

GOLDEN GAZETTE

May 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



Senior Center will remain closed until further notice.
Drive through meal service will continue.
To reserve a meal or fill out a new meal application please call the
center 2 days in advance.
Stay safe and practice social distancing!

Our Mission:

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

Happy Mother's Day!



HEALTH GUIDELINES



WHEN POSSIBLE, STAY HOME



COVER NOSE
AND MOUTH



DO NOT TOUCH
YOUR FACE



WASH OR
SANITIZE
HANDS



AVOID CONTACT
WITH SICK
PEOPLE



KEEP AT LEAST
6 FEET APART



COVER COUGHS
AND SNEEZES



DISINFECT
SURFACES



SELF SCREEN

OPEN TEXAS FAST FACTS

Stay home if you or anyone in your household has any of the following new or worsening symptoms:

- Shaking with chills
- Sore throat
- Shortness of breath or difficulty breathing
- Cough
- Have come into contact with a person who is lab confirmed positive with COVID-19.
- Feeling feverish or a measured temperature greater than or equal to 100°F
- Diarrhea
- Headache
- Muscle pain
- Loss of taste or smell

VIRTUAL ACTIVITIES

Bottle Cap Craft

<https://www.youtube.com/watch?v=UjLxylzjsRU&list=PLcMxv0Rmwq-tdUiO2TI4cYcs38CMTJJhN&index=11&t=0s>

Duncanville Dance Instruction - These Old Boots

<https://www.youtube.com/watch?v=2vqBL7FrcY0>

Duncanville Dance Class - Stealing The Best

<https://www.youtube.com/watch?v=ZyLCymkocuo>

County Line Cha Cha Cha

<https://www.youtube.com/watch?v=kvG8lseKYiE>

3 Easy No Sew Face Masks Using Things You Have at home

<https://www.youtube.com/watch?v=gn4PTer31-A>

INFORMATION AND RESOURCES

Help paying for Senior Care

<https://www.payingforseniorcare.com/texas>

Texas Health and Human Services COVID-19 Mental Health Support line, 24 hours a day, 7 days a week, toll-free at **833-986-1919**

Texas Department of State Health Services

<https://dshs.texas.gov/coronavirus/>



Census 2020 Update

Due to COVID-19, the self-response date to complete the 2020 Census has been extended to October 31, 2020. Between June 13th – July 9th, field workers will leave invitations on the front doors of non-respondents and from August 11th – October 31st, field workers will interview non-respondents in-person. Why not take advantage of the stay-at-home order, and complete the survey on-line www.my2020census.gov or over the phone Call: 1-844-330-2020.

US Administration for Community Living – Coronavirus (COVID-19)

<https://acl.gov/COVID-19>

Coronavirus (COVID-19)

Information for People Receiving Services
<https://hhs.texas.gov/services/health/coronavirus-covid-19/coronavirus-covid-19-information-people-receiving-services>

Alzheimer’s Association

<https://www.alz.org/>
1-800-272-3900

CENTER WILL BE CLOSED ON MONDAY, MAY 25 IN HONOR OF MEMORIAL DAY.



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.**

Please try to solve the problems below. Let your mind go and use your creative thinking skills! Good Luck!

1. If you are in a dark room with a candle, a wood stove and a gas lamp. You only have one match. What do you light first?
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2. What question can you never answer "yes" to without lying?
.....
3. What goes up and down but never moves?
.....
4. What is square, sits in a corner, but goes all around the world?
.....
5. What is light as a feather, but even the strongest man cannot hold it more than a few minutes?
.....
6. A farmer had 17 sheep. All but nine died. How many were left?
.....
7. What is so fragile that when you say something it breaks?
.....
8. The more you take the more you leave behind. What is it?
.....
9. What five letter word sounds like one letter of the alphabet?
.....
10. How can you make seven even?
.....
11. A clerk in the butcher shop is 5'10" tall. What does he weigh?
.....
12. What has hands but cannot wave?
.....
13. Tear my skin I won't cry but you will. what am I?
.....



- Brain Teasers Answers
1. The Match
 2. "Are you asleep?"
 3. A Hill
 4. A Stamp
 5. His breath
 6. Nine
 7. Silence
 8. Footsteps
 9. Queue
 10. Take the "S" away
 11. Meat
 12. A Clock
 13. A Onion