

# GOLDEN GAZETTE

June 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

**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 Spotlight—Verna Byrd

**Married-Husband:** Wayne Byrd

**Family:** 2 children and 3 grandchildren

**High School:** Fayetteville High School  
(Bull Dogs)

**Hobbies:** Baking and spending time with friends and family

**Inspiration:** Faye Winkles. “She is a very warm and loving person who is selfless and always thinks of others before herself. I strive to always emulate her.”

**Music:** Gospel and Country Western

**Favorite Color:** Blue

**Favorite Food:** Cherry Pie

**Recent Travels:** Panama and The Grand Canyon



<b>Weekly Recurring Schedule</b>	<b>Monday</b> 9:00 Stair Step Class 9:30 Game Tables 10:00 Beginner's Spanish 11:00 Plastic Canvas Class 12:30 Microsoft Word Class \$	<b>Tuesday</b> 8:30 BLESSED Barre Class \$ 9:30 Ceramics \$ 10:00 Beginner's Spanish 1:00 Sidesteppers	<b>Wednesday</b> 9:00 Stair Step Class 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires Practice  Visiting Nurse 6/12 at 1:00 pm	<b>Thursday</b> 8:30 BLESSED Barre Class \$ 9:30 Game Tables 11:00 Folk Dance 11:00 Plastic Canvas class	<b>Friday</b> 9:00 Stair Step Class 9:30 Game Tables
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<b>Monthly Recurring Schedule</b>	<b>Monday</b> <u>Share &amp; Care Meeting</u> June 10 at 10:00 am	<b>Wednesday</b> <u>Billy and Company</u> June 12 at 10:00 am	<b>Friday</b> <u>Cliff Dwellers Square Dance</u> June 14 at 7:00 pm
	<u>AARP Drive Safe</u> June 17 at 8:30 am	<u>Birthday Celebration</u> June 12 at 11:30 am	<u>Duncanville Dance Club Dance:</u> Performer: Swinging Country June 21 at 7:00 pm
	<u>Goldenaires Performance</u> Senior Center June 24 at 11:00 am		

## 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.

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

#### **Gloria Garza**

Basic every day words used.

### **\$ 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.

### **\$ 20 Microsoft Word Class**

#### **Kevin Brown**

#### **Mondays**

Start date: July 1, 2019

End date: Aug. 5, 2019

Time: 12:30 pm—2:30 pm

### **Beginner Stair Step Class**

Start date: Mon. June 10, 2019

Time: 9:00-9:30 am

Class will meet every Monday, Wednesday and Friday.

The basic Stair Step involves raising one foot onto the step, then the other so they are both on the step, then stepping the first foot back, followed by the second.

## 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, June 12th** during lunch. Make reservations for you and your guest on or before  
**Thursday, June 6th.**

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**Bingo**  
 June 4 at 10:30 am  
 Sponsored by: Cigna Health Spring

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**Lunch and Learn**  
 June 11 at 11:20 am  
 Sponsored by: New Dawn Health & Hospice  
  
 Topic:  
 Choices we have when it comes to Hospice Care.

**Bingo**  
 June 13 at 10:30 am  
 Sponsored by: Entrust of Desoto  
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**Father's Day Breakfast**  
 June 13 at 9:00 am  
  
 Join us in celebrating the wonderful Fathers of the Senior Center. Sign up at front desk.

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**Greg & Travis**  
 Acoustical Performance  
 June 14 at 11:00 am  
  


**Bingo/Bagels**  
 June 21 at 9:00 am  
 Sponsored by: Einstein Bagels  
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**Bingo**  
 June 26 at 10:30 am  
 Sponsored by: Hopkins Senior Center  
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## Share and Care Site Council

President:	Open
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.

**JUNE 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 Wednesday, June 3.

**Lone Star Park**  
Grand Prairie  
June 7  
4:45 pm  
\$20 Meal included



**Applebee's**  
Duncanville  
June 20  
4:30 pm  
Cost of meal



**El Arroyo**  
Arlington  
June 11  
4:15 pm  
\$3 + Cost of meal



**Dart Ride**  
To Plano  
(shopping)  
June 25  
9:00 am  
\$9 + Cost of meal



**Centre Stage Presents:**  
**“A Blast From The Past”**  
**Friday, June 28th at 6:30 pm.**  
**at**  
**D.L. Hopkins Senior Center**



**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

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.