

GOLDEN GAZETTE

November 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 Coordinator

Sport Jackson

Yasmin Thomas

Raymond Johnson

Building Attendants



Smart Phone & Computer Class

We've learned how to:

Connect Externals

How to speak a text

Access the Internet

Connect to WiFi

Short cuts

Place pics in contacts

Open Programs

Open and transfer pictures

Downloading Apps

Above are just a few things we are learning. These classes and instructor are great!

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

Valued Member and Instructor Recognition

Ms. Elaine Robinson

Senior Center Member,

Yoga, Line Dance Instructor and

President of Share and Care Site Council



Home Town: Natchitoches, Louisiana

Hobbies (Things she loves to do in her spare time): Traveling, Flower Gardening (something she learned to do from her loving mother) and Dancing.

Person(s) she looks up to for inspiration: Ms. Ollie Walters (her mother) is her greatest mentor along with Ms. Maya Angelou, two very strong women who helped mold the wonderful person she is today.

In addition: Elaine spends countless hours giving back to the community e.g. her dance club entertains seniors at Laurenwood and Duncanville Rehab. As the president of Share and Care here at the center, she devotes even more time developing and implementing programs and services that impact seniors through their senior development years. She is always the first person to volunteer her services and has a great personality that many would find very refreshing - she is a breath of fresh air.

The Senior Center staff salutes Elaine for all her contributions and wishes her the best in all her future endeavors!



Duncanville
City of Champions

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 Comp Class 11:00 Line Dance 1:00 Smart Phone 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 Comp. Class 11:00 Folk Dance 11:00 Plastic Canvas Class 1:00 Smart Phone	9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance

<p>Monthly Recurring Schedule:</p>	<p>MONDAYS <u>Share & Care Meeting</u> Nov. 12 at 10:00 am <u>AARP Drive Safe</u> Nov. 19 at 8:30 am <u>Goldenaires Performance</u> At Senior Center Nov. 26 at 11:00 am</p>	<p>WEDNESDAYS Billy and Company Nov. 14 at 10:00 am Birthday Celebration 11:30 am</p>	<p>FRIDAYS Cliff Dwellers Square Dance Nov. 9 CANCELLED for November 3rd Friday Dance</p>
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CLASS DESCRIPTIONS:

<p>Beginner's Yoga— <i>Elaine Robinson</i>—slow-paced, effective movements without pressure or expectations. Consists of stretching, relaxation and meditation.</p> <p>Line Dance— <i>Elaine Robinson</i>—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 & Western.</p> <p>Stick Stretch— <i>Shirley Barrett</i>—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.</p> <p>Folk Dance— <i>Penny Ball</i>— Learn simple dances from Europe and Latin America.</p>	<p>\$ 50+Fitness— <i>Judy Sides</i>— 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.</p> <p>Side Steppers— <i>Judy Sides</i>— 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.</p> <p>Goldenaires— <i>Sue Pointer</i>— We love to sing. Come make a joyful noise with us! Rehearsals are on Wednesdays at 1:00 pm.</p> <p>Plastic Canvas Class— <i>Charlotte Eaton</i>— Seats still available</p>	<p>\$ Ceramics— <i>Pat Weaver</i>— Tuesdays: \$18 per session 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 gifts for any special occasion or Holiday.</p> <p>\$ Smart Phone Class— <i>Kevin Brown</i>— Tuesday's and Thursday's 1:00 pm — 2:30 pm Starting: Sept. 18 Ending: Nov 20</p> <p>\$ Computer Class— <i>Kevin Brown</i>— Tuesday's and Thursday's 10:00 am — 11:30 am Starting: Oct. 16 Ending: Dec. 13</p>
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\$ = 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. Reservations 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, Nov 14** during lunch. Make reservations for you and your guest on or before **Thursday, Nov. 8, 2018.**

Election Day
Nov. 6
7:00 am — 7:00 pm

Veteran’s Day Recognition
Nov. 9
Special dessert served

Veteran’s Day
Nov. 11

Lunch and Learn—Emergency Medical Talk
Chief Ryan
Nov. 15 at 11:15 am

Thanksgiving Luncheon
Nov. 16 at 12:00 pm

Deadline to purchase **quilt tickets**

Nov. 21—11:00 am
BINGO—Sponsored by:
Family 1
Preneed Planning Guide

Thanksgiving Holidays—
Nov. 22 & Nov. 23
Closed

Gospel Friends Performance
Nov. 27 at 12:15 pm

Sign up to be in our **Christmas Program** by Dec. 9
See Sue Pointer or the front desk for more information.

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 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 am 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.

Pizza Inn
 Nov. 6, 2018
 4:30 pm
 P/U: \$3.00



Cheesecake Factory
 Arlington
 Nov. 20, 2018
 4:30 pm



Dallas Arboretum
 Nov. 13, 2018
 9:00 am
 \$13 + cost of meal



Pocket Sandwich Theatre
 Nov. 29, 2018
 \$16 + cost of dinner

SENIOR SERVICE NUMBERS

- AARP Office Toll free** 1-866-554-5377
- Aging Info. Hotline** 211
- Baylor– Senior Health Center** 972-487-5444
- Better Business Bureau** 214-220-2000
- Dallas Area Agency on Aging** 214-871-5065
- DART Para Transit** 214-515-7272
- Food Stamps** 1-800-500-4266
- Legal Aid of Northwest Texas** 1-888-529-5277
- Meal On Wheels** 214-689-2639
- Medicare** 1-800-633-4227
- Mental Health Hotline** 1-866-615-870
- Nursing Home Ombudsman** 214-823-5700
- Office of Senior Affairs** 214-670-5227

- Parkland Health Center** 214-266-0700
- Senior Source in DFW area** 214-823-5700
- Social Security Admin.** 1-800-772-1213
- Veterans Service Officer** 214-819-1886
- Widowed Persons Service** 214-358-4155
- www.drugwatch.com/seniors
- www.drugwatch.com/vaccine/flu/
- <https://dealhack.com/blog/senior-discounts-guide>
- THHS Aging Services** 1-800-889-8595
- Mesothelioma Guide** 407-613-2052
- <https://www.mesotheliomaguide.com/mesothelioma/>
- Dart Handi Ride** 214-979-1111
- My Ride Dallas** 972-855-8084

Senior Center Library



Hours: Open when center is open

Schedule: During the lunch hour daily and 11:00 am to 1:00 pm on Monday and Wednesday.

Check out policy: If the book has a circulation card in the back, sign and leave the card on the desk. Do not worry about the due date. If there is no card in the back of the book, sign the list on the clipboard.

Return policy: Place the book on the desk, and the librarian will return it to the shelves.

Quilt Raffle Tickets on Sale
 \$1 each or 6 for \$5
 Quilt to be awarded to winner on
 Friday, November 16, 2018

