

GOLDEN GAZETTE

November 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
Superintendent
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."*

City of Duncanville
D.L. Hopkins Jr. Senior Center
Health and Wellness Fair
Friday, November 8, 2019 11:00 am - 1:00 pm

Vendors include:

Tom Thumb Pharmacy
HRMD Research
Care First Primary & Wellness Center
AV Towers Insurance Group
Cambrian Homecare
Costco Hearing Aid Center
Flu Shots
Pneumonia Shots
Free Blood Pressure Screening
Cholesterol and Glucose Screening
Explanation on Medicare and Medicaid Coverage

Weekly Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
	9:00 Dominos 9:00 Stair Step Class 9:30 Game Tables 10:00 Beginner's Spanish 11:00 Plastic Canvas 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 Dominos 9:00 Chair exercise Class 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires Practice Visiting Nurse 11/14 at 10:30-12:00 11/28 at 10:30-12:00	9:00 Dominos 8:30 BLESSED Barre Class \$ 9:30 Game Tables 11:00 Folk Dance 11:00 Plastic Canvas class	9:00 Dominos 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> November 11 at 10:00 am <u>AARP Drive Safe</u> November 18 at 8:30 am <u>Goldenaires Performance</u> Senior Center November 25 at 11:00 am	<u>Billy and Company</u> November 13 at 10:00 am <u>Birthday Celebration</u> November 13 at 11:30 am	<u>Cliff Dwellers Square Dance</u> November 8 at 7:00 pm <u>Duncanville Dance Club Dance:</u> Performer: Final Showdown November 15 at 7:00 pm

CLASS DESCRIPTIONS

<p>Beginner's Yoga <i>Elaine Robinson</i> Slow-paced, effective movements without pressure or expectations. Consists of stretching, relaxation and meditation.</p> <p>Line Dance <i>Elaine Robinson</i> This is an exercise for the mind and body. We do group line formation dancing to a variety of music.</p> <p>Folk Dance <i>Penny Ball</i> Learn simple dances from Europe and Latin America.</p> <p>Goldenaires <i>Sue Pointer</i> Come make a joyful noise with us! Weekly rehearsals</p>	<p>\$ Side Steppers <i>Judy Sides</i> 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.</p> <p>\$ Ceramics <i>Pat Weaver</i> Seniors will choose a pottery piece and learn various painting techniques. When the projects are complete, each piece is glazed and fired.</p> <p>Plastic Canvas Class <i>Charlotte Eaton</i> 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.</p> <p>Beginner's Spanish Class <i>Gloria Garza</i> Basic every day words used.</p>	<p>\$ B.L.E.S.S.E.D./BARRE CLASS <i>Judy Sides</i> Low impact exercise using a stick to maximize your ability to stretch, twist and move your entire body without stressing your joints.</p> <p>Beginner Stair Step Class <i>Yvette Fields</i> 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.</p>
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\$ = fee for classes or activities

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, November 13, during lunch. Make reservations for you and your guest on or before **Thursday, November 7.**

Texas Winds Musical Performance
Friday, November 1
at 10:00 am

Bingo
Tuesday, November 5
at 10:30 am
Sponsored by: Alfred Health Care

Dr. Bush Presentation
Wednesday, November 6
at 11:00 am
Topic: Alternative treatments to arthritis pain

Bingo & Presentation
Thursday, November 7
at 10:20 am
Sponsored by: Amerigroup

Health and Wellness Fair
Friday, November 8
at 11:00 am - 1:00 pm

Veteran's Day Celebration
Speaker: Andy Fancher
Monday, November 11
at 11:00 am



Thank you for your sacrifice, your bravery, and your service!

Coffee with Mayor Gordon
Wednesday, November 13
at 8:30 am - 9:30 am
Come ask the Mayor questions or just enjoy casual conversations. 

Health and Wellness Presentation
Tedra Williams
Thursday, November 14
at 11:20 am

Einstein Bagels Social Mixer
Wednesday, November 20
at 9:00 am - 10:00 am

Lunch and Learn
Adriana Mr
Topic: Retirement Education
Monday, November 25
at 11:00 am

Share and Care Site Council

Interim President:
Vice President:
2nd Vice President:
Treasurer:
Secretary:

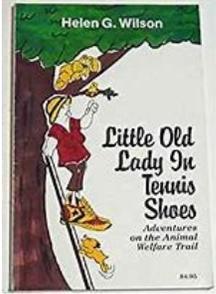
Terry Kanhai/Jacquelyn Morgan
Terry Kanhai
Jacquelyn Morgan
Lou Clevenger
Carolyn Harris



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 Friday, November 1.

Duncanville
Community Theater
"Little Old Ladies in
Tennis Shoes"
November 7
at 7:30 pm
Cost - \$15



Dallas Arboretum
Dallas
November 12
at 9:00 am
Cost - \$17 + Lunch



Amore
Duncanville
November 19
at 4:30 pm
Cost - \$3 for pick up



Caroline Country
Café
Midlothian
November 21
at 4:15 pm
Cost - \$3 + Dinner



Peddler Craft Show
Arlington
November 22
at 11:15 am
Cost - \$10



Mystery Lunch
November 25
at 12:00 pm
Cost - \$3 + Lunch



Bi-Weekly North Texas Visiting Nurse program

**Every Other Wednesday
10:30 am -12 pm**

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.