

# *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**

**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



*Come Join Us!*

Our Mission:

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

# JULY CLASSES AND SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>\$ = Class Fee</b> <b>Trips are highlighted in red text</b> <b>Special Events are highlights in blue</b>		<b>1</b> 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 12:15 Ice Cream Social with Luminary 1:00 Creative Card Craft	<b>2 Stars and Stripes Day</b> 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 1:00 Tai Chi Wear your favorite patriotic attire and show your red, white, and blue spirit	<b>3</b> Closed in observance of Independence Day
<b>6</b> 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 "Christmas in July Potluck"	<b>7</b> 8:00 Sittercise 8:50 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 1:00 Tai Chi	<b>8</b> 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	<b>9</b> 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 1:00 Tai Chi 4:30 Rocket Cafe	<b>10</b> 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:00 Ivory Truth 1:00 Fun and Games Friday
<b>13</b> 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:00 Share and Care 1:30 Culinary Creations	<b>14</b> 8:00 Sittercise 8:50 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 1:00 Tai Chi	<b>15</b> 8:15 Sittercise 9:00 Bagel Social 9:30 Game Tables 10:00 Loom Knitting 10:30 Bridge	<b>16</b> 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 10:30 Ceramic Bingo 1:00 Tai Chi 1:00 Fraud Prevention With The Senior Source	<b>17</b> 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo – United Healthcare
<b>20</b> 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	<b>21</b> 8:00 Sittercise 8:50 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Bingo w/ Suvida 10:30 Book Group 12:00 Mystery Lunch 1:00 Tai Chi	<b>22</b> 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge	<b>23</b> 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 10:30 The Price is Right With Levi 12:00 Coffee with the Mayor 1:00 Tai Chi 4:00 La Toska	<b>24</b> 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance
<b>27</b> 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 9:30 Bass Pro Shop 10:00 Sittercise	<b>28</b> 8:00 Sittercise 8:50 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 1:00 Tai Chi	<b>29</b> 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge	<b>30</b> 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 1:00 Tai Chi	<b>31</b> 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo with Life and Health Insurance

**\*Make birthday table reservations for you and your guest on or before Monday, July 6 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 Months Creation is Watermelon Pie

### 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!

### July Book: *Women's Hotel* by *Daniel M. Lavery*

### 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



#### Rocket Café Rocket

Thursday, July 9  
4:30 PM

Cost is \$3 Bus Fee + Dinner



#### Alley Cats Bowling Arlington

Monday, July 20  
10:00 AM

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



#### Mystery Lunch

Tuesday, July 21  
12:00 PM

Cost is \$3 Bus Fee + Lunch



#### La Toska Cedar Hill

Thursday, July 23  
4:00 PM

Cost is \$3 Bus Fee + Dinner



#### Bass Pro Shop Garland

Monday, July 27  
9:30 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 Wednesday, July 1. Thank you for your cooperation!

# PUZZLE OF THE MONTH

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

## July Word Search

- Fireworks
- Independence
- Freedom
- Patriotism
- Flag
- Parade
- Summer
- Sunshine
- Barbecue
- Picnic
- Celebration
- Sparklers
- Liberty
- Red, White, Blue
- Holiday
- July Fourth
- Stars
- Stripes
- Festival
- Vacation

# RECIPE OF THE MONTH

## Patriotic Watermelon Feta Skewers

**Ingredients:**

- 2 cups watermelon, cubed
- 1 cup blueberries
- 1 cup feta cheese, cubed
- Fresh mint leaves
- Balsamic glaze



**Directions:**

**Step 1:** Cut the watermelon and feta into bite-sized cubes.

**Step 2:** Thread watermelon, feta, blueberries, and mint leaves onto small skewers.

**Step 3:** Arrange the skewers on a serving platter.

**Step 4:** Drizzle lightly with balsamic glaze.

**Step 5:** Serve chilled and enjoy this refreshing summer snack.

# JULY LUNCH MENU

\* - Contains Pork

🥜 - Contains Peanuts

~ - Contains Soy

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Stir Fry over Jasmine Rice Sliced Carrots Sweet and Sour Cabbage Fresh Apple Milk	2 Polish Sausage* Oven Roasted Potatoes Coleslaw Hot Dog Bun Apple Cobbler Milk Mustard	3  <b>Closed for Holiday</b>
6 Mozzarella Chicken Orzo Pasta Herbed Brussels Sprouts Wheat Bread Fresh Apple Milk	7 Barbacoa Beef Charro Beans Olé Mixed Vegetables Flour Tortilla Craisins Milk	8 Baked Pork Chop* Country Gravy Parslied Rice Sliced Carrots Wheat Bread Frosted Birthday Cake Strawberry Ice Cream Milk	9 Romesco Chicken Pesto Penne Pasta Country Tomatoes Wheat Bread Chocolate Pudding Milk	10 Salmon Croquette Dill Sauce Whipped Potatoes Herbed Green Beans Wheat Bread Oatmeal Raisin Cookie Milk
13 Pork Carnitas* Spanish Rice Pinto Beans Flour Tortilla Sugar Cookie Milk	14 Dijon Herb Chicken Black-Eyed Peas Cauliflower with Red Peppers Texas Bread Fresh Orange Milk	15 BBQ Pork Rib Patty* Macaroni and Cheese Peas and Carrots Dinner Roll Cherry Gelatin with Fruit Cocktail Milk	16 Chicken, Spinach, & Feta Salad Sliced Pickled Beets Strawberry Applesauce Club Crackers Milk	17 All Beef Patty Lettuce and Tomato Baked Beans Hamburger Bun Pineapple Cobbler Milk Mustard and Ketchup
20 Espagnole Beef Meatballs~ Penne Florentine Spring Vegetables Texas Bread Fresh Orange Milk	21 Citrus Baked Pollock Mexican Rice Stewed Tomatoes Texas Bread Diced Peaches Milk	22 Salisbury Beef~ Brown Gravy Whipped Potatoes Italian Green Beans Dinner Roll Chocolate Chip Cookie Milk	23 Turkey Pasta Bolognese Tossed Salad Parslied Carrots Texas Bread Strawberry Gelatin with Fruit Cocktail Milk Italian Salad Dressing	24 Brown Sugar Ham* Whipped Potatoes Mixed Vegetables Dinner Roll Cinnamon Swirl Pudding Milk
27 Marsala Chicken Meatballs~ Dirty Rice Parslied Carrots Texas Bread Cherry Craisins Milk	28 Steakhouse Beef~ Whipped Potatoes Herbed Green Beans Wheat Bread Fresh Apple Milk	29 Chicken Picatta Rotini and Tomatoes California Vegetables Dinner Roll Diced Peaches Milk	30 Cheese Omelet Tomato Salsa Seasoned Black Beans Spinach Biscuit Cinnamon Applesauce Milk	31 Turkey Noodle Casserole Sliced Carrots Cauliflower Texas Bread Lime Gelatin with Pears 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).



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