

# *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

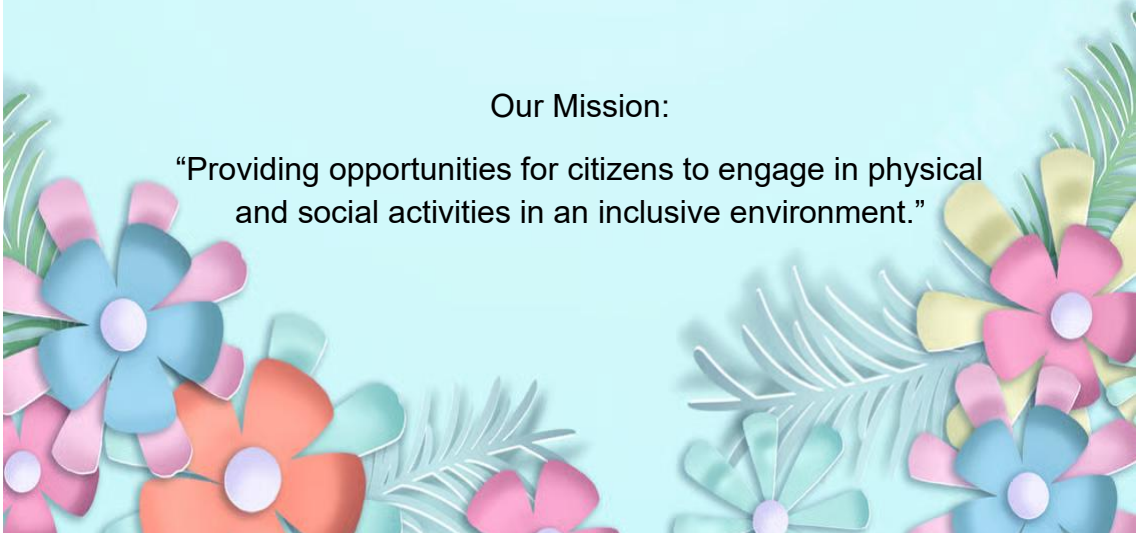


# Hello, April

*Come Join Us!*

Our Mission:

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



# APRIL CLASSES AND SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 1:00 Creative Card Craft	<b>2</b> 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 10:30 Bingo with Duncanville Rehab 11:30 Easter Egg Hunt	<b>3</b>  <b>Closed for Good Friday</b>
<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 "Potluck"	<b>7</b> 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance	<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 9:30 Bluebonnet Trail 9:45 Zumba 10:00 Auction Day Game With Centerwell 10:45 Snack and Learn With Share and Care	<b>10</b> 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:00 Music with Greg
<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> 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Book Group	<b>15</b> 8:15 Sittercise 9:00 Bagel Social 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 12:45 Medicare Talk with Advocate Financial	<b>16</b> 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 4:00 Empire Buffet	<b>17</b> 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo – United Healthcare 12:00 Medicare Talk with United Healthcare
<b>20</b> 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:00 Alley Cats Bowling 1:30 Healthy Sweet Bites	<b>21</b> 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	<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 12:00 Coffee with the Mayor	<b>24</b> 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo with Life And Health Insurance
<b>27</b> 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:30 Loteria with Iris	<b>28</b> 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance	<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 9:30 Downtown McKinney 12:45 Health Talk - Molina Health Care	<b>\$ = Class Fee</b> <b>Trips are highlighted in red text</b> <b>Special Events are highlights in blue</b>

**\*Make birthday table reservations for you and your guest on or before Monday, April 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:**  
**Marshmallows**

### 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!

**April Book: *The Consequences of Anna* by Kate Birkin**

### 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



**Bluebonnet Trail  
Ennis**

Thursday, April 9  
9:30 AM

Cost is \$3 Bus Fee + Lunch



**Empire Buffet  
Duncanville**

Thursday, April 16  
4:00 PM

Cost is \$3 Bus Fee + Dinner



**Alley Cats Bowling  
Arlington**

Monday, April 20  
10:00 AM

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



**Mystery Lunch**

Tuesday, April 21  
12:00 PM

Cost is \$3 Bus Fee + Lunch



**Downtown McKinney  
McKinney**

Thursday, April 30  
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, April 1. Thank you for your cooperation!

# PUZZLE OF THE MONTH

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

## April Word Search

April	Picnic
Spring	Seeds
Flowers	Growth
Bloom	Sunshine
Garden	Raincoat
Rain	Umbrella
Sunshine	Puddle
Butterfly	Bees
Tulip	Ladybug
Daffodil	Caterpillar
Blossom	Fresh
Easter	Nature
Eggs	Joy
Basket	
Bunny	
Chick	
Green	

# RECIPE OF THE MONTH

## Strawberry Pretzel Spring Dessert Cups

### Ingredients:

- 2 cups crushed pretzels
- 3 tablespoons melted butter
- 1 cup whipped topping
- 1 cup cream cheese, softened
- 1 cup fresh strawberries, chopped



### Direction

- Step 1:** In a bowl, mix the crushed pretzels with the melted butter.
- Step 2:** Spoon the pretzel mixture into the bottom of small cups to form the crust.
- Step 3:** In another bowl, mix the cream cheese and whipped topping until smooth.
- Step 4:** Spoon the cream mixture over the pretzel layer.
- Step 5:** Top with chopped strawberries and chill before serving.

# APRIL LUNCH MENU

\* - Contains Pork

🍌 - Contains Peanuts

~ - Entrée

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Glenn's Meatloaf Brown Gravy Twice Whipped Potatoes Herbed Green Beans Dinner Roll Nutty Buddy Bar 🍌 Milk	2 Turkey Spaghetti Lemon Pepper Brussels Sprouts Country Tomatoes Wheat Bread Butterscotch Pudding Milk	3 All Beef Patty Lettuce and Tomato Baked Beans Hamburger Bun Apple Cobbler Milk Mustard and Ketchup
6 Marsala Chicken Meatballs~ Dirty Rice Parslied Carrots Texas Bread Cherry Craisins Milk	7 Steakhouse Beef~ Whipped Potatoes Herbed Green Beans Wheat Bread Fresh Apple Milk	8 Chicken Picatta Rotini and Tomatoes California Vegetables Dinner Roll Frosted Birthday Cake Vanilla Ice Cream 🍰 Milk	9 Cheese Omelet Tomato Salsa Seasoned Black Beans Spinach Biscuit Cinnamon Apple sauce Milk	10 Turkey Noodle Casserole Sliced Carrots Cauliflower Texas Bread Lime Gelatin with Pears Milk
13 Turkey Tetrazzini Country Vegetables Stewed Tomatoes Wheat Bread Sugar Cookie Milk	14 Chicken Chili Corn O'Brien Sliced Carrots Club Crackers Fresh Orange Milk	15 Swiss Steak~ Garlic Whipped Potatoes Italian Green Beans Dinner Roll Strawberry Applesauce Milk	16 Lemon Scarpariello Chicken Confetti Rice Brussels Sprouts Texas Bread Orange Gelatin with Pineapple Milk	17 All Beef Patty Lettuce and Tomato Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup
20 Tarragon Chicken Pesto Penne Pasta Tangy Spinach Wheat Bread Oatmeal Cream Cookie 🍌 Milk	21 Rosemary Beef~ Whipped Potatoes Catalina Vegetables Wheat Bread Mandarin Oranges and Pineapple Milk	22 Kielbasa Sausage* Baked Beans Medley Cabbage Hot Dog Bun Fresh Apple Milk	23 Beef Stroganoff Broccoli Sliced Carrots Texas Bread Strawberry Gelatin with Pears Milk	24 Chef Salad Corn Salad Mixed Fruit Club Crackers Milk Light Ranch Dressing
27 Horseradish Beef Meatballs~ Rice Florentine Broccoli Texas Bread Emerald Pears Milk	28 Glazed Ham* Lima Beans Okra and Tomatoes Corn Muffin Fresh Orange Milk	29 Glenn's Meatloaf Tomato Gravy Delmonico Potatoes Peas and Carrots Dinner Roll Oatmeal Cream Cookie 🍌 Milk	30 Turkey Macaroni and Cheese Cauliflower Brussels Sprouts Texas Bread Lemon Gelatin with Peaches 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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