GOLDEN GAZETTE

December 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

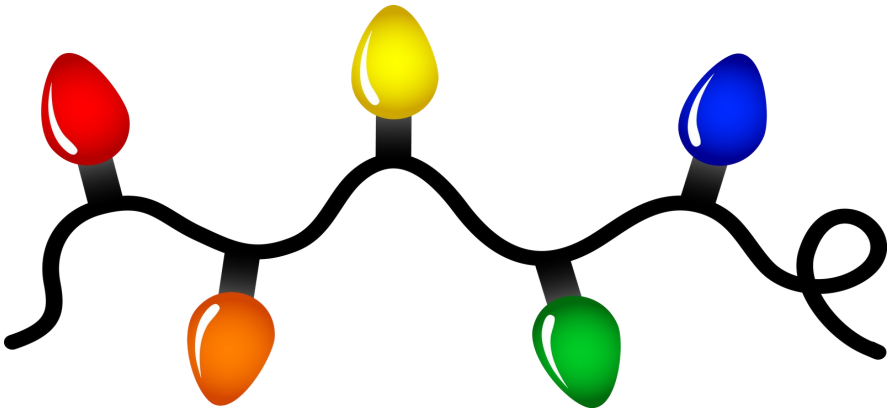
Lunch reservations and cancellations: 972-707-3843

Center Hours
Monday - Thursday
8 am to 3 pm
Friday
9 am to 3 pm

STAFF
Noel Garcia
Superintendent
Jeanette Rodriguez
Senior Center Coordinator
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."



D.L. Hopkins Jr. Senior Center will be closed on December 24 and 25.
Have a Merry Christmas!

Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Dominos	8:30 BLESSED Barre Class $	9:00 Dominos	9:00 Dominos	9:00 Dominos
9:00 Stair Step Class	9:00 Dominos	9:00 Chair exercise Class	8:30 BLESSED Barre Class $	9:00 Stair Step Class
9:30 Game Tables	9:30 Game Tables	9:30 Game Tables	9:30 Game Tables	9:30 Game Tables
10:00 Beginner's Spanish	9:30 Ceramics $	11:00 Bridge	11:00 Plastic Canvas Class	10:00 Beginner's Yoga
11:00 Plastic Canvas Class	10:00 Beginner's Spanish	1:00 Goldenaires Practice		11:00 Line Dance
	10:00 Beginner's Yoga	**Visiting Nurse** 12/18 2 pm - 3 pm		11:00 Dallas History
	11:00 Line Dance			
	1:00 Sidesteppers			

Monthly Recurring Schedule

Monday

Share & Care Meeting
December 9 at 10:00 am

Goldenaires Performance
Senior Center
December 16 at 10:00 am

***AARP Drive Safe Canceled for December.**
Will resume January 2020*

Wednesday

Billy and Company
December 11 at 10:00 am

Birthday Celebration
December 11 at 11:30 am

Friday

Cliff Dwellers Square Dance
December 13 at 7:00 pm

Duncanville Dance Club Dance
Performer: Swinging Country
December 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.
Folk Dance cancelled for December and will resume normal schedule in January

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.

Beginner Stair Step Class
Yvette Fields
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.

$ = 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, December 11, during lunch. Make reservations for you and your guest on or before **Thursday, December 5.**
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Medication Presentation
Tuesday, December 3
at 11:00 am
Sponsored by Health and Human Services
****

Silver Serenade's Performance
Thursday, December 5
at 12:00 pm
****

Bingo
Friday, December 6
at 10:30 am
Sponsored by Laurenwood

Bingo
Monday, December 9
at 10:30 am
Sponsored by Minty Smiles
****

Bingo
Tuesday, December 10
at 10:30 am
Sponsored by Alfred Healthcare
****

Greg and Travis Performance
Christmas Carols
Thursday, December 12
at 10:30 am
****

Goldenaires Christmas Program
Monday, December 16
at 10:00 am

Coffee with the Mayor
Wednesday, December 18
at 8:30 am
****

Central Elementary Choir Performance -
Wednesday, December 18
at 11:00 am
****

Music Performance
Randolph and Roxy
Thursday, December 19
at 11:00 am
****

Christmas Performance and Christmas Lunch
Phyllis Morgan
Friday, December 20
at 11:00 am

Share and Care Site Council

Interim President:	Terry Kanhai/Jacquelyn Morgan
Vice President:	Jacquelyn Morgan
Treasurer:	Terry Kanhai
Secretary:	Dess June

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 Senior Center. Please contact a site council representative for more information.

DECEMBER 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 Monday, December 2.

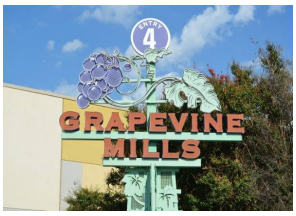
Trip to the Nut Factories
Monday,
December 9
at 9:00 am
Cost is $3 + Lunch

Christmas at the Anatole
Dallas
Friday,
December 13
at 4:15 pm
Cost is $28

Ozona
Dallas
Tuesday,
December 10
at 4:15 pm
Cost is $3 + Dinner

Prairie Lights & Dinner
Grand Prairie
Thursday,
December 19
at 4:15 pm
Cost is $8 + Dinner

Grapevine Mills Mall
Grapevine
Thursday,
December 12
at 9:00 am
Cost is $3 + Lunch



Mystery Lunch
Monday,
December 30
at 12:00 pm
Cost is $3 + Lunch

City of Duncanville
presents a

DUNCANVILLE CHRISTMAS
FRIDAY, DECEMBER 6

CHRISTMAS PARADE

Friday, December 6 | 7:00 pm

The Parade route starts on Wheatland Rd at Freeman St, heads west and turns right on N Main St then ends in downtown Duncanville.

Residents are welcome to set up blankets and chairs along the parade route to enjoy the fun and creative floats. After the parade, head to downtown for the Tree Lighting Ceremony!

Float entries welcome! There is a $25 float charge and applications are due by Friday, November 15. Visit www.duncanville.com/christmas2019 for details.

TREE LIGHTING CEREMONY

Friday, December 6 | 8:00 pm - 10:00 pm | Memorial Park, 101 N. Main

Join Mayor Gordon as he lights the downtown Christmas tree to kick off the holiday festivities, including live performances, singing Christmas carols, yummy food and drink options, bounce houses, games and other activities. Be sure to dress up for pictures with Santa!

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www.duncanville.com/christmas2019
972-780-5070 | parksandrec@duncanville.com