



## 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.

# Recurring Events

## Jazzercise

What is Jazzercise?

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 5:30 pm

Call for pricing  
903.821.5135  
Email: denisonjazzercise@cableone.net

## 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

## 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 April

*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)  
5:30 Jazzercise

### Tuesdays

9 - 11 Spinners Dominoes  
9 - 10 Rusty Hinges Water Class (pool)  
10 - 4 AARP Tax Help (Library)  
11:00 Lunch  
5:30 Jazzercise

**April 16th @ 9:00 am**  
**Guest Speaker, Justin Eastwood**  
**Topic: TBD**

### 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  
5:30 Jazzercise

### Thursdays

9 - 11 Spinners Dominoes  
9 - 10 Rusty Hinges Water Class (pool)  
9:30-11:15 Dance  
11:00 Lunch  
5:30 Jazzercise

### Fridays

9 - 11 Spinners Dominoes  
9 - 10 Senior Fit (pool)  
9:30-11:15 Dance  
11:00 Lunch  
5:30 Jazzercise

### Saturdays

7 -10 Senior Dance  
1st Saturday

### April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
	Beef and Pasta Casserole	Chicken Pasta Primavera	BBQ Riblet	Tuna Salad	Chipotle Chicken Sandwich	
7	8	9	10	11	12	13
	Hamburger	BBQ Chicken Breast	Porcupine Meatballs	Vegetable Soup	Garlic Lime Tilapia	
14	15	16	17	18	19	20
	Goulash	Chicken Fried Steak With Cream Gravy	Cajun Jambalaya	Country Ham	Closed for Good Friday Holiday	
21	22	23	24	25	26	27
	Chicken Fajitas	Meatballs with Brown Gravy	Chicken Breast Florentine	Beef Enchiladas With Red Sauce	Turkey Tetrizzini	
28	29	30	1	2	3	4
	Chicken and Dumplings	Spaghetti & Meat Sauce				



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## Find Your Place: The Longevity Challenge



Keep your face to the sunshine and you cannot see a shadow.

“LIFE IS LIKE RIDING A BICYCLE. TO KEEP YOUR BALANCE, YOU MUST KEEP MOVING”  
- ALBERT EINSTEIN

Getting down and back up off the floor is a surprisingly complex movement. And your ability to do so—or not—can reveal a lot about your overall health, mobility, and even lifespan.

### How to Test Yourself

While the official sitting-rising test that's used in research settings is a bit more complicated, anyone can perform a simple version at home by simply lowering down and getting back up however you can, if it's safe for you, Jack says. You could do any of the following:

- Sit up, sweep a leg under, and rise out of a lunge
- Turn over onto your side or stomach, and push up from there
- Cross your legs underneath you, and lift up without the use of your hands

### What If You Can't Do It?

It's okay! This test is all about providing information and driving self-awareness.

If you can't perform the exercise due to pain or a lack of mobility or strength, talk to your doctor, physical therapist, or personal trainer to help pinpoint the problem and find a solution.

### Check Your SilverSneakers Eligibility Instantly

SilverSneakers gives you free, unlimited access to more than 15,000 gyms and fitness centers across the nation, plus classes and tools designed to keep older adults strong and independent.

Visit [www.silversneakers.com](http://www.silversneakers.com) for more information.

## Spring

Find and circle all of the words that are hidden in the grid. The remaining letters spell a message about Spring.

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

ALLERGIES  
APRIL  
BASEBALL  
BEES  
CROCUSES  
CYCLAMENS  
DAFFODILS  
DANDELIONS  
EASTER  
EQUINOX  
FLOWERS

FROGS  
GOLF  
GRASS  
GREEN  
GROWTH  
IRISES  
LILIES  
MARCH  
MAY  
NEW LEAVES  
PLANTING

RAIN  
RENEWAL  
ROBINS  
SEASON  
SNOWMELT  
SOFTBALL  
SPRING BREAK  
SPRING CLEANING  
TULIPS  
WARMER  
WET

## Winter Brain Fog Is Real. Here's How to Beat It

**Research shows that cognitive performance declines during winter and early spring. Adopt these simple strategies to stay sharper than ever, no matter the season.**

It's no secret that most people feel like hibernating in the winter, but new research reveals your memory may actually go into hiding during the colder months.

A 2018 study from Columbia University found memory and concentration peak in the late summer months for adults in their 70s, 80s, and 90s, including those with Alzheimer's disease.

The flip side: Cognitive performance declines during winter and early spring, with study participants functioning as if they were four years older, compared with cognitive performance during summer.

But sweater weather doesn't have to be synonymous with slower cognition. Here are seven ways you can help yourself beat brain fog and stay sharp in every season.

### Brain Booster #1: Schedule Brain-Training Sessions

A consistent, scheduled routine is the best way to achieve your exercise goals. But what about your cognitive fitness? Do you apply the same concept? Probably not.

Whether you like reading, want to try your hand at origami, or pick up a new hobby, book time to cultivate your mind.

### Brain Booster #2: Get Your Daily Greens

All vegetables come with plenty of health perks. But to protect cognitive function, seek out foods with rich plant pigment, such as kale, broccoli, and spinach, recommends Steven Masley, M.D., author of *The Better Brain Solution*.

“Research shows if you eat just one cup of green vegetables per day, your brain is 11 years younger than someone who doesn't eat them,” Dr. Masley says.



Our brains are composed of nearly 60 percent fat. That being the case, it should come as no surprise that our brains need fat to work correctly. But the majority of Americans don't get enough of the good unsaturated fats found in foods like nuts, olive oil, avocados, and salmon, Dr. Masley says.

One easy way to fit in more healthy fats: Add salmon to your weekly dinner rotation.

Salmon is a top source of omega-3 fatty acids, making it a powerful food for staving off brain fog, says Cyrus Raji, M.D., Ph.D, an assistant professor of radiology at Mallinckrodt Institute of Radiology at Washington University in Saint Louis.

In fact, eating baked or broiled salmon once per week is correlated to larger brain volumes and protection from Alzheimer's disease, he says.

Not a fan of fish? Other good sources of fat include whole, unprocessed foods in healthy portions:

- \* ¼ avocado or 3 tablespoons of guacamole
- \* 1 tablespoon or less of olive oil for a recipe, or use a mister for salads and vegetables
- \* 1 ounce or a small handful of nuts

### Brain Booster #4: Limit Refined Carbohydrates

Not all carbs are created equal. Some can help you, and others can hurt you, Dr. Masley says. And refined carbohydrates—which include sugar and highly processed grains devoid of nutrients, like white flour—fall into the latter category.

Refined carbs generally have a high glycemic index (GI), meaning your body digests them quickly, which causes a spike in blood sugar.

And when a food is made up of a lot of carbs, it can have a high glycemic load (GL). This refers to how much a food raises your blood sugar levels, based on the amount of carbs in that food.

This doesn't mean you need to eliminate carbs altogether. Simply be mindful of the type of carbohydrates you're eating. Choose high-fiber carbs that are minimally processed: vegetables, fruits, legumes, and whole grains.

### Brain Booster #5: Commit to Finally Finding a Workout You Enjoy

After analyzing the lifestyle habits and brain scans of nearly 900 older adults, Dr. Raji and his team of researchers found regular physical activity—any kind of activity—may cut the risk of Alzheimer's disease by up to 50 percent.

The most important thing is to choose activities you actually enjoy, because you'll be much more likely to sustain them.

### Brain Booster #6: Consider a “Cognoscopy”

A cognoscopy describes a group of tests—including blood tests, genetic tests, an online cognitive screening, and more—that can reveal your personal risk for cognitive decline. The term was coined by Dale Bredeesen, M.D., author of *The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline*.

Exactly what a cognoscopy entails may differ depending on your health. Talk to your doctor if you're interested in learning more about screening options and costs.

### Brain Booster #7: Sniff Some Rosemary Oil

Rosemary has long been linked to memory. People even used to wrap the so-called remembrance herb around their heads, Dr. Masley says.

More research is needed to understand how scents affect memory. It's also important to know essential oils can be harmful to pets or may not be appropriate for people with certain chronic conditions.

But if you enjoy the scent of rosemary, don't have pets, and don't have any chronic conditions, feel free to give it a try—perhaps while reading or practicing a hobby. Look for essential oils and diffusers from reputable stores, and be sure to read the instructions.

For more information or to read the entire articles visit <https://www.silversneakers.com/blog/winter-brain-fog-how-to-beat-it/>