

**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
Lisa Hartman
Noe Garcia
Juan Zarate
Jewel Soria
Debbie Mason
Building Attendants



**Hello,
December**

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 Tuesday, December
24th and Wednesday, December 25th
in observance of Christmas Eve and
Christmas Day and Wednesday,
January 1 in observance of New
Years. Meals will resume their regular
schedule on the next business day.**

DECEMBER CLASSES AND SPECIAL EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 </p> <p>8:00 Stocking Decorating 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>3 </p> <p>8:00 Stocking Decorating 8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance</p>	<p>4 </p> <p>8:00 Stocking Decorating 8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 1:00 Creative Card Crafting</p>	<p>5 </p> <p>8:00 Stocking Decorating 8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba</p>	<p>6 </p> <p>9:00 Stocking Decorating 9:00 Sittercise 9:30 Game Tables 10:00 Line Dance</p>
<p>9 </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 1:30 Culinary Creations 4:00 Ozona</p>	<p>10 </p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 9:30 Hines Nut Company & Texas Pecan Company 10:00 Line Dance</p>	<p>11 </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 4:00 Holiday Dinner and Dance</p>	<p>12 </p> <p>8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 5:30 Pocket Sandwich Theater</p>	<p>13 </p> <p>9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:00 Ivory Truth Music Performance</p> <p style="text-align: center;">Saturday, December 14 Share and Care Holiday Social 1:00 PM - 4:00 PM</p>
<p>16 </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 Loteria</p>	<p>17 </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</p>	<p>18 </p> <p>8:15 Sittercise 9:00 Bagel Social 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 12:00 Mystery Lunch 1:00 Tech Talk Q&A \$</p>	<p>19 </p> <p>8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 4:00 Charco Broiler Steak House</p>	<p>20 </p> <p>9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 10:30 Bingo - United Healthcare 12:00 VNA Christmas Lunch 12:00 Update Changes to Medicare Advantage 2025 United Healthcare</p>
<p>23 </p> <p>8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Beginner Spanish 10:00 Sittercise 10:30 Loteria</p>	<p>24</p> <p>Closed for Christmas Eve</p>	<p>25</p> <p>Closed for Christmas Day</p>	<p>26</p> <p>9:30 Game Tables</p>	<p>27</p> <p>9:30 Game Tables 10:00 Line Dance</p>
<p>30 </p> <p>9:30 Game Tables 10:00 Beginner Spanish 10:30 Bingo - Suvida Healthcare</p>	<p>31</p> <p>9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance</p>	<p>*Make birthday table reservations for you and your guest on or before Monday, December 9 at the Senior Center front desk.*</p>		<p>\$ = Class Fee</p> <p style="color: red;">Trips are highlighted in red text</p> <p style="color: blue;">Special Events are highlighted in blue text</p>



Are you on social media and looking to stay up to date 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:

Austria: Cream Horns

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 Choir

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!

No Book Group this month. Book Group will resume regular schedule in January.

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



Ozona
Dallas
Monday, December 9
4:00 PM
Cost is \$3 + Dinner



Hines Nut Company & Texas Pecan Company
Dallas
Tuesday, December 10
9:30 AM
Cost is \$3 + Lunch



Pocket Sandwich Theater
"Ebenezer Scrooge"
Carrollton
Thursday, December 12
5:30 PM
Cost is \$25 + Dinner



Alley Cats Bowling
Arlington
Monday, December 16
10:00 AM
Cost is \$3 + Lane Fee +
Shoes + Lunch



Mystery Lunch
Wednesday, December 18
12:00 PM
Cost is \$3 + Lunch



Charco Broiler Steak House
Dallas
Thursday, December 19
4:00 PM
Cost is \$3 + Dinner

TRIPS ARE NONREFUNDABLE

All participants must have a current membership at the Senior Center.
Fee must be paid when members sign up starting Monday, December 2.

Thank you for your cooperation!

PUZZLE

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

December Word Search

- ◇ Tree
- ◇ Gift
- ◇ Snow
- ◇ Light
- ◇ Candy
- ◇ Jolly
- ◇ Holly
- ◇ Angel
- ◇ Bell
- ◇ Star
- ◇ Santa
- ◇ Sleigh
- ◇ Decorations
- ◇ Reindeer
- ◇ Stocking

RECIPE OF THE MONTH

Sausage Cheese Balls

Ingredients:

- 3 cups Bisquick Original Pancake & Baking Mix
- 1 lb uncooked bulk pork sausage
- 4 cups shredded cheddar cheese (16 oz)
- 1/2 cup grated Parmesan cheese
- 1/2 cup milk
- 1/2 teaspoon dried rosemary leaves, crushed
- 1 1/2 teaspoons chopped fresh parsley or 1/2 teaspoon parsley flakes
- Barbecue sauce or chili sauce, if desired



Directions:


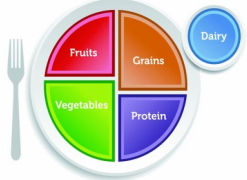

Step 1: Heat oven to 350°F. Lightly grease bottom and sides of 2 rimmed 15x10x1-inch baking pans.

Step 2: In large bowl, stir together all ingredients except barbecue sauce, using hands or spoon. Shape mixture into 1-inch balls. Place 1/2 inch apart on pans.

Step 3: Bake 20 to 25 minutes, rotating pans halfway through bake time, until brown. Immediately remove from pan; transfer to serving platter. Serve warm with sauce for dipping.

DECEMBER LUNCH

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breaded Chicken Marsala~ Parsley Penne Pasta Country Tomatoes Wheat Bread Fresh Apple Milk	3 Pork Carnitas Pinto Beans Glazed Carrots Flour Tortilla Sugar Cookie Milk Taco Sauce	4 Baked Chicken Poultry Gravy Twice Whipped Potatoes Lemon Zest Broccoli Dinner Roll Oatmeal Cream Cookie ⓘ Milk	5 Beef Chili with Beans Rice Spinach Saltine Crackers Strawberry Gelatin with Pears Milk	6 Hamburger Patty~ Lettuce and Tomato Ranch Beans Hamburger Bun Hot Spiced Fruit Milk Mustard and Ketchup
9 Mongolian Beef Meatballs~ Jasmine Rice Japanese Vegetables Wheat Bread Cinnamon Graham Crackers Milk	10 Cajun Breaded Chicken Lima Beans Okra and Tomatoes Texas Bread Pineapple Tidbits Milk	11 Swiss Steak~  Whipped Potatoes Italian Green Beans Dinner Roll Frosted Birthday Cake Vanilla Ice Cream Milk	12 Glazed Ham* Macaroni and Cheese Broccoli and Carrots Wheat Bread Lime Gelatin with Pineapple Milk	13 Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup
16 Turkey Pasta Bolognese Cauliflower Herbed Green Beans Texas Bread Fig Bar Milk	17 Steakhouse Beef~ Delmonico Potatoes Brussels Sprouts Multigrain Bread Fresh Apple Milk	18 Lemon Caper Chicken Parslied Rice Catalina Vegetables Dinner Roll Craisins Milk	19 Homestyle Beef Casserole Broccoli Medley Cabbage Multigrain Bread Cinnamon Swirl Pudding Milk	20 Turkey Breast with Gravy Cornbread Dressing Mixed Vegetables Dinner Roll Ambrosia Pudding Milk
23 Meatloaf~ Tomato Gravy Garlic Whipped Potatoes Lemon Pepper Brussels Sprouts Texas Bread Chocolate Graham	24 Closed for Christmas Eve	25 Closed for Christmas Day	26 Chicken and Dumplings Lentils Okra and Tomatoes Cornbread Oatmeal Cream Cookie ⓘ Milk Margarine	27 Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup
30 Chicken Enchilada Soup Spanish Rice Mexican Style Tomatoes Fudge Cream Cookie Milk	31 Honey Glazed Ham* Black-Eyed Peas Medley Cabbage Dinner Roll Brownie ⓘ Milk Margarine			

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.