

GOLDEN GAZETTE

December 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 100%

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

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."



The D.L. Hopkins Jr. Senior Center will be closed Friday, December 24 and Monday, December 27, in observance of Christmas and Monday, January 3 in observance of New Year's.

WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Dominoes 9:30 Game Tables 10:00 Color Therapy	8:30 Dominoes 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance	8:30 Dominoes 9:30 Game Tables 10:00 Goldenaires 10:30 Bridge	8:30 Dominoes 9:00 Stick Stretch 9:30 Game Tables 10:00 A Walk in the Park	8:30 Dominoes 9:30 Game Tables 10:00 Line Dance

MONTHLY RECURRING SCHEDULE

Monday	Wednesday	Thursday
<u>Culinary Creations</u> Monday, December 13 at 1:00 pm	<u>Birthday Celebration</u> Wednesday, December 8 at 11:00 am	<u>Trivia Thursday</u> Thursday, December 9 at 10:00 am

CLASS DESCRIPTIONS

Color Therapy

Coloring has the ability to relax your brain by reducing the thoughts of a restless mind. Sit in the peace and quiet or listen to soothing music while you color your stress away.

A Walk in the Park

Join a senior center staff member for a walk around Armstrong Park.

Beginners Yoga

Imelda Nieto

A 1-hour energizing "low Impact" exercise to maximize your ability to stretch your entire body.

\$ Ceramics

Pat Weaver

Seniors will choose a pottery piece and learn various painting techniques. When the projects are complete, each piece is glazed and fired.

Line Dance

Susan Watts

This is an exercise for the mind and body. We do group line formation dancing to a variety of music.



Game Tables

Grab a friend and play a game. Available games include Ping Pong, Jumbo Connect Four, and Jumbo Jenga. Various card games, board games, and puzzles are available.

Culinary Creations

Terry Young

Participants will work with a food safety certified instructor to create tasty treats while socializing with their peers.

Goldenaires

Sue Pointer

Come make a joyful noise with us! Weekly rehearsals.

VIRTUAL GAMES AND CRAFTS

AARP Games

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

Crafts for Seniors

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

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/>

Crochet for Seniors 45+ Easy Patterns

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

Online Jigsaw Puzzles

<https://thejigsawpuzzles.com>

UPCOMING EVENTS

Monthly Birthday Celebration

Wednesday, December 8 during lunch at 11:00 am. Make reservations for you and your guest on or before Thursday, December 2 at the Senior Center front desk.

Coffee with Mayor Gordon

Wednesday, December 1 8:30 am - 9:30 am



Game Night

Monday, December 6 5 pm - 8 pm

Loteria

Wednesday, December 8 10:00 am - 11:00 am

Health and Wellness Fair

Friday, December 10 10:00 am - 12:00 pm Check up on your health, get vaccinated, or discover healthy recipes! Drop by and learn how to maximize your health.

Bingo

Tuesday, December 14 10:00 am - 11:00 am

Goldenaires Music Performance

Wednesday, December 15 10:00 am - 11:00 am



Christmas Dinner

Thursday, December 16 3:30 pm - 6:00 pm Sign up at Senior Center front desk by Friday, December 3. Complimentary dinner for Senior Center members.

Central Elementary Christmas Program

Friday, December 17 10:00 - 11:00 am

Greg and Travis

Music Performance Wednesday, December 29 10:00 am - 10:45 am

INFORMATION

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 Congregate and Curbside Lunch Program | Monday through Friday

We serve congregate and 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.**



WORD SEARCH



MERRY CHRISTMAS



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

SANTA
REINDEER
PRESENTS
CHRISTMAS TREE
TOYS
STOCKING
SNOWMAN
CANDY CANE
ELF
WREATH
BOW
BELL
CANDLE
ANGEL



RECIPE OF THE MONTH

Creamy Cheesy Potato Bake

Ingredients:

- 2.5lb Russet Potatoes
- 2/3 cup milk (full or low fat)
- 3/4 cup thickened heavy cream
- 1/3 cup mayonnaise, preferably whole egg (or 1/4 cup more heavy cream)
- 1 1/2 tsp fresh thyme leaves, plus more for garnish (or 1 tsp dried)
- 2 large garlic cloves, minced
- 3/4 tsp salt
- 3/4 black pepper
- 2 cups of desired shredded cheese
- 1 cup shredded mozzarella cheese

Prep: 10 mins
Cook: 1 hr 25 mins
Total: 1 hr 35 mins



Directions:

- Preheat oven to 350F
- Peel and cut the potatoes into 2/3" cubes. Place in a large bowl.
- Add all remaining ingredients except mozzarella. Mix.
- Pour into a baking dish.
- Cover with foil. Bake 60 minutes, or until potatoes are tender.
- Remove foil, sprinkle over mozzarella cheese. Bake for 25 minutes or until cheese is golden.
- Cool for 5 - 10 minutes before serving, garnished with extra thyme leaves if desired.