

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
Noe Garcia
Jewel Soria
Debbie Mason
Building Attendants



Hello, May

Come Join Us!

Our Mission:

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

MAY CLASSES AND SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		\$ = Class Fee Trips are highlighted in red text Special Events are highlights in blue		1 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance
4 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 "Potluck"	5 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Loteria y Cinco De Mayo Celebration with Suvida	6 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 1:00 Creative Card Craft	7 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 11:00 Property Tax Protest Educational with Levi	8 8:30 Mother's Day Breakfast 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:00 Ivory Truth
11 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:00 Share and Care 1:30 Culinary Creations 4:00 Ford Garage	12 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Book Group	13 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	14 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 Care 4:30 Celebrations	15 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo – United Healthcare 12:00 Medicare Talk with United Healthcare
18 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:30 Loteria with Iris 10:00 Alley Cats Bowling 1:30 Healthy Sweet Bites	19 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Bingo with Laura 12:00 Mystery Lunch	20 8:15 Sittercise 8:30 Health Check with Luminary 9:00 Bagel Social 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires Memorial Day Performance 10:30 Bridge	21 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 10:30 Auction Day Game with Centerwell	22 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance
25 Closed in Observance of Memorial Day	26 8:15 Sittercise 9:00 Step and Sculpt 9:30 Homestead Heritage 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance	27 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge	28 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 12:00 Coffee with the Mayor	29 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 12:00 Lunch at Lakeside

***Make birthday table reservations for you and your guest on or before Monday, May 11 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:
Sopapillas

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!

May Book: *Real Americans* by Rachel King

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



Ford Garage Plano

Monday, May 11
4:00 PM

Cost is \$3 Bus Fee + Dinner



Celebrations Dallas

Thursday, May 14
4:30 PM

Cost is \$3 Bus Fee + Dinner



Alley Cats Bowling Arlington

Monday, May 18
10:00 AM

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



Mystery Lunch

Tuesday, May 19
12:00 PM

Cost is \$3 Bus Fee + Lunch



Homestead Heritage Waco

Tuesday, May 26
9:30 AM

Cost is \$5 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, May 1. Thank you for your cooperation!

PUZZLE OF THE MONTH

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

May Word Search

- | | |
|-------------|-------------|
| Spring | Mother |
| Blossom | Celebration |
| Flowers | Memorial |
| Sunshine | Parade |
| Garden | Greenery |
| Picnic | Fresh |
| Rain | |
| Rainbow | |
| Butterflies | |
| Bees | |
| Breeze | |
| Bloom | |
| Nature | |
| Warmth | |

RECIPE OF THE MONTH

Strawberry Rhubarb Skillet Cobbler



Ingredients:

- | | |
|--------------------------------|---------------------------------------------|
| • 2 tablespoons butter, melted | • 2 cups strawberries, hulled and sliced |
| • 2 cups all-purpose flour | • 1 cup rhubarb, chopped |
| • 1 cup sugar | Topping Ingredients: |
| • 1 teaspoon lemon zest | • 1 cup pecans, chopped into small pieces |
| • ½ teaspoon baking soda | • ½ cup butter, room temperature |
| • ½ teaspoon baking powder | • ½ cup brown sugar, packed |
| • ½ teaspoon salt | • ¼ cup all-purpose flour |
| • 1 cup buttermilk | • Vanilla ice cream, for serving (optional) |
| • 1 egg, beaten | |

Directions:

Step 1: Preheat oven to 350 degrees. Grease a deep 10-inch cast-iron skillet with melted butter and set aside.

Step 2: In a large bowl, combine the flour, sugar, lemon zest, baking soda, baking powder and salt

Step 3: In a small bowl, whisk buttermilk with egg to combine. Pour mixture into the bowl of dry ingredients and stir everything together until combined. Fold in the strawberries and rhubarb. Spoon batter into the prepared skillet.

Step 4: In a medium bowl, combine all topping ingredients. Use your hands to toss together until well combined. Sprinkle topping evenly over the batter.

Step 5: Bake for 45 minutes. Serve warm with vanilla ice cream, if desired.

MAY LUNCH MENU

* - Contains Pork 🍌 - Contains Peanuts ~ - Entrée

Monday	Tuesday	Wednesday	Thursday	Friday
				1 All Beef Patty Lettuce and Tomato Ranch Beans Hamburger Bun Spiced Pineapple Tidbits Milk Mustard and Ketchup
4 Baked Chicken Poultry Gravy Whipped Potatoes Herbed Green Beans Texas Bread Tropical Fruit Milk	5 Barbacoa Beef Pinto Beans Fiesta Vegetables Flour Tortilla Carnival Cookie 🍌 Milk Taco Sauce	6 Chicken Stir Fry over Jasmine Rice Sliced Carrots Sweet and Sour Cabbage Fresh Apple Milk	7 Italian Beef Macaroni Whole Kernel Corn Broccoli Texas Bread Brownie 🍌 Milk	8 Polish Sausage* Baked Beans Mixed Vegetables Hot Dog Bun Lemon Gelatin with Peaches Milk Mustard
11 Mozzarella Chicken Orzo Pasta Herbed Brussels Sprouts Wheat Bread Fresh Apple Milk	12 Barbacoa Beef Charro Beans Olé Mixed Vegetables Flour Tortilla Craisins Milk	13 Baked Pork Chop* Country Gravy Parslied Rice Sliced Carrots Wheat Bread Frosted Birthday Cake Strawberry Ice Cream Milk	14 Romesco Chicken Pesto Penne Pasta Country Tomatoes Wheat Bread Chocolate Pudding Milk	15 Salmon Croquette Dill Sauce Whipped Potatoes Herbed Green Beans Wheat Bread Oatmeal Raisin Cookie Milk
18 Pork Carnitas* Spanish Rice Pinto Beans Flour Tortilla Sugar Cookie Milk	19 Dijon Herb Chicken Black-Eyed Peas Cauliflower with Red Peppers Texas Bread Fresh Orange Milk	20 BBQ Pork Rib Patty* Macaroni and Cheese Peas and Carrots Dinner Roll Cherry Gelatin with Fruit Cocktail Milk	21 Chicken, Spinach, & Feta Salad# Sliced Pickled Beets Strawberry Applesauce Club Crackers Milk	22 Polish Sausage* Baked Beans Potato Salad Hot Dog Bun Spiced Peaches Milk Mustard
25 Closed for Holiday	26 Citrus Baked Pollock Mexican Rice Stewed Tomatoes Texas Bread Diced Peaches Milk	27 Salisbury Beef~ Brown Gravy Whipped Potatoes Italian Green Beans Dinner Roll Chocolate Chip Cookie Milk	28 Turkey Pasta Bolognese Tossed Salad Parslied Carrots Texas Bread Strawberry Gelatin with Fruit Cocktail Milk Italian Salad Dressing	29 All Beef Patty Lettuce and Tomato Baked Beans Hamburger Bun Cinnamon Applesauce Milk Mustard and Ketchup

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.



Follow us on social media!

<https://www.facebook.com/dlhopkinsjrseiorcenter/>

<https://www.instagram.com/dlhopkinsjr.seiorcenter/>

