



Senior Dance Night

The first Saturday of each month, the SNAP Center and Parks and Recreation invite all seniors 55+ to come out for a night of dancing, light refreshments and live entertainment.

The dance will begin at 7:00 pm and last until 10:00 pm. Cost is \$3 per person.

So guys and gals put on your dancing shoes and come join us for a night of fun!



Dominoes

Come out Monday through Friday from 9:00 am to 11:00 am for games of Spinners Dominoes.

Every Wednesday from 9:30 am to 11:00 am we have an active group that plays 42 Dominoes.



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Recurring Events

Jazzercise

What is Jazzercise?

"A full-body workout that blends dance cardio with strength training for the ultimate in fitness fun. Come for the community, stay for the results."

We develop and market fun and effective fitness programs and products that enhance the well-being of people of all ages.

Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today!



Monday through Friday at 4:30 pm

Call for pricing

903.821.5135

Email: denisonjazzercise@cablone.net

POOL TABLE

On Monday, February 12th there was a dedication ceremony held to "break" in the new community center pool table.

Stop by and enjoy a game of pool!



AARP Tax Help



Did you know you can get assistance with filing your taxes for free?

AARP Foundation Tax-Aide offer free tax preparation help to anyone of any age – especially if you are 50 or older or can't afford paid tax preparation. Their volunteers are trained and IRS certified every year. There's no fee and no sales pitch for other services. AARP membership is not required.

When: Starting Tuesday February 5, 2019 through Tuesday April 9, 2019 10:00AM until 4:00PM

Where: Denison Public Library
300 W Gandy Denison, Texas

Rusty Hinges - Waterloo Pool

Back by popular demand is the Rusty Hinges Class now on Tuesday and Thursday Morning from 9-10 AM taught by Karon Northington. All of our Fitness Classes are taught by Certified Instructors and are modifiable for anyone. But on Tuesday and Thursday the focus is off the Aerobic side and more on the Stretching and Strengthening side.

Senior Fit - Waterloo Pool

The class is designed to support older adults in their pursuit of healthy living and happy lives. It is designed to increase muscular strength, range of coordination, agility, and balance to improve the participants daily living.

Have fun and move to the music using an assortment of free weights, exercise bars and hand towels for seated and standing exercises with a trained instructor.

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Denison Seniors

MONTHLY NEWSLETTER



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Senior Activities For March

All activities at Community Center unless stated otherwise

Mondays

- 9 - 11 Spinners Dominoes
- 9 - 10 Senior Fit (pool)
- 11:00 Lunch
- 12 - 2 Memory Café (Library)
- 4:30 Jazzercise

Tuesdays

- 9 - 11 Spinners Dominoes
- 9 - 10 Rusty Hinges Water Class (pool)
- 10 - 4 AARP Tax Help (Library)
- 11:00 Lunch
- 4:30 Jazzercise

Wednesdays

- 9 - 11 Spinners Dominoes
- 9 :30 42 Dominoes
- 9 - 10 Senior Fit (pool)
- 11:00 Lunch
- 10:30 Karaoke/Movie/Trivia courtesy of the Library
- 4:30 Jazzercise

Thursdays

- 9 - 11 Spinners Dominoes
- 9 - 10 Rusty Hinges Water Class (pool)
- 9:30-11:15 Dance
- 11:00 Lunch
- 4:30 Jazzercise

Fridays

- 9 - 11 Spinners Dominoes
- 9 - 10 Senior Fit (pool)
- 9:30-11:15 Dance
- 11:00 Lunch
- 4:30 Jazzercise

Saturdays

- 7 -10 Senior Dance
1st Saturday



