

GOLDEN GAZETTE

June 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
Closed Until Further Notice

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 at 972-707-3864. Stay safe and continue to practice social distancing!

Our Mission:

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



CHRONIC PAIN SELF-MANAGEMENT PROGRAM

June 24th– July 29th
Every Wednesday
10:00am–12:30pm

Free Virtual Workshop

**Learn new skills to manage your health
and quality of life with confidence**

To register for this workshop contact Katharine Tuck:
ktuck@ccadvance.org or 214-954-4294



For seniors with a chronic pain, looking for support to improve their health.

Learn about:

- Pain Management
- Healthy nutrition and exercise choices
- Communication skills
- Relaxation techniques & better sleep

This workshop is **FREE!** Workshop meets once a week for 2 ½ hours for a 6 week period.

Community Council 
Moving families forward, leaving poverty behind.


Area Agency
on Aging
of DALLAS COUNTY



Care Coordination

This program works to assist older adult clients with difficult or multiple problems. Services include:

- Minor Home Repair
- Chore Services
- Personal Assistance
- Health Maintenance
- Income Support

For questions regarding Care Coordination or for a referral, please call 2-1-1.

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.**



Aging Mastery Program®

National Council on Aging

Join the adventure!



You Will Learn About:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

The Dallas Area Agency on Aging

will be running the Aging Mastery Program® soon!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

Virtual AMP class begins June 2nd

Online class begins June 2nd

Tuesdays and Thursdays
2:00 PM to 3:30 PM

You will receive instructions on how to join the virtual class via email.

Limited spots available: Sign up now!

The program will launch on June 2nd 2020

but participants have to be signed up by June 2nd 2020

Please RSVP to: Jennifer Marcks

by calling 214-954-4252 or email: jmarcks@ccadvance.org

Summer

P L A X P O P S I C L E N W H B E S R P
R J L F L X V G Z R O E H E C N G O S T
U F U Y J O N V E N O I O U I N H Q W Y
P B Y A P S U L F I P H T H Y C A B I I
B E C J N Z K T K Q K Z S R K S W A M S
A Y T M O N R D S T Y N J W U R O R S O
T M P J I X W E A I U C N M W K K S U T
A V V R T K Q E C S D Q M K M N M W I T
P G P S A X W P R Y S E P N X G J I T M
S S V D C S C Y Q L R M E K Z U T M O D
Q N R E A A F Y E M T Z C Z M P T M H G
Q O J D V F G N I F T I L A G W L I O Q
G L R X E F P P A D N D P G N N D N T N
R E T L K I N L S C B E A C H F C G D M
R M A A I I D E I C E C R E A M C L O A
A R C Q B R L P G F R I E N D S E K G P
V E G P K R J X N M A K X J D O A U S O
M T M P Y H Z T S J H G P A C Q Y H L S
O A R R Z X P T X Y C G U J T T M B R Q
B W A J F C P O L J M Q Q Q T W N W R W

SUMMER
POOL
ICECREAM
FRIENDS
HOTDOGS
VACATION

HOT
SWIMMING
SUNSHINE
WATERMELON
POPSICLE
OUTSIDE

SWEAT
SPRINKLER
BIKE
PICNIC
SWIMSUIT
BEACH