

GOLDEN GAZETTE

January 2020



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

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



HAPPY NEW YEAR



Come Join Us!



Our Mission:

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

NATIONAL HOBBY MONTH

January is the perfect time of year to pick up a new hobby, or get back into an old one that you haven't thought about in a while! The great thing about having a hobby is that it can take your mind off daily stresses. Sit down and think about what you really love to do. What are you passionate about in life? What sparks your interest the most? What are you curious about? What are your goals? Finding a good hobby and giving yourself time to take part in it on a daily or weekly basis is sure to make you happier and maybe even healthier.

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	Tuesday 8:30 BLESSED Barre Class \$ 9:00 Dominos 9:30 Game Tables 9:30 Ceramics \$ 10:00 Beginner's Spanish 10:00 Beginner's Yoga 11:00 Line Dance 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 Will resume in February.	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 10:00 Smart Phone 11:00 Line Dance
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Monthly Recurring Schedule	Monday <u>Share & Care Meeting</u> January 13 at 10:00 am	Wednesday <u>Billy and Company</u> January 8 at 10:00 am	Thursday <u>Trivia Day</u> January 30 at 10:30 am	Friday <u>Cliff Dwellers Square Dance</u> January 10 at 7:00 pm
	<u>AARP Drive Safe</u> January 13 at 8:30 am	<u>Birthday Celebration</u> January 8 at 11:30 am		<u>Duncanville Dance Club Dance</u> January dance has been cancelled and will resume February 6.
	<u>Goldenaires Performance</u> Senior Center January 27 at 10:00 am			

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>Beginner's Spanish <i>Gloria Garza</i> Basic every day words used.</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>\$ Smart Phone Class <i>Kevin Brown</i> January 10 - February 24 Learn how to use a smart phone.</p>	<p>\$ B.L.E.S.S.E.D./Barre <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 <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> <p>Plastic Canvas <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>
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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

CLOSED NEW YEARS DAY and CLOSED JANUARY 20 FOR MARTIN LUTHER KING JR. DAY.

Monthly Birthday Celebration
Wednesday, January 8,
during lunch. Make reservations for you and your guest on or before **Thursday, January 2.**

Bingo
Thursday, January 9
at 10:30 am
Sponsored by: WellCare

Bingo
Friday, January 10
at 10:30 am
Sponsored by: North American Senior Benefits

Coffee with Mayor Gordon
Wednesday, January 15
at 8:30 am

National Hat Day
Wednesday, January 15
at 11:00 am
Have fun showing off your favorite hat whether it is wacky or fancy and participate in a game and raffle.
Sponsored by: WellCare

Bingo
Thursday, January 16
At 10:30 am
Sponsored by: WellCare

Bagel Social Mixer
Wednesday, January 22
at 9:00 am



Evidence Based Program Presentation
Monday, January 22, 2019
at 11:30 am
Sponsored by: DAAA

Greg and Travis Music Performance
Thursday, January 23
at 10:30 am

Bingo
Friday, January 24
at 10:30 am
Sponsored by: Minty Smiles

Pain Research Presentation
Monday, January 27
at 11:30 am
Sponsored by: HRMD Research

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 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 Thursday, January 2.

Pocket Sandwich Theater
Zombie Dearest
Thursday, January 9 at 5:45 pm
\$14 + Dinner



Coaches Box
Tuesday, January 21 at 4:30 pm
Pick up is \$3 + dinner



Great American Grill
Tuesday, January 14 at 4:30 pm
\$3 + Dinner



Ft. Worth Stockyards
and
Billy Bob's Texas
Thursday, January 23 at 9:00 am
\$5 + Lunch



911 Flight Crew Memorial
and
Downtown Grapevine
Thursday, January 16 at 9:00 am
\$3 + Lunch



Mystery Lunch
Monday, January 27 at 12:00 pm
\$3 + Lunch



Super Bowl Party on February 2.
Please bring finger foods to share.
Sign up by January 31.

