

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

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

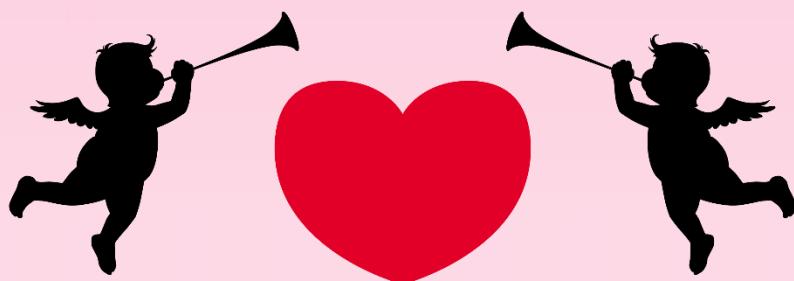
Jewel Soria

Debbie Mason

Building Attendants

Hello,

February



Come Join Us!

Our Mission:

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

FEBRUARY CLASSES AND SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 1:30 Culinary Creations 5:00 Game Night "Potluck"	3 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance	4 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 1:00 Creative Card Crafting	5 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba	6 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo – Duncanville Rehab This Weekend Sunday, February 8 Super Bowl Watch Party at 5:00 PM
9 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:00 Share and Care	10 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 4:00 Mercado Juarez	11 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	12 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 10:45 Snack and Learn With Share and Care 5:00 Duncanville Community Theater	13 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:00 Ivory Truth Music Performance
16 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:00 Alley Cats Bowling 1:30 Healthy Sweet Bites	17 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Book Group 12:00 Mystery Lunch	18 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	19 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 12:45 Health Talk - Molina Health Care	20 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo – United Healthcare 12:00 Medicare Talk with United Healthcare
23 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:30 Loteria with Iris	24 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 12:40 Open Mic with Centerwell	25 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge	26 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 11:00 Black History Month Fireside Chat 4:00 Crossroads Cafe	27 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo with Life And Health Insurance

\$ = 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, February 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:
Appetizers and Dip

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!

February Book: Dominion by Addie E. Citchen

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



Mercado Juarez

Tuesday, February 10

4:00 PM

Cost is \$3 Bus Fee + Dinner



Duncanville Community Theater

Thursday, February 12

5:00 PM

Cost is \$3 Bus Fee + \$15 Ticket + Dinner



Alley Cats Bowling Arlington

Monday, February 16

10:00 AM

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



Mystery Lunch

Tuesday, February 17

12:00 PM

Cost is \$3 Bus Fee + Lunch



Crossroads Cafe

Thursday, February 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, February 2. Thank you for your cooperation!

PUZZLE OF THE MONTH

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

February Word Search

February
 Valentine
 Love
 Hearts
 Romance
 Chocolate
 Roses
 Sweet
 Cupid
 Winter
 Cold
 Snow
 Snowflakes
 Hot Cocoa
 Frost
 Scarf
 Mittens

RECIPE OF THE MONTH

Strawberry Cheesecake Cups

Ingredients:

- 1 cup graham cracker crumbs
- 8 oz whipped cream cheese (1 container)
- ½ cup powdered sugar
- 8 oz whipped topping (1 container)
- 1 cup strawberry pie filling

Directions:

Step 1: In a medium bowl, mix the cream cheese and powdered sugar until smooth.

Step 2: Gently fold in the whipped topping until well combined.

Step 3: Spoon 2 tablespoons of graham cracker crumbs into the bottom of each cup.

Step 4: Add ¼ cup of the cream cheese mixture on top of the crumbs.

Step 5: Finish with 2 tablespoons of strawberry pie filling and chill before serving.



FEBRUARY LUNCH MENU

* - Contains Pork

✖ - Contains Peanuts

~ - Entrée

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Stroganoff Broccoli Glazed Carrots Texas Bread Fresh Orange Milk	3 Lemon Rosemary Chicken Confetti Brown Rice Garlic Parmesan Cauliflower Multigrain Bread Diced Pears Milk	4 Meatloaf~ Brown Gravy Twice Whipped Potatoes Herbed Green Beans Dinner Roll Nutty Buddy Bar Milk	5 Turkey Spaghetti Lemon Pepper Brussels Sprouts Country Tomatoes Wheat Bread Butterscotch Pudding Milk	6 All Beef Patty Lettuce and Tomato Baked Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup
9 Turkey Pasta Bolognese Glazed Carrots Herbed Green Beans Texas Bread Fig Bar Milk	10 Horseradish Beef Meatballs~ Delmonico Potatoes Mixed Greens Corn Muffin Fresh Apple Milk Margarine	11 Apple Cranberry Chicken Parslied Rice Catalina Vegetables Dinner Roll Frosted Birthday Cake Vanilla Ice Cream Milk	12 Homestyle Beef Casserole Broccoli Medley Cabbage Multigrain Bread Cherry Gelatin with Peaches Milk	13 Honey Glazed Turkey Penne Florentine Parmesan Tomatoes# Texas Bread Cinnamon Applesauce Milk Mustard and Ketchup
16 BBQ Pork Rib Patty*~ Ranch Whipped Potatoes Broccoli and Cauliflower Wheat Bread Chocolate Chip Cookie Milk	17 Bruschetta Chicken Meatballs~ Pesto Penne Pasta Spinach Texas Bread Fresh Orange Milk	18 Spanish Beef Patty Mexican Rice Calabasa Squash Texas Bread Diced Peaches Milk	19 Turkey Macaroni and Cheese Sliced Carrots Tossed Salad Wheat Bread Cherry Gelatin with Mixed Fruit Milk Ranch Salad Dressing	20 All Beef Patty Lettuce and Tomato Ranch Beans Hamburger Bun Pineapple Cobbler Milk Mustard and Ketchup
23 Chicken Enchilada Soup Spanish Rice Mexican Style Tomatoes Tortilla Chips Fudge Cream Cookie Milk	24 Italian Macaroni and Beef Broccoli Tossed Salad Texas Bread Fresh Apple Milk Balsamic Vinaigrette	25 Polish Sausage* Chili Beans Tangy Spinach Hot Dog Bun Applesauce Milk	26 Sloppy Joe Roasted Diced Potatoes Mixed Vegetables Hamburger Bun Orange Gelatin with Mixed Fruit Milk	27 Baked Chicken Poultry Gravy Chuckwagon Corn Green Beans Texas Bread Oreo Cookies 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.



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