

GOLDEN GAZETTE

September 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."



Hispanic Heritage Month celebrates the long and important presence of Hispanic and Latino Americans in North America through festivities that highlight the countries' history and rich culture, including music and food.

It originally began as Hispanic Heritage Week in 1968. The celebrated week was expanded in 1988 to cover a 30-day period, September 15—October 15.

Weekly 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 9/11 at 9:00-10:00 9/25 at 9:00-10:00	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 11:00 Dallas History

Monthly Recurring Schedule	Monday	Wednesday	Friday
	<u>Share & Care Meeting</u> September 9 at 10:00 am <u>AARP Drive Safe</u> Class will return October 14 <u>Goldenaires Performance</u> Senior Center September 23 at 11:00 am	<u>Billy and Company</u> September 11 at 10:00 am <u>Birthday Celebration</u> September 11 at 11:30 am	<u>Cliff Dwellers Square Dance</u> September 13 at 7:00 pm <u>Duncanville Dance Club Dance:</u> Performer: Swinging Country September 20 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.

Dallas History

"Fun facts you never knew"

Time: 11:00-12:00 pm

Start: September 20

End: October 25

Class will meet every Friday

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, September 11,
during lunch. Make reservations
for you and your guest on or be-
fore **Thursday, September 5.**

Bingo-
Wednesday, September 4
at 10:30 am
Sponsored by: Well Care

Greg & Travis performance-
Thursday, September 5
at 11:00 am

Flu Shots-
Monday, September 9 
10-12 pm

Well Care-Presentation
Friday, September 13
at 11:00 am

The Silver Bullets-
Dance performance
Tuesday, September 17
at 11:15 am

Bingo-
Wednesday, September 18
at 10:30 am
Sponsored by: CareFirst

Coffee with the City Mayor
Wednesday, September 18
From 8:00-9:00 am

Texas Winds-
Friday, September 20
at 11:00 am

Bingo-
Tuesday, September 24
at 10:30 am
Sponsored by: New Dawn

Einstein Bagels/ Social Mixer
Wednesday,
September 25
at 9:00 am 

Mariachi 90
Thursday, September 26
10:45– 11:45 am

Bingo-
Friday, September 27
at 10:30 am
Cambrian Homecare

Share and Care Site Council

Interim President:	Terry Kanhai/Jacquelyn Morgan
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.

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, Sept.2.

Rangers Game
Arlington
Tuesday
September 10
5:30 pm
\$3 + meal

Frontiers of Flight Museum
Thursday
September 12
11:00 am
\$11 + meal

Downtown McKinney
Tuesday
September 17
9:00 am
\$3 + meal

Roma
Duncanville
Tuesday
September 24
4:30 pm
cost of meal

Rocket Café
Waxahachie
Thursday
September 26
4:15 pm
\$3 + meal



Mariachi 90
Thursday, September 26
10:45-11:45 am



**September Concert Series in the Park
Armstrong Amphitheater**

Variety of music for you to enjoy!
Mango Punch - September 14 from 6 - 9 pm
Jack Mason - September 28 from 6 - 9 pm
Come celebrate Hispanic Heritage Month with us!

No Admission Fee

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.