

**D.L. Hopkins Jr.
Senior Center**

206 James Collins Blvd.
Duncanville, TX 75116
www.DuncanvilleTX.gov

Lunch reservations and
cancellations: (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

Barbara Parks
Bus Driver

Ryan Young
Lili Garcia
Jerome Reynolds
Noe Garcia
Juan Zarate
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.”*

**The D.L. Hopkins Jr. Senior Center
will be closed on Monday, May 27 in
observance of Memorial Day. Meals
will resume their regular schedule
on the next business day.**

MAY CLASSES AND SPECIAL EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Make birthday table reservations for you and your guest on or before Monday, May 6 at the Senior Center front desk.*</p>	<p>Trips are highlighted in red text</p> <p>Special Events are highlighted in blue text</p> <p>\$ = Class Fee</p>	<p>1</p> <p>8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge</p>	<p>2 </p> <p>8:30 Flex and Flow 9:30 Game Tables 9:30 Movie Theater 9:45 Zumba</p>	<p>3 </p> <p>9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo - Advocate Financial Partners</p>
<p>6 </p> <p>9:00 Beginner Spanish 9:30 Game Tables 10:30 Loteria - Humana 5:00 Game Night</p> <p>Deadline to signup for Mother's Day Breakfast</p>	<p>7</p> <p>9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 1:00 Smartphone Class \$</p>	<p>8 </p> <p>9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires Performance 10:30 Bridge 11:30 Presentation by Molina 12:00 Birthday Celebration* 1:00 Painting with a Twist</p> <p>Deadline to signup for Lunch at Lakeside Park</p>	<p>9 </p> <p>9:30 Game Tables 10:30 Bingo with Oak Street</p>	<p>10 </p> <p>8:30 Mothers Day Breakfast and Bingo 9:30 Game Tables 10:00 Line Dance</p>
<p>13 </p> <p>8:15 Sittercise 9:00 Body Sculpt 9:00 Beginner Spanish 9:30 Game Tables 10:00 Share and Care 10:00 Sittercise 12:00 Lunch at Lakeside Park 1:30 Culinary Creations</p>	<p>14 </p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 1:00 Smartphone Class \$ 4:00 Black Bear Diner</p>	<p>15 </p> <p>8:15 Sittercise 9:00 Bagel Social 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 10:30 Merrifield Elementary School Choir Performance</p>	<p>16 </p> <p>8:30 Flex and Flow 9:30 Game Tables 9:30 Cowgirl Museum 9:45 Zumba</p>	<p>17 </p> <p>9:30 Game Tables 10:00 Line Dance 10:30 Bingo - United Healthcare</p>
<p>20 </p> <p>8:15 Sittercise 9:00 Body Sculpt 9:00 Beginner Spanish 9:30 Game Tables 10:00 Sittercise 10:30 Loteria 4:00 Siciliano's</p>	<p>21 </p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Bingo with Life And Health Insurance 12:00 Mystery Lunch 1:00 Smartphone Class \$</p>	<p>22 </p> <p>8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires Memorial Day Celebration 10:30 Bridge</p>	<p>23 </p> <p>8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 12:00 Coffee with the Mayor 4:00 Amores</p>	<p>24 </p> <p>9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:00 Ivory Truth Music Performance</p>
<p>27</p> <p>Closed for Memorial Day</p>	<p>28 </p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:00 Movie Day "Selena" 1:00 Smartphone Class \$</p>	<p>29 </p> <p>8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 10:30 Bingo - Planning Ahead</p>	<p>30 </p> <p>8:30 Flex and Flow 9:00 Downtown McKinney 9:30 Game Tables 9:45 Zumba</p>	<p>31 </p> <p>9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo - Amerilife 1:00 DIY Sugar Body Scrub</p>



CLASS DESCRIPTIONS

Smartphone Class \$

Kevin Brown

From navigating basic features to exploring advanced functions. With hands-on demonstrations and tailored support, this class empowers users to unlock the full potential of their devices.

\$20 for 6 week course.

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:

El Salvador: Pupusas

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.

Beginner Spanish

Thomas Ledbetter

This beginner Spanish class is designed for students with little to no prior knowledge of the language. Through interactive lessons, engaging activities, and practical exercises, participants will develop foundational skills in listening, speaking, reading, and writing in Spanish.

DIY Sugar Body Scrub

Join Senior Center staff in making your own sugar body scrub. All supplies are provided. First class comes with a free reusable jar. Additional jars may be purchased for \$3 during each class.

Sign up by Tuesday, May 28

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.

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

Johnnieann Massey, Kathy Adams, and Cathy Backer

Easy on the hands, loom knitting is the craft technique of using a loom instead of needles to create beautiful knitted fabric.

Goldenaires

Sue Pointer

Come make a joyful noise with us! Weekly rehearsals.

Flex and Flow

Lisa Hartman

Balance, stretching, and strength movements similar to yoga, using an exercise mat.

Zumba

Lisa Hartman

Choreographed dance to popular music. Examples: Salsa, Bachata, and Tango. Cardio and balance.

Share and Care Site Council - D.L. Hopkins Jr. Senior Center

Presidents:

Jacquelyn Morgan

Treasurer:

Terry Kanhai

Secretary:

Melanie Bolden



The **Share and Care Site Council** is an advisory body that functions to provide support and participant involvement related to the delivery of nutritional meals, support for social services and assistance with planning of 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.

INFORMATION

Dallas Area Agency on Aging Benefits Counseling Program (DAAA)

Individual counseling services at the senior center have been suspended until further notice. DAAA will continue their phone service for information and assistance with Medicare, Medicaid, Social Security, and other public benefits.

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.

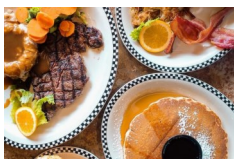
TRIPS OF THE MONTH



Movie Theater Cedar Hill

Thursday, May 2
9:00 AM

Cost is \$3 + Ticket + Lunch



Black Bear Diner Burleson

Tuesday, May 14
4:00 PM

Cost is \$3 + Dinner



Cowgirl Museum Fort Worth

Thursday, May 16
9:30 AM

Cost is \$12 + Lunch



Siciliano's Garland

Monday, May 20
4:00 PM

Cost is \$3 + Dinner



Mystery Lunch

Tuesday, May 21
12:00 PM

Cost is \$3 + Lunch



Amore's Duncanville

Thursday, May 23
4:00 PM

Cost is \$3 + Dinner



Downtown McKinney McKinney

Thursday, May 30
9:00 AM

Cost is \$3 + 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, May 1.

Thank you for your cooperation!

PUZZLE

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

The Month of May

- Flowers
- Sunshine
- Spring
- MothersDay
- MemorialDay
- Graduation
- Barbecue
- Blossom
- Outdoors
- CincoDeMayo
- Ladybugs
- Butterflies
- Bumblebee
- Gemini
- Taurus

RECIPE OF THE MONTH

Fruit Cocktail Dump Cake

Ingredients:

- 3 15 oz. cans very cherry fruit cocktail
- 1 16.5 oz yellow cake mix
- 1/2 cup butter melted
- 3/4 cup pecan pieces


Directions:

- Preheat oven to 350.
- Drain two cans of the fruit cocktail. In a bowl, mix together the two cans of drained fruit cocktail and the third can (fruit + light syrup). Pour the fruit mixture into a 9 x 13 baking pan prepared with non-stick baking spray.
- Spread fruit into an even layer. Sprinkle the dry cake mix over the fruit and spread into an even layer.
- Drizzle the top of the cake mix with the melted butter, trying to cover as much of the top of the cake mix as possible. Sprinkle with nuts.
- Bake for 48 - 52 minutes until the top of the cake is browned and the filling is gently bubbling around the edges. (Test with a toothpick to make sure there is no raw/liquid batter.)



MAY LUNCH

* - Contains Pork ⓘ - Contains Peanuts ~ - Entrée Contains Soy

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Swiss Steak~ Garlic Whipped Potatoes Italian Green Beans Dinner Roll Oreo Cookies Milk	2 Lemon Scarpariello Chicken Confetti Rice Brussels Sprouts Texas Bread Orange Gelatin w/Pineapple Milk	3 Beef Taco Pinto Beans Fiesta Vegetables Flour Tortilla Piña Colada Pudding Milk Taco Sauce
6 Puttanesca Chicken Meatballs~ Lentils Parslied Carrots Wheat Bread Strawberry Craisins Milk	7 Steakhouse Beef~ Whipped Potatoes Herbed Green Beans Wheat Bread Fresh Apple Milk	8 Breaded Chicken Picatta~ Rotini and Tomatoes~ California Vegetables Texas Bread Frosted Birthday Cake Strawberry Ice Cream Milk 	9 Sausage w/Onions/Peppers* Kidney Beans Spinach Corn Muffin Chocolate Graham Crackers Milk	10 Turkey and Dumplings Broccoli Cauliflower Texas Bread Lime Gelatin with Pears Milk
13 Pork Carnitas Spanish Rice Pinto Beans Flour Tortilla Sugar Cookie Milk	14 Dijon Herb Breaded Chicken~ Black-Eyed Peas Garlic Parmesan Cauliflower Texas Bread Fresh Orange Milk	15 BBQ Pork Rib Patty~ Macaroni and Cheese Spring Vegetables Dinner Roll Cinnamon Graham Crackers Milk	16 Turkey Pastrami Swiss Cheese Lettuce and Tomato Herbed Potato Salad Wheat Bread (2) Oatmeal Cream Cookie ⓘ Milk	17 Hamburger Patty~ Sliced Cheese Baked Beans Hamburger Bun Pineapple Cobbler Milk Mustard and Ketchup
20 Chicken Alfredo Lemon Brussels Sprouts Sliced Carrots Wheat Bread Fresh Apple Milk	21 Beef and Bean Burrito Queso Sauce Mexican Rice Mexican Style Tomatoes Fudge Cream Cookie ⓘ Milk	22 Baked Chicken Poultry Gravy Twice Whipped Potatoes Herbed Green Beans Dinner Roll Strawberry Craisins Milk	23 Italian Beef Macaroni Whole Kernel Corn Broccoli Texas Bread Animal Crackers Milk	24 BBQ Pork Rib Patty*~ Ranch Beans Summer Vegetables Dinner Roll Brownie Milk
27 Closed for Holiday	28 Chicken Enchilada Soup Mexican Rice Stewed Tomatoes Oatmeal Cream Cookie ⓘ Milk	29 Salisbury Beef~ Brown Gravy Mashed Potatoes Italian Green Beans Dinner Roll Nutty Buddy Bar ⓘ Milk	30 Turkey Pasta Bolognese Broccoli Parslied Carrots Texas Bread Strawberry Gelatin w/Fruit Cocktail Milk	31 Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot 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.