

# GOLDEN GAZETTE

March 2016

D. L. Hopkins, Jr.

Senior Center

206 James Collins Blvd.

Duncanville, TX 75116

972)780-5073

Lunch reservations and  
cancellations: 972 707-3843

[www.duncanville.com](http://www.duncanville.com)

Center Hours:

Monday thru Thursday

8:00 am to 3:00 pm

Friday

9:00 am to 3:00 pm



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## Come Join Us!

**Our Mission:**

*"Providing opportunities for older adults  
to continue being active and vital  
participants in their community."*

## March Trips

### Frisco Train Museum

Thursday, March 10, 2016 at 9:00 am

The cost is \$10.00 + cost for meal

### Mystery Dinner

Tuesday, March 15, 2016 at 4:30 pm

Trip fee is \$2.00 + cost for meal

### Dallas Arboretum

Tuesday, March 22, 2016 at 9:00 am

The cost is \$14.00 + cost for meal

**NO REFUNDS ARE GIVEN FOR A RESTAURANT TRIP.**

All trip participants must have a current membership at the senior center.

We appreciate if you pay at the time of sign-up, Tuesday,  
March 1, 2016. Thank you for your cooperation!

*Where Silver is Golden!*

## Creative Expression Classes:



### CREATIVE CRAFTERS

First & Third Mondays  
At 10:00 am

The cost is free.  
There may be a fee to  
purchase materials if  
applicable.

This class is designed to bring out the creativity in you! You will learn a variety of crafts. A supply list will be provided for your materials or the instructor will provide them.

Parma Kersten, Instructor



### CERAMICS

Tuesday or Thursday at 9:30 am

Cost: \$ 18.00 per month

Pat Weaver, Instructor

### BILLY & COMPANY

Every Tuesday at 11:00 am

Musical Open Mic Concert

### GOLDENAIRES CONCERT

Practice every Wednesday @ 1:00 pm. Center concert on Monday 3/28 at 11:00 am. Performance at Laurenwood Nursing Home on 3/11 and Duncanville Rehab on 3/18 10:30 am.

# Thank You!

TO ALL OUR WONDERFUL  
VOLUNTEERS

## Staying Fit:

### 50 + FITNESS!

Tuesdays & Thursdays

8:45 am

Cost: \$ 16.00 per month

Judy Sides, ACE Certified

Instructor will start with warm-up exercises to get you going. Light resistance training with equipment, seated or standing. Designed for senior adults. **It's fun!**

### HEALTH SCREENING

March 23rd at 8:30—12:00

Dallas County Nurses are here faithfully every 4th Wednesday of the month to take blood pressures, glucose screening and for you to visit with.



### Free Yoga Class For Beginners

Tuesdays and Fridays  
10:00am to 10:30am

Olivia Chavez, Instructor



## Social Activities & More:



Wed. March 2nd at 10:00am

Sponsored By

**The Lennwood**

Friday, March 18th at 10:00am

Sponsored By

**Champions Cove**

### BRIDGE

Every Wednesday at

11:00 am - Northside

### PINOCHLE

Every Wednesday at

1:00 pm – Library

### 3RD FRIDAY DANCE

Fri. March 18th @ 7:00 pm

Cost: \$ 5.00 per person

This month featuring the music of:

**Jimmy Gomez (C&W)**



# Café & Other Activities

**CENTER CAFÉ**  
**Monday through Friday**  
**Lunch daily from 12 noon**

We serve lunch daily. Our lunches are designed for older adults and provide 1/3 of the daily dietary requirements. We take reservations for lunch two days in advance. We ask you to fill out an intake registration form before you eat the first time. **Reservations may be made by calling (972) 780-5073 or (972) 707-3843.** We never charge for our meals however, we do suggest a donation of \$.75 for each meal. Come and join us for lunch. The food is good and the price is right! **Our nutrition program is funded in part by the Dallas Area Agency on Aging and the Texas Dept. of Aging and Disability.**

**Meet & Greet**  
**Open House**

**Tuesday, March 22, 2016**

**5:30pm-7:30pm**



**MEMBERSHIP FEES**  
**\$15.00 a year for**  
**Duncanville residents.**  
**\$20.00 a year for**  
**outside of city limits.**

**Movie Morning**  
**Friday, March 11 @ 9:30 am**

**Black or White**



*Black or White* is the story of a grandfather who is suddenly left to care for his granddaughter. When her paternal grandmother seeks custody with the help of her brother, the little girl is torn between two families who love her deeply. With the best intentions at heart, the families are forced to confront their true feelings about race, forgiveness, and understanding.

# Birthdays, Opportunities, & Trips :

We are celebrating March Birthdays on **Wednesday, March 9th** during lunch. Make reservations for yourself and a guest on or before Thursday, March 3rd.



**Feliz**  
**Cumpleaños**



**AARP DRIVER SAFETY CLASS**

**Monday, March 21, 2016**  
**8:30 am to 1:00 pm**

**Cost: \$15.00 w/AARP membership**  
**\$20.00 without AARP membership**  
**Call (972) 780-5073**

**Frisco Train Museum**  
**March 10 @ 9:00 am**



**Mystery Dinner**  
**March 15 @ 4:30pm**



**Dallas Arboretum**  
**March 22 @ 9:00 am**











# March 2016

Free Coffee On Fridays

Mon	Tue	Wed	Thu	Fri 
<b>Please Pay At Sign Up</b>	<b>1 Sign Up for Trips</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Billy & Company	<b>2</b> 8:30 Just Move 9:30 Game Tables 10:00 <b>BINGO!</b> 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	<b>3</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables	<b>4</b> 9:30 Game Tables 10:00 Beginner's Yoga
<b>7</b> 9:30 Game Tables <b>10:00 Creative Crafters</b> 12:30 Folk Dance Class 	<b>8</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Billy & Company 12:30 Side Steppers	<b>9 Birthday Lunch</b> 8:30 Just Move 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle 	<b>10</b> Frisco Train Museum  8:45 50+ Fitness 9:00 Train Museum 9:30 Ceramics 9:30 Game Tables	<b>11</b> 9:30 Movie Morning 9:30 Game Tables 10:00 Beginner's Yoga 10:30 Goldenaires @ Laurenwood 7:00 Cliff Dwellers Square
<b>14</b> 9:30 Game Tables <b>10:00 Share &amp; Care Mtg.</b> 12:30 Folk Dance Class 	<b>15 Mystery Dinner</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Billy & Company 12:30 Side Steppers 4:30 Dinner Out	<b>16</b> 8:30 Just Move 9:00 Benefits Counseling 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	<b>17</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables <b>9:30 Habitat Volunteers</b>	<b>18</b> <b>10:00 BINGO!</b> 10:00 Beginner's Yoga 10:00 Goldenaires @ Dunc Rehab 7:00 3rd Friday Dance Jimmy Gomez
<b>21</b> 8:30 AARP Drive Safe 9:30 Game Tables <b>10:00 Creative Crafters</b> 12:30 Folk Dance Class	<b>22 Meet &amp; Greet</b> 9:00 Dallas Arboretum 8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga 11:00 Billy & Company 5:30 <b>Meet &amp; Greet</b>	<b>23</b> 8:30 Just Move 9:00 <b>Health Screening</b> 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	<b>24 Easter Egg Hunt !</b>  8:30 50+Fitness 9:30 Ceramics 9:30 Game Tables 11:00 <b>Easter Egg Hunt</b>	<b>25</b>  <b>CLOSED FOR HOLIDAY</b>
<b>28</b> 9:30 Game Tables 11:00 Goldenaires Concert 12:30 Folk Dance Class	<b>29</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 11:00 Billy & Company 12:00 Sidesteppers	<b>30</b> 8:30 Just Move 9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle	<b>31</b> 8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 <b>Hopkins Center BINGO !</b>	

Lunch served every day at 12:00 noon  
Telephone Access for Hearing Impaired—711

The City of Duncanville and the Dallas Area Agency on Aging do not discriminate on the basis of race, creed, color, sex, age, ancestry, national origin, religion, or handicap in services or employment.