

# DENISON ACTIVE ADULTS 55+ NEWSLETTER

July 2024

**Page 1: Monthly Activities**  
**Page 2: Activity Descriptions**  
**Page 3: Mark Your Calendars**  
**Page 4–11: Highlights**  
**Page 12: Coloring Page**  
**Page 13: Word Search**  
**Page 14: Recipe**



## 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

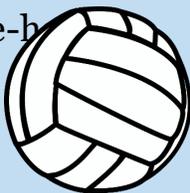
This new exercise class is designed for active aging adults to help in areas such as:

- ◆ 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!

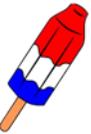
## Holidays

- July 4th : Independence Day



- July 7th : Global Forgiveness Day
- July 11th : Cheer Up the Lonely Day
- July 19th : National Football Day
- July 21st : National Ice Cream Day 
- July 23rd : National Gorgeous Grandma Day
- July 25th : International Red Shoe Day 
- July 28th : National Parents Day
- July 30th : Father-in-Law Day

## Events

- July 4th : Fireworks Celebration (Forest Park, 7pm concert) 
- July 6th : Senior Dance & Potluck (Senior Center 5:00pm—8:00pm, \$)
- July 12th : Music on Main (Forest Park 7:30pm)
- July 18th : Popsicles in the Park (The Backyard at Waterloo Lake 5:30pm) 
- July 19th : Music on Main (Forest Park 7:30pm)
- July 25th : Lunch & Learn (Senior Center 12:00pm—1:30pm)
- July 26th : Music on Main (Forest Park 7:30pm)
- July 27th : Movie in the Park (Forest Park 8:00pm)

## City Council Meetings

- July 1st: City Hall—6:00pm
- July 15th : City Hall—6:00pm



\*\$ indicates fee associated\*

# SENIOR CITIZENS CENTER JULY BINGO CARD

ATTEND A  
VITALITYFIT CLASS

GO TO THE  
SENIOR SUMMER  
DANCE  
EXTRAVAGANZA  
ON JULY 6TH

PLAY A GAME  
(DOMINOES,  
CARDS, YAHTZEE,  
ETC) WITH A  
FRIEND

SWING BY FOR A  
MORNING OF  
DANCING WITH  
THE LIVE BAND  
(THURS, FRI)

MAKE THE RECIPE  
ON THE BACK OF  
THE SENIOR  
NEWSLETTER

ATTEND A  
JAZZERCISE CLASS

JOIN US FOR  
TUESDAY  
MORNING  
BINGO

EXPERIENCE THE  
BENEFITS OF AN  
AQUA FIT CLASS  
AT WATERLOO  
POOL

ENJOY A NIGHT  
OF COUNTRY  
DANCE LESSONS  
(TUESDAY  
EVENINGS)

PLAY A GAME OF  
CHAIR VOLLEYBALL

COMPLETE THE  
ACTIVITY IN  
SENIOR  
NEWSLETTER

ATTEND THE JULY  
LUNCH AND  
LEARN ON JULY  
25TH

**PARTICIPATE IN OUR SENIOR PROGRAMS THIS JULY TO PLAY! PLAY TO WIN!**

**ASK A PROGRAM LEAD, MEALS ON WHEELS REPRESENTATIVE OR PARKS AND RECREATION STAFF MEMBER TO WRITE THEIR INITIAL ON THE ACTIVITY SQUARE THAT YOU COMPLETED FOR VERIFICATION.**

**WHEN YOU BLACKOUT THE ENTIRE BINGO CARD, BRING THE CARD TO THE PARKS AND RECREATION OFFICE AT OLD CITY HALL BY JULY 31ST TO CLAIM YOUR PRIZE.**

**OUR OFFICE ADDRESS: 500 W CHESTNUT ST**



The City of Denison presents:

# The 37th Annual FOURTH OF JULY

## *Fireworks Celebration*

**THURSDAY, JULY 4TH, 2024**

**MUNSON STADIUM**

LIVE MUSIC AT 7PM FROM  
**JARED MITCHELL BAND WITH KIRBY KELLEY**

★ *Free Entry* ★

**FIREWORKS AT DUSK**

**MUSIC SIMULCAST KMKT 93.1 FM**

**THANK YOU TO OUR SPONSORS:**

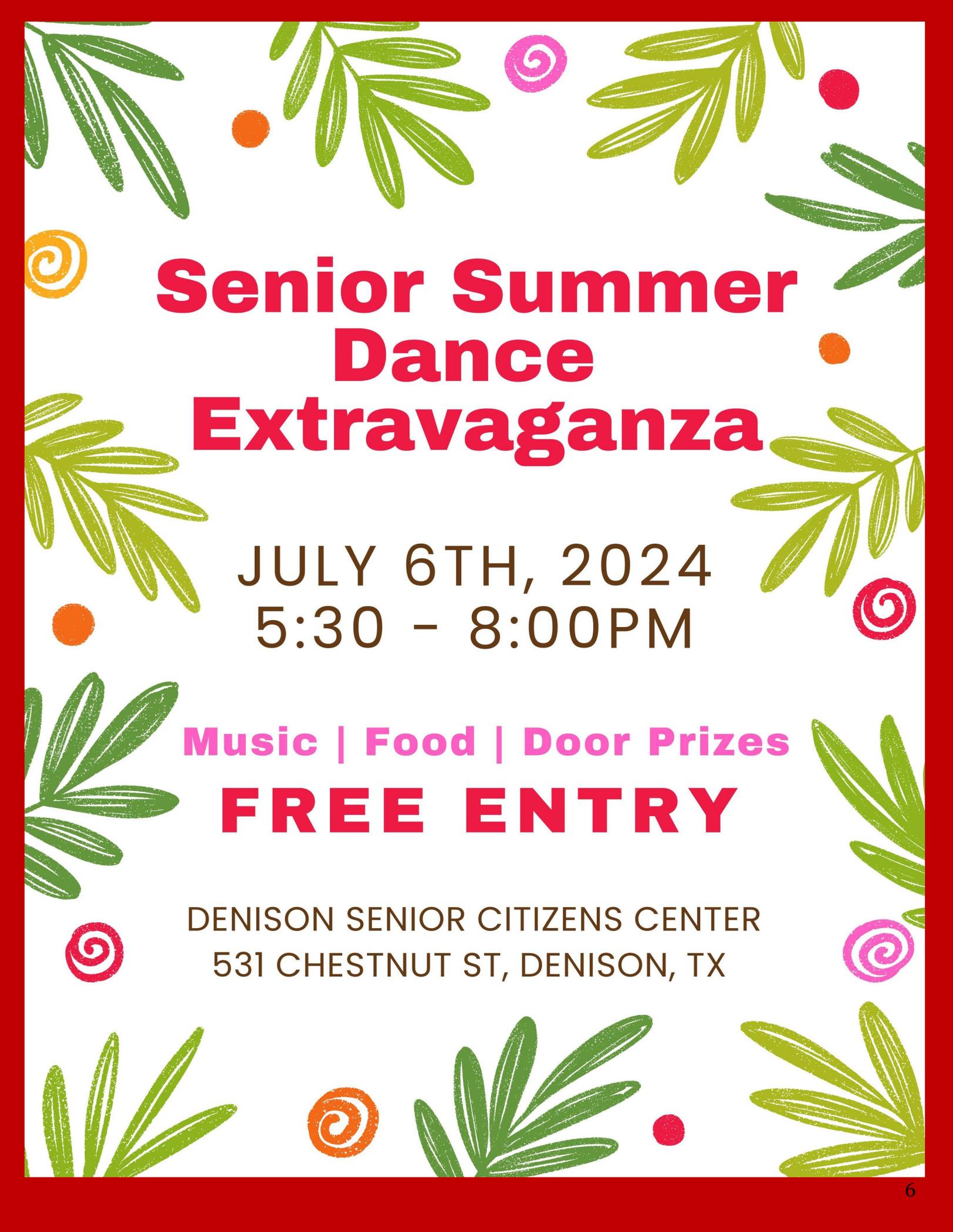


**FOR MORE INFORMATION VISIT:**



@Downtown Denison TX   
Downtowndenison.com   
903-464-4452





# Senior Summer Dance Extravaganza

JULY 6TH, 2024  
5:30 - 8:00PM

Music | Food | Door Prizes

**FREE ENTRY**

DENISON SENIOR CITIZENS CENTER  
531 CHESTNUT ST, DENISON, TX



July 18th



5:30-7:00 pm  
@ The Backyard

# POPSICLES IN THE PARK

**POPSICLES ♦ INFLATABLES ♦ GAMES**  
**FUN-FILLED, FREE FAMILY EVENT**

1101 Waterloo Lake Dr

# LUNCH AND LEARNS



**THURSDAY,  
JULY 25TH**

**12:00-1:30 PM**

**DENISON SENIOR  
CITIZENS CENTER**

531 W CHESNUT ST  
DENISON, TX 75020

RSVP by July 23rd to  
ensure your provided  
meal.

**ALL AGES WELCOME!**

To register, follow these  
options!

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

PRESENTING

## **TABITHA DARNELL**

Personal Trainer Manager  
**Nautilus Fitness Denison**



**THURSDAY, JULY 25TH  
12:00-1:30 P.M.**



[www.cityofdenison.com/parksrec](http://www.cityofdenison.com/parksrec)



531 W. Chestnut St., Denison, TX



Forest Park  
Downtown Denison TX

Free Outdoor Concerts

Friday Nights at 7:30  
June 7-28 & July 12-26, 2024

Downtown restaurants open  
for dine-in, takeout,  
or delivery

Vendors on site

**JUNE 7** **RED STEAGALL**  
with Tanner Legg

**JUNE 14** **TEXAS HILL**  
with Lyla Plumlee

**JUNE 21** **THE CLEVERLYS**  
with Greg Guymon & Sawyer Guymon

**JUNE 28** **GEORGIA THUNDERBOLTS**  
with Abby Nabors, Mary Clare, & Madeline Ros

**JULY 12** **MCBRIDE & THE RIDE**  
with Tellico 2

**JULY 19** **ALLY VENABLE**  
with Ray Nicole

**JULY 26** **UNCLE LUCIUS**  
with Jon Young Duo

Latest updates, local info, and band bios:  
[facebook.com/DowntownDenisonTX](https://facebook.com/DowntownDenisonTX)  
[www.DowntownDenison.com](http://www.DowntownDenison.com)  
Social: @DowntownDenisonTX



Thanks to our Sponsors!





**BATTLE OF THE BADGES**

# **BLOOD DRIVE 2024**

July 10, 2024  
9:00 am to 4:00 pm  
Denison Police Department  
108 W. Main

## **DENISON FIRE RESCUE**

STATION #2 IS HOSTING A

## **BATTLE OF THE BADGES**

# **BLOOD DRIVE**

**JULY 11TH  
9 AM TO 4 PM**



**2720 WEST MORTON STREET**

The City of Denison Presents

**Movie**  
*in the*  
**Park**

**JULY 27TH**

8:00 PM | FOREST PARK

742126

**ADMIT ONE**

**COST: FREE, OPEN TO THE PUBLIC**

**\*POPCORN AND DRINKS  
AVAILABLE FOR PURCHASE**

**BRING YOUR BLANKETS AND LAWN CHAIRS**

**📍 300 W CRAWFORD ST, DENISON, TX 75020**

742126

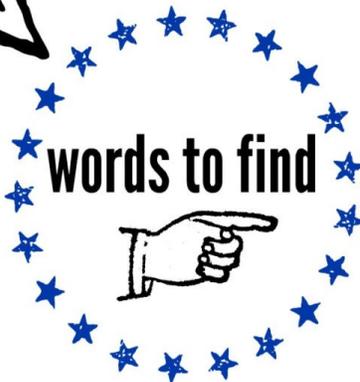
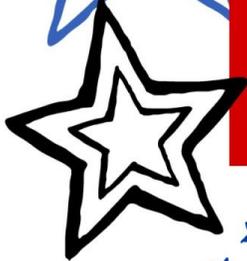
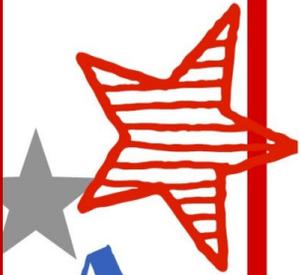
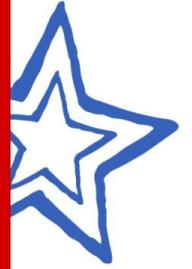


Homemade  
GIFTS MADE EASY



# July 4th word search

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



words to find

AMERICAN  
 FATHERS  
 FOUNDING  
 HONOR  
 NATIONAL ANTHEM  
 STARS  
 UNITED STATES

CENTENNIAL  
 FESTIVE  
 FREEDOM  
 INDEPENDENCE DAY  
 PATRIOTIC  
 STRIPES  
 VETERANS

CIVIC  
 FIREWORKS  
 HOLIDAY  
 LIBERTY  
 PICNIC  
 STAR SPANGLED



# Grilled Firecracker Potato Salad



## Directions:

1. Toss potatoes with oil, salt, and pepper; place in a grill wok or basket. Grill, covered, over medium heat 20-25 minutes or until potatoes are tender, stirring occasionally. Transfer potatoes to a large bowl; cool slightly.
2. In a small bowl, mix dressing ingredients. Add dressing, eggs, and celery to potatoes; toss to combine. Refrigerate, covered, 1-2 hours or until cold. If desired, sprinkle with chives.

## Ingredients:

- 3 pounds small red potatoes (about 30), quartered
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon pepper

## DRESSING:

- 1-1/2 cups mayonnaise
- 1/2 cup finely chopped onion
- 1/4 cup Dijon mustard
- 2 tablespoons sweet pickle relish
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper

## SALAD:

- 6 hard-boiled large eggs, chopped
- 2 celery ribs, finely chopped
- Minced fresh chives, optional



**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](mailto:vcantrell@cityofdenison.com)**