

GOLDEN GAZETTE

September 2021



Duncanville D.L. Hopkins Jr. Senior Center

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

Lunch reservations and
cancellations: 972-707-3843

Facility occupancy level is 75%

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

Sport Jackson

Building Attendant



Come Join Us!

Our Mission:

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

We will be **CLOSED**
TO OBSERVE
Labor DAY

The D.L. Hopkins Jr. Senior Center will be closed Monday, September 6, in observance of Labor Day. Curbside meals for this day will be distributed on Friday, September 3.

WEEKLY SCHEDULE

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

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

VIRTUAL GAMES AND CRAFTS

World of Solitaire

<http://worldofsolitaire.com/>

Online Brain Logic Puzzles

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

AARP Games

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

Online Jigsaw Puzzles

<http://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

Drive-Thru Flu and COVID-19 Vaccine Clinic

Wednesday, September 8
10:30 am to 12:30 pm
Sponsored by: Tom Thumb



Parking Lot Bingo

Wednesday, September 15
9:00 am to 10:00 am
Sponsored by: Laurenwood



Coffee with the Mayor

Wednesday, September 29
8:30 am to 9:30 am



RECIPE OF THE MONTH

Skillet Shepherd's Pie

Ingredients:

- 1 pound ground beef
- 1 cup chopped onion
- 2 cups frozen corn, thawed
- 2 cups frozen peas, thawed
- 2 tablespoons ketchup
- 1 tablespoon Worcestershire sauce
- 2 teaspoons minced garlic
- 1 tablespoon cornstarch
- 1 teaspoon beef bouillon granules
- 1/2 cup cold water
- 1/2 cup sour cream
- 3-1/2 cups mashed potatoes (prepared with milk and butter)

Prep/Total Time: 30 min.
Serves: 6

Directions:

1. In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the corn, peas, ketchup, Worcestershire sauce and garlic. Reduce heat to medium-low; cover and cook for 5 minutes.
2. Combine the cornstarch, bouillon and water until well blended; stir into beef mixture. Bring to a boil over medium heat; cook and stir until thickened, 2 minutes. Stir in sour cream and heat through (do not boil).
3. Spread mashed potatoes over the top; sprinkle with cheese. Cover and cook until potatoes are heated through and cheese is melted.

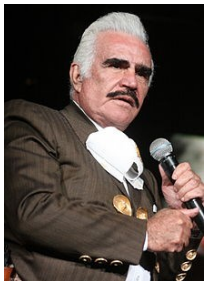


Freeze option: Prepare beef mixture as directed but do not add sour cream. Freeze cooled meat mixture in a freezer container. To use, partially thaw in refrigerator overnight. Heat through in a large skillet, stirring occasionally and adding a little water if necessary. Stir in sour cream and proceed as directed.

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.



A Bronx native of Puerto Rican descent, Sonia Sotomayor became the first Hispanic American to serve as a member of the Supreme Court. After working for over four years as an assistant district attorney in New York and stepping away to work in private practice, Sotomayor was nominated to the U.S. District Court for the Southern District of New York by President George H. W. Bush in 1991 and to the U.S. Court of Appeals for the Second Circuit by President Bill Clinton in 1997. Twelve years later, Sotomayor made history when President Barack Obama picked her as his first nominee to the U.S. Supreme Court in 2009.



Vicente "Chente" Fernández Gómez is a Mexican retired singer, actor, and film producer. Fernández started his career as a street performer, and has since become a cultural icon, recording more than 50 albums and contributing to more than 30 films. His repertoire consists of rancheras and other Mexican classics. He is accompanied live by a mariachi group, but he is not technically a mariachi musician, as he only sings live. Fernández's work has earned him three Grammy Awards, eight Latin Grammy Awards, fourteen Lo Nuestro Awards, and a star on the Hollywood Walk of Fame. He has sold over 50 million copies worldwide, making him one of the best-selling regional Mexican artists of all time. In 2016, Fernández retired from performing live, although he continues to record and publish music.



Born in Arizona to a Mexican American family, Cesar Chavez grew up around the people he later helped through his activism. The defining moment in Chavez's life came when his family moved to California during the Great Depression to become farm workers, cementing his fight for farmer's rights. Along with Dolores Huerta, he co-founded the National Farm Workers Association (NFWA), which later merged with the Agricultural Workers Organizing Committee (AWOC) to become the United Farm Workers (UFW) labor union.



Ellen Ochoa became the first Hispanic woman to go to space when she served on a nine-day mission aboard the Space Shuttle Discovery in 1993. The purpose of the Shuttle mission was to study the Earth's ozone layer. A veteran of four space flights, Ochoa has logged nearly 1,000 hours in space. She was a mission specialist on STS-56, was payload commander on STS-66, and was mission specialist and flight engineer on STS-96 and STS-110 in 2002. Ochoa was in Mission Control during the Space Shuttle Columbia disaster and was one of the first personnel informed of television coverage showing Columbia's disintegration. From 2007, after retiring from spacecraft operations, Ochoa served as Deputy Director of the Johnson Space Center, helping to manage and direct the Astronaut Office and Aircraft Operations. On January 1, 2013, Ochoa became the first Hispanic and second female director of NASA's Johnson Space Center.

Duncanville Appreciation

D.L. Hopkins, Jr. Senior Center would like to send a special thank you to two of our local businesses here in Duncanville that continuously go above and beyond in providing services to the center. Tom Thumb, located at 633 W Wheatland Rd, donated over 100 bottles of sanitizer and wipes. And Everything Nice y Mas, located at 208 N Main St, worked with Senior Center staff to help provide the best quality shirts possible in honor of National Senior Day 2021. Not only did the owner, Liz, help design the shirts, she also donated the cost! If you ever find yourself in the heart of Downtown Duncanville, take a minute to stop in this cute store and experience the welcoming environment.

Thank you *And Everything Nice y Mas and Tom Thumb!*