

GOLDEN GAZETTE

December 2018



Duncanville
City of Champions

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 through Thursday

8 am to 3 pm

Friday

9 am to 3 pm

STAFF

Noel Garcia

Supervisor

Jeanette Rodriguez

Administrative Assistant

Judy McGlothlin

Administrative Assistant

Cecilia Rodriguez

Kitchen Coordinator

Tim Davis

Lead Building Attendant

Mary Lou Braun

Bus Coordinator

Sport Jackson

Yasmin Thomas

Raymond Johnson

Building Attendants



Come Join Us!

Our Mission:

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

Current Annual Membership fees: Duncanville Residents-\$15
and Non-Residents-\$20

Senior Center Holiday Festivities

Christmas Carols

Performer—Roxy Perkins

Dec. 7 at 12:15 pm

Duncanville High School Choir

Dec. 14 at 11:30 am

Sue Pointer’s Christmas Program

Dec. 17 at 10:00 am

Senior Christmas Luncheon

Dec. 21 at 12:00 pm

Recurring Schedule:	Monday	Tuesday	Wednesday	Thursday	Friday
Things we do Monday through Friday	9:30 Game Tables 10:00 Stick Stretch 11:00 Plastic Canvas Class	8:45 50+ Fitness-\$ 9:30 Ceramics-\$ 10:00 Beginner's Yoga 10:00 Computer \$ 11:00 Line Dance 1:00 Sidesteppers	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 10:00 Computer \$ 11:00 Folk Dance 11:00 Plastic Canvas Class	9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance

Monthly Recurring Schedule:	AARP Drive Safe Dec. 17 at 8:30 am Goldenaires Christmas At Senior Center Dec. 17 at 10:00 am	Billy and Company Dec. 12 at 10:00 am Share & Care Meeting Dec. 12 at 10:00 am Birthday Celebration at 11:30 am 11:30 am	Cliff Dwellers Square Dance Dec.14 at 7:00 Duncanville Dance Club Band: Pete & Patti Dec. 21 at 7:00 pm
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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. (Cancelled for Dec.)

Line Dance

Elaine Robinson

This is an exercise for the mind and body. We do group line formation dancing to a variety of music. (Cancelled for Dec.)

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 weighted 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.

Goldenaires

Sue Pointer

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

\$ Ceramics

Pat Weaver

Fee: \$18 per month

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.

\$ Computer Class

Kevin Brown

**Tuesday's and Thursday's
10:00 am — 11:30 am**

Starting: Oct. 16

Ending: Dec. 13

Plastic Canvas Class

Charlotte Eaton

Join us to make a special gift for the holidays

Hands On Craft Class

Charlesetta Thompson

Dec. class cancelled

Will resume Jan. 14, 2019

**Daily Lunch Program
Monday through Friday**

We serve lunch daily. Our lunch program targets older adults and provides 1/3 of the daily dietary requirements. Reservations for lunch must be made two days in advance. You must fill out an intake registration form before you start the lunch program. **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 month's birthdays will be celebrated on **Wednesday, Dec. 12th** during lunch. Make reservations for you and your guest on or before **Thursday, Dec. 6**

Carter Eye Care Screening
Dec. 3 at 10:00 - 1:00 pm

Lunch and Learn
Chief Michael Ryan
Emergency Medical Talk
Dec. 4 at 11:30 am

Cookie Bake Off
Dec. 7 at 9:30 am
Baking Christmas Cookies with
Mary Lou & Charlesetta

Christmas Carols
Performer— Roxy Perkins
Dec. 7 at 12:15

Christmas Program
High School Choir
Dec. 14 at 11:30

Christmas Program
Sue Pointer
Dec. 17 at 10:00 am

BINGO
Sponsored by:
UnitedHealthCare
Dec.19 at 10:00 am

Sponsored by:
Family 1
Dec.28 at 10:30

Christmas Luncheon
Dec.21 at 12:00 pm

Christmas Holidays
Dec. 24 & Dec. 25

Closed



Trip Committee Meeting
Dec. 27 at 8:30 am

New Year Holidays
Jan. 1, 2019

Closed



Share and Care Site Council

President:	Elaine Robinson
Vice President:	Robert Berg
2nd Vice President:	Jacquelin Morgan
Treasurer:	Darlene Stevenson
Secretary:	Carolyn Harris



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 planning of the Center's activities.

The **Share and Care Site Council** meets every second Monday at 10:00 am at the Center. Please contact a site council representative for more information.

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 Monday, Dec.3, 2018.

Ozona's

Dec. 10, 2018

4:30 pm

\$3.00 + cost of meal



Downtown Grapevine

Dec. 18, 2018

9:00 am

\$3.00 + cost of meal



**Prairie Lights
Oasis Restaurant**

Dec. 13, 2018

4:30 pm

\$9 + cost of meal



Rice Pot

Dec. 27, 2018

4:30 pm

Cost of meal



Music Performance

By: Ms. Roxy Perkins & Mr. Randolph Byrd

Friday

Dec. 7 at 12:15 to 1:15 pm

Come join us for Christmas Carols

SENIOR SERVICE NUMBERS & WEBSITES

- AARP Office Toll free 1-888-687-2277**
- Aging Info. Hotline 211**
- Better Business Bureau 214-220-2000**
- Dallas Area Agency on Aging 214-871-5065**
- Dart Handi Ride 214-979-1111**
- DART Para Transit 214-515-7272**
- Legal Aid of Northwest Texas 1-888-529-5277**
- Meal On Wheels 214-689-2639**
- Medicare 1-800-633-4227**
- Mental Health Hotline 1-866-615-8700**

- Nursing Home Ombudsman 214-823-5700**
- Office of Senior Affairs 214-670-5227**
- Senior Source in DFW area 214-823-5700**
- Social Security Admin. 1-80-772-1213**
- THHS Aging Services 1-800-889-8595**
- Veterans Service Officer 214-819-1886**
- Widowed Persons Service 214-358-4155**
- My Ride Dallas 972-855-8084**
- <https://dealhack.com/blog/senior-discounts-guide>**
- www.drugwatch.com/seniors**