

# *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, March

*Come Join Us!*

Our Mission:

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



# MARCH CLASSES AND SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise <b>5:00 Game Night</b> <b>"Potluck"</b>	<b>3</b> 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance	<b>4</b> 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge <b>1:00 Creative Card Craft</b>	<b>5</b> 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba	<b>6</b> 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance <b>10:30 Bingo –</b> <b>Duncanville</b> <b>Rehab</b>
<b>9</b> 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise <b>10:00 Share and Care</b> <b>1:30 Culinary Creations</b>	<b>10</b> 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance <b>10:30 Bingo with Palm</b> <b>Primary Care</b>	<b>11</b> 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting <b>10:00 Goldenaires</b> <b>Performance</b> 10:30 Bridge <b>12:00 Birthday</b> <b>Celebration*</b> <b>1:00 Painting with a Twist</b>	<b>12</b> 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba <b>10:45 Snack and Learn</b> <b>With Share and</b> <b>Care</b> <b>4:00 Blue Goose</b>	<b>13</b> 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance
<b>16</b> 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables <b>9:30 Alley Cats Bowling</b> 10:00 Sittercise <b>1:30 Healthy Sweet Bites</b>	<b>17</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>18</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 Talk with</b> <b>Advocate Financial</b>	<b>19</b> 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 12:00 Coffee with the Mayor <b>12:45 Health Talk -</b> <b>Molina Health</b> <b>Care</b>	<b>20</b> 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance <b>10:30 Bingo – United</b> <b>Healthcare</b> <b>12:00 Medicare Talk with</b> <b>United Healthcare</b>
<b>23</b> 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise	<b>24</b> 8:15 Sittercise 9:00 Step and Sculpt <b>9:00 Dr. Pepper</b> <b>Museum</b> 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance <b>12:40 Open Mic with</b> <b>Centerwell</b>	<b>25</b> 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge <b>10:30 Bingo with Alfred</b> <b>Healthcare</b>	<b>26</b> 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba <b>11:00 Women's History</b> <b>Month Fireside</b> <b>Chat</b> <b>4:00 Cooper BBQ</b>	<b>27</b> 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance <b>10:30 Bingo with Life</b> <b>And Health</b> <b>Insurance</b>
<b>30</b> 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise <b>10:30 Loteria with Iris</b>	<b>31</b> 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance	<b>\$ = Class Fee</b> <b>Trips are highlighted in</b> <b>red text</b> <b>Special Events are</b> <b>highlights in blue</b>		

**\*Make birthday table reservations for you and your guest on or before Monday, March 9 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: Cereal**

### 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!

**March Book: *The Catcher in the Rye* by J.D. Salinger**

### 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



#### Blue Goose Arlington

Thursday, March 12  
4:00 PM

Cost is \$3 Bus Fee + Dinner



#### Alley Cats Bowling Arlington

Monday, March 16  
9:30 AM

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



#### Mystery Lunch

Wednesday, March 18  
12:00 PM

Cost is \$3 Bus Fee + Lunch



#### Dr. Pepper Museum Waco

Tuesday, March 24  
9:00 AM

Cost is \$5 Bus Fee + \$12 Entrance Fee + Lunch



#### Cooper BBQ Fort Worth

Thursday, March 26  
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 Monday, March 2. Thank you for your cooperation!

# PUZZLE OF THE MONTH

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

## March Word Search

- Spring
- Shamrock
- Clover
- Rainbow
- Green
- Lucky
- Breeze
- Blossom
- Garden
- Sunshine
- Parade
- March
- Renewal
- Tulips

# RECIPE OF THE MONTH

## Ingredients: Lemon Ricotta Pancakes with Fresh Berries

- 1 ½ cups all-purpose flour
- 1 tablespoon baking powder
- 2 tablespoons sugar
- ¼ teaspoon salt
- 1 cup whole milk
- ¾ cup ricotta cheese
- 2 large eggs
- 1 tablespoon lemon zest
- 2 tablespoons fresh lemon juice
- 2 tablespoons melted butter (plus more for cooking)
- 1 ½ cups mixed fresh berries (strawberries, blueberries, raspberries)
- Maple syrup, for serving



### Direction:

**Step 1:** In a large bowl, whisk together flour, baking powder, sugar, and salt.

**Step 2:** In a separate bowl, whisk milk, ricotta, eggs, lemon zest, lemon juice, and melted butter until smooth.

**Step 3:** Pour wet ingredients into dry ingredients and stir gently until just combined. Do not overmix, small lumps are fine.

**Step 4:** Heat a lightly buttered skillet over medium heat. Pour ¼ cup batter per pancake. Cook 2–3 minutes per side until golden brown.

**Step 5:** Top with fresh berries and warm maple syrup. Garnish with extra lemon zest if desired.

# MARCH LUNCH MENU

\* - Contains Pork

🥜 - Contains Peanuts

~ - Entrée

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mongolian Beef Meatballs~ Rice Japanese Vegetables Wheat Bread Pineapple Tidbits Milk	3 Cajun Chicken Chuckwagon Corn Broccoli and Carrots Texas Bread Fresh Orange Milk	4 Swiss Steak~ Whipped Potatoes Italian Green Beans Dinner Roll Fudge Cream Cookie Milk	5 Glazed Ham* Macaroni and Cheese Okra and Tomatoes Wheat Bread Lime Gelatin with Pineapple Milk	6 All Beef Patty Lettuce and Tomato Potato Salad Hamburger Bun Cinnamon Applesauce Milk Mustard and Ketchup
9 Breaded Chicken Marsala~ Parsley Penne Pasta Country Tomatoes Wheat Bread Fresh Apple Milk	10 Pork Carnitas* Pinto Beans Peas and Carrots Flour Tortilla Sugar Cookie Milk Taco Sauce	11 Baked Chicken Poultry Gravy Twice Whipped Potatoes Lemon Broccoli Dinner Roll Frosted Birthday Cake Chocolate Ice Cream Milk	12 Beef Chili with Beans Rice Tossed Salad Corn Muffin Strawberry Gelatin with Pears Milk Italian Salad Dressing Margarine	13 Diced BBQ Chicken Lettuce and Tomato Ranch Beans Hamburger Bun Hot Spiced Fruit Milk
16 Meatloaf~ Tomato Gravy Delmonico Potatoes Lemon Pepper Brussels Sprouts Texas Bread Brownie Milk	17 Kielbasa Sausage* Whipped Potatoes Medley Cabbage Dinner Roll Oreo Cookies Milk Margarine	18 Mexican Beef Picadillo Charro Beans Mexican Rice Flour Tortilla Diced Peaches Milk Taco Sauce	19 Romesco Chicken Orzo Pasta Okra and Tomatoes Corn Muffin Oatmeal Cream Cookie Milk Margarine	20 All Beef Patty Lettuce and Tomato Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup
23 Cordon Bleu Breaded Chicken~ Penne Pasta with Tomatoes Lemon Broccoli Texas Bread Fresh Apple Milk	24 Korean BBQ Beef Meatballs~ Rice Ginger Carrots Wheat Bread Mandarin Oranges Milk	25 Country Fried Steak~ Country Gravy Garlic Whipped Potatoes Herbed Green Beans Dinner Roll Strawberry Craisins Milk	26 Salisbury Beef~ Onion Gravy Black-Eyed Peas Creole Tomatoes Wheat Bread Animal Crackers Milk	27 Turkey Taco Pinto Beans Olé Mixed Vegetables Flour Tortilla Strawberry Lemon Swirl Pudding Milk Taco Sauce
30 Beef Stroganoff Broccoli Glazed Carrots Texas Bread Fresh Orange Milk	31 Lemon Rosemary Chicken Confetti Brown Rice Garlic Parmesan Cauliflower Multigrain Bread Diced 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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