

# GOLDEN GAZETTE

*April 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

# Happy Easter!



## *Come Join Us!*

### **Our Mission:**

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

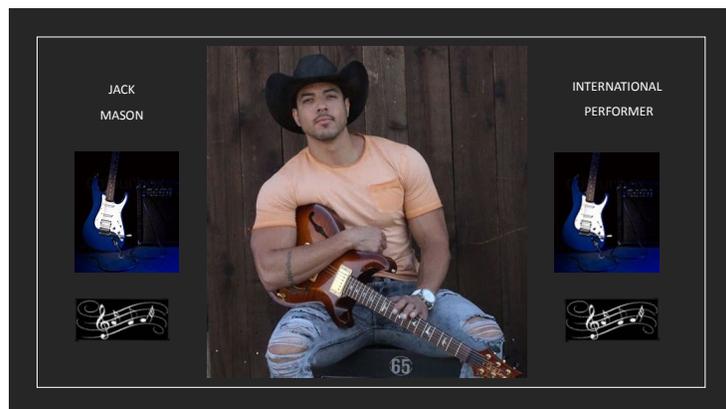
### The Duncanville Senior And Recreation Centers Present:

DFW’s Music performer **Jack Mason** is scheduled to perform at the Cinco de Mayo Celebration on Friday, May 3, 2019 from 4-7 pm at

The Duncanville Amphitheater at Armstrong Park  
100 James Collins Blvd., Duncanville, TX

Come join us for great music, food, dance and socializing.

Mr. Jack Mason is a passionate musician, singer, producer and song writer. His genre of music includes blues, country, and Latin music. He has been performing professionally for over 10 years throughout the US. His vocal range and guitar playing will entertain guests of all ages.



<b>Weekly Recurring Schedule</b>	<b>Monday</b> 9:30 Game Tables 11:00 Plastic Canvas Class	<b>Tuesday</b> 9:30 Ceramics-\$ 10:00 Beginner's Yoga 11:00 Line Dance 1:00 Sidesteppers	<b>Wednesday</b> 9:00 BLESSED Barre Class 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires Practice  Visiting Nurse 4/3 at 1pm & 4/17 at 10am	<b>Thursday</b> 9:00 Beginner's Spanish 9:30 Game Tables 11:00 Folk Dance 11:00 Plastic Canvas class	<b>Friday</b> 9:00 BLESSED Barre Class 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance
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<b>Monthly Recurring Schedule</b>	<b>Monday</b> <u>Share &amp; Care Meeting</u> April 8 at 10:00 am <u>Hands on Craft Class</u> April 8 at 11:00 am <u>AARP Drive Safe</u> April 15 at 8:30 am <u>Goldenaires Performance</u> Senior Center April 22 at 11:00 am	<b>Wednesday</b> <u>Billy and Company</u> April 10 at 10:00 am <u>Birthday Celebration</u> April 10 at 11:30 am	<b>Friday</b> <u>Cliff Dwellers Square Dance</u> April 12 at 7:00 pm  <u>Duncanville Dance Club Dance:</u> Performer: Jimmy Gomez & Country Outlaws April 19 at 7:00 pm
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## CLASS DESCRIPTIONS

### **Beginner's Yoga** **Elaine Robinson**

Slow-paced, effective movements without pressure or expectations. Consists 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

### **\$ 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.

### **Plastic Canvas Class**

#### **Charlotte Eaton**

Plastic Canvas is a craft material of plastic with regularly spaced holes in imitation of embroidery canvas. Make such items such as tissue box holder, placemats, etc.

### **\$ B.L.E.S.S.E.D./BARRE CLASS**

#### **Judy Sides**

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**

Enjoy making a variety of crafts. Such as: ornaments, candles, vases, etc.

### **Beginner's Spanish Class**

#### **Sonia Fuentes Alarcon**

Start date: Mon. April 22, 2019

End date: Tues. July 9, 2019

Time: 10:00 am—11:30 am

## 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

**Monthly Birthday Celebration.**  
**Wednesday, April 10th** during lunch. Make reservations for you and your guest on or before **Thursday, April 4th**

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**Greg & Travis Acoustical Music**  
Musical Performance  
A mix genre of music.  
April 5 at 10:30 am

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**Lunch and Learn**  
Jane Moore Farmers Insurance  
Learn insurance one should have to protect themselves.  
Including car, house, life, jewelry, etc.  
April 11 at 11:30 am

**RUMMAGE SALE!**  
April 12, 8:30 am-1:30 pm

Bring any donated items to the Duncanville Senior Center  
April 8-11

Household items, small appliances, furnishings, shoes, jewelry, scarves etc.



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**Lunch and Learn**  
Genex Health Screening  
April 17 at 11:00 am  
Heredity screening for cancer & prescription side effects

**Easter Egg Hunt**  
April 18 at 10:30 am  
More information to follow



**CLOSED—APRIL 19**  
**GOOD FRIDAY**

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**Gospel Friends**  
**Musical Performance**  
Gospel Music  
April 23 at 12:15 pm

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**BINGO**

10:30 am  
April 2, 9, 16

April 26 at 10:30 am  
Sponsored by:UnitedHealthCare

## 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.

**APRIL TRIPS AND MISC. INFOR-**

**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 Monday, April. 1.

**Mystery Dinner**  
April 9  
4:15 pm  
\$3 + Cost of meal



**Osaki  
Duncanville**  
April 15  
4:30 pm  
Cost of meal



**Bluebonnet Trails  
Ennis**  
April 13  
9:00 am  
\$5 + Cost of meal



**Ft. Worth  
Stockyard**  
April 23  
9:00 am  
\$3 + Cost of meal



**Center Stage  
Coming Soon!**

For more information  
contact Irene Busby at  
[Busby.irene@sbcglobal.net](mailto:Busby.irene@sbcglobal.net)

**Scheduled Plays**

Guys and Dolls  
Hee Haw  
Frolic in the forest  
Deep in the heart of Texas  
Fiesta  
La Vida Loca

**Bi-Weekly Visiting Nurse program  
Every Other Wednesday rotating morning and afternoon.**



The patient must bring the following or sign the following:

- Sign a consent form
- Photo ID
- Insurance card
- For prescription services you will need to bring a list of all prescription medications and/or the physical bottles of medication you 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. Most deductibles this early in the year most likely have not met this requirement. 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 will also provide a record for the patient to share with their primary doctor.