

GOLDEN GAZETTE

July 2021



Duncanville D.L. Hopkins Jr. Senior Center

206 James Collins Blvd.
Duncanville, TX 75116
www.duncanville.com

Lunch reservations and
cancellations: 972-707-3864

Center Hours
Monday - Friday
8 am - 11 am

Curbside Meal Pickup Hours
Monday - Friday
11:15 am - 12 pm

STAFF

Noel Garcia

Superintendent

Jeanette Rodriguez

Senior Center Coordinator

Caitlin Sansom

Administrative Assistant

Ryan Young

Office Assistant

Cecilia Rodriguez

Kitchen Coordinator

Mary Lou Braun

Bus Driver/Field Trip

Coordinator

Yasmin Thomas

Sport Jackson

Raymond Johnson



Our Mission:

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



INDEPENDENCE DAY

The D.L. Hopkins Jr. Senior Center will be closed Monday, July 5, in observance of Independence Day. Curbside meals for this day will be distributed on Friday, July 2.

WEEKLY SCHEDULE

DH = Dining Hall NS = North Side CR = Ceramic Room

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Dominos - DH 9:30 Game Tables - DH	8:30 Dominos - DH 9:30 Game Tables - DH 9:30 Ceramics \$ - CR 10:00 Line Dance - NS	8:30 Dominos - DH 9:30 Game Tables - DH 10:00 Goldenaires Practice - NS	8:30 Dominos - DH 9:30 Game Tables - DH 9:30 Ceramics \$ - CR	8:30 Dominos - DH 9:30 Game Tables - DH 10:00 Line Dance - NS

VIRTUAL GAMES AND CRAFTS

World of Solitaire

<https://worldofsolitaire.com/>

Online Brain Logic Puzzles

<https://logic.puzzlebaron.com/init.php>

AARP Games

<https://games.aarp.org/category/all-games>

Online Jigsaw Puzzles

<https://thejigsawpuzzles.com>

D.L. Hopkins Jr. Senior Center Online Activities

<https://www.duncanville.com/d-l-hopkins-jr-senior-center-online-activities/>

Creations and Celebrations for every occasion

<https://www.allfreeholidaycrafts.com/>

Crafts for Seniors

<https://craftsbyamanda.com/category/craft-tutorials/adult-crafts/crafts-for-seniors/>

Memory Quilt Craft

<https://www.youtube.com/watch?v=UZaJkg5IGko>

How to knit a dishcloth

<https://www.youtube.com/watch?v=kFO-8Jl1mz0>

Crochet for Seniors 45+ Easy Patterns

<https://www.allfreecrochet.com/Miscellaneous-Crochet/Easy-Crochet-Patterns-Your-Retirement>

Dallas Area Agency on Aging Benefits Counseling Program

Individual counseling services at the senior center have been suspended until further notice. DAAA will continue their phone service for information and assistance with Medicare, Medicaid, Social Security, and other public benefits.

Call to speak to a Benefits Counselor
214-871-5065 or 1-800-252-9240
Monday - Friday 8:30 am to 5:00 pm

Daily Curbside Lunch Program | Monday through Friday

We serve curbside lunch pickup daily. Our lunch program targets older adults and provides 1/3 of the daily dietary requirements. Reservations for curbside meal pickup 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) 707-3864.** There are no fees for meals. **Our nutrition program is funded in part by the Dallas Area Agency on Aging and the Texas Dept. of Aging and Disability Department.**

UPCOMING EVENTS

Sweet Treats from the Staff

Friday, July 2
During curbside pickup



Parking Lot Bingo

Wednesday, July 7
10:00 am - 10:45 am
Sponsored by:
Amerigroup



Blue Bell Day

Wednesday, July 14
During curbside pickup



Parking Lot Bingo

Wednesday, July 21
9:00 am - 10:00 am
Sponsored by:
Healing Hands



RECIPE OF THE MONTH

Slow-Cooker BBQ Pulled Chicken

Prep Time: 10 mins.

Total Time: 2 hours 15 mins.

Serves: 4 - 6

Ingredients:

- 1 and 3/4 cup barbecue sauce
- 1/4 cup packed dark brown sugar
- 2 tbsp. apple cider vinegar
- 1 tsp. sweet paprika
- 1 tsp. garlic powder
- Salt
- Ground black pepper
- 2 1/2 lb. boneless skinless chicken breasts
- Buns
- Pickles

Directions:

1. In a slow cooker, combine barbecue sauce, brown sugar, vinegar, paprika, and garlic powder. Season generously with salt and pepper. Add chicken breasts and turn in mixture to coat breasts.
2. Cover and cook on high for 2 hours or on low for 4 hours.
3. Remove chicken from slow cooker to a plate. Bring barbecue sauce remaining in slow cooker to a boil in the slow cooker to reduce sauce to barbecue sauce consistency, about 5 minutes. If slow cooker does not have sauté function, transfer to a medium pot and place over medium-high heat.
4. Using two forks, shred chicken. Pour reduced barbecue sauce over top and toss to coat. Serve on buns. Add pickles as an option.



COLORING PAGE

