

**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,
October

Come Join Us!

Our Mission:

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



FREE

BOO BASH 2024

FRIDAY, OCTOBER 25 | 6:00 PM - 8:00 PM
GAMES | CANDY | COSTUME CONTEST
DUNCANVILLE FIELDHOUSE, 1700 S. MAIN ST.
MORE INFO AT DUNCANVILLETX.GOV/EVENTS OR (972) 780-5070

OCTOBER CLASSES AND SPECIAL EVENTS CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| <p>\$ = Class Fee</p> <p>Trips are highlighted in red text</p> <p>Special Events are highlighted in blue text</p> | <p>1 </p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance</p> | <p>2 </p> <p>8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 11:00 Pink Diamonds Presentation 1:00 Creative Card Crafting</p> | <p>3 </p> <p>8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 11:00 The Senior Source Volunteer Program Presentation</p> | <p>4</p> <p>9:00 Sittercise 9:30 Game Tables 10:00 Line Dance</p> |
| <p>7 </p> <p>8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Beginner Spanish 10:00 Sittercise 10:30 Bingo - Humana 5:00 Game Night</p> | <p>8 </p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 11:00 Medicare Q&A - Ana 4:00 Sickie Garage</p> | <p>9 </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>10 </p> <p>8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 11:00 Life Insurance and Cancer Policies - Ana</p> | <p>11 </p> <p>9:00 Sittercise 9:00 Holly Days Market 9:30 Game Tables 10:00 Line Dance 10:00 Ivory Truth Music Performance</p> |
| <p>14 </p> <p>8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Share and Care 10:00 Beginner Spanish 10:00 Sittercise 10:30 Loteria 1:30 Culinary Creations 4:00 El Fenix</p> | <p>15 </p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 11:00 Grandparents Social Club "The Importance of Oral Health" - Texas A&M Dental school & Molina</p> | <p>16 </p> <p>8:15 Sittercise 9:00 Bagel Social 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bingo - The Villa at Mountain View 10:30 Bridge 11:30 Estate Planning 1:00 Tech Talk Q&A \$</p> | <p>17 </p> <p>8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 11:00 Open Enrollment Q&A - Advocate Financial Partners 2:00 State Fair</p> | <p>18 </p> <p>9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo - United Healthcare 12:00 Update Changes to Medicare Advantage 2025</p> <p>Mystery Movie Trip Time TBD</p> <p>Senior Social Saturday, October 19 4PM - 7PM</p> |
| <p>21 </p> <p>8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Alley Cats Bowling 10:00 Beginner Spanish 10:00 Sittercise 10:30 Bingo - Staff</p> | <p>22 </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 12:00 Mystery Lunch</p> | <p>23</p> <p>8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge</p> | <p>24 </p> <p>8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 10:30 Bingo with Life and Health Insurance 12:00 Coffee with the Mayor</p> | <p>25 </p> <p>9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 11:00 Mobile Notary 1:00 Movie Day "Hubie Halloween"</p> |
| <p>28</p> <p>8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Beginner Spanish 10:00 Sittercise</p> | <p>29</p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance</p> | <p>30</p> <p>8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 12:45 Medicare Advantage Plans Presentation - New World</p> | <p>31 </p> <p>8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 10:30 Halloween Bingo 1:00 Chair Volleyball</p> | <p>*Make birthday table reservations for you and your guest on or before Monday, October 7 at the Senior Center front desk.*</p> |

Are you on social media and looking to stay updated with our weekly news? Follow us at DL Hopkins Jr. Senior Center on Facebook and Instagram to stay connected!

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:

Germany: Sauerkraut Soup

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.

Goldenaires

Sue Pointer

Come make a joyful noise with us! Weekly rehearsals.

Beginner Spanish

Melanie Bolden

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 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!

October Book: The Keeper of Lost Things by Ruth Hogan

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.

Zumba

Lisa Hartman

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

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.

Tech Talk Q&A \$

Kevin Brown

The instructor will answer tech related questions. Please bring any devices you need assistance with. Cost: \$5 per person.

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

Presidents:
Treasurer:
Secretary:

Jacquelyn Morgan
Terry Kanhai
Melanie Bolden



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 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



Sickie Garage
Irving
Tuesday, October 8
4:00 PM
Cost is \$3 + Dinner



Holly Days Market
Waxahachie
Friday, October 11
9:00 AM
Cost is \$13 + Lunch



El Fenix
Dallas
Monday, October 14
4:00 PM
Cost is \$3 + Dinner



State Fair
Dallas
Thursday, October 17
2:00 PM
Cost is \$8 + Food



Mystery Movie
Grand Prairie
Friday, October 18
TBD
Cost is \$3 + Ticket + Lunch



Alley Cats Bowling
Arlington
Monday, October 21
10:00 AM
Cost is \$3 + Lane Fee + Shoes + Lunch



Mystery Lunch
Tuesday, October 22
12:00 PM
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 Tuesday, October 1.

Thank you for your cooperation!

PUZZLE

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

October Word Search

- PUMPKIN
- HARVEST
- AUTUMN
- LEAVES
- HALLOWEEN
- CIDER
- SCARECROW
- BONFIRE
- CRISP
- SPOOKY
- AWARENESS
- BREAST
- CANCER
- PINK
- OCTOBER
- SUPPORT
- HOPE
- RESEARCH
- SURVIVOR
- FUNDRAISING

RECIPE OF THE MONTH

Cheesy Chili Hash Brown Bake Recipe

Ingredients:

- 1 1/2 pounds lean ground beef or turkey
- 1 (15.5-oz.) can of preferred sloppy joe sauce
- 1 (15-oz.) can chili with beans
- 1/2 (30-oz.) package frozen country-style shredded hash browns (about 4 cups)
- 2 cups (8 oz.) shredded Cheddar cheese

Directions:

Step 1: Preheat oven to 425°. Brown ground beef in a large skillet over medium-high heat, stirring often, 7 to 10 minutes or until meat crumbles and is no longer pink. Stir in sloppy joe sauce and chili.

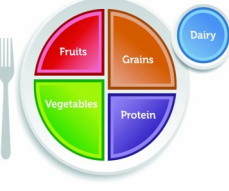


Step 2: Spoon chili mixture into 8 lightly greased 10-oz. ramekins. Top with frozen hash browns.

Step 3: Bake, covered, at 425° for 30 minutes; uncover and bake 10 more minutes or until browned and crisp. Sprinkle with cheese, and bake 5 more minutes or until cheese is melted.



OCTOBER LUNCH

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
|  | <p>1 Glazed Ham* Lima Beans Okra and Tomatoes Corn Muffin Fresh Orange Milk</p> | <p>2 Meatloaf~ Tomato Gravy Delmonico Potatoes Peas and Carrots Dinner Roll Fudge Cream Cookie ⓘ Milk</p> | <p>3 Turkey Macaroni and Cheese Cauliflower Brussels Sprouts Texas Bread Lemon Gelatin with Peaches Milk</p> | <p>4 Hamburger Patty~ Sliced Cheese Ranch Beans Hamburger Bun Hot Pineapple Tidbits Milk Mustard and Ketchup</p> |
| <p>7 Breaded Chicken Marsala~ Parsley Penne Pasta Country Tomatoes Wheat Bread Fresh Apple Milk</p> | <p>8 Pork Carnitas Pinto Beans Glazed Carrots Flour Tortilla Sugar Cookie Milk Taco Sauce</p> | <p>9 Baked Chicken ⓘ Poultry Gravy  Twice Whipped Potatoes Lemon Zest Broccoli Dinner Roll Frosted Birthday Cake Chocolate Ice Cream</p> | <p>10 Beef Chili with Beans Rice Spinach Saltine Crackers Strawberry Gelatin with Pears Milk</p> | <p>11 Hamburger Patty~ Lettuce and Tomato Ranch Beans Hamburger Bun Hot Spiced Fruit Milk Mustard and Ketchup</p> |
| <p>14 Mongolian Beef Meatballs~ Jasmine Rice Japanese Vegetables Wheat Bread Cinnamon Graham Crackers Milk</p> | <p>15 Cajun Breaded Chicken Lima Beans Okra and Tomatoes Texas Bread Pineapple Tidbits Milk</p> | <p>16 Swiss Steak Whipped Potatoes Italian Green Beans Dinner Roll Fudge Cream Cookie ⓘ Milk</p> | <p>17 Glazed Ham* Macaroni and Cheese Broccoli and Carrots Wheat Bread Lime Gelatin with Pineapple Milk</p> | <p>18 Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup</p> |
| <p>21 Turkey Pasta Bolognese Cauliflower Herbed Green Beans Texas Bread Fig Bar Milk</p> | <p>22 Steakhouse Beef~ Delmonico Potatoes Brussels Sprouts Multigrain Bread Fresh Apple Milk</p> | <p>23 Lemon Caper Chicken Parslied Rice Catalina Vegetables Dinner Roll Craisins Milk</p> | <p>24 Homestyle Beef Casserole Broccoli Medley Cabbage Multigrain Bread Cinnamon Swirl Pudding Milk</p> | <p>25 Herbed Turkey Breast Penne Florentine Scalloped Tomatoes Texas Bread Chocolate Chip Cookie Milk</p> |
| <p>28 Meatloaf~ Tomato Gravy Garlic Whipped Potatoes Lemon Pepper Brussels Sprouts Texas Bread Chocolate Graham Crackers Milk</p> | <p>29 Breaded Chicken Picatta~ Penne Pomodoro Parslied Carrots Dinner Roll Fruit Cocktail Milk</p> | <p>30 Mexican Beef Picadillo Charro Beans Mexican Rice Flour Tortilla Fresh Fruit Milk</p> | <p>31 Chicken and Dumplings Lentils Okra and Tomatoes Cornbread Oatmeal Cream Cookie ⓘ Milk Margarine</p> |  |

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.