

# GOLDEN GAZETTE

February 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: 972-707-3869

### Center Hours

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

### STAFF

#### Noel Garcia

Superintendent

#### Jeanette Rodriguez

Program Coordinator

#### Caitlin Sansom

Administrative 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

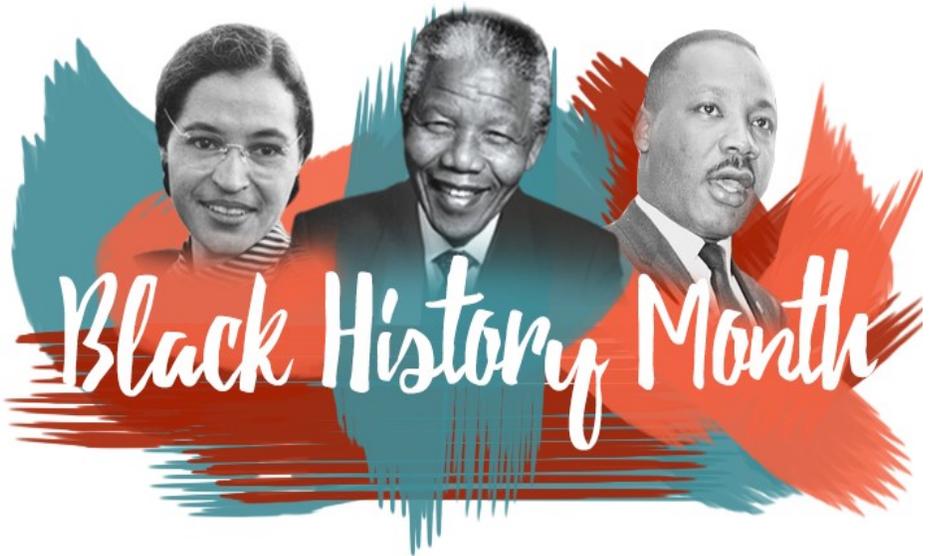
*Happy Valentine's Day*



*Come Join Us!*

### Our Mission:

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



*"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."*

Dr. Martin Luther King "I Have a Dream." Speech.  
Lincoln Memorial, Washington, D.C. August 28, 1963.

<b>Weekly Schedule</b>	<b>Monday</b> 9:00 Stair Step Class 9:30 Game Tables 9:30 Matter of Balance 10:00 Beginner's Spanish	<b>Tuesday</b> 8:30 BLESSED Barre Class \$ 9:30 Ceramics \$ 10:00 Beginner's Spanish 10:00 Beginner's Yoga 11:00 Line Dance 1:00 Sidesteppers	<b>Wednesday</b> 9:00 Stair Step Class 9:30 Matter of Balance 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires Practice	<b>Thursday</b> 8:30 BLESSED Barre Class \$ 9:30 Game Tables 11:00 Folk Dance	<b>Friday</b> 9:00 Stair Step Class 9:30 Game Tables 10:00 Beginner's Yoga 10:00 Smart Phone 11:00 Line Dance 12:45 Chair Volleyball
------------------------	--	---	--	--	--

<b>Monthly Recurring Schedule</b>	<b>Monday</b> <u>Share &amp; Care Meeting</u> February 10 at 10:00 am	<b>Wednesday</b> <u>Billy and Company</u> February 12 at 10:00 am	<b>Thursday</b> <u>Duncanville Dance Club</u> <u>Dance:</u> Performer: Swinging Country February 6 at 7:00 pm	<b>Friday</b> <u>Cliff Dwellers Square</u> <u>Dance</u> February 14 at 7:00 pm
	<u>AARP Drive Safe</u> February 17 at 8:30 am	<u>Birthday Celebration</u> February 12 at 11:30 am	<u>Trivia</u> February 27 at 10:30 am	
	<u>Goldenaires Performance</u> Senior Center February 24 at 11:00 am			

## CLASS DESCRIPTIONS

### **Beginner's Yoga** **Elaine Robinson**

Slow-paced, effective movements without pressure or expectations. Consists of stretching, relaxation and meditation.

### **Line Dance**

#### **Elizabeth Meador**

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 easy, group dances from Europe and Latin America.

### **Goldenaires**

#### **Sue Pointer**

Come make a joyful noise with us! Weekly rehearsals

### **Beginner's Spanish Class**

#### **Gloria Garza**

Basic every day words used.

### **\$ 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.

### **\$ Smart Phone Class**

#### **Kevin Brown**

January 10 - February 21  
Learn how to use a smart phone.

### **Matter of Balance**

#### **DAAA**

February 3 - February 26  
Managing concerns about falls, increase physical activity and improve strength and balance.

### **\$ 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.

### **Chair Volleyball**

#### **Staff Coordinated**

Two teams of 6, players are required to remain seated, chair volleyball allows those with physical limitations to participate on a level playing field with those who may be more active.

## 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, February 12, during lunch. Make reservations for you and your guest on or before **Thursday, February 6.**  
\*\*\*\*\*

**Black History Month Movie Day**  
"The Color Purple"  
Thursday, February 6 at 9:30 am  
\*\*\*\*\*

**Valentine's Day Dance and Spaghetti Dinner**  
Monday, February 10 at 6:00 pm  
Tickets are \$6.00.  
Sign up at front desk no later than February 7.

**Greg and Travis**  
Music Performance  
Thursday, February 13 at 10:30 am  
\*\*\*\*\*

**Randolph and Roxy**  
Valentine's Day Music Performance  
Friday, February 14 at 11:00 am  
\*\*\*\*\*

**Game Night**  
Monday, February 17 at 5:00 pm  
\*\*\*\*\*

**Coffee with the Mayor**  
Wednesday, February 19 at 8:30 am



**Benefits Counseling**  
Wednesday, February 19 at 9:00 am  
Sponsored by: DAAA Community Council  
\*\*\*\*\*

**Bingo**  
Thursday, February 20 at 10:30 am  
Sponsored by: Alfred Healthcare  
\*\*\*\*\*

**Bagel Social Mixer**  
Wednesday, February 26 at 9:00 am



\*\*\*\*\*  
**Bingo**  
Friday, February 28 at 10:30 am  
Sponsored by: Amerigroup

### Taste of African American History

-Taste of Poetry  
February 5 at 11:45 am

-African American Museum Trip  
February 13 at 10:30 am

-Taste of Music  
February 14 at 11:00 am

-Taste of Art  
February 19 at 11:00 am

-Taste of Soul  
February 26 at 10:30 am

# BLACK HISTORY MONTH

**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, Feb. 3.

**Duncanville Community Theater**

“A Texas Romance”  
Thursday, February 6  
at 7:30 pm  
Cost: \$15



**Charco Broiler**

Oak Cliff  
Tuesday, February 11  
at 4:15 pm  
Cost: \$3 + Dinner



**African American Museum**

Dallas  
Thursday, February 13  
at 10:30 am  
Cost: \$3 + Lunch



**Alley Cats Bowling**

Arlington  
Tuesday, February 18  
at 9:30 am  
Cost: \$3 + Lane Fee +  
Shoes + Lunch



**Mystery Lunch**

Monday, February 24  
at 12:00 pm  
Cost: \$3 + Lunch



**Applebee's**

Duncanville  
Thursday, February 27  
at 4:30 pm  
Cost: \$3 for Pick up



**AARP FOUNDATION TAX-AIDE**

Duncanville Library,  
201 James Collins Blvd.  
Wednesdays 10:00 am - 2:00 pm  
February 5 - April 15

**Items you need to bring**

- Social Security Cards for all persons on tax return
- Photo ID for Taxpayer and Spouse
- Last year's tax return