

GOLDEN GAZETTE

March 2023



Duncanville D.L. Hopkins Jr. Senior Center

206 James Collins Blvd.

Duncanville, TX 75116

www.DuncanvilleTX.gov

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

Cecilia Rodriguez

Kitchen Coordinator

Mary Lou Braun

Bus Driver/Field Trip

Coordinator

Barbara Parks

Bus Driver

Sport Jackson

Ryan Young

Lilly Garcia

Jerome Reynolds

Lizbeth Hernandez

Building Attendants

Why is Irish Heritage month in March?
To coincide with Saint Patrick's Day, the
Irish national holiday on March 17.



HELLO
March















Come Join Us!

Our Mission:

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



MARCH CLASSES AND SPECIAL EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1  8:30 Dominoes 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 10:30 Billy and Company	2 8:30 Dominoes 9:30 Game Tables 10:00 A Walk in the Park	3  9:30 Dominoes 9:30 Game Tables 10:00 Line Dance 10:30 Bingo - Staff
6  8:30 Dominoes 9:30 Game Tables 10:00 Share and Care Site Council 10:00 Color Therapy 5:00 Game Night	7  8:30 Dominoes 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Bingo - Staff 4:15 Ellis County BBQ	8   8:30 Dominoes 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires Performance 10:30 Bridge 12:00 Birthday Celebration*	9 8:30 Dominoes 9:30 Game Tables 10:00 A Walk in the Park	10  9:30 Dominoes 9:30 Game Tables 10:00 Sing Along with Greg Price 10:00 Line Dance
13 8:30 Dominoes 9:30 Game Tables 10:00 Color Therapy 1:30 Culinary Creations "Grasshopper Pie" 4:15 Cheesecake Factory	14  8:30 Dominoes 9:30 Roanoke Visitor Center & Museum 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance	15   8:30 Dominoes 9:00 Bagel Social 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 1:00 Painting with a Twist	16 8:30 Dominoes 9:30 Game Tables 10:00 A Walk in the Park	17  9:30 Dominoes 9:30 Game Tables 10:00 Line Dance 10:30 Bingo - Staff
20 8:30 Dominoes 9:30 Game Tables 9:45 Alley Cats Bowling 10:00 Color Therapy	21 8:30 Dominoes 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 12:00 Mystery Lunch	22  8:30 Dominoes 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 10:30 Bingo - Staff	23  8:30 Dominoes 9:30 Game Tables 10:00 A Walk in the Park 12:00 Coffee with the Mayor	24  9:30 Dominoes 9:30 Game Tables 10:00 Line Dance 1:00 DIY Sugar Body Scrub
27 8:30 Dominoes 9:30 Game Tables 10:00 Color Therapy	28 8:30 Dominoes 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 11:30 Women's History Month Fireside Chat	29 8:30 Dominoes 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 11:30 National Nutrition Month Presentation	30 8:30 Dominoes 9:00 Pioneer Village & Lefty Frizzell Museum 9:30 Game Tables 10:00 A Walk in the Park	31 9:30 Dominoes 9:30 Game Tables 10:00 Line Dance 10:30 Bingo - Advance Senior Options

\$ = 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, March 2 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 month's creation is:
Grasshopper Pie**

Goldenaires

Sue Pointer

Come make a joyful noise with us! Weekly rehearsals.

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.

DIY Sugar Body Scrub

Join Senior Center staff in making your own sugar body scrub. All supplies are provided. First class comes with a free reusable jar. Additional jars may be purchased for \$3 during each class.

***Sign up by Monday,
March 20***

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.

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 pick up.



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

Interim Presidents:

Terry Kanhai/Jacquelyn Morgan

Vice President:

Jacquelyn Morgan

Treasurer:

Terry Kanhai

Secretary:

Terry Kanhai



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.

INFORMATION

Dallas Area Agency on Aging Benefits Counseling Program (DAAA)

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 (800) 252-9240
Monday - Friday 8:30 AM to 5:00 PM

Daily Congregate Lunch Program | Monday through Friday 12:00 PM - 1:00 PM

We serve congregate lunch 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) 707-3843 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.** These meal programs are supported, in part, by the Community Council of Greater Dallas/Dallas Area Agency on Aging and Texas Health and Human Services

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



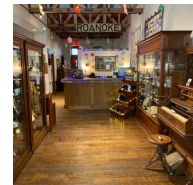
Ellis County BBQ Midlothian

Tuesday, March 7
4:15 PM
Cost is \$3 + Dinner



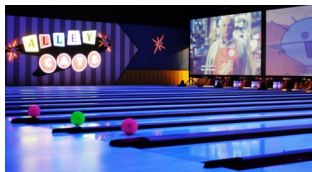
Cheesecake Factory Arlington

Monday, March 13
4:15 PM
Cost is \$3 + Dinner



Roanoke Visitor Center & Museum Roanoke

Tuesday, March 14
9:30 AM
Cost is \$3 + Lunch



Alley Cats Bowling Arlington

Monday, March 20
9:45 AM
Cost is \$3 + Lane Fee + Shoes + Lunch



Mystery Lunch

Tuesday, March 21
12:00 PM
Cost is \$3 + Lunch



Pioneer Village & Lefty Frizzell Museum Corsicana

Thursday, March 30
9:00 AM
Cost is \$10 + Lunch

TRIPS ARE NONREFUNDABLE

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

Thank you for your cooperation!

WORDSEARCH PUZZLE

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

Word Bank

- Spring
- March
- April
- May
- Flowers
- Baseball
- Green
- Grass
- Sunshine
- Thaw
- Melt
- Showers
- Rain
- Umbrella
- Easter
- Birds

RECIPE OF THE MONTH

No-Bake Mint-Free St. Patrick's Day Dessert

Ingredients:

- 1 Box of Vanilla Instant Pudding
- 3 Cups Milk (or amount called for on pudding package)
- Green Food Coloring
- Crushed Oreos
- Whipped Cream
- Green Sprinkles (optional)


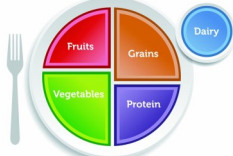



Directions:

- Make pudding according to packaging.
- Once the milk and mix are combined, add a couple of drops of green food coloring. It doesn't take a lot. Let set for about 5 minutes.
- Layer pudding and crushed Oreos in a bowl or dessert cups.
- Top with whipped cream, sprinkles, etc.

MARCH LUNCH

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Meatloaf Brown Gravy Whipped Potatoes Italian Green Beans Dinner Roll Strawberry Craisins Milk	2 Parmesan Chicken~ Penne Pasta Mixed Vegetables Wheat Bread Sugar Cookie Milk	3 Turkey Chili with Beans Chuckwagon Corn Broccoli Corn Muffin Chocolate Graham Crackers Milk Margarine
6 Lemon Pepper Chicken~ Rice Florentine Whole Kernel Corn Wheat Bread Brownie Milk	7 Country Fried Steak~ Country Gravy Garlic Whipped Potatoes Catalina Vegetables Wheat Bread Oatmeal Cream Cookie ⓘ Milk	8 Baked Chicken with  Gravy~ Macaroni and Cheese Italian Green Beans Dinner Roll Frosted Birthday Cake Vanilla Ice Cream Milk	9 Chicken and Noodles Broccoli Sliced Carrots Texas Bread Lemon Gelatin with Pineapple Milk	10 Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Apple Crisp Milk Mustard and Ketchup
13 Beef with Rosemary Gravy~ Whipped Potatoes Broccoli and Carrots Texas Bread Fresh Apple Milk	14 Veracruz Chicken~ Parsley Penne Pasta Herbed Brussels Sprouts Wheat Bread Nutty Buddy Bar ⓘ Milk	15 Turkey Cannelloni Casserole Green Beans Garden Vegetables Texas Bread Fudge Cream Cookie ⓘ Milk	16 Cajun Meatloaf Dirty Rice Mixed Vegetables Wheat Bread Graham Crackers Milk	17 Polish Sausage* Delmonico Potatoes Cabbage Dinner Roll Sugar Cookie Milk
20 Santa Fe Chicken~ Cilantro Lime Corn Parslied Carrots Wheat Bread Oatmeal Cream Cookie ⓘ Milk	21 Pork Carnitas* Pinto Beans Mexican Rice Corn Tortilla Fresh Orange Milk Taco Sauce	22 Salisbury Beef~ Brown Gravy Delmonico Potatoes Spring Vegetables Wheat Roll Animal Crackers Milk	23 Honey Mustard Chicken~ Orzo Pasta Broccoli Hamburger Bun Orange Gelatin with Pineapple Milk	24 Hamburger Patty~ Lettuce and Tomato Tater Gems Hamburger Bun Spiced Peaches Milk Mustard and Ketchup
27 Polish Sausage* Whole Kernel Corn Cabbage Hot Dog Bun Fudge Cream Cookie ⓘ Milk Mustard	28 Turkey Pastrami & Swiss Cheese Lettuce and Tomato Cold Pickled Beets Wheat Bread (2) Chocolate Graham Crackers Milk	29 Lemon Caper Chicken~ Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Apple Milk	30 Sloppy Joe Mixed Beans Parslied Carrots Hamburger Bun Lime Gelatin with Pears Milk	31 Turkey Taco Yellow Rice Stewed Tomatoes Corn Tortilla Fig Bar Milk Taco Sauce

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.