

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
Debbie Mason
Building Attendants



Our Mission:

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

Come Join Us!



SEPTEMBER CLASSES AND SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:00 Sittercise 8:50 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Bingo with Palm Primary Care 1:00 Tai Chi	2 8:15 Sittercise 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 12:30 Senior Source RSVP Program Presentation 1:00 Creative Card Craft	3 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 12:45 Proactive Retirement: Wills vs. Living Trusts 1:00 Tai Chi	4 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo – United Healthcare 11:00 Flu Shot Clinic with Tom Thumb
7 Closed in observance of Labor Day	8 8:00 Sittercise 8:50 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 1:00 Tai Chi 5:00 Game Night Potluck	9 8:15 Sittercise 10:00 Loom Knitting 10:00 Goldenaires Performance 10:30 Bridge 12:00 Birthday Celebration* 1:00 Painting with a Twist	10 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 10:00 Downtown Grapevine 10:45 Snack and Learn With Share and Care 1:00 Tai Chi	11 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:00 Ivory Truth
14 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:00 Share and Care 10:00 Alley Cats Bowling 10:30 Loteria with Iris	15 8:00 Sittercise 8:50 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Book Club 12:00 Mystery Lunch 1:00 Tai Chi	16 8:15 Sittercise 9:00 Bagel Social 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 10:30 Bingo with Irma 1:00 AI training for seniors	17 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 10:00 Scrapbooking With Terry 12:45 Health Talk – Molina Health 1:00 Tai Chi 6:00 Duncanville Theater	18 9:00 Emerald Elegance Fashion Show 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance
21 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:30 Bingo with Remarkable Hospice	22 8:00 Sittercise 8:50 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Bingo with Suvida 1:00 Tai Chi	23 8:15 Sittercise 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 10:30 Bingo with Comfort Care	24 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 10:00 AI training for seniors 12:00 Coffee with the Mayor 1:00 Tai Chi	25 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo with Life and Health Insurance
28 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 4:00 Mercado Juarez	29 8:00 Sittercise 8:50 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 1:00 Tai Chi	30 8:15 Sittercise 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 10:30 Bingo with Alfred	\$ = 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 Tuesday, September 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 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 lungs.

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!

September Book: *The Great Divide* by Cristina Henriquez

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 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



Downtown Grapevine Grapevine

Thursday, September 10
10:00 AM

Cost is \$3 Bus Fee + Lunch



Alley Cats Bowling Arlington

Monday, September 14
10:00 AM

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



Mystery Lunch

Tuesday, September 15
12:00 PM

Cost is \$3 Bus Fee + Lunch



Duncanville Community Theater "I bet your Life" Duncanville

Thursday, September 17
6:00 PM

Cost is \$3 Bus Fee + \$10 Ticket + Dinner



Emerald Elegance Fashion Show Cedar Hill

Friday, September 18
9:00 AM

Cost is \$3 Bus Fee



Mercado Juarez Arlington

Monday, September 28
4:00 PM

Cost is \$3 Bus Fee + Dinner

TRIPS ARE NONREFUNDABLE

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

PUZZLE OF THE MONTH

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

September Word Search

SEPTEMBER	HAYRIDE
AUTUMN	FOOTBALL
FALL	SCHOOL
LEAVES	SWEATER
HARVEST	COOLER
APPLE	ORCHARD
PUMPKIN	CIDER
SUNFLOWER	SUNSHINE
ACORN	FRIENDSHIP
CORN	LABORDAY

RECIPE OF THE MONTH

Apple Cinnamon Crisp

Ingredients:

- ☐ 4 apples, sliced
- ☐ 1 cup old-fashioned oats
- ☐ ½ cup brown sugar
- ☐ ½ cup all-purpose flour
- ☐ ½ cup butter, melted

Directions:

Step 1: Preheat oven to **350°F**.

Step 2: Place sliced apples in a greased baking dish.

Step 3: Mix oats, brown sugar, flour, and melted butter in a bowl.

Step 4: Sprinkle the mixture evenly over the apples.

Step 5: Bake for **30–35 minutes**, until golden and bubbly.

Optional Tip: Serve warm with a scoop of vanilla ice cream for an extra treat!



SEPTEMBER LUNCH MENU

* - Contains Pork

📌 - Contains Peanuts

~ - Contains Soy

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Barbacoa Beef Charro Beans Olé Mixed Vegetables Flour Tortilla Craisins Milk	2 Baked Pork Chop* Country Gravy Parslied Rice Sliced Carrots Wheat Bread Mixed Fruit Milk	3 Romesco Chicken Pesto Penne Pasta Country Tomatoes Wheat Bread Chocolate Pudding Milk	4 Salmon Croquette# Dill Sauce Whipped Potatoes Herbed Green Beans Wheat Bread Oatmeal Raisin Cookie Milk
7 Closed for Holiday	8 Dijon Herb Chicken Black-Eyed Peas Cauliflower with Red Peppers Texas Bread Fresh Orange Milk	9 BBQ Pork Rib Patty* Macaroni and Cheese Peas and Carrots Dinner Roll Frosted Birthday Cake Chocolate Ice Cream Milk	10 Chicken, Spinach, & Feta Salad Sliced Pickled Beets Strawberry Applesauce Club Crackers Milk	11 All Beef Patty Lettuce and Tomato Baked Beans Hamburger Bun Pineapple Cobbler Milk Mustard and Ketchup
14 Espagnole Beef Meatballs~ Penne Florentine Spring Vegetables Texas Bread Fresh Orange Milk	15 Citrus Baked Pollock Mexican Rice Stewed Tomatoes Texas Bread Diced Peaches Milk	16 Beef Taco Salad Savory Lime Corn Tortilla Chips Lime Swirl Pudding Milk Picante Sauce	17 Turkey Pasta Bolognese Tossed Salad Parslied Carrots Texas Bread Strawberry Gelatin with Fruit Cocktail Milk Italian Salad Dressing	18 All Beef Patty Lettuce and Tomato Baked Beans Hamburger Bun Cinnamon Applesauce Milk Mustard and Ketchup
21 Marsala Chicken Meatballs~ Dirty Rice Parslied Carrots Texas Bread Cherry Craisins Milk	22 Steakhouse Beef~ Whipped Potatoes Herbed Green Beans Wheat Bread Fresh Apple Milk	23 Chicken Picatta Rotini and Tomatoes California Vegetables Dinner Roll Diced Peaches Milk	24 Cheese Omelet Tomato Salsa Seasoned Black Beans Spinach Biscuit Cinnamon Apple sauce Milk	25 Turkey Noodle Casserole Sliced Carrots Cauliflower Texas Bread Lime Gelatin with Pears Milk
28 Turkey Tetrazzini Country Vegetables Stewed Tomatoes Wheat Bread Sugar Cookie Milk	29 Chicken Chili Corn O'Brien Sliced Carrots Club Crackers Fresh Orange Milk	30 Swiss Steak~ Garlic Whipped Potatoes Italian Green Beans Dinner Roll Strawberry Applesauce Milk		

NUTRITION INFORMATION: Proper nutrition and hydration are key elements that can possibly prevent hospitalization 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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<https://www.instagram.com/dlhopkinsjr.seiorcenter/>



ALL ABOARD!



THE OFFICIAL RAILROAD

Vintage steam and diesel locomotives take you on a nostalgic ride of the Piney Woods Route between towns of Palestine and Rusk, as you enjoy scenic views, comfortable seating, food and adult beverages on a rail history that winds you back in time.

- History abounds with stopovers in both depots and narrow-gauge tracks.
- As the train travels through the verdant country of the Piney Woods it crosses over bridges that span the creeks through the forestland.

★ THE DEPOTS ★

Both depots are home to gift stores and a cafe for the handlines. Displays, eye-catching murals and artwork with details about the Texas State Railroad locomotives, passenger cars, early railroads and other railroad lore.




TEXAS STATE RAILROAD







Normally, October trips are not available for payment until the first business day of October. However, because we must purchase our train tickets in advance, registration and payment for this trip will be required by **Friday, September 18**. Please review the trip information below and sign up early to reserve your spot. Space is limited, and tickets must be purchased in advance.

Trip Details:

Friday, October 2, 2026

Departure from D.L. Hopkins Jr. Senior Center will be at 7:30 AM

Cost is \$10 Bus Fee + \$30.00 Train Ride Ticket + Lunch

All fees are due at time of sign ups, including lunch fee



Lunch Information:

Please see the back of this page for the lunch menu and prices. The price listed for your selection will be added to your total registration fee.

Lunch selections must be made at the time of registration. Lunch will be provided by The Mail Car Café in Rusk, Texas, upon our arrival at the Rusk Railroad Station. Lunch may be enjoyed before we board the train for the return trip to Palestine.



Pulled Pork - pulled pork on a bun with onions and pickles on the side. Comes with chips and drink. - **\$12.00**



Chicken Salad - chicken salad on a bun with lettuce. Comes with chips and drink. - **\$11.00**



Chef Salad - Lettuce salad mix, tomato, cheese, ham and turkey, egg, bacon bits, croutons. Includes a drink. A choice of dressings will be available. **\$11.00**



Ham Hoagie - Sliced ham on a hoagie bun with provolone cheese. Comes with chips and drink. - **\$11.00**



Turkey Hoagie - Sliced turkey on a hoagie bun with provolone cheese. Comes with chips and drink. - **\$11.00**



Veggie Wrap - Avocado, tomato, cucumber, onion and spinach mix on a tortilla wrap. Includes chips, and a drink. - **\$11.00**



Mac-n-Cheese bowl with 3 chicken strips. Includes a drink. - **\$11.00**



Hot Dog with chips and a drink. - **\$8.00**

