

GOLDEN GAZETTE

October 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."



National Breast Cancer Awareness Month

| | | | | | |
|------------------------|---|--|---|--|---|
| Weekly Schedule | Monday 9:00 Dominos 9:00 Stair Step Class 9:30 Game Tables 10:00 Beginner's Spanish 11:00 Plastic Canvas Class 12:30 Microsoft Word Class \$ | Tuesday 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 | Wednesday 9:00 Dominos 9:00 Chair exercise Class 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires Practice Visiting Nurse 10/2 at 10:30-12:00 10/16 at 10:30-12:00 10/30 at 10:30 -12:00 | Thursday 9:00 Dominos 8:30 BLESSED Barre Class \$ 9:30 Game Tables 11:00 Folk Dance 11:00 Plastic Canvas class | Friday 9:00 Dominos 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 <u>Share & Care Meeting</u> October 14 at 10:00 am <u>AARP Drive Safe</u> Will return in November <u>Goldenaires Performance</u> Senior Center October 28 at 11:00 am | Wednesday <u>Billy and Company</u> October 9 at 10:00 am <u>Birthday Celebration</u> October 9 at 11:30 am | Friday <u>Cliff Dwellers Square Dance</u> October 11 at 7:00 pm <u>Duncanville Dance Club Dance:</u> Performer: Swinging Country October 18 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 **Gwinette Cornell**

You will learn fun and interesting facts about Dallas.

Beginner Stair Step Class

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, October 9, during lunch. Make reservations for you and your guest on or before **Thursday, October 3.**

Fire Safety Week Presentation with Fire Marshall
Monday, October 7
at 10:30 am

Hispanic Heritage Celebration Presentation with Mr. Carlos Rovello
Friday, October 11
at 11:00 - 12:20 pm
Topic: Origins of Maiz/Corn

Coffee with Mayor Gordon
Wednesday, October 16
at 8:00 - 9:00 am
Come ask the Mayor questions or just enjoy causal conversation!

National Breast Cancer Awareness Month Lunch and Learn -
Friday, October 18 at 10:30 am
Educate member about the importance of early screening, tests and more.

Lunch and Learn
Tuesday, October 22
at 11:00 am
City Planning 101

Einstein Bagels Social Mixer
Wednesday,
October 23
at 9:00 - 10:00 am



Bingo
Wednesday, October 23
at 10:30 am
Sponsored by : CareFirst

Domino Tournament
Thursday, October 24
at 9:00 am

Bingo and Presentation
Tuesday, October 29
at 10:30 am
Sponsored by: Health and Wellness

Pumpkin Carving \$
Wednesday, October 30
at 9:00 am to 12:00 pm

Halloween Bingo
Thursday, October 31
at 10:30 am

Pumpkin Carving winners Announcements
Thursday, October 31
at 12:00 pm



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 Tuesday, October 1.

**State Fair
Night trip**

Dallas
Thursday
October 10
3:00 pm
\$3 + meal



Day trip

Dallas
Thursday
October 17
9:15 am
\$3 + meal

**Hibachio
Japanese
Restaurant**

Midlothian
Tuesday
October 22
4:15 pm
\$3 + meal



Coaches Box

Duncanville
Tuesday
October 15
4:30 pm
cost of meal



**Pocket
Sandwich
Theater**

Dallas
Thursday
October 24
5:45 pm



**Mystery
Lunch**

Monday
October 28
12:00 pm
\$3 + meal



A special thank you to Chili's in Cedar Hill for the donation of chips and salsa for the National Hispanic Heritage Month celebration



Bi-Weekly North Texas Visiting Nurse program

**Every Other Wednesday
10:30-12:00 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.