

# GOLDEN GAZETTE

July 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.

**Yasmin Thomas**

**Sport Jackson**

**Raymond Johnson**

Building Attendants



ROTARY CLUB OF DUNCANVILLE CENTENNIAL GARDEN

## Come Join Us!

### Our Mission:

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

Independence Day (colloquial: the Fourth of July) is a Federal Holiday in the United States commemorating the Declaration of Independence of the United States on July 4, 1776.

The Continental Congress declared that the thirteen American colonies were no longer subject (and subordinate) to the Monarch of Britain and were now united, free, and independent states. The Congress had voted to declare independence two days earlier, on July 2, but it was not declared until July 4.

Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the National Day of the United States.

D.L Hopkins Jr. Senior Center  
will be closed Thursday, July 4  
in observance of Independence  
Day



<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 7/3 at 10:00 am 7/17 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> July 8 at 10:00 am	<b>Wednesday</b> <u>Billy and Company</u> July 10 at 10:00 am	<b>Friday</b> <u>Cliff Dwellers Square Dance</u> July 12 at 7:00 pm
	<u>AARP Drive Safe</u> July 15 at 8:30 am	<u>Birthdays Celebration</u> July 10 at 11:30 am	<u>Duncanville Dance Club Dance:</u> Performer: Final Showdown July 19 at 7:00 pm
	<u>Goldenaires Performance</u> Senior Center July 22 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.

### **\$ 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**

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, July 10th during lunch. Make reservations for you and your guest on or before **Wednesday, July 3rd.**

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**Fourth of July Celebration**  
Wednesday, July 3 at 12:00 pm  
Reserve at front desk

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**CLOSED**  
Thursday, July 4th, 2019  
in observance of Independence Day



**Bingo**  
Monday, July 8th at 10:30 am

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**Bingo**  
Thursday, July 11th at 10:30 am  
Sponsored by: Laurenwood Nursing and Rehabilitation



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**BLUE BELL Ice Cream Social**  
Wednesday, July 17th at 12:30 pm

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**Bingo/Bagel-Senior Mixer**  
Wednesday, July 24th  
at 9:00 am  
Sponsored by: Einstein Bagels



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Enjoy a musical performance  
**by The Greg & Travis Music**



**Show**  
Friday, July 26th at 11:00 am



## 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.