

GOLDEN GAZETTE

January 2019



Duncanville
City of Champions

Duncanville D.L. Hopkins Jr. Senior Center

206 James Collins Blvd.
Duncanville, TX 75116
(972) 780-5073
www.duncanville.com

**Lunch reservations and
cancellations: (972) 707-3843**

Center Hours
Monday - 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 Driver/Field Trip Coord.
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."

Membership Fees: Duncanville Residents \$15 | Non-Residents \$20

Valued Member and Instructor Recognition

Member/Instructor: Ms. Sue Pointer

Married: Husband - Dave Pointer

Home Town: Topeka, Kansas

High School: Topeka High School Chargers

Hobbies: Things Sue loves to do in her spare time (when she can find the time): Crafts, making Christmas stockings and quilts for children, as well as playing piano. Sue started playing piano in the first grade. Her grandmother Ms. Dorothy Haberle bought Sue her first piano.

Inspiration: Ms. Norma Pettijohn was Sue's piano teacher as a young girl and was one of her greatest inspirations. Sue stated, "She was a very kind and loving person that I will always remember". Sue still keeps in contact with her.

In Addition: Sue spends countless hours at the Senior Center with the 'The Goldenaires' senior choir practicing for live performances. She also spends many hours in the community working with the senior living center, Champions Cove. She conducts a bible study class and serves lunch there on Sundays.

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



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 Energize-\$ 9:30 Ceramics-\$ 10:00 Beginner's Yoga 11:00 Line Dance 1:00 Sidesteppers 1:00 Computer-\$	9:30 Game Tables 10:00 Stick Stretch 11:00 Bridge 1:00 Goldenaires Practice	8:45 Energize-\$ 9:30 Game Tables 10:00 Bible Study 11:00 Folk Dance 11:00 Plastic Canvas Class	9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance

	Monday	Wednesday	Friday
Monthly Recurring Schedule	<u>AARP Drive Safe</u> Jan. 14 at 8:30 am <u>Hands On Craft Class</u> Jan.14 at 10:00 am <u>Share & Care Meeting</u> Jan. 14 at 10:00 am <u>Goldenaires Performance</u> Jan. 28 at 11:00 am	<u>Billy and Company</u> Jan. 9 at 10:00 am <u>Birthday Celebration at</u> 11:30 am	<u>Cliff Dwellers Square Dance</u> Jan.11 at 7:00 pm <u>Duncanville Dance Club Band: Final Showdown</u> Jan.18 at 7:00 pm

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.

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.

\$ Energize For Life Class **Judy Sides**

Exercise to music. The class includes a warmup, cardio section, strength training with weighted exer-tubes, bounce ball activity for coordination and a cool-down with slow, static stretching.

Fee: First two weeks in January are free. Bring a friend and get the next 2 weeks half off. After the promotion it is \$16 per month or \$10 for a half month.

Side Steppers **Judy Sides**

Advanced 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.

Goldenaires **Sue Pointer**

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 a pottery piece they have selected in which they will learn various painting techniques. When the projects are complete, each piece is glazed and fired.

\$ Smart Phone Class **Kevin Brown**

Monday's 10:00 am - 11:30 am
Starting: Jan. 14, 2019
Ending: Mar. 4, 2019

\$ Computer Class **Basic beginner operations** **Kevin Brown**

Tuesday's 1:00 pm —2:30 pm
Starting: Jan. 15, 2019
Ending: Mar. 5, 2019

Hands On Craft Class **Charlesetta Thompson**

Monday, Jan 14, 2019

\$ = fee for classes or activities

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, Jan. 9th** during lunch. Make reservations for you and your guest on or before **Thursday, Jan. 3rd.**

National Wear A Hat Day
Jan. 15, 2019



Come strut your most wacky, colorful or fun hat to win a prize.



Strawberry Ice Cream Day
Jan. 15, 2019
12:30 pm

Enjoy Blue Bell Ice cream with co-members



General Health Screenings:

- Blood Pressure
 - Cholesterol
 - Glucose
 - Temperatures & Weight
- And other health screenings

Wednesday, Jan 16, 2019
Time: TBA
Tentative Weekly Screenings

Bingo
Sponsored by:
Family 1
Ms. Angelica Garcia
Jan. 16 at 10:30 am.

Gospel Friends
Performance
Jan. 22 at 12:15 pm.

Bingo
Jan. 24 at 10:30 am
Lunch and Learn
Medicare/Medicaid
Jan. 24 at 11:30 am
Domino Playoffs
Jan. 24 at 12:30pm.
Sponsored by: Cigna
Health Spring - Ms. Anna Thorton

Share and Care Site Council

- | | |
|---------------------|-------------------|
| President: | Elaine Robinson |
| Vice President: | Terry Kanhai |
| 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.

JANUARY TRIPS AND MISC. INFORMATION

NO REFUNDS FOR A RESTAURANT TRIP
All participants must have a current membership at the senior center. Fee must be paid when members sign up starting Wednesday, Jan. 2, 2019.

Maypearl Road-house
Jan. 10, 2019
4:30 pm
\$3 + Cost of meal



Vintage Flying Museum
Fort Worth, Texas
Jan. 11, 2019
4:30 pm
\$11 + Cost of meal



Fire Station No.1 Museum
Fort Worth, Texas
Jan. 14, 2019
9:00 am
\$3 + Cost of meal



Ojeda's
Jan. 16, 2019
4:30 pm
Cost of meal



Center Stage Coming Soon!

For more information
Contact Irene Busby at
Busby.irene@sbcglobal.net

Featured New Class of the Month
Energize for Life Class

Achieve the B.L.E.S.S.E.D. seven essentials in the Energize for Life Class.
Breathe Lord Exercise Sleep Stress Eat Drink
Join this exercise class to achieve good health and be blessed.

A Special **Thank You** to the following:

Duncanville Firefighters—\$500.00 Christmas Donation to purchase gifts for seniors



Home Instead Senior Care—\$300.00 Christmas gifts purchased for needy seniors of the center

Christmas Performances by Duncanville High School Choir on 12/14/2018 and Central Elementary Choir on 12/20/2018



Wonderful Christmas performance by Roxy Perkins and Randolph Byrd on 12/7/2018