

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
8:00 AM to 3:00 PM
Friday
9:00 AM to 3:00 PM

STAFF

Noel Garcia
Superintendent

Jeanette Rodriguez
Senior Center Manager

Caitlin Sansom
Administrative Assistant

Mary Lou Braun
Bus Driver/Field Trip
Coordinator

Barbara Parks
Bus Driver

Ryan Young
Lilianna Garcia
Jerome Reynolds
Noe Garcia
Juan Zarate
Jewel Soria
Debbie Mason
Building Attendants



Hello, April

Come Join Us!

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



A TOTAL SOLAR ECLIPSE EXPERIENCE

DARK IN THE PARK

**ARMSTRONG PARK
APRIL 7-8, 2024**

FOR MORE INFO: WWW.DUNCANVILLETX.GOV/EVENTS

PRESENTED BY: KEVIN BROWN WITH SOUTHERN STAR TECHNOLOGY

**EVERY TUESDAY STARTING
TUESDAY, MAY 7 - TUESDAY, JUNE 11
1:00 PM - 3:00 PM**






















SMARTPHONE CLASS

Are you ready to unlock the full potential of your smartphone? In this comprehensive class, you'll delve into everything from fundamental phone settings to navigating popular social media platforms with ease. Whether you're a smartphone novice or looking to refine your skills, this course is designed to empower you to make the most out of your device.

**ONLY \$20
FOR FULL 6 WEEK COURSE**

**SIGN UP AT THE SENIOR
CENTER FRONT DESK BY
FRIDAY, MAY 3**

APRIL CLASSES AND SPECIAL EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1    8:15 Sittercise 9:00 Body Sculpt 9:00 Beginner Spanish 9:30 Game Tables 10:00 Sittercise 10:30 Bingo - Humana 12:00 Coffee with the Mayor 5:00 Game Night	2 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance	3 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge	4 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba	5   9:00 Sittercise 9:30 Game Tables 9:30 Movie Theater 10:00 Line Dance 10:30 Bingo - Advocate Financial Partners
8    8:15 Sittercise 9:00 Body Sculpt 9:00 Beginner Spanish 9:30 Game Tables 10:00 Sittercise 11:00 Ceramic Bingo 12:00 Dark in the Park 1:30 Culinary Creations 1:40 Eclipse over Duncanville	9  8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 4:00 Siciliano's	10     8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires Performance 10:30 Bridge 11:30 National Stress Awareness Presentation by Molina 12:00 Birthday Celebration* 1:00 Painting with a Twist	11  8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 10:30 Bingo - United Healthcare	12  9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 11:00 Texas Winds
15  8:15 Sittercise 9:00 Body Sculpt 9:00 Beginner Spanish 9:30 Game Tables 10:00 Share and Care 10:00 Sittercise 10:30 Bingo with Life And Health Insurance	16   8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 11:00 Jeremy Koontz Piano 12:00 Mystery Lunch	17  8:15 Sittercise 9:00 Bagel Social 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge	18  9:30 Game Tables 9:30 Bluebonnet Trails	19  9:30 Game Tables 10:00 Line Dance 10:00 Ivory Truth Music Performance
22  9:00 Beginner Spanish 9:30 Game Tables 9:30 Alley Cats Bowling	23  9:30 Game Tables 9:30 Ceramics \$ 9:30 Downtown Grapevine 10:00 Line Dance	24  9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 10:30 Bingo - Planning Ahead	25   9:30 Game Tables 12:00 Coffee with the Mayor 4:30 Rocket Cafe	26   9:30 Game Tables 10:00 Line Dance 10:30 Bingo - Amerilife 1:00 DIY Sugar Body Scrub
29  8:15 Sittercise 9:00 Body Sculpt 9:00 Beginner Spanish 9:30 Game Tables 10:00 Sittercise 10:30 Loteria	30  8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:00 Movie Day "Back to the Future"		Trips are highlighted in red text Special Events are highlighted in blue text \$ = Class Fee	*Make birthday table reservations for you and your guest on or before Monday, April 8 at the Senior Center front desk.*



CLASS DESCRIPTIONS

Smartphone Class

Kevin Brown

First class is Tuesday, May 7

From navigating basic features to exploring advanced functions. With hands-on demonstrations and tailored support, this class empowers users to unlock the full potential of their devices.

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:
Egypt: Ma'amoul

Sittercise

Lisa Hartman

Chair exercise class using hand weights, round resistance bands, exercise/balance ball, stress balls, and gliders. This will ensure all muscle groups will gain muscle strength, balance and cardio.

Body Sculpt

Lisa Hartman

Intermediate strength resistance and toning class using hand weights, round resistance bands, exercise ball, gliders and exercise mat for floor exercises.

Beginner Spanish

Thomas Ledbetter

This beginner Spanish class is designed for students with little to no prior knowledge of the language. Through interactive lessons, engaging activities, and practical exercises, participants will develop foundational skills in listening, speaking, reading, and writing in Spanish.

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,
April 22***

Step and Sculpt

Lisa Hartman

Cardio and toning using the step, hand weights, and exercise mat. First half of class is done on the steps, or without, if preferred. Second half of class is weight resistance, including squats and lunges.

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, and Cathy Backer

Easy on the hands, loom knitting is the craft technique of using a loom instead of needles to create beautiful knitted fabric.

Goldenaires

Sue Pointer

Come make a joyful noise with us! Weekly rehearsals.

Flex and Flow

Lisa Hartman

Balance, stretching, and strength movements similar to yoga, using an exercise mat.

Zumba

Lisa Hartman

Choreographed dance to popular music. Examples: Salsa, Bachata, and Tango. Cardio and balance.

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

Presidents:

Jacquelyn Morgan

Treasurer:

Terry Kanhai

Secretary:

Melanie Bolden



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 - 12:30 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 Department 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



Movie Theater Cedar Hill

Friday, April 5
9:30 AM

Cost is \$3 + Ticket + Lunch



Siciliano's Garland

Tuesday, April 9
4:00 PM

Cost is \$3 + Dinner



Mystery Lunch

Tuesday, April 16
12:00 PM

Cost is \$3 + Lunch



Bluebonnet Trails Ennis

Thursday, April 18
9:30 AM

Cost is \$3 + Lunch



Alley Cats Bowling Arlington

Monday, April 22
9:30 AM

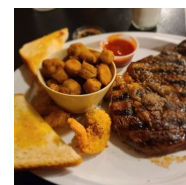
Cost is \$3 + Lane Fee +
Shoes + Lunch



Downtown Grapevine Grapevine

Tuesday, April 23
9:30 AM

Cost is \$3 + Lunch



Rocket Café Waxahachie

Thursday, April 25
4:30 PM

Cost is \$3 + Dinner

TRIPS ARE NONREFUNDABLE

All participants must have a current membership at the Senior Center.

Fee must be paid when members sign up starting Monday, April 1.

Thank you for your cooperation!

PUZZLE

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

Solar System Word Bank

- asteroid
- Callisto
- Ceres
- Charon
- comet
- corona
- Deimos
- Earth
- Europa
- Ganymede
- Halley
- Io
- Jupiter
- Mars
- Mercury
- meteor
- meteoroids
- moon
- Neptune
- Phobos
- planet
- Pluto
- rings
- rocky
- satellite
- Saturn
- solar
- Sun
- sunspot
- system
- Titan
- Uranus
- Venus

RECIPE OF THE MONTH

Brownie in a Mug

Ingredients:

- Almond Flour (2 tablespoons)
- Sugar (1 tablespoon)
- Cocoa powder (1 tablespoon)
- Baking powder (1/8 tablespoon)
- Almond butter (1 tablespoon)
- Milk (3 tablespoons)
- Chocolate Chips (1 tablespoon)

Directions:

- Lightly grease a small microwave-safe cereal bowl or ramekin with cooking spray
- In a small mixing bowl, combine all dry ingredients
- In a separate bowl, combine the almond butter and whisk together. Introduce the almond butter mixture to the dry ingredients, stir to combine, then fold in the chocolate chips
- Microwave the brownie in 30-second intervals until the desired texture is achieved
- Remove from the microwave and let sit for 1-2 minutes before enjoying.



APRIL LUNCH

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Espagnole Beef Meatballs~ Espagnole Sauce Penne Noodles Herbed Green Peas Texas Bread Fresh Orange Milk</p>	<p>2 Chicken Enchilada Soup Mexican Rice Stewed Tomatoes Oatmeal Cream Cookie ⓘ Milk</p>	<p>3 Salisbury Beef~ Brown Gravy Mashed Potatoes Italian Green Beans Dinner Roll Nutty Buddy Bar ⓘ Milk</p>	<p>4 Turkey Pastrami/Swiss Cheese Pasta Salad Cold Pickled Beets Wheat Bread (2) Fudge Cream Cookie ⓘ Milk Mustard</p>	<p>5 Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup</p>
<p>8 Mozzarella Breaded Chicken~ Orzo Pasta Herbed Brussels Sprouts Wheat Bread Fresh Apple Milk</p>	<p>9 Turkey Taco Charro Beans Olé Mixed Vegetables Flour Tortilla Sugar Cookie Milk Taco Sauce</p>	<p>10 Breaded Pork Patty*~ Country Gravy Parslied Rice Sliced Carrots Wheat Bread Frosted Birthday Cake Chocolate Ice Cream Milk</p>	<p>11 Beef Chili with Beans Oven Roasted Potatoes Spinach Saltine Crackers Fig Bar Milk</p>	<p>12 Lemon Caper Chicken Lentils Country Tomatoes Wheat Bread Cinnamon Swirl Pudding Milk</p>
<p>15 Swedish Beef Meatballs~ Rice Florentine Broccoli Texas Bread Cinnamon Graham Crackers Milk</p>	<p>16 Glazed Ham* Lima Beans Okra and Tomatoes Corn Muffin Fresh Orange Milk</p>	<p>17 Meatloaf~ Tomato Gravy Delmonico Potatoes Peas and Carrots Dinner Roll Fudge Cream Cookie ⓘ Milk</p>	<p>18 Turkey Macaroni and Cheese Cauliflower Brussels Sprouts Texas Bread Lemon Gelatin with Peaches Milk</p>	<p>19 Hamburger Patty~ Sliced Cheese Ranch Beans Hamburger Bun Hot Pineapple Tidbits Milk Mustard and Ketchup</p>
<p>22 Tarragon Chicken Mixed Beans Tangy Spinach Wheat Bread Oatmeal Cream Cookie ⓘ Milk</p>	<p>23 Rosemary Beef~ Whipped Potatoes Catalina Vegetables Wheat Bread Cinnamon Graham Crackers Milk</p>	<p>24 Polish Sausage* Baked Beans Medley Cabbage Texas Bread Fresh Apple Milk</p>	<p>25 Beef Stroganoff Broccoli Cauliflower Texas Bread Craisins Milk</p>	<p>26 BBQ Pork Rib Patty* Green Beans Glazed Carrots Texas Bread Cherry Gelatin w/Fruit Cocktail Milk</p>
<p>29 Turkey Tetrazzini Green Peas Stewed Tomatoes Wheat Bread Sugar Cookie Milk</p>	<p>30 Chicken Chili Corn O'Brien Sliced Carrots Saltine Crackers Fresh Orange Milk</p>			

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 www.vnatexas.org.