

GOLDEN GAZETTE

August 2019



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

Caitlin Sansom
Office 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



Come Join Us!

Our Mission:

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

August is National Wellness Month

Why put off feeling good?



Weekly Recurring Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
	9:00 Stair Step Class 9:30 Game Tables 10:00 Beginner's Spanish 11:00 Plastic Canvas Class 12:30 Microsoft Word Class \$	8:30 BLESSED Barre Class \$ 9:30 Ceramics \$ 10:00 Beginner's Spanish 10:00 Beginner's Yoga 11:00 Line Dance 12:30 Bean Bag Baseball 1:00 Sidesteppers	9:00 Stair Step Class 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires Practice Visiting Nurse 8/14 at 10:00 am 8/28 at 10:00 am	8:30 BLESSED Barre Class \$ 9:30 Game Tables 11:00 Folk Dance 11:00 Plastic Canvas class	9:00 Stair Step Class 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance

Monthly Recurring Schedule	Monday	Wednesday	Friday
	<u>Share & Care Meeting</u> August 5 at 10:00 am <u>AARP Drive Safe</u> August 19 at 8:30 am <u>Goldenaires Performance</u> Senior Center August 26 at 11:00 am	<u>Billy and Company</u> August 14 at 10:00 am <u>Birthday Celebration</u> August 14 at 11:30 am	<u>Cliff Dwellers Square Dance</u> August 9 at 7:00 pm <u>Duncanville Dance Club Dance:</u> Performer: 92nd Roadhouse August 16 at 7:00 pm

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

End date: August 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, August 14, during lunch. Make reservations for you and your guest on or before **Thursday, August 8.**

National Watermelon Day
August 2 at
12:00 pm



National Chocolate Chip Cookie Day
August 5 at
11:30 am



Lunch and Learn -
Tuesday, August 6 at 11:20 am
Sponsored by: Baylor Scott & White Health and Wellness
Topic: Dehydration, physical activity and eating for heart health

Bingo-
Wednesday, August 7
at 10:30 am
Sponsored by: Care First Primary Wellness Center

DAAA-Dallas Area Agency on Aging Benefits Counseling
Wednesday, August 14
9:00 am– 12:00 pm

Bingo-
Wednesday, August 14
at 10:30 am
Sponsored by: Cigna Health Spring

Bingo-
Friday, August 23 at 10:30 am
Sponsor: TBA

Einstein Bagels/ Social Mixer
Wednesday, August 28 at
9:00 am



Bingo/Presentation
August 28 at 10:30 am
Sponsored by: ADT
Topic:
Scenarios of when a medical alert device can alert emergency professionals of slip and falls and other emergencies.

Nutrition Presentation
Friday, August 30 at 11:20 am
Topic: Health & Wellness and Nutrition
Sponsored by: Visiting Nurse Association

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.

AUGUST 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 Thursday, Aug. 1.

Asian Buffet
Duncanville
Tuesday
August 6
4:30 pm
Cost of meal



Medieval Times
Dallas
Thursday
August 8
11:30 am
\$30



Omni Theater
Fort Worth
Thursday
August 15
11 am
\$11 + cost of meal



Celebration
Dallas
Thursday
August 22
4:45 pm
\$3 + cost of meal



Greg and Travis
Performance
August 8 at 10:30 am



Nathan Daily
Guitarist
August 9 and August 21
at 12:15



Senior Citizens' Day
August 21



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.