

# GOLDEN GAZETTE

September 2018

**Duncanville**

**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](http://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/Bldg Attendant**

**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."*

Current membership fees are: Duncanville Residents-\$15 yearly  
And Non-Residents-\$20 yearly

**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 Monday through Friday	9:30 Game Tables 10:00 Stick Stretch	8:45 50+ Fitness-\$ 9:30 Ceramics-\$ 10:00 Beginner's Yoga 11:00 Line Dance 1:00 Smart Phone Class-\$	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 1:00 Smart Phone Class-\$	9:30 Game Tables 10:00 Beginner's Yoga 10:00 Political Science 11:00 Line Dance

## CLASS DESCRIPTIONS:

### Beginner's Yoga—

**Elaine Robinson**—slow-paced, effective movements without pressure or expectations. Consist of stretching, relaxation and meditation

### Line Dance—

**Elaine Robinson**— 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.

### Stick Stretch—

**Shirley Barrett**—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

### Folk Dance—

**Penny Ball**—Learn simple dances from Europe and Latin America.

### \$ 50+Fitness—

**Judy Sides**—Come join the fun... Exercising to the oldies. Includes a 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 half month.

### \$ Side Steppers—

**Judy Sides**—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.

### \$ Smart Phone Class—

**Kevin Brown**— You will be learning about the physical aspects of the phone, settings, contacts, using the phone function, voice mail, texting, iCloud, backup and sync along with other topics.

### Political Science Course—

**Frances Rizo**— Class participants will develop an understanding of how the United States of America practices a democratic form of government known as Representative government. This experience will highlight its representatives through elections in the various levels of government (local, regional, state and national). The participants will be registered to vote and build an appreciation for the mechanics of elections both partisan and non-partisan.

### \$ Ceramics—

**Pat Weaver**—senior will choose between painting a pottery piece they have selected or doing a project in which they will learn various painting techniques. When the projects are complete, each piece is glazed and fired, These pieces make for very personalized gift for any special occasion or Holiday.

### \$ AARP Driver Safety Class-

**Bob Harrison-**  
Monday, Sept. 17, 2018  
8:30 a.m. to 1 p.m.  
Cost: \$15 w/ AARP Membership  
\$20 without AARP Membership

### “Hands On” Craft Class—

**Charlesetta Thompson**—  
Continuance of doll project  
Monday, Sept. 17, 2018  
10-12 p.m.

### Goldenaires—

**Sue Pointer**—  
We love to sing. Come make a joyful noise with us! Rehearsals on Wednesdays at 1:00 pm.

### COMING IN OCTOBER—

**Computer class**—  
Tuesdays / 10-11:30 am.

\$ = fee for classes or activity

**Daily Lunch Program  
Monday through Friday**

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**

**SPECIAL EVENTS:**

September 7th—10:45 a.m.  
**BINGO**—Sponsored by:  
**AMERIGROUP**

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**Flu Vaccine** CVS/pharmacy  
Free with Insurance—  
\$10.00 for noninsured  
Sept. 12th at 10:30-11:30  
Pre-registration form will be  
required

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**Cliff Dwellers Square Dance**  
Sept. 14th at 7:00 pm.

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Sept. 21st. —10:30 am.  
**BINGO**— Sponsored by:  
**UNITED HEALTH CARE**

**Goldenaires Performance**—  
Monday, Sept.24th at 11:00 am.

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September 25th—12:30 p.m.  
**Gospel Friends**  
Musical performance

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September 25th — 10:00 a.m.  
**Line Dance performance**  
At Laurenwood

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**3rd Friday Night Dance**—  
Sept. 21st at 7-9 p.m.  
Swinging Country (C&W)  
\$5.00 per person

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

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We celebrate Birthdays once a month. This months birthdays will be celebrated on **Wednesday, Sept. 12th** during lunch. Make reservations for you and your guest on or before **Thursday, Sept. 6, 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,

Duncanville Community  
Theater “Silent Sky”  
9/6/18  
7:30 p.m.  
\$13 + Dinner



Pop’s Burgers  
Waxahachie  
9/20/18  
4:30 p.m.  
\$3 + Dinner



Asian Buffet  
9/11/18  
4:30 p.m.  
Lunch



Grapevine Vintage  
Railroad  
9/29/18  
11:00 a.m.  
\$30+ Lunch

\$ = fee for classes or activity