

DENISON ACTIVE ADULTS 55+ NEWSLETTER

August 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 fitness levels.



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

- August 1st: Homemade Pie Day 
- August 3rd: National Disc Golf Day
- August 8th: National Pickleball Day
- August 9th: National Book Lovers Day 
- August 10th: Spoil Your Dog Day
- August 11th: Annual Medical Checkup Day 
- August 12th: National Middle Child Day
- August 14th: Love Your Bookshop Day
- August 16th: Hawaiian Shirt Day
- August 18th: Bad Poetry Day
- August 19th: World Photography Day
- August 20th: National Bacon Lovers Day 
- August 21st: Senior Citizens Day
- August 23rd: Hug Your Sweetheart Day 
- August 28th: National Bow Tie Day 
- August 31st: Eat Outside Day 

Events

- August 3rd: Big Senior Dance & Potluck (\$, Senior Center 5:30pm)
- August 6th: Volunteer Fair (4:00-6:00pm, City Hall) 
- August 9th: THF Park Birthday Bash (5:30pm, 3801 S US 75) 
- August 23: Denison ISD first day of school
- August 30th: Battle of the Ax (Tailgating 5:00pm, Forest Park)



City Council Meetings

- August 5th: City Hall—6:00pm
- August 9th: City Hall—6:00pm



\$ indicates fee associated



VOLUNTEER FAIR

AUGUST 6, 2024

4:00-6:00 PM

Denison City Hall

300 W Main Street

Join us for a free and exciting event where Denison organizations will showcase their remarkable work, offering you opportunities to volunteer, sponsor, and donate to causes you care about!

PARTICIPATE TO RECEIVE PRIZES, GIVEAWAYS, & POPCORN!

UNITED WAY OF GRAYSON COUNTY • MEALS ON WHEELS TEXOMA • TEXOMA MEDICAL CENTER VOLUNTEERS • CASA OF GRAYSON COUNTY • THE BIG EVENT • KEEP DENISON BEAUTIFUL • HABITAT FOR HUMANITY OF GRAYSON COUNTY • TEXAS PARKS AND WILDLIFE/TEXAS STATE PARKS • DENISON ARTS COUNCIL • DOWNTOWN DENISON DENISON CITIZENS POLICE ACADEMY ALUMNI ASSOCIATION • AMERICORPS SENIORS TEXOMA COUNCIL OF GOVERNMENTS • EISENHOWER BIRTHPLACE STATE HISTORIC SITE DENISON ANIMAL WELFARE GROUP • ST. LUKE'S EPISCOPAL CHURCH • TEXOMA FAMILY SHELTER • THE SALVATION ARMY OF SHERMAN • THE JUNIOR LEAGUE OF GRAYSON COUNTY SHERMAN MEDICAL CENTER AUXILIARY

THE PARK BIRTHDAY BASH



AUGUST 9TH | 5:30–8:30 PM

📍 Texoma Health Foundation Park

Inflatables • Carnival Rides • Petting Zoo • Food • Music • Splash Pad • Playground • Touch-A-Truck



YELLOW JACKET TAILGATING



30

AUG

DENISON VS SHERMAN



FOREST PARK | 4:30 PM | BATTLE OF THE AX

20

SEP

DENISON VS FRISCO EMERSON

FOREST PARK | 5:00 PM | FIRST RESPONDER NIGHT

11

OCT

DENISON VS FRISCO MEMORIAL

FOREST PARK | 5:00 PM | HOMECOMING

25

OCT

DENISON VS ANNA

FOREST PARK | 5:00 PM | PINK OUT

7

NOV

DENISON VS MELISSA

FOREST PARK | 5:00 PM | SENIOR NIGHT

Join us for a free family event featuring interactive games, vendors, and food! Cheer on the football team, and enjoy performances from the DHS Band, Stingerettes, and Cheerleaders.



ALCOHOL NOT PERMITTED



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

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

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



The Beach

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

ATLANTIC OCEAN
BATHING SUITS
BEACH TOWEL
BOARDWALK
CARIBBEAN RESORT
DOLPHINS
FISHING PIER
FLIP FLOPS
ICE CREAM
JELLYFISH
LAZY RIVER
LIFE VEST

LIFEGUARD
MINI GOLF
MYRTLE BEACH
PAIL
POOL
SAILBOAT
SANDCASTLE
SANDY TOES
SEASHELL
SEAWEED
SHELBY ALEXANDRA
SHORELINE

SHOVEL
SOUVENIRS
SPLASH PARK
SUNGLASSES
SUNSCREEN
SUNSHINE
SURFBOARD
UMBRELLA
WATER SLIDE
WAVES

Hot and Sweet Corn Salad



Directions:

1. In a large serving bowl, combine the corn, tomato, green onion, cucumber, herbs (don't skimp on the herbs!), radishes, and jalapeño.
2. In a liquid measuring cup or small bowl, combine the olive oil, vinegar, garlic, salt and several twists of black pepper. Whisk until blended, then pour it over the salad. Toss to combine.
3. Add most of the feta or avocado (reserve some for garnish), and gently toss. Taste, and add more vinegar for more tang (I usually add another full tablespoon), or salt for more overall flavor. Garnish with the remaining feta or avocado.
4. Serve promptly, or chill for later. This salad keeps well for 3 to 4 days in the refrigerator, covered.

Ingredients:

- 3 cups corn kernels
- 1 medium tomato, chopped (about ½ cup)
- ¾ cup chopped green onion
- 1 cup quartered and thinly sliced cucumber (preferably English cucumber)
- ½ cup chopped fresh leafy herbs (choose from basil, dill, mint, parsley and/or cilantro)
- ½ cup chopped radishes
- 1 medium jalapeño, very thinly sliced (omit if sensitive to spice)
- ¼ cup extra-virgin olive oil
- 1 tablespoon red wine vinegar or white wine vinegar, to taste
- 2 medium cloves garlic, pressed or minced
- ½ teaspoon fine sea salt, to taste
- Freshly ground black pepper, to taste
- ⅓ cup crumbled feta cheese or 1 ripe avocado, diced



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@denisontx.gov