

**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 Hartmen
Noe Garcia
Juan Zarate
Jewel Soria
Debbie Mason
Building Attendants

Hello, November

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 Thursday, November 28th and
Friday, November 29th in observance of
Thanksgiving Day. Meals will resume
schedule on Monday, December 2nd.**

HAPPY THANKSGIVING



NOVEMBER 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>*Make birthday table reservations for you and your guest on or before Monday, November 11 at the</p>		<p>1</p> <p>9:00 Sittercise 9:30 Game Tables 10:00 Line Dance</p>
<p>4 </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>5</p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance</p>	<p>6 </p> <p>8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 1:00 Creative Card Crafting</p>	<p>7 </p> <p>8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 11:30 Men's Movie Day "The Expendables"</p>	<p>8 </p> <p>9:00 Sittercise 9:30 Game Tables 10:00 Line Dance</p>
<p>11 </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 11:30 Veteran's Day Celebration 1:30 Culinary Creations 4:30 Celebration</p>	<p>12 </p> <p>8:15 Sittercise 9:00 Collin Street Bakery 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance 10:30 Bingo - Champion Healthcare</p>	<p>13 </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>14 </p> <p>8:30 Flex and Flow 9:30 Game Tables 9:30 Grapevine Mills Mall 9:45 Zumba 11:00 Open Enrollment Q&A - Advocate Financial Partners</p>	<p>15 </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>18 </p> <p>8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Beginner Spanish 10:00 Alley Cats Bowling 10:00 Sittercise 10:30 Loteria</p>	<p>19 </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>20 </p> <p>8:15 Sittercise 9:00 Bagel Social 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge 11:00 Fraud and Holiday Scams - Duncanville PD 1:00 Tech Talk Q&A \$</p>	<p>21 </p> <p>8:30 Flex and Flow 9:30 Game Tables 9:45 Zumba 10:30 Bingo with Life and Health Insurance 1:00 Chair Volleyball 4:00 Moni Pasta & Pizza</p>	<p>22 </p> <p>9:00 Sittercise 9:30 Game Tables 10:00 Line Dance 12:00 VNA Thanksgiving Lunch</p>
<p>25 </p> <p>8:15 Sittercise 9:00 Body Sculpt 9:30 Game Tables 10:00 Beginner Spanish 10:00 Sittercise 10:30 Bingo - Suvida Healthcare</p>	<p>26</p> <p>8:15 Sittercise 9:00 Step and Sculpt 9:30 Game Tables 9:30 Ceramics \$ 10:00 Line Dance</p>	<p>27</p> <p>8:15 Sittercise 9:30 Game Tables 10:00 Loom Knitting 10:00 Goldenaires 10:30 Bridge</p>	<p>28</p> <p style="text-align: center;">Closed for Thanksgiving</p>	<p>29</p> <p style="text-align: center;">Closed for Thanksgiving</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:

Australia: Lamingtons

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!

November Book: The Silver Ladies of Penny Lane by Dee MacDonald

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.**

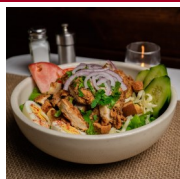
Senior Center Library

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



Celebration Restaurant
Dallas
Monday, November 11
4:30 PM
Cost is \$3 + Dinner



Collin Street Bakery
Corsicana
Tuesday, November 12
9:00 AM
Cost is \$5 + Lunch



Grapevine Mills Mall
Grapevine
Thursday, November 14
9:00 AM
Cost is \$3 + Lunch



Alley Cats Bowling
Arlington
Monday, November 18
10:00 AM
Cost is \$3 + Lane Fee +
Shoes + Lunch



Mystery Lunch
Tuesday, November 19
12:00 PM
Cost is \$3 + Lunch



Moni Pasta & Pizza
Arlington
Thursday, November 21
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 Friday, November 1.

Thank you for your cooperation!

PUZZLE

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

November Word Search

- Autumn
- Thanksgiving
- Harvest
- Bonfire
- Remembrance
- Falling
- Leaves
- Chilly
- Cider
- Turkey
- Stuffing
- Mashed Potatoes
- Cranberry
- Family
- Gathering

RECIPE OF THE MONTH

Loaded Mashed Potatoes

Ingredients:

- 8oz bacon - cooked and shredded
- 3lbs russet potatoes - peeled and cut into 1-inch cubes
- 1 stick of butter - melted
- 1 1/2 cups of sour cream
- 1 cup shredded cheddar cheese
- 2-3 scallions - thinly sliced
- 4 teaspoons of preferred ranch seasoning



Directions:

Step 1: Preheat the oven to 375°F.

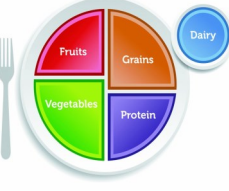


Step 2: Place the potatoes into a large pot and cover with cold salted water. Bring to a boil; then reduce to a simmer and cook until tender, about 20 minutes.

Step 3: Drain the potatoes and put them back into the pot. Add the butter, sour cream and ranch seasoning. Mash well until everything is somewhat smooth and combined (ok to leave some chunks if you like it that way); then stir in the bacon and half of the chopped scallions.

Step 4: Spread the potatoes into a 9x13-inch casserole dish and top with the cheese. Cover and bake for about 10 minutes until cheese is melted; then uncover and finish cooking for another 5 minutes. Garnish with remaining scallions and serve hot.

NOVEMBER LUNCH

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup
4 Chicken Enchilada Soup Spanish Rice Mexican Style Tomatoes Fudge Cream Cookie P Milk	5 Italian Beef Macaroni Broccoli Sliced Carrots Texas Bread Fresh Apple Milk	6 Polish Sausage* Chili Beans Tangy Spinach Hot Dog Bun Cherry Craisins Milk 	7 Sloppy Joe Roasted Diced Potatoes Mixed Vegetables Hamburger Bun Orange Gelatin w/Fruit Cocktail Milk	8 Baked Chicken Country Gravy Chuckwagon Corn Green Beans Texas Bread Oreo Cookies Milk
11 Beef Stroganoff Broccoli Glazed Carrots Texas Bread Fresh Orange Milk	12 Orange Chicken Confetti Rice Garlic Parmesan Cauliflower Multigrain Bread Cinnamon Graham Crackers Milk	13 Meatloaf~ Brown Gravy Twice Whipped Potatoes Herbed Green Beans Dinner Roll Frosted Birthday Cake Strawberry Ice Cream Milk	14 Turkey Spaghetti Brussels Sprouts Country Tomatoes Wheat Bread Butterscotch Pudding Milk	15 Hamburger Patty~ Sliced Cheese Baked Beans Hamburger Bun Apple Cobbler Milk Mustard and Ketchup
18 Parmesan Breaded Chicken Penne Pasta Lemon Zest Broccoli Texas Bread Fresh Apple Milk	19 Thai Chili Beef Meatballs~ Rice Ginger Carrots Wheat Bread Oatmeal Cream Cookie P Milk	20 Country Fried Steak~ Country Gravy Garlic Whipped Potatoes Herbed Green Beans Dinner Roll Strawberry Craisins Milk	21 Salisbury Beef~ Onion Gravy Black-Eyed Peas Creole Tomatoes Wheat Bread Tropical Fruit Milk	22 Turkey Breast with Gravy Cornbread Dressing Mixed Vegetables Dinner Roll Pumpkin Pie Parfait Milk Margarine
25 BBQ Pork Rib Patty*~ Ranch Whipped Potatoes Broccoli and Cauliflower Wheat Bread Chocolate Chip Cookie Milk	26 Bruschetta Chicken Meatballs Parmesan Penne Pasta Spinach Texas Bread Fresh Orange Milk	27 Picante Meatloaf~ Mexican Rice Calabasa Squash Texas Bread Fudge Cream Cookie P Milk	28 Closed for Holiday	29 Closed for Holiday

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.