

# D.L. Hopkins Jr. Senior Center



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



# JANUARY CLASSES AND SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>Closed for New Years</b> 	2 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo – Duncanville Rehab
5 9:30 Game Tables <b>5:00 Game Night "Potluck"</b>	6 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance	7 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 1:00 Creative Card Crafting	8 9:30 Game Tables <b>10:45 Snack and Learn With Share and Care</b>	9 9:30 Game Tables 10:00 Line Dance <b>10:00 Ivory Truth Music Performance</b>
12 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise <b>10:00 Share and Care</b> 1:30 Culinary Creations	13 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance <b>12:40 Open Mic with Centerwell</b>	14 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting <b>10:00 Goldenaires Performance</b> 10:30 Bridge 12:00 Birthday Celebration* 1:00 Painting with a Twist	15 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba <b>12:45 Health Talk - Molina Health Care</b>	16 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo – United Healthcare <b>12:45 Medicare Talk with Advocate Financial</b>
19 <b>Closed for Martin Luther King Jr. Day</b>	20 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance <b>10:30 Book Group</b>	21 8:15 Sittercise <b>9:00 Bagel Social</b> 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge	22 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba <b>12:00 Coffee with the Mayor</b>	23 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance <b>10:30 Bingo with Life And Health Insurance</b>
26 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise <b>10:00 Alley Cats Bowling</b> 10:30 Loteria with Iris 1:30 Healthy Sweet Bites	27 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>	28 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge	29 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba <b>4:00 Outback Steakhouse</b>	30 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance

\$ = 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, January 12 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:

**Potstickers**

## 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!

### There is no January Book – Meeting will be to vote for 2026 Books

## 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 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



### Alley Cats Bowling

Arlington

Monday, January 26

10:00 AM

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



### Outback Steakhouse

Thursday, January 29

4:00 PM

Cost is \$3 Bus Fee + Dinner



### Mystery Lunch

Tuesday, January 27

12:00 PM

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 Friday, January 2. Thank you for your cooperation!

# PUZZLE OF THE MONTH

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

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

## January Word Search

New Years Day  
New Years Eve  
Midnight  
Football  
Party  
Times Square  
Fireworks  
Kiss  
Noisemaker  
Toast  
Friends  
Countdown  
Confetti  
Balloons  
Happy New Year

# RECIPE OF THE MONTH

# Cozy Chicken & Vegetable Soup

## Ingredients:

- 2 cups cooked shredded chicken (rotisserie works great)
- 2 cups frozen mixed vegetables
- 4 cups low-sodium chicken broth
- 1 cup small pasta (like macaroni) or rice
- Salt and pepper to taste



## Directions:

**Step 1:** In a medium pot, bring the chicken broth to a gentle boil.

**Step 2:** Add the frozen vegetables and pasta (or rice).

**Step 3:** Reduce heat and simmer for 10–12 minutes, until the pasta/rice is tender.

**Step 4:** Stir in the cooked shredded chicken and heat thoroughly.

**Step 5:** Season lightly with salt and pepper and enjoy!

# JANUARY LUNCH MENU

\* - Contains Pork

✖ - Contains Peanuts

~ - Entrée

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Closed for New Years 	2 Baked Chicken Poultry Gravy Chuckwagon Corn Green Beans Texas Bread Oreo Cookies Milk
5 Mongolian Beef Meatballs~ Rice Japanese Vegetables Wheat Bread Pineapple Tidbits Milk	6 Cajun Chicken Chuckwagon Corn Broccoli and Carrots Texas Bread Fresh Orange Milk	7 Swiss Steak~ Whipped Potatoes Italian Green Beans Dinner Roll Fudge Cream Cookie Milk	8 Glazed Ham* Macaroni and Cheese Okra and Tomatoes Wheat Bread Lime Gelatin with Pineapple Milk	9 All Beef Patty Lettuce and Tomato Potato Salad Hamburger Bun Cinnamon Applesauce Milk Mustard and Ketchup
12 Breaded Chicken Marsala~ Parsley Penne Pasta Country Tomatoes Wheat Bread Fresh Apple Milk	13 Pork Carnitas* Pinto Beans Peas and Carrots Flour Tortilla Sugar Cookie Milk Taco Sauce	14 Baked Chicken Poultry Gravy Twice Whipped Potatoes Lemon Broccoli Dinner Roll Frosted Birthday Cake Strawberry Ice Cream Milk	15 Beef Chili with Beans Rice Tossed Salad Corn Muffin Strawberry Gelatin with Pears Milk Italian Salad Dressing Margarine	16 Pork Chop with Brown Gravy* Garlic Whipped Potatoes Mixed Greens Corn Muffin Sugar Cookie Milk Margarine
19 <b>Closed for Martin Luther King Jr. Day</b>	20 Breaded Chicken Picatta~ Penne Pomodoro Parslied Carrots Dinner Roll Fresh Orange Milk	21 Mexican Beef Picadillo Charro Beans Mexican Rice Flour Tortilla Diced Peaches Milk Taco Sauce	22 Romesco Chicken Orzo Pasta Okra and Tomatoes Corn Muffin Oatmeal Cream Cookie Milk Margarine	23 All Beef Patty Lettuce and Tomato Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup
26 Cordon Bleu Breaded Chicken~ Penne Pasta with Tomatoes Lemon Broccoli Texas Bread Fresh Apple Milk	27 Korean BBQ Beef Meatballs~ Rice Ginger Carrots Wheat Bread Mandarin Oranges Milk	28 Country Fried Steak~ Country Gravy Garlic Whipped Potatoes Herbed Green Beans Dinner Roll Strawberry Craisins Milk	29 Salisbury Beef~ Onion Gravy Black-Eyed Peas Creole Tomatoes Wheat Bread Animal Crackers Milk	30 Turkey Taco Pinto Beans Olé Mixed Vegetables Flour Tortilla Strawberry Lemon Swirl Pudding 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](http://www.vnatexas.org).



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