

**D.L. Hopkins Jr.**  
**Senior Center**

206 James Collins Blvd.  
Duncanville, TX 75116  
[www.DuncanvilleTX.gov](http://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

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



**Hello,**  
**August**

*Come Join Us!*

**Our Mission:**

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

# AUGUST CLASSES AND SPECIAL EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
 	<p><b>\$ = Class Fee</b></p> <p><b>Trips are highlighted in red</b></p> <p><b>Special Events are highlighted in blue text</b></p>	 		<p><b>1</b></p> <p>9:00 Sittercise 9:30 Game Tables 10:00 Line Dance <b>10:30 Music Bingo</b></p>
<p><b>4</b></p> <p>9:30 Game Tables <b>10:30 Loteria with Iris</b> 5:00 Game Night</p>	<p><b>5</b></p> <p>9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance</p>	<p><b>6</b></p> <p>9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 1:00 Creative Card Crafting</p>	<p><b>7</b></p> <p><b>9:00 Ham's Orchard</b> 9:30 Game Tables <b>10:00 Senior Community Survey with McKinney West Development</b> <b>10:30 Bingo - Wellcare</b> <b>1:00 Matter of Balance Workshop</b></p>	<p><b>8</b></p> <p>9:30 Game Tables 10:00 Line Dance <b>10:00 Ivory Truth Music Performance</b></p>
<p><b>11</b></p> <p>8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables <b>10:00 Share and Care</b> 10:00 Sittercise <b>10:30 Bingo - Laurenwood</b> <b>4:00 Crossroads Cafe</b></p>	<p><b>12</b></p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance <b>10:00 TXU Grant Opportunity Presentation and Mobile Eye Exams</b> <b>10:30 Book Group</b></p>	<p><b>13</b></p> <p>8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting <b>10:00 Goldenaires Performance</b> 10:30 Bridge <b>12:00 Birthday Celebration*</b> <b>1:00 Painting with a Twist</b></p>	<p><b>14</b></p> <p>8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba <b>10:45 Snack and Learn With Share and Care</b> <b>1:00 Matter of Balance Workshop</b></p>	<p><b>15</b></p> <p>9:00 Sittercise <b>9:00 AARP Drive Safe</b> 9:30 Game Tables 10:00 Line Dance <b>10:30 Bingo - United Healthcare</b></p>
<p><b>18</b></p> <p>8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise <b>10:00 Alley Cats Bowling</b></p>	<p><b>19</b></p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance <b>12:00 Mystery Lunch</b> <b>1:00 Craft Activity - Palm Primary</b></p>	<p><b>20</b></p> <p>8:15 Sittercise <b>9:00 Bagel Social</b> 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge <b>10:30 Bingo - Centerwell</b></p>	<p><b>21</b></p> <p>8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba <b>12:00 National Senior Citizens Day Ice Cream Social With Levi</b></p>	<p><b>22</b></p> <p>9:00 Sittercise 9:30 Game Tables 10:00 Line Dance <b>11:00 Reading with Linda</b></p>
<p><b>25</b></p> <p>8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise</p>	<p><b>26</b></p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance <b>10:30 Bingo - Wellcare</b></p>	<p><b>27</b></p> <p>8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge <b>10:30 Bingo - Wellcare</b> <b>12:45 Molina Healthcare Presentation</b></p>	<p><b>28</b></p> <p>8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba <b>12:00 Coffee with the Mayor</b> <b>4:00 Olive Garden</b></p>	<p><b>29</b></p> <p>9:00 Sittercise 9:30 Game Tables 10:00 Line Dance</p>

**\*Make birthday table reservations for you and your guest on or before Monday, August 11 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 this month. Next class is Monday, September 8**

### 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!

**August Book: The Librarianist by Patrick DeWitt**

### 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 similar to yoga, using an exercise mat.

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

President:  
Treasurer:  
Secretary:

Jacquelyn Morgan  
Terry Kanhai  
Melanie Bolden



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** 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



**Ham's Orchard  
Terrell**

Thursday, August 7  
9:00 AM

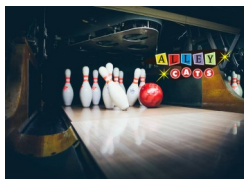
Cost is \$3 + Lunch



**Crossroads Café  
Alvarado**

Monday, August 11  
4:00 PM

Cost is \$3 + Dinner

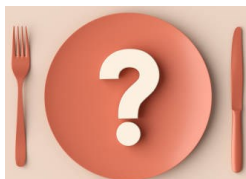


**Alley Cats Bowling**

Arlington

Monday, August 18  
10:00 AM

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



**Mystery Lunch**

Tuesday, August 19  
12:00 PM

Cost is \$3 + Lunch



**Olive Garden  
Red Oak**

Thursday, August 28  
4:00 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 Friday, August 1.

Thank you for your cooperation!

## PUZZLE

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

### August Word Search

- Sunshine
- Vacation
- Heatwave
- Popsicle
- Barbecue
- Watermelon
- Beach
- Poolside
- Swimsuit
- Ice Cream
- Lemonade
- Fireflies
- Camping
- Picnic
- Sunburn
- Flipflops
- Sunglasses
- Tanning
- Breeze
- Sunscreen
- Floatie
- Sandcastle
- August
- Thunderstorm
- Road trip
- Relax
- Hammock
- Fireworks
- Bonfire
- Starry

## RECIPE OF THE MONTH

### Peach Yogurt Popsicles

#### Ingredients:

- 2 ripe peaches, peeled and chopped
- 1 ½ cups vanilla Greek yogurt
- 1 tablespoon honey (optional)
- ½ teaspoon vanilla extract
- Popsicle molds or small cups and sticks



#### Directions:

**Step 1:** In a blender or food processor, puree the chopped peaches until smooth.

**Step 2:** In a bowl, stir together the peach puree, Greek yogurt, honey (if using), and vanilla extract.

**Step 3:** Spoon the mixture into popsicle molds or small paper cups. Insert sticks.


**Step 4:** Freeze for at least 4–6 hours, or until completely solid.

**Step 5:** Run the molds under warm water for a few seconds to release the pops. Enjoy your homemade summer refreshment!



# AUGUST LUNCH

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Romesco Chicken Pasta Florentine Country Tomatoes Wheat Bread Chocolate Pudding Milk
4 Turkey Tetrazzini Country Vegetables Stewed Tomatoes Wheat Bread Sugar Cookie Milk	5 Chicken Chili Corn O'Brien Sliced Carrots Club Crackers Fresh Orange Milk	6 Swiss Steak~ Garlic Whipped Potatoes Italian Green Beans Dinner Roll Oreo Cookies Milk	7 Lemon Scarpariello Chicken Confetti Rice Brussels Sprouts Texas Bread Orange Gelatin with Pineapple Milk	8 Hamburger Patty~ Lettuce and Tomato Ranch Beans Hamburger Bun Peach Crisp Milk Mustard and Ketchup
11 Marsala Chicken Oven Roasted Potatoes Parslied Carrots Texas Bread Cherry Craisins Milk	12 Creole Beef~ Whipped Potatoes Herbed Green Beans Wheat Bread Fresh Apple Milk	13 Breaded Chicken Picatta~ Rotini and Tomatoes California Vegetables Texas Bread Frosted Birthday Cake Strawberry Ice Cream  Milk	14 Sausage w/Onions/Peppers* Black-Eyed Peas Spinach Corn Muffin Mandarin Oranges Milk	15 Turkey and Dumplings Sliced Carrots Cauliflower Texas Bread Lime Gelatin with Pears Milk
18 Horseradish Beef Meatballs~ Rice Florentine Broccoli Texas Bread Cinnamon Graham Crackers Milk	19 Glazed Ham* Cheesy Rice Okra and Tomatoes Corn Muffin Fresh Orange Milk	20 Meatloaf~ Tomato Gravy Delmonico Potatoes Peas and Carrots Dinner Roll Mandarin Oranges Milk	21 Turkey Macaroni and Cheese Cauliflower Brussels Sprouts Texas Bread Lemon Gelatin with Peaches Milk	22 All Beef Patty Sliced Cheese Ranch Beans Hamburger Bun Hot Pineapple Tidbits Milk Mustard and Ketchup
25 Turkey Taco Mexican Rice Mexican Style Tomatoes Flour Tortilla Fudge Cream Cookie ⓘ Milk	26 Chicken Alfredo Lemon Pepper Brussels Sprouts Sliced Carrots Wheat Bread Fresh Apple Milk	27 Italian Macaroni and Beef Whole Kernel Corn Tossed Salad Texas Bread Pineapple Tidbits Milk	28 Baked Chicken with Gravy Whipped Potatoes Herbed Green Beans Texas Bread Strawberry Craisins Milk	29 Polish Sausage* Baked Beans Mixed Vegetables Hot Dog Bun Lemon Gelatin with Peaches Milk

**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](http://www.vnatexas.org).