

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
Jewel Lara
Debbie Mason
Building Attendants



Our Mission:

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

Come Join Us!

AUGUST CLASSES AND SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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	4 8:00 Sittercise 8:50 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 1:00 Tai Chi	5 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 10:30 Family Feud Game With Levi 1:00 Creative Card Craft	6 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 12:45 Health Talk – Molina Health 1:00 Tai Chi	7 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo – United Healthcare
10 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:00 Share and Care 1:30 Culinary Creations	11 8:00 Sittercise 8:50 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 1:00 Tai Chi 4:00 Longhorn Steakhouse	12 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	13 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 10:45 Snack and Learn With Share and Care 1:00 Tai Chi	14 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:00 Ivory Truth
17 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:00 Alley Cats Bowling	18 8:00 Sittercise 8:50 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Book Club 12:00 Mystery Lunch 1:00 Tai Chi	19 8:15 Sittercise 9:00 Bagel Social 9:30 Game Tables 10:00 Loom Knitting 10:30 Bridge	20 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 1:00 Tai Chi	21 National Senior Citizens Day & Funky Hat Day 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance Help us celebrate National Senior Day by wearing your wackiest, funkiest hat!
24 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 4:00 Pancho's	25 8:00 Sittercise 8:50 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Bingo with Suvida 1:00 Tai Chi	26 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge	27 8:30 Flex and Flow 9:00 Downtown McKinney 9:30 Game Tables 9:45 Zumba 12:00 Coffee with the Mayor 1:00 Tai Chi	28 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo with Life and Health Insurance
31 8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise		\$ = Class Fee Trips are highlighted in red text Special Events are highlighted in blue		

***Make birthday table reservations for you and your guest on or before Monday, August 10 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 is
Rhubarb Crisp

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 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!

August Book: *Flight of Dreams: A Novel by Ariel Lawhorne*

Tai Chi

30-minute Tai Chi session, guided by staff and a YouTube video. This gentle, low-impact class focuses on slow, flowing movements designed to improve balance and flexibility. Perfect for beginners.

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** meets 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



Longhorn Steakhouse Grand Prairie

Tuesday, August 11
4:00 PM

Cost is \$3 Bus Fee + Dinner



Alley Cats Bowling Arlington

Monday, August 17
10:00 AM

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



Mystery Lunch

Tuesday, August 18
12:00 PM

Cost is \$3 Bus Fee + Lunch



Pancho's Arlington

Monday, August 24
4:00 PM

Cost is \$3 Bus Fee + Dinner



Downtown McKinney McKinney

Thursday, August 27
9:00 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 Monday, August 3. Thank you for your cooperation!

PUZZLE OF THE MONTH

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

August Word Search

- | | |
|-------------------------------------|------------------------------------|
| ☐ August | ☐ Heatwave |
| ☐ Sunshine | ☐ Garden |
| ☐ Picnic | ☐ Harvest |
| ☐ Lemonade | ☐ Butterfly |
| ☐ Watermelon | ☐ Fireflies |
| ☐ Sunflower | ☐ Sandals |
| ☐ Vacation | ☐ Camping |
| ☐ Barbecue | ☐ Poolside |
| ☐ Ice Cream | ☐ Breeze |
| ☐ Sunglasses | ☐ Summer |

RECIPE OF THE MONTH

Fresh Peach Yogurt Parfaits

Ingredients:

- ☐ 2 ripe peaches, diced
- ☐ 2 cups vanilla Greek yogurt
- ☐ 1 cup granola
- ☐ ½ cup blueberries
- ☐ Honey (optional, for drizzling)

Directions:

Step 1: Wash and dice the peaches

Step 2: Spoon a layer of yogurt into each serving glass or bowl

Step 3: Add a layer of granola, followed by peaches and blueberries

Step 4: Repeat the layers until the glass is full

Step 5: Drizzle with a little honey if desired and serve immediately



AUGUST LUNCH MENU

* - Contains Pork

📌 - Contains Peanuts

~ - Contains Soy

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey Tetrizzini Country Vegetables Stewed Tomatoes Wheat Bread Sugar Cookie Milk	4 Chicken Chili Corn O'Brien Sliced Carrots Club Crackers Fresh Orange Milk	5 Swiss Steak~ Garlic Whipped Potatoes Italian Green Beans Dinner Roll Strawberry Applesauce Milk	6 Lemon Scarpariello Chicken Confetti Rice Brussels Sprouts Texas Bread Orange Gelatin with Pineapple Milk	7 All Beef Patty Lettuce and Tomato Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup
10 Tarragon Chicken Pesto Penne Pasta Tangy Spinach Wheat Bread Oatmeal Cream Cookie Milk	11 Rosemary Beef~ Whipped Potatoes Catalina Vegetables Wheat Bread Mandarin Oranges and Pineapple Milk	12 Kielbasa Sausage* Baked Beans Medley Cabbage Hot Dog Bun Frosted Birthday Cake Vanilla Ice Cream Milk	13 Beef Stroganoff Broccoli Sliced Carrots Texas Bread Strawberry Gelatin with Pears Milk	14 Chef Salad Corn Salad Mixed Fruit Club Crackers Milk Light Ranch Dressing
17 Horseradish Beef Meatballs~ Rice Florentine Broccoli Texas Bread Emerald Pears Milk	18 Glazed Ham* Lima Beans Okra and Tomatoes Corn Muffin Fresh Orange Milk	19 Glenn's Meatloaf Tomato Gravy Delmonico Potatoes Peas and Carrots Dinner Roll Oatmeal Cream Cookie Milk	20 Turkey Macaroni and Cheese Cauliflower Brussels Sprouts Texas Bread Lemon Gelatin with Peaches Milk	21 All Beef Patty Lettuce and Tomato Ranch Beans Hamburger Bun Spiced Pineapple Tidbits Milk Mustard and Ketchup
24 Baked Chicken Poultry Gravy Whipped Potatoes Herbed Green Beans Texas Bread Tropical Fruit Milk	25 Turkey Taco Mexican Rice Mexican Style Tomatoes Flour Tortilla White Chocolate Cranberry Cookie Milk Taco Sauce	26 Chicken Stir Fry over Jasmine Rice Sliced Carrots Sweet and Sour Cabbage Fresh Apple Milk	27 Italian Beef Macaroni Whole Kernel Corn Broccoli Texas Bread Brownie Milk	28 Polish Sausage* Baked Beans Mixed Vegetables Hot Dog Bun Lemon Gelatin with Peaches Milk Mustard
31 Mozzarella Chicken Orzo Pasta Herbed Brussels Sprouts Wheat Bread Fresh Apple 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 of 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 the VNA resource page www.vnatexas.org.



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