

# GOLDEN GAZETTE

January 2022



## Duncanville D.L. Hopkins Jr. Senior Center

206 James Collins Blvd.  
Duncanville, TX 75116  
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

**Mary Lou Braun**

Bus Driver/Field Trip

Coordinator

**Sport Jackson**

Building Attendant

Hello  
January

*Come Join Us!*

### Our Mission:

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



HAPPY NEW YEAR

2022

The D.L. Hopkins Jr. Senior Center will be closed with no meal services on both Monday, January 3 in observance of New Year's Day and Monday, January 17, in observance of Martin Luther King Jr. Day.

El centro para Personas Mayores D.L. Hopkins Jr. estara cerrado sin servicios de comidas en ambos el Lunes 3 de Enero en observancia del Año Nuevo y el Lunes 17 de Enero en observancia del dia de Martin Luther King Jr.

# JANUARY CLASSES AND SPECIAL EVENTS CALENDAR

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| 3<br><br>Closed for Holiday   | 4<br><br>8:30 Dominoes<br>9:30 Game Tables<br>9:30 Ceramics \$<br>10:00 Line Dance                            | 5<br><br>8:30 Dominoes<br>9:30 Game Tables<br>10:00 Goldenaires<br><b>10:00 Bingo</b><br>10:30 Bridge  | 6<br><br>8:30 Dominoes<br>9:00 Beginners Yoga<br>9:30 Game Tables<br>10:00 A Walk in the Park  | 7<br><br>8:30 Dominoes<br>9:30 Game Tables<br>10:00 Line Dance  |
| 10<br><br>8:30 Dominoes<br>9:30 Game Tables<br>10:00 Color Therapy<br>1:00 Culinary Creations | 11<br><br>8:30 Dominoes<br>9:30 Game Tables<br>9:30 Ceramics \$<br>10:00 Line Dance<br><b>5:00 Game Night</b> | 12<br><br>8:30 Dominoes<br>9:30 Game Tables<br><b>10:00 Goldenaires Performance</b><br>10:30 Bridge<br><b>11:00 Birthday Celebration</b>   | 13<br><br>8:30 Dominoes<br>9:00 Beginners Yoga<br>9:30 Game Tables<br>10:00 A Walk in the Park | 14<br><br>8:30 Dominoes<br>9:30 Game Tables<br>10:00 Line Dance   |
| 17<br><br>Closed for Holiday  | 18<br><br>8:30 Dominoes<br>9:30 Game Tables<br>9:30 Ceramics \$<br>10:00 Line Dance                           | 19<br><br>8:30 Dominoes<br>9:30 Game Tables<br>10:00 Goldenaires<br>10:30 Bridge<br><b>11:00 Texas Winds Music Performance</b>   | 20<br><br>8:30 Dominoes<br>9:00 Beginners Yoga<br>9:30 Game Tables<br>10:00 A Walk in the Park | 21<br><br>8:30 Dominoes<br>9:30 Game Tables<br>10:00 Line Dance<br><b>11:00 Chefs for Seniors Lunch and Learn</b> |
| 24<br><br>8:30 Dominoes<br>9:30 Game Tables<br>10:00 Color Therapy                            | 25<br><br>8:30 Dominoes<br>9:30 Game Tables<br>9:30 Ceramics \$<br>10:00 Line Dance                           | 26<br><br>8:30 Dominoes<br><b>8:30 Coffee With The Mayor</b><br>9:00 Happy Dance Hour<br>9:30 Game Tables<br>10:00 Goldenaires<br>10:30 Bridge<br><b>11:00 Billy and Company</b> | 27<br><br>8:30 Dominoes<br>9:00 Beginners Yoga<br>9:30 Game Tables<br>10:00 A Walk in the Park | 28<br><br>8:30 Dominoes<br>9:30 Game Tables<br>10:00 Line Dance   |
| 31<br><br>8:30 Dominoes<br>9:30 Game Tables<br>10:00 Color Therapy                            |   |  |  |   |

\$ = Class Fee

Special Events are highlighted in blue text



## CLASS DESCRIPTIONS

### **Game Tables**

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

### **Culinary Creations**

*Terry Young*

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

### **Beginners Yoga**

*Imelda Nieto*

A 1-hour energizing “low impact” exercise to maximize your ability to stretch your entire body.

### **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.

### **Goldenaires**

*Sue Pointer*

Come make a joyful noise with us! Weekly rehearsals.

### **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.

## 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 a meal 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.**

### **Senior Center Library**

**Hours:** Monday - Thursday 8:00 am to 3:00 pm and Friday 9:00 am to 3:00 pm

**Check out policy:** If the book has a circulation card in the back, sign and leave the card on the desk. If there is no card in the back of the book, sign the list on the clipboard.

**Return policy:** Place the book on the desk and the librarian will return it to the shelves.

## INFORMACION

### Programa de Consejería de Beneficios para Ancianos del Área de Dallas

Los servicios de asesoramiento individual en el centro para personas mayores se han suspendido hasta nuevo aviso. La DAAA continuará su servicio telefónico para obtener información y asistencia con Medicare, Medicaid, Seguro Social y otros beneficios públicos.

Llame para hablar con un consejero de beneficios 214-871-5065 o 1-800-252-9240  
Lunes a viernes de 8:30 am A 5:00 pm

### Programa diario de almuerzos colectivos y en la acera | de lunes a viernes

Diariamente servimos almuerzos congregados y para recoger. Nuestro programa de almuerzos está dirigido a adultos mayores y proporciona 1/3 de las necesidades dietéticas diarias. Las reservas para una comida deben hacerse con dos días de anticipación. Debe completar un formulario de registro de admisión antes de comenzar el programa de almuerzo. Las reservaciones se pueden hacer llamando al (972) 780-5073 o (972) 707-3864. No hay tarifas para las comidas. Nuestro programa de nutrición está financiado en parte por la Agencia de Envejecimiento del Área de Dallas y el Departamento de Envejecimiento y Discapacidad de Texas

### Biblioteca del Centro para Personas Mayores

**Horario:** lunes a jueves de 8:00 am A 3:00 pm Y viernes de 9:00 am A 3:00 pm

**Política de salida:** Si el libro tiene una tarjeta de circulación en la parte posterior, fírmela y déjela en el escritorio. Si no hay ninguna tarjeta en la parte posterior del libro, firme la lista en el portapapeles.

**Política de devolución:** Coloque el libro en el escritorio y la bibliotecaria lo devolverá a los estantes

## 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/>

#### Free Online Word Search

<https://www.247wordsearch.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/>

#### Crochet for Seniors 45+ Easy Patterns

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

#### Online Jigsaw Puzzles

<https://thejigsawpuzzles.com>

## WORD SEARCH



### Word List

1. BELL
2. GATHERING
3. RESOLUTION
4. CELEBRATION
5. HOURGLASS
6. SPARKLERS
7. CLOCK
8. JANUARY
9. TIME
10. COUNT DOWN
11. MEMORIES
12. TOAST
13. DANCING
14. MIDNIGHT
15. TRADITION
16. EVE
17. NEW YEAR
18. TWENTY TWENTY TWO
19. FIREWORKS
20. NOISEMAKER

## RECIPE OF THE MONTH

### No Bake Cheesecake



Makes 8 servings

#### **Crust Ingredients:**

- 1 sleeve graham crackers, crushed
- 5 tbsp. butter, melted
- 1/4 c. granulated sugar
- Pinch of kosher salt

#### **Filling Ingredients:**

- 1 cup heavy cream
- 2 (8 oz) blocks cream cheese, softened
- 1/4 cup sour cream
- 1 cup powdered sugar
- 1 tsp. pure vanilla extract
- 1 tsp. lemon juice
- Pinch of kosher salt



#### **Directions:**

- In a large bowl, mix together graham cracker crumbs, butter, sugar, and salt. Press into the bottom of an 8" springform pan and up the sides.
- In a large bowl using a hand mixer (or in the bowl of a stand mixer), beat heavy cream until stiff peaks form, 5 minutes.
- In another large bowl beat cream cheese and sour cream until smooth then add powdered sugar, vanilla, lemon juice, and salt. Fold whipped cream into cream cheese mixture then pour mixture over crust and smooth top with an offset spatula.
- Cover and refrigerate at least 4 hours.



**COLORING PAGE**



# JANUARY LUNCH

\* - Contains Pork    **P** - Contains Peanuts    ~ - Entrée Contains Soy

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| 3<br><br>Closed for Holiday  | 4<br>Beef Stroganoff<br>Herbed Green Peas<br>Cabbage<br>Wheat Bread<br>Graham Crackers<br>Milk                               | 5<br>Breaded Chicken Patty<br>Whipped Potatoes<br>Spring Vegetables<br>Wheat Bread<br>Oreo Cookies<br>Milk                       | 6<br>Sloppy Joe<br>Chili Beans<br>Parslied Carrots<br>Hamburger Bun<br>Fresh Orange<br>Milk                                     | 7<br>Lemon Pepper Fish<br>Confetti Rice<br>Green Beans<br>Hamburger Bun<br>Blueberry Muffin<br>Milk                               |
| 10<br>Pomodoro Chicken<br>Meatballs<br>Parmesan Penne Pasta<br>Peas and Carrots<br>Texas Bread<br>Chocolate Swirl<br>Pudding<br>Milk | 11<br>Turkey Macaroni and<br>Cheese<br>Whole Kernel Corn<br>Green Beans<br>Wheat Bread<br>Fresh Apple<br>Milk                | 12<br>BBQ Pork Rib Patty*~<br>Ranch Beans<br>Catalina Vegetables<br>Dinner Roll<br>Zee Zee Birthday Bar<br>Milk                  | 13<br>Chicken Alfredo<br>Mixed Vegetables<br>Country Tomatoes<br>Wheat Bread<br>Oatmeal Cream Cookie <b>P</b><br>Milk           | 14<br>Hamburger Patty~<br>Lettuce and Tomato<br>Baked Beans<br>Hamburger Bun<br>Peach Cobbler<br>Milk                             |
| 17<br><br>Closed for Holiday   | 18<br>Turkey Rice Casserole<br>Squash/Zucchini/<br>Tomatoes<br>Brussels Sprouts<br>Wheat Bread<br>Gingerbread Cookie<br>Milk | 19<br>Baked Chicken with Gravy<br>Macaroni and Cheese<br>Italian Green Beans<br>Dinner Roll<br>Graham Crackers<br>Milk           | 20<br>Beef Chili with Beans<br>Parslied Rice<br>Rosemary Carrots<br>Saltine Crackers<br>Fresh Orange<br>Milk                    | 21<br>Honey Baked Chicken<br>Black-Eyed Peas<br>Cauliflower w/Red<br>Peppers<br>Texas Bread<br>Brownie<br>Milk                    |
| 24<br>Lemon Pepper Chicken<br>Whole Kernel Corn<br>Broccoli<br>Texas Bread<br>Chocolate Pudding<br>Milk                              | 25<br>Thai Chili Pork Patty*<br>Rice<br>Japanese Vegetables<br>Texas Bread<br>Fresh Apple<br>Milk                            | 26<br>Meatloaf~<br>Brown Gravy<br>Delmonico Potatoes<br>Herbed Green Beans<br>Dinner Roll<br>Fudge Cream Cookie <b>P</b><br>Milk | 27<br>Buffalo Ranch Chicken<br>Pasta Florentine<br>Squash/Zucchini/<br>Tomatoes<br>Wheat Bread<br>Oatmeal Raisin Cookie<br>Milk | 28<br>Hamburger Patty~<br>Lettuce and Tomato<br>Baked Beans<br>Hamburger Bun<br>Hot Spiced Peaches<br>Milk<br>Mustard and Ketchup |
| 31<br>Beef with Onion Gravy~<br>Whipped Potatoes<br>Parsley Carrots<br>Wheat Bread<br>Cherry Gelatin w/<br>Pineapple<br>Milk         |  |  |   |   |

**NUTRITION INFORMATION:** Proper nutrition and hydration are key elements that can possibly prevent hospitalizations or even placement in long-term care facilities. Our menus are designed to meet a minimum of 1/3 daily nutritional requirements for older adults as required by the state of Texas. This equates to 3 ounces of protein, 2-3 servings of fruits and vegetables, 1 serving of grain, and 1 serving of milk. For more nutritional information, please visit VNA resource page [vnatexas.org](http://vnatexas.org).

## ALMUERZO DE ENERO

\* - Contiene puerco

ⓘ - Contiene nueces

~ - Contiene soya

| Lunes   | Martes  | Miercoles   | Jueves  | Viernes   |
|---|---|---|---|---|
| 3<br><br>Cerrado por dia festivo  | 4<br>Pasta Stroganoff con carne<br>Chicharos con hierbas<br>Repollo<br>Pan de trigo<br>Galletas integrales<br>Leche         | 5<br>Pollo empanizado<br>Papas batidas<br>Mezcla de verduras<br>Pan de trigo<br>Galletas Oreo<br>Leche                          | 6<br>Carne picada para hamburguesas<br>Chili de frijoles<br>Zanahorias al perejil<br>Pan de hamburguesa<br>Naranja<br>Leche | 7<br>Pescado al limón y pimienta<br>Arroz<br>Ejotes<br>Pan de hamburguesa<br>Panecillo de arándanos<br>Leche                                  |
| 10<br>Albóndigas de pollo<br>Pasta Penne con queso<br>Chicharos y zanahorias<br>Pan tejano<br>Pudin de chocolate<br>Leche         | 11<br>Macarrones con queso y pavo<br>Granos de maíz entero<br>Ejotes<br>Pan de trigo<br>Manzana<br>Leche                    | 12<br>Fritata de puerco asado*~<br>Frijoles ranch<br>Mezcla de verduras<br>Panecillo<br>Barra de cumpleaños<br>Zee Zee<br>Leche | 13<br>Pollo Alfredo<br>Mezcla de verduras<br>Tomates campestres<br>Pan de trigo<br>Galleta de avena ⓘ<br>cremosa<br>Leche   | 14<br>Hamburguesa~<br>Lechuga y tomate<br>Frijoles horneados<br>Pan de hamburguesa<br>Postre de durazno<br>Leche<br>Mostaza y cátsup          |
| 17<br><br>Cerrado por dia festivo   | 18<br>Platillo de pavo y arroz<br>Calabacines/ tomates<br>Coles de Bruselas<br>Pan de trigo<br>Galleta de jengibre<br>Leche | 19<br>Pollo horneado en salsa<br>Macarrones con queso<br>Ejotes<br>Panecillo<br>Galletas integrales<br>Leche                    | 20<br>Chili de carne y frijoles<br>Arroz al perejil<br>Zanahorias al romero<br>Galletas saladas<br>Naranja<br>Leche         | 21<br>Pollo horneado con miel<br>Frijoles Black-Eyed<br>Coliflor con pimientos rojos<br>Pan tejano<br>Pancillo de chocolate<br>Leche          |
| 24<br>Pollo al limón<br>Granos de maíz entero<br>Brócoli<br>Pan tejano<br>Pudin de chocolate<br>Leche                             | 25<br>Fritata de cerdo*<br>Arroz<br>Mezcla de verduras<br>Pan tejano<br>Manzana<br>Leche                                    | 26<br>Pan de carne~<br>Salsa<br>Papas en salsa cremosa<br>Ejotes con hierbas<br>Panecillo<br>Galleta de chocolate ⓘ<br>Leche    | 27<br>Pollo en salsa ranch<br>Pasta Florentine<br>Calabacines/ tomates<br>Pan de trigo<br>Galleta de avena y pasas<br>Leche | 28<br>Hamburguesa~<br>Lechuga y tomate<br>Frijoles horneados<br>Pan de hamburguesa<br>Postre de durazno y canela<br>Leche<br>Mostaza y cátsup |
| 31<br>Carne en salsa de cebolla~<br>Papas batidas<br>Zanahoria al perejil<br>Pan de trigo<br>Gelatina de cereza con piña<br>Leche |   |   |   |   |

**Información nutrición:** Una nutrición e hidratación adecuadas son elementos claves para poder posiblemente prevenir hospitalizaciones o internaciones a largo plazo. Nuestros menús están diseñados para cumplir con una 1/3 parte de los requisitos nutricionales diarios para adultos mayores, tal como lo establece el Estado de Texas. Esto equivale a 3 onzas de proteínas, 2-3 porciones de frutas y verduras, 1 porción de granos y una de leche. Para más información nutricional, por favor visite nuestra página [vnatexas.org](http://vnatexas.org).