

GOLDEN GAZETTE

July 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

Dominik Rico

Office Assistant

Cecilia Rodriguez

Kitchen Coordinator

Mary Lou Braun

Bus Driver/Field Trip

Coordinator

Sport Jackson

Ryan Young

Building Attendants



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 on Monday, July 4 in observance of Independence Day. Meals for this day will be distributed on Friday, July 1.

JULY CLASSES AND SPECIAL EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1  9:30 Dominoes 9:30 Game Tables 10:00 Line Dance 12:30 Summer Bash Senior Family Day 1:30 Smartphone \$
4 Closed for Holiday 	5 8:30 Dominoes 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance	6 8:30 Dominoes 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 11:00 Diabetes Prevention	7 8:30 Dominoes 9:00 Ham's Orchard 9:30 Game Tables 10:00 A Walk in the Park	8 9:30 Dominoes 9:30 Game Tables 10:00 Line Dance 1:30 Smartphone \$
11 8:30 Dominoes 9:30 Game Tables 10:00 Share and Care Site Council 10:00 Color Therapy 1:00 Culinary Creations "Ice Cream Sundaes" 5:00 Game Night  National Blueberry Muffin Day	12 8:30 Dominoes 9:00 Bass Pro Shop 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance	13  8:30 Dominoes 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires Performance 10:30 Bridge 11:00 Birthday Celebration 11:00 Diabetes Prevention	14 8:30 Dominoes 9:30 Game Tables 9:30 Ennis Railroad and Cultural Heritage Museum & Buc-ees 10:00 A Walk in the Park	15  9:30 Dominoes 9:30 Game Tables 10:00 Bingo - Alfred Healthcare 10:00 Line Dance 1:30 Smartphone \$
18 8:30 Dominoes 9:30 Game Tables 10:00 Color Therapy	19  8:30 Dominoes 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:00 Bingo - Oxford Glenn Senior Living 11:30 Jeremy Koontz Piano Performance	20  8:30 Dominoes 9:00 Bagel Social 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 11:00 Diabetes Prevention	21  8:30 Dominoes 9:30 Game Tables 10:00 A Walk in the Park 10:00 Medicare Fraud - The Senior Source	22 9:30 Dominoes 9:30 Game Tables 10:00 Line Dance
25 8:30 Dominoes 9:30 Game Tables 9:30 Alley Cats Bowling 10:00 Color Therapy	26  8:30 Dominoes 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:00 Sing a-long with Greg Price 12:00 Mystery Lunch	27  8:30 Coffee with the Mayor 8:30 Dominoes 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 11:00 Diabetes Prevention	28  8:30 Dominoes 9:00 Movie Day "Sing 2" 9:30 Game Tables 10:00 A Walk in the Park 4:30 Longhorn Steakhouse	29  9:30 Dominoes 9:30 Game Tables 10:00 Line Dance 10:00 Bingo - Care Patrol

\$ = Class Fee

Special Events are highlighted in blue text

Trips are highlighted in red text

Make birthday table reservations for you and your guest on or before Thursday, July 7 at the Senior Center front desk.



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.

This months creation is: Ice Cream Sundae

Goldenaires

Sue Pointer

Come make a joyful noise with us! Weekly rehearsals.

Smartphone \$

Kevin Brown

Learn the basics of smartphone technology.

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.

Diabetes Prevention

DAAA - Francis Rizo

Join a lifestyle-changing program. With support from a certified lifestyle coach, lose weight, reduce stress, reach your wellness goals, and learn new skills. Prevent or delay Type 2 diabetes!

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.

Movie Day

Come enjoy a morning movie.

Popcorn and soda will be available for purchase for .50 cents.

Loom Knitting

Johnnieann Massey & Kathy Adams

Easy on the hands, loom knitting is the craft technique of using a loom instead of needles to create beautiful knitted fabric. This hobby is fun to do and quick and easy to pickup.

Share and Care Site Council - D.L. Hopkins Jr. Senior Center

Interim President:

Terry Kanhai/Jacquelyn Morgan

Vice President:

Jacquelyn Morgan

Treasurer:

Terry Kanhai

Secretary:

Dess June



The **Share and Care Site Council** is an advisory body that functions to provide support and participant involvement related to the delivery of nutritional meals, support for social services and assistance with planning of the Center's activities. The **Share and Care Site Council** meets every second Monday at 10:00 AM at the Senior Center. Please contact a site council representative for more information.

VIRTUAL GAMES AND CRAFTS

AARP Games

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

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/>

Crochet for Seniors 45+ Easy Patterns

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

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.

TRIPS OF THE MONTH



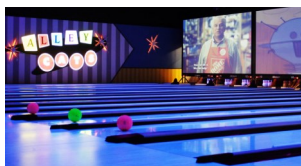
Ham Orchard
Thursday, July 7
9:00 AM
Cost is \$3 + Lunch



Bass Pro Shop
Tuesday, July 12
9:00 AM
Cost is \$3 + Lunch



Ennis Railroad and Cultural Heritage Museum & Buc-ees
Thursday, July 14
9:30 AM
Cost is \$3 + \$3 Ticket + Lunch



Alley Cats Bowling
Monday, July 25
9:30 AM
Cost is \$3 + lane fee + shoes + Lunch



Mystery Lunch
Tuesday, July 26
12:00 PM
Cost is \$3 + Lunch



Longhorn Steakhouse
Thursday, July 28
4:30 PM
Cost is \$3 + Dinner

NO REFUNDS FOR ANY TRIP

All participants must have a current membership at the Senior Center.
Fee must be paid when members sign up starting Friday, July 1.

Thank you for your cooperation!

WORDSEARCH PUZZLE

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

Word Bank

- Fireworks
- Freedom
- Liberty
- America
- Summer
- Parade
- Anthem
- Patriotic
- Independence
- Flag
- July
- Barbeque

RECIPE OF THE MONTH

Frito Corn Salad

Ingredients:

- 1 can of whole kernel corn
- 1 can of fiesta corn
- 1/2 red onion
- 6 oz. shredded cheddar cheese
- 2/3 cup mayonnaise
- 1/3 cup of sour cream
- 1 (10 1/2 ounce) bag regular Fritos corn chips or Fritos chili cheese corn chips

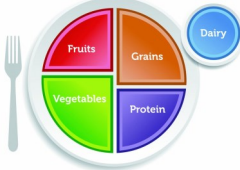




Directions:

- Drain corn. Mix first 6 ingredients and chill. Stir in corn chips just before serving. You may not want to add all of the corn chips. Add a little at a time. Some people prefer to just serve the Fritos on the side or crumbled on top. You can eat this with a spoon or as a dip with Fritos Scoops for serving

JULY LUNCH

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hamburger Patty~ Lettuce and Tomato Ranch Beans Hamburger Bun Apple Crisp Milk Mustard and Ketchup
4 Closed for Holiday 	5 Breaded Chicken Patty Orzo Pasta Mixed Vegetables Dinner Roll Fig Bar Milk	6 Meatloaf~ Tomato Gravy Whipped Potatoes Braised Carrots Cornbread Lemon Berry Pudding Milk Margarine	7 Mediterranean Chicken Lemon Herb Pasta Broccoli Texas Bread Brownie Milk	8 Smoked Sausage* Lima Beans Okra and Tomatoes Hot Dog Bun Orange Gelatin w/ Pineapple Milk Mustard
11 Turkey Pasta Bolognese Whole Kernel Corn Green Beans Texas Bread Sugar Cookie Milk	12 Beef with Rosemary Gravy~ Confetti Rice Broccoli Wheat Bread Fudge Cake Stick Milk	13 Chipotle BBQ Chicken Macaroni and Cheese Glazed Carrots Dinner Roll Zee Zee Birthday Bar Milk	14 BBQ Pork Rib Patty~* Herbed Green Peas Creole Tomatoes Texas Bread Chocolate Chip Cookie Milk	15 Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Spiced Pineapple Tidbits Milk Mustard and Ketchup
18 Turkey Rice Casserole Green Peas Squash/Zucchini/ Tomatoes Multigrain Bread Lime Gelatin with Peaches Milk	19 Curry Chicken Egg Fried Rice Broccoli/Carrots/Onions Texas Bread Sugar Cookie Milk	20 Salisbury Beef~ Brown Gravy Mixed Beans Medley Cabbage Dinner Roll Nutty Buddy Bar P Milk	21 Chicken Piccata Penne Pomodoro Italian Green Beans Texas Bread Fresh Orange Milk	22 Turkey Breast with Gravy Cornbread Dressing Spring Vegetables Dinner Roll Oreo Cookies Milk Margarine
25 Parmesan Chicken Penne with Asparagus Parsley Carrots Wheat Bread Lime Gelatin with Peaches Milk	26 Swiss Steak~ Garlic Whipped Potatoes Green Beans Dinner Roll Fresh Apple Milk	27 Lemon Butter Pork Patty*~ Dirty Rice Spinach Wheat Bread Fudge Cream Cookie P Milk	28 Turkey and Noodles Broccoli Country Tomatoes Wheat Bread Lemon Blueberry Crisps Milk	29 Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Hot Spiced Peaches Milk Mustard and Ketchup

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.