

DENISON ACTIVE ADULTS 55+ NEWSLETTER

May 2024

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Mondays

9:00am Ladies Exercise
9:00am Game Time
9:30am Jazzercise (\$)
11:00am MOW Lunch
5:30pm Jazzercise (\$)

Wednesdays

9:00am Ladies Exercise
9:00am Game Time
9:30am Jazzercise (\$)
11:00am MOW Lunch
5:30pm Jazzercise (\$)

Fridays

9:00am Ladies Exercise
9:30am Live Band
9:30am Jazzercise (\$)
11:00am MOW Lunch

Tuesdays

9:00am Aqua Fit
(\$, Waterloo Pool)
9:30am Bingo
11:00am MOW Lunch
11:30am Chair Volleyball
1:30pm VitalityFit
5:30pm Jazzercise (\$)
7:00pm Country Dance
Lessons (\$)

Thursdays

9:00am Aqua Fit
(\$, Waterloo Pool)
9:30am Live Band
11:00am MOW Lunch
1:30pm VitalityFit
2:45pm Chair Volleyball
5:30pm Jazzercise (\$)

***Community room, games, cards, puzzles, and pool table available every weekday from 8am–1pm at no cost. All activities are located at the Denison Senior Center (SNAP Center) unless stated otherwise. \$ sign indicates a fee is associated.*

**** Need a ride? ** TAPS Public Transit: (844) 603-6048**

To get a ride with TAPS you must schedule your ride at least 48 business hours in advance and between the hours of 7am to 3pm Monday - Friday.

Activity Descriptions

Meals on Wheels Program

Meals on Wheels of Texoma (MOW) is a nonprofit charitable organization serving the greater Texoma region, including Grayson, Fannin, and Cooke counties in North Texas. More than just a meal, their volunteers deliver tender, loving care to our homebound seniors every day, providing the human touch that means so much to them.

VitalityFit

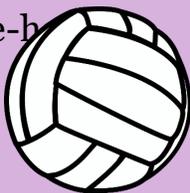
This new exercise class is designed for active aging adults to help in areas such as:

- ◆ Muscle Strengthening
- ◆ Overall Endurance
- ◆ Range of Motion
- ◆ Balance
- ◆ Fall Prevention

Chair Volleyball

Chair volleyball is offered at the Denison Senior Center for those over 55 years of age on Tuesdays at 11:30am and Thursdays at 2:45pm for FREE. All equipment will be provided.

Chair volleyball provides a fun way to be active while increasing your range of motion, flexibility, muscle strength, endurance, dexterity, reflexes, eye-hand coordination, and socialization.



Jazzercise

Jazzercise is an inclusive woman-owned fitness company dedicated to helping people live healthier, happier lives. The program fuses dance cardio and strength training into one heart-pounding sweat session.

Aqua Fit at Waterloo Pool

Experience this fun cross-training class that our water provides while reducing the impact on your joints, specifically your knees and back. Move at the pace of the instructor or at your own pace faster or slower, just keep moving. A shallow water, medium-intensity workout, using water and equipment for resistance, tones muscles and increases endurance and flexibility. This class is good for all



Senior Ladies' Exercise

This is a FREE, moderate-intensity exercise program that involves standing, bending, stretching, and using weights while sitting.

MARK YOUR CALENDARS!

Holidays

- May 4th: National Play Outside Day
- May 5th: Cinco de Mayo
- May 6th: National Nurses Day
- May 7th: National Teacher Appreciation Day
- May 8th: National Give Someone a Cupcake Day



- May 10th: National Golf Day
- May 11th: Brunch for Lunch Day
- May 12th: Mother's Day
- May 13th: National Apple Pie Day



- May 15th: Bring Flowers to Someone Day
- May 18th: National Visit Your Relatives Day



- May 19th: Plant Something Day
- May 27th: Memorial Day
- May 29th: National Senior Health

Events

- May 4th: Big Senior Dance (\$)
- May 4th: Pickleball PlayDay (The Backyard at Waterloo Lake Regional Park)
- May 16th: Ice Cream Social (THF Park 6:00-7:00pm)



- May 18th: Guided Nature Walk (Waterloo Lake Regional Park 9:00am)
- May 23rd: Senior Lunch & Learn (12:00pm)
- May 27th: Memorial Day Parade (Downtown Denison)



- June 1st: Catfish Rodeo (Waterloo Lake Regional Park)



City Council Meetings

- May 6th: City Hall—6:00pm
- May 13th : City Hall—6:00pm
- May 20th : City Hall—6:00pm



\$ indicates fee associated

You Are Invited

SENIORS
BIG DANCE
& *Potluck*

SATURDAY, MAY 4TH
5:00 - 8:00 PM

Chuck Willis & THE MISFITS
OLD COUNTRY AND ROCK & ROLL

DENISON SENIOR CENTER
(531 W CHESTNUT ST)

ADMISSION: \$5



Denison Public Library Events

EISENHOWER BOOK CLUB

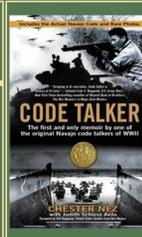
••• FOR MORE INFORMATION •••

Hayley Hasik - hayley.hasik@thc.texas.gov or 903.465.8908
Zoe May - zmay@cityofdenison.com or 903.465.1797



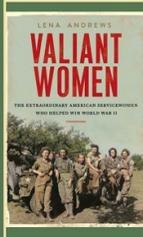
MAY 16 @ 3PM

E.B. Sledge, *With the Old Breed: At Peleliu and Okinawa* (2007)



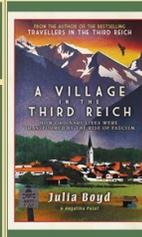
JUNE 20 @ 3PM

Chester Nez, *Code Talker: The first and only memoir by one of the original Navajo code talkers of WWII* (2012)



JULY 18 @ 3PM

Lena Andrews, *Valiant Women: The Extraordinary American Servicewomen Who Helped Win World War II* (2023)



AUG 15 @ 3PM

Julia Boyd and Angelika Patel, *A Village in the Third Reich: How Ordinary Lives Were Transformed by the Rise of Fascism* (2023)

TEXAS
HISTORICAL
COMMISSION
REAL PLACES TELLING REAL STORIES



Lunch & Learn with Texoma Medical Center

Arthritis

Instructor: Nan Ice, PT

Friday, May 10th
12pm – 1pm
Denison Public Library



Registration required
First 25 people to register
get a free lunch

See the Denison Public Library
Eventbrite page to register online
or call **903-465-1797**

LUNCH AND LEARNS

POWER OF ATTORNEY



**THURSDAY,
MAY 23RD**

12:00–1:30 PM

**DENISON SENIOR
CITIZENS CENTER**

531 W CHESNUT ST
DENISON, TX 75020

RSVP by May 21st to
ensure your provided
meal.

ALL AGES WELCOME!

To register, follow these
options!

- Call 903-465-2720 ext. 2031
- Register on our website

PRESENTING

DONALD BANMAN

THURSDAY, MAY 23RD | 12:00-1:30 P.M.

Topics:

- Powers of Attorney
- Types of Bank Accounts
- Rights of Survivorship Ownership of Automobiles
- Medical Powers of Attorney
- Directive to Physicians
- Out of Hospital DNR
- Wills
- MERP (Medicaid Estate Recovery)
- Transfer on Death Deeds

 www.cityofdenison.com/parksrec

 531 W. Chestnut St., Denison, TX

DENISON PARKS AND REC PRESENTS THE 16TH ANNUAL

CATFISH RODEO

JUNE 1ST | 9:00-11:30AM | WATERLOO LAKE



Event Highlights:

- Contest Open to All Ages (Adult and Youth age divisions)
- Costs: \$5 for Denison residents / \$10 for non-residents
- Hotdog Lunch and Refreshments provided for all registrants
- Prizes, Door Prizes, Casting Contest
- The first 50 registrants will snag a FREE cap
- Register Online at www.cityofdenison.com/parksrec
- Registration is limited to 80 anglers

Free Fishing Day: Saturday, June 1, 2024

On the first Saturday in June of each year, everyone can fish recreationally without licenses or endorsements. This opportunity exists so that more people can try fishing for the first time. If you already have your license, thank you for your support! Please consider inviting a friend or family member to join you.

VitalityFit: Thrive & Strive Active Aging Class

**Denison Senior Citizens Center
Tuesdays and Thursdays
1:30-2:30 PM**

This class is designed to help in areas such as:

- Muscle Strengthening
- Overall Endurance
- Range of Motion
- Balance
- Fall Prevention

Embark on a journey to unlock the full potential of your well-being as we focus on enhancing muscle strength, boosting overall endurance, improving range of motion, refining balance, and championing fall prevention. This dynamic class is thoughtfully crafted to empower you to live life to the fullest and embrace the vitality within.

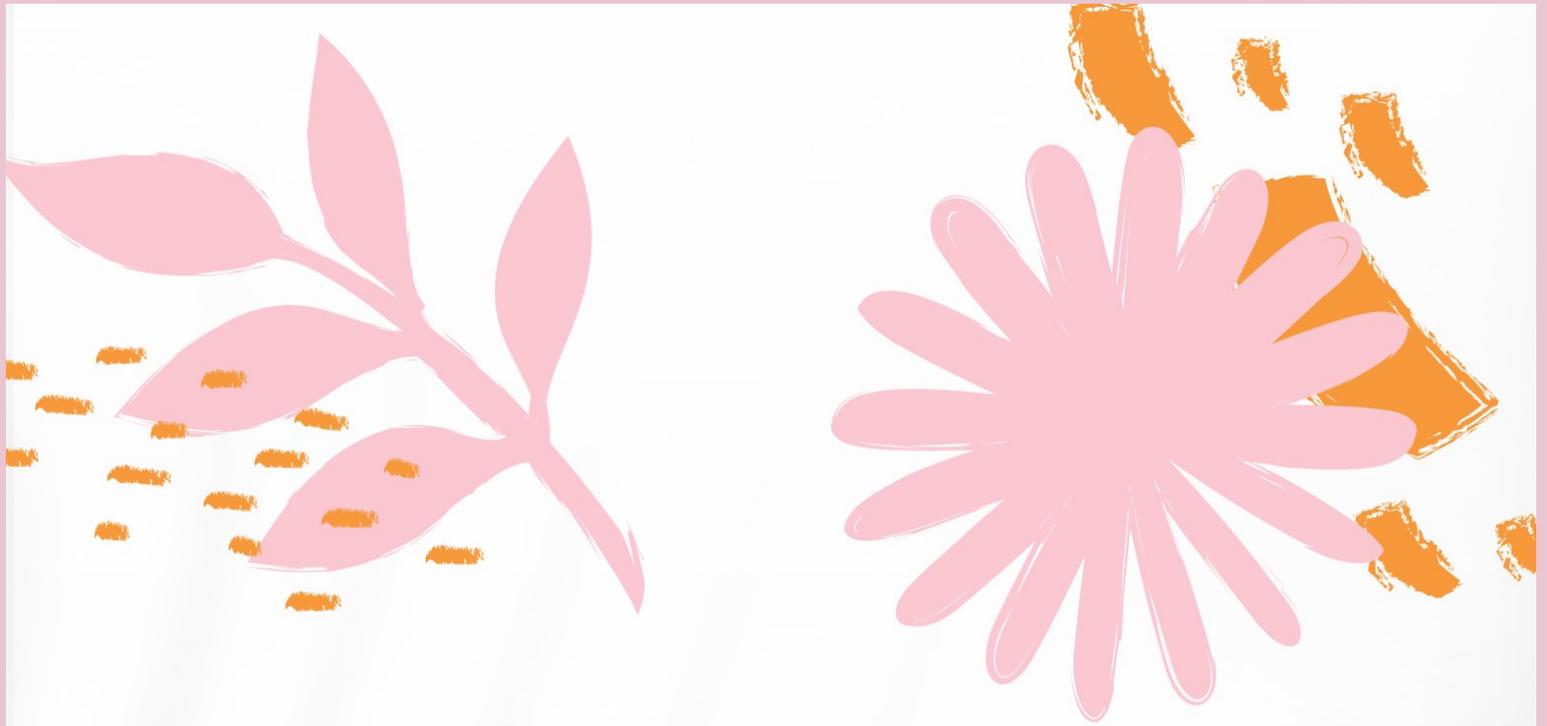
- Much of the class is done while seated in a chair
- Please consult with your healthcare provider before starting any kind of fitness routine
- Determine if you have limitations or need to make adjustments
- All Class participants must complete a liability waiver prior to participating

55+

 www.cityofdenison.com/parksrec

 903-465-2720 ext. 2031

 531 W. Chestnut St., Denison, TX



Senior Ladies' Exercise

Mondays, Wednesdays, and Fridays at 9:00am

Denison Senior Citizens Center Auditorium

This is a FREE, moderate-intensity exercise program that involves standing, bending, stretching, and using weights while sitting.



Get in touch with us!
903-465-2720 x 2033

www.cityofdenison.com/parksrec
531 W Chestnut St.
Denison, Texas 75020

WE INVITE YOU TO JOIN
DENISON



VOLLEY BALL

**MIGHTY
DRAGONS**
CHAIR VOLLEYBALL TEAM

TUESDAYS AT 11:30 AM
THURSDAYS AT 2:45 PM

DENISON SENIOR CITIZENS CENTER
531 W CHESTNUT ST.
DENISON, TX 75020

903-465-2720 X 2031
WWW.CITYOFDENISON.COM/PARKSREC

BINGO

TUESDAY MORNINGS

You're invited to join us every Tuesday for a delightful morning of bingo games! Whether you're a seasoned bingo enthusiast or just looking for some fun, our weekly event promises multiple rounds of excitement and friendly competition. Bring your lucky charms and join us as we gather for laughter, camaraderie, and the chance to yell "Bingo!" together.

Don't miss out on the fun!



Tuesdays, at 9:30 AM



531 W Chestnut St.
Denison, TX 75020



PRIZES | GOOD COMPANY | FUN





SPRING

WORD SEARCH PUZZLE

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.

APRIL	GARDEN	RAINBOW
BIRDS	GREEN	SEASON
BLOOM	GROW	SEEDS
BLOSSOMS	INSECTS	SPROUT
BUDS	KITE	THAW
BULBS	LEAF	TREE
BUNNY	MARCH	TULIP
CHANGE	MAY	WARM
CHICK	PARK	WEATHER
DAISY	PLANT	WIND
FROG	PLAY	

Spring Vegetable Soup



Directions:

1. In a medium pot, heat the oil and add minced onion and diced celery. Sauté on low-medium heat until the onion is translucent, about 3 minutes.
2. Add sliced carrot, diced potatoes, stock, thyme, and a pinch of black pepper. Stir and cover with a lid. Increase the heat and bring to a boil. Reduce the heat to low and simmer for 15 minutes.
3. After 15 minutes, add peas and pasta and cook for 5 more minutes. Make sure the pasta and veggies are soft before you turn off the heat.
4. Enjoy warm!

Ingredients:

- 1 tablespoon olive oil
- 1 onion, medium, finely minced (about 1 cup)
- 1 celery stalk, large, diced (about 1 cup)
- 2 carrots, medium, sliced (about 1 cup heaped)
- 3 potatoes, medium, diced (about 2 cups)
- 4 cups vegetable stock (1 liter)
- ½ teaspoon dried thyme
- black pepper, to taste
- 5 ounces frozen peas
- 6 ounces egg noodles



Do you have an AMAZING recipe you would like to have featured in the monthly newsletter?

Submit your recipe to Virginia in Parks & Rec : vcantrell@cityofdenison.com