

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, July

Come Join Us!

Our Mission:

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



RED, WHITE, & BBQ

JULY 4 - 6

THURSDAY
PARADE AND CELEBRATION

FRIDAY
COOK-OFF AND LIVE MUSIC

SATURDAY
COOK-OFF AWARD AND LIVE
MUSIC

FEATURING
**THE DUNCANVILLE LIONS CLUB
INDEPENDENCE DAY PARADE**

ARMSTRONG PARK
100 JAMES COLLINS BLVD.

FOR MORE INFORMATION GO TO DUNCANVILLESSPECIALEVENTS.COM

**The D.L. Hopkins Jr. Senior Center will be
closed on Thursday, July 4 in observance
of Independence Day. Meals for this day
will be distributed on Wednesday, July 3.**

JULY CLASSES AND SPECIAL EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 </p> <p>8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:00 Beginner Spanish 10:30 Bingo - Humana 5:00 Game Night</p>	<p>2</p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance</p>	<p>3 </p> <p>8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 10:30 Bingo - Advocate Financial Partners</p>	<p>4</p> <p>Closed for Independence Day</p>	<p>5</p> <p>No Classes due to Independence Day Event</p>
<p>8 </p> <p>8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:00 Beginner Spanish 10:00 Share and Care 10:30 Bingo - United Healthcare 1:30 Culinary Creations</p>	<p>9 </p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 4:00 Southern Recipes Grill</p>	<p>10 </p> <p>8:15 Sittercise 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>11 </p> <p>8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 10:00 Movie Day Top Gun: Maverick</p>	<p>12 </p> <p>9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:00 Ivory Truth Music Performance</p>
<p>15 </p> <p>8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 9:30 Alley Cats Bowling 10:00 Beginner Spanish 10:00 Sittercise 10:30 Loteria</p>	<p>16 </p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 12:00 Mystery Lunch</p>	<p>17 </p> <p>8:15 Sittercise 9:00 Bagel Social 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge</p>	<p>18</p> <p>8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba</p>	<p>19 </p> <p>9:00 Sittercise 9:00 Chisholm Trail Museum 9:30 Game Tables 10:00 Line Dance 10:30 Bingo - Oak Street</p>
<p>22 </p> <p>8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:00 Beginner Spanish 10:30 Bingo with Life And Health Insurance</p>	<p>23 </p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 4:00 Longhorn Steakhouse</p>	<p>24 </p> <p>8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 12:00 Ice Cream Social with PC Home Health</p>	<p>25 </p> <p>8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 12:00 Coffee with the Mayor</p>	<p>26 </p> <p>8:30 Senior Field Day At Cedar Hill Senior Center 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance</p>
<p>29 </p> <p>8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Sittercise 10:00 Beginner Spanish 10:30 Loteria</p>	<p>30 </p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Book Group</p>	<p>31 </p> <p>8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 10:30 Bingo - Oak Street</p>	<p>\$ = Class Fee</p> <p>Special Events are highlighted in blue text</p> <p>Trips are highlighted in red text</p>	<p>*Make birthday table reservations for you and your guest on or before Monday, July 8 at the Senior Center front desk.*</p>



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:
Korea: Hwachae**

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.

Flex and Flow

Lisa Hartman

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

Beginner Spanish

Rebecca Isaak

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.

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.

Book Group

D.L. Hopkins Jr. Senior Center's book group will be led by members. We'll convene once a month throughout 2024-2025 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!

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.

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

President:

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



Southern Recipes Grill
Arlington
Tuesday, July 9
4:00 PM
Cost is \$3 + Dinner



Alley Cats Bowling
Arlington
Monday, July 15
9:30 AM
Cost is \$3 + Lane Fee +
Shoes + Lunch



Mystery Lunch
Tuesday, July 16
12:00 PM
Cost is \$3 + Lunch



Chisholm Trail Museum
Cleburne
Friday, July 19
9:00 AM
Cost is \$11 + Lunch



Longhorn Steakhouse
Grand Prairie
Tuesday, July 23
4:00 PM
Cost is \$3 + Dinner



Senior Field Day
Cedar Hill Senior Center
Friday, July 26
8:30 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 Monday, July 1.

Thank you for your cooperation!

PUZZLE

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

- Independence
- Fireworks
- Barbecue
- America
- Celebration
- Parade
- Flag
- Picnic
- Red
- White
- Freedom
- Liberty
- Anthem
- July
- Summer
- Patriotic
- Beach
- Summer
- Hot
- Vacation
- Picnic
- Sunshine

RECIPE OF THE MONTH

All-American Trifle

Ingredients:

- 3 pounds fresh strawberries, hulled and sliced
- ¼ cup white sugar
- 1 quart heavy cream
- 1 (6 ounce) container lemon yogurt
- 1 (3.3 ounce) package instant white chocolate pudding mix
- 2 tablespoons coconut-flavored rum (Optional)
- 2 (16 ounce) prepared pound cakes, cubed
- 2 pints fresh blueberries, or as needed



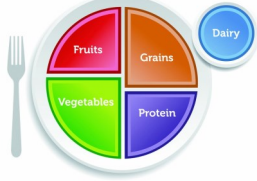


Directions:

- Sprinkle strawberries with sugar in a bowl; stir to distribute sugar, and set aside.
- Chill a large metal mixing bowl and beaters from an electric mixer.
- Pour cream into the chilled mixing bowl, and add lemon yogurt, pudding mix, and about 1 tablespoon of coconut rum; beat until fluffy with an electric mixer set on medium speed.
- Spread a layer of pound cake cubes into the bottom of a glass 10x15-inch baking dish, and sprinkle cubes with remaining tablespoon coconut rum. Cover pound cake with a layer of strawberries; sprinkle blueberries over strawberries. Spread a thick layer of whipped cream over the berries.
- Repeat the layers several times, ending with a layer of strawberries sprinkled with blueberries and reserving about 1 cup of whipped cream; top the trifle with dollops of whipped cream to serve. Refrigerate leftovers.

JULY LUNCH

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Puttanesca Chicken Meatballs~ Lentils Parslied Carrots Wheat Bread Strawberry Craisins Milk	2 Steakhouse Beef~ Whipped Potatoes Herbed Green Beans Wheat Bread Fresh Apple Milk	3 Hot Dog Oven Roasted Potatoes Catalina Vegetables Hot Dog Bun Brownie ⓘ Milk Mustard	Closed for Holiday	5 Turkey and Dumplings Broccoli Cauliflower Texas Bread Lime Gelatin with Pears Milk
8 Pork Carnitas Spanish Rice Pinto Beans Flour Tortilla Sugar Cookie Milk	9 Dijon Herb Breaded Chicken~ Black-Eyed Peas Garlic Parmesan Cauliflower Texas Bread Fresh Orange Milk	10 BBQ Pork Rib Patty~ Macaroni and Cheese Spring Vegetables Dinner Roll Frosted Birthday Cake Chocolate Ice Cream  Milk	11 Turkey Pastrami Swiss Cheese Lettuce and Tomato Herbed Potato Salad Wheat Bread (2) Oatmeal Cream Cookie ⓘ Milk	12 Hamburger Patty~ Sliced Cheese Baked Beans Hamburger Bun Pineapple Cobbler Milk Mustard and Ketchup
15 Chicken Alfredo Lemon Brussels Sprouts Sliced Carrots Wheat Bread Fresh Apple Milk	16 Beef and Bean Burrito Queso Sauce Mexican Rice Mexican Style Tomatoes Fudge Cream Cookie ⓘ Milk	17 Baked Chicken Poultry Gravy Twice Whipped Potatoes Herbed Green Beans Dinner Roll Strawberry Craisins Milk	18 Italian Beef Macaroni Whole Kernel Corn Broccoli Texas Bread Animal Crackers Milk	19 Polish Sausage* Black Beans Stewed Tomatoes Hot Dog Bun Fig Bar Milk Mustard
22 Espagnole Beef Meatballs~ Espagnole Sauce Penne Noodles Herbed Green Peas Texas Bread Fresh Orange Milk	23 Chicken Enchilada Soup Mexican Rice Stewed Tomatoes Oatmeal Cream Cookie ⓘ Milk	24 Salisbury Beef~ Brown Gravy Mashed Potatoes Italian Green Beans Dinner Roll Nutty Buddy Bar ⓘ Milk	25 Honey Glazed Ham* Whipped Potatoes Mixed Vegetables Dinner Roll Oreo Vanilla Pudding Milk	26 Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup
29 Mozzarella Breaded Chicken~ Orzo Pasta Herbed Brussels Sprouts Wheat Bread Fresh Apple	30 Turkey Taco Charro Beans Olé Mixed Vegetables Flour Tortilla Sugar Cookie Milk Taco Sauce	31 Breaded Pork Patty*~ Country Gravy Parslied Rice Sliced Carrots Wheat Bread Chocolate Graham Crackers		

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.