

GOLDEN GAZETTE



March 2019



Duncanville
City of Champions



Duncanville D.L. Hopkins Jr. Senior Center

206 James Collins Blvd.

Duncanville, TX 75116

(972) 707-3864

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.”

Member and Instructor Spotlight—Judy Sides

Married - Husband: Mr. Clayton Sides

Hometown: Oak Cliff, Texas

High School: Sunset High School

Hobbies: Line Dancing, Gardening and Art
(painting)

Inspiration: Judy's 3rd grade teacher. She can remember as if it were yesterday; the teacher sang the song “Getting To Know You” by Julie Andrews

to the entire class and the students were very much entertained.

Music: Oldies

Favorite Color: Purple/Aqua

Favorite Food: Mexican

Travels: Her dance club was just in Las Vegas to help with the Las Vegas Line Dance Show

Volunteer work: Judy volunteers and provides exercise and line dance instruction to the following senior centers: Euless, Southlake and Duncanville. She also works with seniors at Methodist Hospital

Family: Judy has three beautiful children.



The senior center staff salutes Judy for all her contributions to the D.L. Hopkins Jr. Senior Center, and we look forward to her continued involvement enriching the lives of our members.



Weekly Recurring Schedule	Monday 9:30 Game Tables 10:00 Smart Phone\$ 11:00 Plastic Canvas Class	Tuesday 8:45 Energize \$ 9:30 Ceramics \$ 10:00 Beginner's Yoga 11:00 Line Dance 1:00 Sidesteppers 12:30 Computer \$	Wednesday 9:00 Stick Stretch 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires Practice Visiting Nurse 3/6 at 1 pm 3/13 at 10 am 3/20 at 1 pm 3/27 at 10 am	Thursday 8:45 Energize \$ 9:30 Game Tables 10:00 Bible Study 11:00 Folk Dance 11:00 Plastic Canvas Class	Friday 9:00 Stick Stretch 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance
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Monthly Recurring Schedule	Monday <u>Hands On Craft Class</u> Mar. 11 at 11:00 am <u>AARP Drive Safe</u> Mar. 18 at 8:30 am <u>Share & Care Meeting</u> Mar. 18 at 10:00 am <u>Goldenaires Performance</u> Senior Center Mar. 25 at 11:00 am	Wednesday <u>Billy and Company</u> Mar. 13 at 10:00 am <u>Birthdays Celebration</u> Mar. 13 at 11:30 am	Friday <u>Cliff Dwellers Square Dance</u> Mar. 8 at 7:00 pm <u>Duncanville Dance Club</u> <u>Band: Final Showdown</u> Mar. 15 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.

Line Dance
Elaine Robinson

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

Folk Dance
Penny Ball

Learn simple dances from Europe and Latin America.

Goldenaires
Sue Pointer

Come make a joyful noise with us! Weekly rehearsals

\$ 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.

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.

\$ Ceramics
Pat Weaver

Seniors will choose a pottery piece and learn various painting techniques. When the projects are complete, each piece is glazed and fired.

\$ Smart Phone Class
Kevin Brown

Mondays 10:00 am - 12:00 pm

\$ Computer Class
Kevin Brown

Basic beginner operations
Tuesdays 12:30 pm 2:30 pm

\$ B.L.E.S.S.E.D./STICK CLASS

Judy sides
Wednesdays & Fridays 9-10am
Low impact exercise using a stick to maximize your ability to stretch, twist and move your entire body without stressing your joints.

Hands On Craft Class
Charlesetta Thompson

Monday, Mar.11 at 11:00 am
Enjoy making a variety of crafts.

Beginner's Spanish Class
Coming in April.

\$ = fee for classes or activities



Daily Lunch Program | Monday through Friday

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 Department of Aging and Disability.**

SPECIAL EVENTS

Monthly Birthday Celebration
Wednesday, Mar. 13th during lunch. Make reservations for you and your guest on or before **Thursday, Mar. 7th**

Carter Eye Center
Free Screening
Mar. 5 at 10-1 pm

Lunch & Learn
Topic: Information on Meds.
Sponsored by: Genexe Retailer
Presenter: Arnold Bryan
Mar. 6 at 11 am

Women's History Guest Speaker Series
Speakers TBA
Topics: Women's History
The Right to Vote

Bingo
Mar. 4 at 10:45 am
Sponsored by: Home Instead

Bingo
Mar. 15 at 10:45 am
Sponsored by: Amerigroup

Bingo
Mar. 21 at 10:30 am
Sponsored by: Cigna Health Spring

Bingo
Mar. 29 at 10:45 am
Sponsored by: TBA

St. Patrick's Day Celebration
Mar. 18 at 11:20 am
Trivia & Prizes



Gospel Friends Performance
Mar. 26 at 12:15 pm

Women's History Celebration Potluck
Mar. 29 at 10:30 am
Topic: Celebrating Women and their Vital Role in American History. Senior members will share their stories and experiences.

Please bring recipes you would like to share with others

Share and Care Site Council

President: Elaine Robinson
Vice President: Terry Kanhai
2nd Vice President: Jacquelyn Morgan
Treasurer: Lou Clevenger
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.

\$ = fee for classes or activities



MARCH TRIPS AND MISC. INFORMATION

NO REFUNDS FOR ANY TRIP

All participants must have a current membership at the Senior Center. Fee must be paid when members sign up starting Friday, March 1.

**Cotton Patch
Cedar Hill**
Mar. 7
4:30 pm
Cost of meal



**Los Amigos
Grapevine**
Mar. 19
4:15 pm

**Trader's Village
Grand Prairie**
Mar. 23
9:15 am
\$3 + Cost of meal



Dallas Arboretum
Mar. 26
9:00 am
\$17 + Cost of meal

Thank You For Your February Sponsorship



Einstein Bros. Bagels-Mansfield

Megan Davis Bakery-Duncanville

Chili's-Cedar Hill

Roxy Perkins & Randolph Berg-Duncanville

Duncanville Outreach



Weekly Visiting Nurse Program

Every Wednesday Rotating Morning and Afternoon



The patient must bring or sign the following:

- Sign a consent from
- Photo ID
- Insurance card
- For prescription services seniors need to bring a list of all prescription medications and/or the physical bottles of medication that have been prescribed whether taking or not
- Services—Blood Pressure, Temperature, Weight, basic lab panel, wellness screening plus lab checks for elevated cholesterol, thyroid and diabetes
- There is a \$55.00 cash price for those who are not insured

Insured seniors will not be charged any out of pocket costs. However, please be aware that each year Medicare has a one time deductible that every person enrolled in Medicare is required to pay by law unless they have supplemental insurance that covers the deductible. This early in the year most deductibles have not been met. The health care professional will advise the patient if the deductible has been paid. If the deductible has not been paid the patient is responsible for paying the deductible. The health care provider