, History and Computer class. Lunch & Learn once every other month with a City of Duncanville Representative. The first representative will be Kevin Hugman on Aug. 15, 2018, at 11:30. Please register at front desk a.s.a.p. Limited Seating

The Center is currently working on restructuring day-to-day operations in areas of: Customer Service, professionalism and implementing new programs to better serve seniors.

In addition, we strive to operate under the highest standards as to meet the expectations of the City of Duncanville and comply with policies and procedures. Members, please help the center achieve success by swiping your membership card everyday and by ordering a meal two days in advance.

Recurring Schedule:	Monday	Tuesday	Wednesday	Thursday	Friday
Things we do everyday!	9:30 Game Tables 10:00 Stick Stretch	8:45 50+ Fitness-\$ 9:30 Ceramics-\$ 10:00 Beginner's Yoga 11:00 Line Dance	9:30 Game Tables 10:00 Stick Stretch 11:00 Bridge 1:00 Goldenaires Practice	8:45 50+Fitness-\$ 9:30 Game Tables 10:00 Bible Study 11:00 Folk Dance	9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance

CLASS DESCRIPTIONS:

Beginner's Yoga—slow-paced, effective movements without pressure or expectations. Consist of stretching, relaxation and meditation.

Line Dance—Improver level is for experienced dancers who want to move to the next level of line dancing. Improvers will add to their skills, and learn more complex dances with various rhythms and speeds.

Stick Stretch – 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.

Line Dance—Intermediate level is for experienced dancers who have mastered a range of step patterns and movements to various styles of dance with syncopations, pauses, timing variations and turning techniques.

\$ 50+Fitness—Exercising to the oldies. Includes: warmup, cardio section, strength training with weights exer-tubes. Coordination with a ball and a cool-down with slow, static stretching. Fee \$16 per month or \$10 lf month.

\$ Folk Dance—Learn simple dances from Europe and Latin America. Instructors Penny Ball & Olga Sanchez.

Diabetes Prevention Class Phase 2

Starting: August 29, 2018, to December 12, 2018 (16 weeks)
Wednesday's
From 9:45 am —11:45 am
Taught by: Frances Rizo

A Matter of Balance Class (Spanish)

Starting: Monday, August 6-Friday August 20, 2018
Every Monday and Friday from 9:30 am - 11:30 am. Developed by the Roybal Center at Boston University, A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults.

AARP DRIVER SAFETY CLASS

Monday, Aug. 20, 2018
8:30 am to 1 pm
Cost: \$15.00 w/ AARP Membership - \$20 without AARP membership

Starting: Thursday, August 16 to September 20
9:15 am—11:45 am
6 Weeks

Diabetes Education/Chronic Disease Program (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(s).

\$ = fee for classes or activity

CENTER CAFÉ
Monday through Friday: Lunch daily at 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 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 Department.**

SPECIAL EVENTS:

August 3 —10:30 am
 BINGO
 Sponsored by CIGNA

August 7 — 10:00 am
 Line Dance performance
 At Laurenwood

2nd Friday Night Dance —7:00 p.m.
 Cliff Dwellers Square and Round Dance Club

August 13—10:30 am
 Greg Price & Company—
 Musical performance

August 15 —11:00 am: Medicare
 Information Presentation and
 time for questions and answers

August 28—12:30 pm
 Gospel Friends
 Musical performance

3rd Friday Night Dance: 7:00—9:00 p.m.
 Jimmy Gomez (C&W)
 \$5.00 per person

Billy and Company—11:00 am
 Every 2nd Wednesday
 Musical Open Mic Concert

We celebrate birthdays once a month. This months birthdays will be celebrated on **Wednesday, August 8** during lunch. Make reservations for you and your guest on or before **Thursday, August 2, 2018.**

TRIPS:

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 Wednesday, Aug.1, 2018, for each trip. Thank you for your cooperation!

Pocket Sandwich Theater
 8/30/18
 5:45 pm
 \$13 + Dinner



Celebrations Restaurant
 8/23/18
 5:00 pm
 \$3 + Dinner



Nasher Sculpture
 Museum
 8/15/18
 10:30 am
 \$10 + Lunch



Olive Garden
 8/9/18
 4:30 pm
 \$3 + Dinner

\$ = fee for classes or activity

Share and Care Site Council



Elaine Robinson, President

Robert Berg, Vice President

Jackie Morgan, 2nd Vice President

Lou Clevenger, Treasurer

Carolyn Harris, Secretary

The **Share and Care Site Council** is an advisory body functioning to provide support and participant involvement related to the delivery of nutritional meals, support for social services and assistance with the planning the Center's activities. The council is to have regular meetings and assist with development of the Center's programs.

The **Share and Care Site Council** meets every second Monday at 10 am at the D.L. Hopkins Jr., Senior Center. Please contact a council representative for more information.

=====

Senior Advocacy Commission

Kenneth Bradford-Chair

Kim Malone-Vice Chair

Elaine Bell

Krystal Smith-Ross

Jude Fabius

Pat Weaver

Bobbi Young

Robert "Biff" Belew

Alice Yoder

Mark Cooks-Council Liaison



To provide Duncanville residents with a community that promotes vital aging and life satisfaction through meaningful active social engagement and civic participation.

Some of the duties include: work with seniors and staff to define goals and objectives of the Senior Center; establish programs and practices to engage, educate and stimulate seniors; work with seniors and staff to identify best practices for maintaining housing values—senior specific issues, programs; be an advocate for the needs of our senior population at the Center.

The Senior Advocacy Commission meets on the second Thursday of the month at the D.L. Hopkins Jr., Senior Center at 7 pm.