

D.L. Hopkins Jr. Senior Center



206 James Collins Blvd.
Duncanville, TX 75116
www.DuncanvilleTX.gov

**For Lunch reservations and
cancellations please call:**
(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

Ryan Young
Lili Garcia
Lisa Hartman
Noe Garcia
Jewel Soria
Debbie Mason
Building Attendants



Hello December


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
Wednesday, December 24th and Thursday,
December 25th in observance of the Christmas
Holiday. Meals will resume its schedule on
Friday, December 26th.**

DECEMBER CLASSES AND SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00 Stocking Decorating 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 5:00 Game Night	2 8:00 Stocking Decorating 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Bingo – Duncanville Rehab	3 8:00 Stocking Decorating 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 11:30 VNA Interns Presentation 12:00 Mystery Lunch 12:45 Medicare 101 with Advocate Financial	4 8:00 Stocking Decorating 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 4:30 Holiday Dinner and A Christmas Carol Play	5 9:00 Stocking Decorating 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance
8 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:00 Share and Care 10:30 Bingo with Staff 1:30 Culinary Creations 4:00 Ozona	9 8:15 Sittercise 9:00 Step and Sculpt 9:00 Collin Street Bakery 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance	10 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires Performance 10:30 Bridge 12:00 Birthday Celebration* 1:00 Painting with a Twist	11 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 10:45 Snack and Learn With Share and Care 5:30 Pocket Sandwich Theater	12 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:00 Ivory Truth Music Performance 10:00 Grand Prairie Outlet Mall
15 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:00 Alley Cats Bowling 10:30 Loteria with Iris 1:30 Healthy Sweet Bites	16 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Bingo – Palm Primary	17 8:15 Sittercise 9:00 Bagel Social 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge	18 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba	19 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo – United Healthcare 11:30 Line Dance Performance
22 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise	23 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance	24 Closed for Christmas Eve 	25 Closed for Christmas Day 	26 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance
29 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise	30 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance	31 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge		

\$ = Class Fee Trips are highlighted in red text Special Events are highlights in blue

***Make birthday table reservations for you and your guest on or before Monday, December 8 at the Senior Center front desk. ***

CLASS DESCRIPTIONS

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: Pizzelles

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.

Creative Card Crafting

Sharon Edwards

Design your own unique greeting cards for upcoming holidays and celebrations. Whether you're a seasoned crafter or a beginner, this class offers a supportive and inspiring environment for everyone.

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 referred. Second half of class is weight resistance, including squats and lunges.

Zumba

Lisa Hartman

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

Book Group

D.L. Hopkins Jr. Senior Center's book group is led by members. We'll convene once a month throughout the year. If you have a passion for exploring a diverse array of captivating fiction and nonfiction works through thoughtful discussion; we invite you to be a part of our vibrant group!

There will be no Book Group meeting in December.

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 Choir

Sue Pointer

Come make a joyful noise with us! Weekly rehearsals.

Flex and Flow

Lisa Hartman

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

Healthy Sweet Bites

Elisa Muirhead

Learn how to prepare healthier baked goods as Elisa demonstrates nutritious techniques and smart ingredient swaps for better-for-you treats.

Share and Care Site Council

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

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

President – Jacquelyn Morgan

Treasurer – Terry Kanhai

Secretary – Melanie Bolden

INFORMATION

Dallas Area Agency on Aging Benefits Counseling Program (DAAA)

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



Mystery Lunch

Wednesday, December 3
12:00 PM
Cost is \$3 + Lunch



Ozona Dallas

Monday, December 8
4:00 PM
Cost is \$3 + Dinner



Collin Street Bakery Corsicana

Tuesday, December 9
9:00 AM
Cost is \$5 + Lunch



Pocket Sandwich Theater

Thursday, December 11
5:30 PM
Cost is \$24 Ticket + \$3 Bus
Fee + Dinner



Grand Prairie Outlet Mall Grand Prairie

Friday, December 12
10:00 AM
Cost is \$3 + Lunch



Alley Cats Bowling Arlington

Monday, December 15
10:00 AM
Cost is \$3 + Lane Fee + Shoes + Lunch

TRIPS ARE NONREFUNDABLE

All participants must have a current membership at the Senior Center. Fee must be paid when members sign up starting Monday, December 1. Thank you for your cooperation!

PUZZLE OF THE MONTH

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

December Word Search

- SANTA
- REINDEER
- SNOW
- TREE
- PRESENT
- STOCKING
- ELF
- ORNAMENT
- BELLS
- CANDY
- HOLLY
- WREATH
- JOY
- MISTLETOE
- ANGEL
- LIGHTS
- GIFT
- SLEIGH
- CAROL
- PEACE



RECIPE OF THE MONTH

Cranberry Apple Crockpot Dump Cake

Ingredients:

- 1 can (21 oz) apple pie filling
- 1 can (14–16 oz) whole berry cranberry sauce
- 1 box yellow cake mix
- 1 stick (½ cup) butter, melted
- 1 tsp cinnamon (optional)



Directions:

Step 1: Spray your slow cooker with non-stick spray and add the apple pie filling.

Step 2: Spoon in the cranberry sauce on top.

Step 3: Sprinkle the dry cake mix evenly over everything.

Step 4: Pour the melted butter over the cake mix.



Step 5: Cover and cook on low for 3 - 4 hours until golden and bubbly.

DECEMBER LUNCH MENU

* - Contains Pork

📍 - Contains Peanuts

~ - Entrée

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cordon Bleu Breaded Chicken~ Penne Pasta with Tomatoes Lemon Broccoli Texas Bread Fresh Apple Milk	2 Korean BBQ Beef Meatballs~ Rice Ginger Carrots Wheat Bread Mandarin Oranges Milk	3 Country Fried Steak~ Country Gravy Garlic Whipped Potatoes Herbed Green Beans Dinner Roll Strawberry Craisins Milk	4 Salisbury Beef~ Onion Gravy Black-Eyed Peas Creole Tomatoes Wheat Bread Animal Crackers Milk	5 Turkey Taco Pinto Beans Olé Mixed Vegetables Flour Tortilla Strawberry Lemon Swirl Pudding Milk Taco Sauce
8 Beef Stroganoff Broccoli Glazed Carrots Texas Bread Fresh Orange Milk 	9 Lemon Rosemary Chicken Confetti Brown Rice Garlic Parmesan Cauliflower Multigrain Bread Diced Pears Milk	10 Meatloaf~ Brown Gravy Twice Whipped Potatoes Herbed Green Beans Dinner Roll Frosted Birthday Cake Chocolate Ice Cream Milk 	11 Turkey Spaghetti Lemon Pepper Brussels Sprouts Country Tomatoes Wheat Bread Butterscotch Pudding Milk	12 All Beef Patty Lettuce and Tomato Baked Beans Hamburger Bun Apple Cobbler Milk Mustard and Ketchup
15 Turkey Pasta Bolognese Glazed Carrots Herbed Green Beans Texas Bread Fig Bar Milk	16 Horseradish Beef Meatballs~ Delmonico Potatoes Mixed Greens Corn Muffin Fresh Apple Milk Margarine	17 Apple Cranberry Chicken Parslied Rice Catalina Vegetables Dinner Roll Craisins Milk	18 Homestyle Beef Casserole Broccoli Medley Cabbage Multigrain Bread Cherry Gelatin with Peaches Milk	19 Turkey Breast with Gravy Garlic Whipped Potatoes Green Beans Cornbread Ambrosia Pudding Milk Margarine
22 BBQ Pork Rib Patty*~ Ranch Whipped Potatoes Broccoli and Cauliflower Wheat Bread Chocolate Chip Cookie Milk	23 Bruschetta Chicken Meatballs~ Pesto Penne Pasta Spinach Texas Bread Fresh Orange Milk	24 Closed for Christmas Eve	25 Closed for Christmas Day	26 Boxed Lunch Sandwich Fruit Milk
29 Chicken Enchilada Soup Spanish Rice Mexican Style Tomatoes Tortilla Chips Fudge Cream Cookie Milk	30 Italian Macaroni and Beef Broccoli Sliced Carrots Tossed Salad Texas Bread Fresh Apple Milk Balsamic Vinaigrette	31 Honey Glazed Ham* Black-Eyed Peas Medley Cabbage Corn Muffin Brownie Milk Margarine		

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.



Follow us on social media!

