

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

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,

June

Come Join Us!

Our Mission:

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

JUNE CLASSES AND SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:30 Bingo with Palm Primary Care 5:00 Game Night "Potluck"	2 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 1:00 Tai Chi	3 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 1:00 Creative Card Craft	4 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba	5 - <u>Crazy Sock Day</u> 9:30 Game Tables 10:00 Line Dance Join us in celebrating National Crazy Sock Day by wearing your brightest, boldest, and most creative socks.
8 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:00 Share and Care	9 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 1:00 Tai Chi 4:00 Villa Dianne Italian Restaurant	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 12:45 Health Talk - Molina Health	12 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:00 Ivory Truth 1:00 Fun and Games Friday with Ryan
15 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:30 Loteria with Iris 10:00 Alley Cats Bowling 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 Book Group 12:00 Mystery Lunch 1:00 Tai Chi	17 8:15 Sittercise 8:30 Health Check with Luminary 9:00 Bagel Social 9:30 Game Tables 10:00 Loom Knitting 10:30 Bridge 11:00 Medicare Fraud and Abuse Spanish Presentation	18 8:30 Father's Day Breakfast 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba	19 Closed in Observance of Juneteenth
22 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise	23 8:15 Sittercise 9:00 Step and Sculpt 9:00 Magnolia Silos 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Bingo w/ Suvida 1:00 Tai Chi	24 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 1:00 Medicare Fraud And Abuse English Presentation	25 8:30 Flex and Flow 9:00 Ham Orchards 9:30 Game Tables 9:45 Zumba 12:00 Coffee with the Mayor	26 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo – United Healthcare 12:00 Medicare Talk With United Healthcare
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 1:00 Tai Chi	\$ = 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, June 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.

No Culinary Creations this month

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 preferred. 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!

June Book: *Sandwich* by Catherine Newman

Tai Chi

30-minute Tai Chi session, guided by staff and a YouTube video. This gentle, low-impact class focuses on slow, flowing movements designed to improve balance and flexibility. Perfect for beginners.

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

Kathy Adams, Kathy Backer, & Rebeka Lee

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 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



Villa Dianna Burleson

Tuesday, June 9
4:00 PM

Cost is \$3 Bus Fee + Dinner



Alley Cats Bowling Arlington

Monday, June 15
10:00 AM

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



Mystery Lunch

Tuesday, June 16
12:00 PM

Cost is \$3 Bus Fee + Lunch



Magnolia Silos Waco

Tuesday, June 23
9:00 AM

Cost is \$5 Bus Fee + Lunch



Ham Orchards Terrell

Thursday, June 25
9:00 AM

Cost is \$3 Bus Fee + 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, June 1. Thank you for your cooperation!

PUZZLE OF THE MONTH

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

June Word Search

- Sunshine
- Vacation
- Beach
- Picnic
- Summer
- Lemonade
- Flipflops
- Camping
- Icecream
- Barbecue
- Fireworks
- Swimming
- Sunglasses
- Bonfire
- Sandcastle
- Roadtrip
- Seashells
- Fishing
- Popsicles
- Watermelon

RECIPE OF THE MONTH

No-Bake Lemon Icebox Pie

Ingredients:

- 1 (14 oz) can sweetened condensed milk
- ½ cup fresh lemon juice (about 2–3 lemons)
- 1 (8 oz) tub whipped topping (like Cool Whip), thawed
- 1 prepared graham cracker pie crust
- Optional: lemon zest for garnish
- Optional: extra whipped cream for topping

Directions:

Step 1: In a bowl, mix 1 can of sweetened condensed milk with ½ cup fresh lemon juice until thickened.

Step 2: Fold in 1 tub of whipped topping until smooth and fluffy.

Step 3: Pour the mixture into a prepared graham cracker crust.

Step 4: Refrigerate for at least 4 hours (or overnight) until fully set.

Step 5: Slice and serve chilled, topped with lemon zest or extra whipped cream.



JUNE LUNCH MENU

* - Contains Pork

🥜 - Contains Peanuts

~ - Contains Soy

Monday	Tuesday	Wednesday	Thursday	Friday
1 Marsala Chicken Meatballs~ Confetti Rice Parslied Carrots Texas Bread Cherry Craisins Milk	2 Steakhouse Beef~ Whipped Potatoes Herbed Green Beans Wheat Bread Fresh Apple Milk	3 Chicken Picatta Rotini and Tomatoes California Vegetables Dinner Roll Diced Peaches Milk	4 Cheese Omelet Tomato Salsa Pinto Beans Spinach Biscuit Cinnamon Applesauce Milk	5 Turkey Noodle Casserole Sliced Carrots Cauliflower Texas Bread Lime Gelatin with Pears Milk
8 Turkey Tetrizzini Country Vegetables Stewed Tomatoes Wheat Bread Sugar Cookie Milk	9 Chicken Chili Corn O'Brien Sliced Carrots Club Crackers Fresh Orange Milk	10 Swiss Steak~ Garlic Whipped Potatoes Italian Green Beans Dinner Roll Frosted Birthday Cake Chocolate Ice Cream Milk	11 Lemon Scarpariello Chicken Confetti Rice Brussels Sprouts Texas Bread Orange Gelatin with Pineapple Milk	12 All Beef Patty Lettuce and Tomato Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup
15 Tarragon Chicken Pesto Penne Pasta Tangy Spinach Wheat Bread Oatmeal Cream Cookie Milk	16 Rosemary Beef~ Whipped Potatoes Catalina Vegetables Wheat Bread Mandarin Oranges and Pineapple Milk	17 Kielbasa Sausage* Baked Beans Medley Cabbage Hot Dog Bun Fresh Apple Milk	18 BBQ Chicken Macaroni and Cheese Green Beans/Red Peppers/Onions Dinner Roll Strawberry Lemon Pudding Milk	19 Closed in observance of Juneteenth
22 Horseradish Beef Meatballs~ Rice Florentine Broccoli Texas Bread Emerald Pears Milk	23 Glazed Ham* Lima Beans Okra and Tomatoes Corn Muffin Fresh Orange Milk	24 Glenn's Meatloaf Tomato Gravy Delmonico Potatoes Peas and Carrots Dinner Roll Oatmeal Cream Cookie Milk	25 Turkey Macaroni and Cheese Cauliflower Brussels Sprouts Texas Bread Lemon Gelatin with Peaches Milk	26 All Beef Patty Lettuce and Tomato Ranch Beans Hamburger Bun Spiced Pineapple Tidbits Milk Mustard and Ketchup
29 Baked Chicken Poultry Gravy Whipped Potatoes Herbed Green Beans Texas Bread Tropical Fruit Milk	30 Turkey Taco Mexican Rice Mexican Style Tomatoes Flour Tortilla White Chocolate Cranberry Cookie 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 www.vnatexas.org.



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