

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

206 James Collins Blvd.  
Duncanville, TX 75116  
[www.DuncanvilleTX.gov](http://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, September

*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, September 2 in  
observance of Labor Day. Meals for this day  
will be distributed on Friday, August 30.**



# SEPTEMBER CLASSES AND SPECIAL EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>Closed for Labor Day</b>	<b>3</b>  8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance	<b>4</b>  8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 1:00 Creative Card Crafting	<b>5</b>  8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 1:00 Chair Volleyball	<b>6</b>  9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo - Staff
<b>9</b>  8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 9:30 Alley Cats Bowling 10:00 Beginner Spanish 10:00 Sittercise 10:00 Share and Care 10:30 Bingo - Humana 1:30 Culinary Creations 5:00 Game Night	<b>10</b>  8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 1:00 Movie Day "Hidden Figures"	<b>11</b>  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	<b>12</b>  8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 12:00 Turning 65 Seminar with United Healthcare 1:00 Chair Volleyball  <b>Mystery Movie Trip            Time TBD</b>	<b>13</b>  9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:00 Ivory Truth Music Performance
<b>16</b>  8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Beginner Spanish 10:00 Sittercise 10:30 Hispanic Heritage Celebration Loteria	<b>17</b>  8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 11:00 Get Ready For Flu Day - Vaccine Clinic with Tom Thumb and Molina 4:00 Yes Restaurant Buffet	<b>18</b>  8:15 Sittercise 9:00 Bagel Social 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 10:30 Bingo with Life and Health Insurance 12:00 Mystery Lunch	<b>19</b>  8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 1:00 Chair Volleyball	<b>20</b>  9:00 Sittercise 9:30 Game Tables 10:00 Line Dance
<b>23</b>  8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Beginner Spanish 10:00 Sittercise 11:00 Duncanville Police Department Safety Presentation 4:00 Cancun's Ameri-Mex Restaurant	<b>24</b>  8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Book Group	<b>25</b>  8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 11:00 Tree Planting Dedication 1:00 D.L. Hopkins Jr. Senior Center Celebrating Community Open House	<b>26</b>  8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 12:00 Coffee with the Mayor 12:00 Turning 65 Seminar with United Healthcare 1:00 Chair Volleyball 7:30 Duncanville Community Theater	<b>27</b>  9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:00 Hospice Informational Presentation 10:30 Bingo - Champion Healthcare
<b>30</b>  8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Beginner Spanish 10:00 Sittercise 10:30 Loteria	<b>\$ = Class Fee</b>  <b>Trips are highlighted            in red text</b>  <b>Special Events are            highlighted in            blue text</b>	<b>*Make birthday table            reservations for you and            your guest on or before            Monday, September 9 at the            Senior Center front desk.*</b>		

## 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:  
Argentina: Empanadas**

### 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!

### September Book:

**Dear Edward by Ann  
Napolitano**

### 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 Kathy 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.

## 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



**Alley Cats Bowling**  
Arlington

Monday, September 9  
9:30 AM

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



**Mystery Movie**  
Grand Prairie

Thursday, September 12  
TBD

Cost is \$3 + Ticket + Lunch



**Yes Restaurant Buffet**  
Grand Prairie

Tuesday, September 17  
4:00 PM

Cost is \$3 + Dinner



**Mystery Lunch**

Wednesday, September 18  
12:00 PM

Cost is \$3 + Lunch



**Cancun's Ameri-Mex Restaurant**  
Waxahachie

Monday, September 23  
4:00 PM

Cost is \$3 + Dinner



**Duncanville Community Theater**  
Duncanville

Thursday, September 26  
7:30 PM

Cost is \$3 + \$10 Ticket + Dinner

### TRIPS ARE NONREFUNDABLE

All participants must have a current membership at the Senior Center.  
Fee must be paid when members sign up starting Tuesday, September 3.  
Thank you for your cooperation!



## PUZZLE

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

### September Word Bank

- LaborDay
- Worker
- Parade
- Monday
- September
- Strike
- Unemployment
- Industry
- Overtime
- Union
- Benefits
- Career
- Celebration
- Culture
- Tradition
- History
- Family
- Community
- Proud
- Latino
- Fiesta
- Heritage

## RECIPE OF THE MONTH

### Ingredients:

- 1 lb Ground Beef (95% lean)
- 1 cup shredded carrot (about 1 large carrot)
- 3/4 cup salsa
- 1 15 oz. can black beans, drained and rinsed
- 2 tsp. ground cumin
- 1 tsp. chili powder
- 1/2 tsp. garlic powder
- 8 cups mixed salad greens
- 1/2 cup low-fat shredded Cheddar cheese
- 1 medium tomato, chopped (about 1 cup)
- 1/2 cup diced bell pepper
- 1/4 cup thinly sliced red onion

### Texas Taco Salad



### Directions:

#### Step 1

- Heat a large nonstick skillet over MEDIUM heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally until meat is no longer pink. Pour off drippings, if any.

#### Step 2



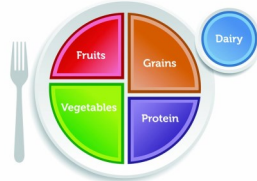
- Stir in carrots, salsa, beans, cumin, chili powder and garlic powder; cook for 2 minutes. Remove skillet from heat.

#### Step 3

- Divide salad greens between 4 plates and top each with a quarter of the beef mixture. Top with cheese, tomato, pepper and onion. Garnish with sliced olives and dressing, if desired.

# SEPTEMBER LUNCH

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

Monday	Tuesday	Wednesday	Thursday	Friday
Closed for Labor Day	3 Dijon Herb Breaded Chicken~ Black-Eyed Peas Garlic Parmesan Cauliflower Texas Bread Fresh Orange Milk	4 BBQ Pork Rib Patty~ Macaroni and Cheese Spring Vegetables Dinner Roll Cinnamon Graham Crackers Milk	5 Turkey Pastrami Swiss Cheese Lettuce and Tomato Herbed Potato Salad Wheat Bread (2) Oatmeal Cream Cookie ⓘ Milk	6 Hamburger Patty~ Sliced Cheese Baked Beans Hamburger Bun Pineapple Cobbler Milk Mustard and Ketchup
9 Chicken Alfredo Lemon Brussels Sprouts Sliced Carrots Wheat Bread Fresh Apple Milk	10 Beef and Bean Burrito Queso Sauce Mexican Rice Mexican Style Tomatoes Fudge Cream Cookie Milk	11 Baked Chicken Poultry Gravy Twice Whipped Potatoes Herbed Green Beans Dinner Roll Frosted Birthday Cake  Vanilla Ice Cream Milk	12 Italian Beef Macaroni Whole Kernel Corn Broccoli Texas Bread Animal Crackers ⓘ Milk	13 Polish Sausage* Black Beans Stewed Tomatoes Hot Dog Bun Fig Bar Milk Mustard
16 Beef Taco Pinto Beans Fiesta Vegetables Flour Tortilla Sugar Cookie Milk Taco Sauce	17 Chicken Enchilada Soup Mexican Rice Stewed Tomatoes Oatmeal Cream Cookie ⓘ Milk	18 Salisbury Beef~ Brown Gravy Mashed Potatoes Italian Green Beans Dinner Roll Nutty Buddy Bar Milk	19 Turkey Pasta Bolognese Broccoli Parslied Carrots Texas Bread Strawberry Gelatin w/Fruit Cocktail Milk	20 Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup
23 Mozzarella Breaded Chicken~ Orzo Pasta Herbed Brussels Sprouts Wheat Bread Fresh Apple Milk	24 Turkey Taco Charro Beans Olé Mixed Vegetables Flour Tortilla Sugar Cookie Milk Taco Sauce	25 Breaded Pork Patty*~ Country Gravy Parslied Rice Sliced Carrots Wheat Bread Chocolate Graham Crackers Milk	26 Beef Chili with Beans Oven Roasted Potatoes Spinach Saltine Crackers Fig Bar Milk	27 Lemon Caper Chicken Lentils Country Tomatoes Wheat Bread Cinnamon Swirl Pudding Milk
30 Swedish Beef Meatballs~ Rice Florentine Broccoli Texas Bread Cinnamon 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](http://www.vnatexas.org).