

# *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

# Hello November

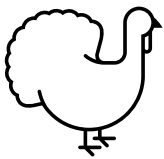
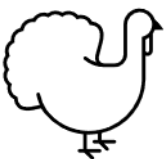
## *Come Join Us!*

Our Mission:

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

The D.L. Hopkins Jr. Senior Center will be closed on  
Thursday, November 27th and Friday, November  
28th in observance of Thanksgiving Day. Meals will  
resume schedule on Monday, December 1st.

# NOVEMBER CLASSES AND SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise <b>5:00 Game Night</b>	<b>4</b> 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance <b>10:30 Bingo – Duncanville Rehab</b>	<b>5</b> 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge <b>11:30 VNA Interns Presentation</b> 1:00 Creative Card Crafting	<b>6</b> 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba <b>12:45 Molina Healthcare Presentation</b>	<b>7</b> 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance <b>12:45 Craft Activity – Palm Primary</b>
<b>10</b> 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise <b>10:00 Share and Care</b> <b>10:30 Bingo - Laurenwood</b> <b>1:15 The Great Ladies Of Jazz</b> 1:30 Culinary Creations	<b>11</b> 8:15 Sittercise 9:00 Step and Sculpt <b>9:00 Slovacek's</b> 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance <b>11:00 Veteran's Day Celebration</b>	<b>12</b> 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>	<b>13</b> 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba <b>10:45 Snack and Learn With Share and Care</b>	<b>14</b> 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance <b>10:00 Ivory Truth Music Performance</b>
<b>17</b> 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise <b>10:00 Alley Cats Bowling</b> <b>1:30 Healthy Bites</b>	<b>18</b> 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> <b>10:30 Bingo – Palm Primary</b>	<b>19</b> 8:15 Sittercise <b>9:00 Bagel Social</b> 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge <b>12:00 Mystery Lunch</b> <b>12:45 Medicare 101 – Advocate Financial</b>	<b>20</b> 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba <b>10:30 Bingo - Centerwell</b>	<b>21</b> 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance <b>10:30 Bingo – United Healthcare</b> <b>12:00 VNA Thanksgiving Lunch</b>
<b>24</b> 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise <b>4:00 Texas Roadhouse</b>	<b>25</b> 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance <b>10:30 Bingo – Life And Health Insurance</b>	<b>26</b> 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge	<b>27</b>  <b>Closed for Thanksgiving</b> 	<b>28</b>  <b>Closed for Thanksgiving</b> 

\$ = 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, October 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 Month's Creation: Autumn Salad**

### 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 referred. 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!

**November Book: "Pineapple Street" by Jenny Jackson**

### 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 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 of 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



### The Great Ladies of Jazz Dallas

Monday, November 10  
1:15 PM  
Cost is \$3 + Lunch



### Slovacek's West

Tuesday, November 11  
9:00 AM  
Cost is \$5 + Lunch



### Alley Cats Bowling Arlington

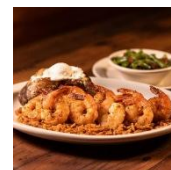
Monday, November 17  
10:00 AM

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



### Mystery Lunch

Wednesday, November 19  
12:00 PM  
Cost is \$3 + Lunch



### Texas Roadhouse Grand Prairie

Monday, November 24  
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 Monday, November 3. Thank you for your cooperation!

## PUZZLE OF THE MONTH



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

### November Word Search

- NOVEMBER
- AUTUMN
- HARVEST
- TURKEY
- CRANBERRY
- STUFFING
- PUMPKIN
- CORNUCOPIA
- FEAST
- FAMILY
- GRATITUDE
- THANKFUL
- PARADE
- VETERAN
- SERVICE
- FREEDOM
- HONOR
- FALLING
- ACORNS
- SCARECROW
- PIE
- CASSEROLE
- LEAVES
- SWEATER
- GATHER
- BONFIRE
- FOOTBALL
- COZY

## RECIPE OF THE MONTH

### Pumpkin Pie Mug Cake

#### Ingredients:

- ¼ cup canned pumpkin puree
- 2 tbsp brown sugar
- 3 tbsp all-purpose flour
- ¼ tsp pumpkin pie spice  
(or cinnamon if you don't have it)
- 2 tbsp milk



#### Directions:

**Step 1:** In a microwave-safe mug, combine all ingredients and mix until smooth.

**Step 2:** Microwave on high for 90 seconds (check after 60 seconds—microwave times may vary).

**Step 3:** Let it cool slightly, then enjoy warm!

Optional: Top with whipped cream or a sprinkle of cinnamon for extra flavor.



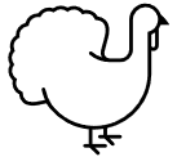
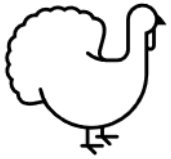


# NOVEMBER LUNCH MENU

\* - Contains Pork

🍬 - Contains Peanuts

~ - Entrée

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Chicken Enchilada Soup Spanish Rice Mexican Style Tomatoes Tortilla Chips Fudge Cream Cookie Milk	<b>4</b> Italian Macaroni and Beef Broccoli Tossed Salad Texas Bread Fresh Apple Milk Balsamic Vinaigrette	<b>5</b> Polish Sausage* Chili Beans Tangy Spinach Hot Dog Bun Applesauce Milk	<b>6</b> Sloppy Joe Roasted Diced Potatoes Mixed Vegetables Hamburger Bun Orange Gelatin with Mixed Fruit Milk	<b>7</b> Baked Chicken Poultry Gravy Chuckwagon Corn Green Beans Texas Bread Oreo Cookies Milk
<b>10</b> Mongolian Beef Meatballs~ Rice Japanese Vegetables Wheat Bread Pineapple Tidbits Milk 	<b>11</b> Cajun Chicken Chuckwagon Corn Broccoli and Carrots Texas Bread Fresh Orange Milk	<b>12</b> Swiss Steak~ Whipped Potatoes Italian Green Beans Dinner Roll Frosted Birthday Cake Strawberry Ice Cream Milk 	<b>13</b> Glazed Ham* Macaroni and Cheese Okra and Tomatoes Wheat Bread Lime Gelatin with Pineapple Milk	<b>14</b> All Beef Patty Lettuce and Tomato Potato Salad Hamburger Bun Cinnamon Applesauce Milk Mustard and Ketchup
<b>17</b> Breaded Chicken Marsala~ Parsley Penne Pasta Country Tomatoes Wheat Bread Fresh Apple Milk	<b>18</b> Pork Carnitas* Pinto Beans Peas and Carrots Flour Tortilla Sugar Cookie Milk Taco Sauce	<b>19</b> Baked Chicken Poultry Gravy Twice Whipped Potatoes Lemon Broccoli Dinner Roll Mixed Fruit Milk	<b>20</b> Beef Chili with Beans Rice Tossed Salad Corn Muffin Strawberry Gelatin with Pears Milk Italian Salad Dressing Margarine	<b>21</b> Turkey Breast with Gravy Garlic Whipped Potatoes Mixed Vegetables Dinner Roll Peach Cobbler Milk Margarine
<b>24</b> Meatloaf~ Tomato Gravy Delmonico Potatoes Lemon Pepper Brussels Sprouts Texas Bread Brownie Milk	<b>25</b> Breaded Chicken Picatta~ Penne Pomodoro Parslied Carrots Dinner Roll Fresh Orange Milk	<b>26</b> Mexican Beef Picadillo Charro Beans Mexican Rice Flour Tortilla Diced Peaches Milk Taco Sauce	<b>27</b> Closed for Thanksgiving 	<b>28</b> Closed for Thanksgiving 

**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).



Follow us on social media!

