

GOLDEN GAZETTE

October 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

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
Sport Jackson
Building Attendant



Smart phone class

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 complying and 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 Sidesteppers 1:00 Smart Phone Class-\$	9:30 Game Tables 10:00 Stick Stretch 10:00 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

Monthly Recurring Schedule:	Share & Care Meeting Oct 8 at 10:00 am AARP Drive Safe Oct 15 at 8:30 am Goldenaires Performance Oct 22 at 11:00 am "Hands On" craft class- Oct 15 at 11:00 am	Billy and Company Oct 10 at 11:00 am Birthday Celebration 11:30 am	Cliff Dwellers Square Dance Oct 12 at 7:00 pm 3rd Friday Dance Oct 19 CANCELLED for October
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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— This is an exercise for the mind and body. We do group line formation dancing to a variety of music, such as R&B, Zydeco and Country and Western.

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.

\$ Ceramics—

Pat Weaver—Seniors 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.

Goldenaires—

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

\$ Smart Phone Class—

Kevin Brown—
Tuesday's and Thursday's 1:00 pm — 2:30 pm
Starting: Sept. 18th
Ending: Nov. 20th

Political Science Course—

Frances Rizo—
Friday's only 10:00 am — 11:00 am
Starting: Sept. 14th
Ending: Oct. 19th

\$ Computer Class—

Kevin Brown—
Tuesday's and Thursday's 10:00 am — 11:30 am
Starting: Oct. 16th
Ending: Dec. 13th

\$ = 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 Disability Department.**

SPECIAL EVENTS:

We celebrate Birthdays once a month. This months birthdays will be celebrated on **Wednesday, Oct 10th** during lunch. Make reservations for you and your guest on or before **Thursday, Oct. 4, 2018.**

Oct. 8th at 11:30 am
Lunch & Learn
“Downsizing”

Oct. 9th at 11:15 am
Fire Prevention Presentation
Home Fire Safety Tips

Oct. 12th at 11:00 am
Silver Bullets Dance
Performance

Oct. 17th—11:00 am
Texas Winds Musical Performance

Oct. 18th—9:30 am—2:30 pm
Domino Tournament

Oct. 19th—Center closing at
1:00 pm for **Smokin Blues &
BBQ Festival**

Oct. 19th —11:30 am
VNA Nutrition Presentation

Goldenaires Performances—
Oct. 19th Duncanville Rehab. at
10:30 am
Oct. 26th Laurenwood at 10:30

Oct. 23rd —11:00 am
BINGO— Sponsored by:
AMERIGROUP

Oct. 23rd—12:20 pm
Gospel Friends

Oct. 24th—10:45 am
BINGO—Sponsored by:
CIGNA Insurance

Oct. 31—10:30 am
HALLOWEEN BINGO
Sponsored by:
UnitedHealthCare

Oct. 31st—9:00 am—12:00 pm
DAAA Benefits Counseling

Oct. 31st—11:30 am
Halloween Costume Contest

Share and Care Site Council

Elaine Robinson, President
Robert Berg, Vice President
Jackie Morgan, 2nd Vice President
Lou Clevenger, Treasurer
Carolyn Harris, Secretary

Oct. 16th—8:00 am –3:00 pm
Share & Care Elections

The **Share and Care Site Council** is an advisory body that functions 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 10:00 at the Center. Please contact a council representative for more information.

\$ = fee for classes or activity

CURRENT 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,

State Fair of Texas

Oct 4, 2018

3:00 pm

\$3.00 + Expenses



Oct 18, 2018

9:00 am

Cedar Valley Theater

Lancaster

Disney Newsies

Oct 12, 2018

6:30pm

\$13



Amore's Restaurant

Oct 29, 2018

4:30 pm

P/U: \$3.00

Uncle Julio's

Arlington

Oct 23, 2018

4:30 pm

\$3.00 + Dinner



Hispanic Heritage Month (Sept. 15—Oct. 15)

Speaker on Chocolate: History, Culture and Taste

Oct. 5th at 11:30 am

Carlos A. Rovelo, professor of Art History and Mexican-American Studies at the Santa Fe, NM Dallas County, and Tarrant County Colleges. An expert in the Mexican Muralism and Popular Art movements, he is also a weekly commentator for DFW's Spanish television networks Univision and Telemundo.



Quilt Raffle Tickets On Sale

\$1 each or 6 for \$5

Quilt to be awarded to winner on

Friday, November 16, 2018

"So you think you can play Dominos?"

Domino Tournament

Thursday, October 18, 2018

9:00 am — 2:30 pm



Please sign up at front desk.

\$2.00 per person