

GOLDEN GAZETTE

March 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

Senior Center Coordinator

Caitlin Sansom

Administrative Assistant

Ryan Young

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

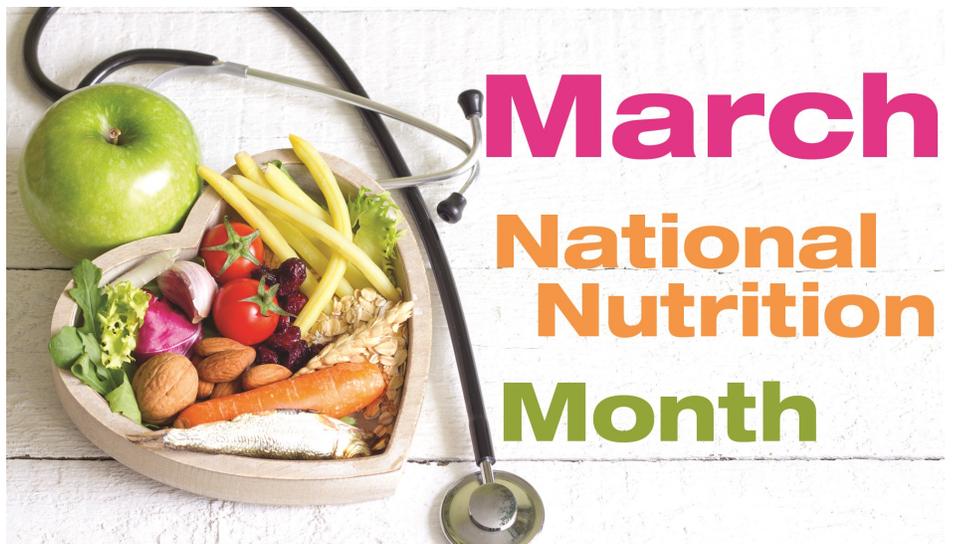


Come Join Us!



Our Mission:

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



March
National
Nutrition
Month

Weekly Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
	9:00 Dominos 9:00 Stair Step Class 9:30 Game Tables 10:00 Beginner's Spanish	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	9:00 Dominos 9:00 Chair exercise Class 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires Practice	9:00 Dominos 8:30 BLESSED Barre Class \$ 9:30 Game Tables 11:00 Folk Dance Visiting Nurse 3/5 at 9:30 - 11:00 3/19 at 9:30 - 11:00	9:00 Dominos 9:00 Stair Step Class 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Line Dance 12:45 Chair Volleyball

Monthly Recurring Schedule	Monday	Wednesday	Thursday	Friday
	<u>Share & Care Meeting</u> March 9 at 10:00 am <u>AARP Drive Safe</u> March 23 at 8:30 am <u>Goldenaires Performance</u> Senior Center March 23 at 10:00 am	<u>Billy and Company</u> March 11 at 10:00 am <u>Birthday Celebration</u> March 11 at 11:30 am <u>Bagel Social Mixer</u> March 25 at 9:00 am 	<u>Duncanville Dance Club Dance</u> March 5 at 7:00 pm	<u>Cliff Dwellers Square Dance</u> March 13 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>Elizabeth Meador</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 easy, group 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>\$ 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>Matter of Balance <i>DAAA</i> March 30 - April 22 Managing concerns about falls, increase physical activity and improve strength and balance.</p>	<p>Beginner Stair Step <i>Yvette Fields</i> 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>Chair Volleyball <i>Staff Coordinated</i> 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.</p> <p>Bridge Four-player partnership trick taking game with thirteen tricks per deal. The player who played the highest-ranked card wins the trick. *Players needed*</p> <div style="text-align: right;"></div>
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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, March 11, during lunch. Make reservations for you and your guest on or before **Thursday, March 5.**

BINGO
Wednesday, March 4
at 10:30 am
Sponsored by: Care First

Greg and Travis Music Performance
Thursday, March 5
at 10:30 am

BINGO
Friday, March 6
at 10:30 am
Sponsored by: North American Senior Benefits

BINGO
Tuesday, March 10
at 10:30 am
Sponsored by: Well Care

Medicare Wheel
Medicare game
Thursday, March 12
at 10:30 am
Sponsored by: Cigna

Sing-a-long
Come make some joyful noise with our Goldenaires instructor
Friday, March 13
at 11:00 am

Bingo
Monday, March 16
at 10:30 am
Sponsored by: Alfred Healthcare

Game Night
Monday, March 16
at 5:00 pm

St. Patrick's Day Celebration
Tuesday, March 17
at 11:00 am
Sponsored by:  **Farmers Insurance**

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

National Nutrition Month Lunch and Learn
Thursday, March 19
at 11:00 am
Sponsored by: VNA

BINGO
Wednesday, March 25
at 10:30 am
Sponsored by: Well Care

Completing the Census
Thursday, March 26
at 9:00 am

Trivia Day
Tuesday, March 31
at 10:30 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 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 Monday, March 2.



Catfish Cove
Mesquite
Tuesday, March 10
at 4:15 pm
Cost: \$3.00 + Dinner



Omni Theater
"Dinosaurs of Antarctica"
Thursday, March 12
at 9:00 am
Cost is \$11.00 + Lunch



Nature Preserve
Cedar Hill
Wednesday, March 18
at 9:00 am
Cost: \$3.00 + Lunch



Jimmy's Pizza
Midlothian
Thursday, March 26
at 4:15 pm
\$3.00 + Dinner



Mystery Lunch
Monday, March 30
at 12:00 pm
Cost: \$3.00 + Lunch



Asia Buffet
Duncanville
Tuesday, March 31
at 4:30 pm
Cost: \$3.00 for pick up

