

DENISON ACTIVE ADULTS 55+ NEWSLETTER

September 2024

Page 1: Monthly Activities
Page 2: Activity Descriptions
Page 3: Mark Your Calendars
Page 4–9: Highlights
Page 10: Coloring Page
Page 11: Word Search
Page 12: Recipe



Mondays

9:00am Ladies Exercise
9:00am Game Time
9:00am Aqua Fit
(\$, Waterloo Pool)
9:30am Jazzercise (\$)
11:00am MOW Lunch
5:30pm Jazzercise (\$)

Wednesdays

9:00am Ladies Exercise
9:00am Game Time
9:00am Aqua Fit
(\$, Waterloo Pool)
9:30am Jazzercise (\$)
11:00am MOW Lunch
5:30pm Jazzercise (\$)

Fridays

9:00am Ladies Exercise
9:00am Aqua Fit
(\$, Waterloo Pool)
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 (\$)

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*

**** 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

- September 1st: World Letter Writing Day
- September 2nd: Labor Day
- September 6th: National Read a Book Day
- September 8th: National Grandparents' Day
- September 11th: Patriot Day (9/11 Remembrance)
- September 12th: National Day of Encouragement
- September 16th: The American Legion Day
- September 20th: National POW/MIA Recognition Day
- September 21st: World Alzheimer's Day
- September 22nd: Fall Equinox/First Day of Fall
- September 28th: National Good Neighbor Day
- September 29th: National Veterans of Foreign Wars Day

Events

- September 7th: Big Senior Dance & Potluck (\$, Senior Center 5:30pm)
- September 7th: Dumpster Painting Event (102 S Burnett Ave, 10am-5pm)
- September 7th: TV Munson Wine Walk (\$, Downtown Denison 2-6pm)
- September 13th: TMC Lunch & Learn (Denison Public Library, 12-1pm)
- September 19th: Eisenhower Book Club (Denison Public Library, 3pm)
- September 20th: Yellow Jacket Tailgating—First Responders Night (Forest Park, 5pm)
- September 25th: Friendly Feud (Senior Citizens Center, 12-2pm)
- September 26th: Senior Lunch & Learn (Senior Citizens Center, 12-1:30pm)
- October 4th: Senior Fishing Festival (\$, Waterloo Lake, 7:30am-1pm)

City Council Meetings

- September 3rd: City Hall—6:00pm
- September 16th: City Hall—6:00pm



\$ indicates fee associated



DUMPSTER PAINTING EVENT

**ELECTRONICS RECYCLING
RECYCLING & COMPOSTING
INFORMATION**

SEPTEMBER 7, 2024

Come hang out with Downtown Denison and the Denison Arts Council at Heritage Park! Watch as artists give dumpsters a colorful makeover. Texoma Council of Governments is providing electronics recycling and sharing recycling information. Don't miss out on the fun!

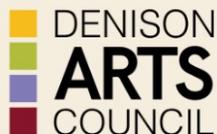


10:00AM - 5:00PM*

**102 S Burnett Ave
Denison, Tx 75020**



***ELECTRONICS RECYCLING 9 AM-12 PM**
NO TVS OR MONITORS OVER 8" THICK, NO CRT/SQUARE BOX



Denison Public Library Events

Lunch & Learn with Texoma Medical Center



Aortic Stenosis

Instructor: Marcie LaRoche

BSN, RN - TMC Structural Heart Coordinator

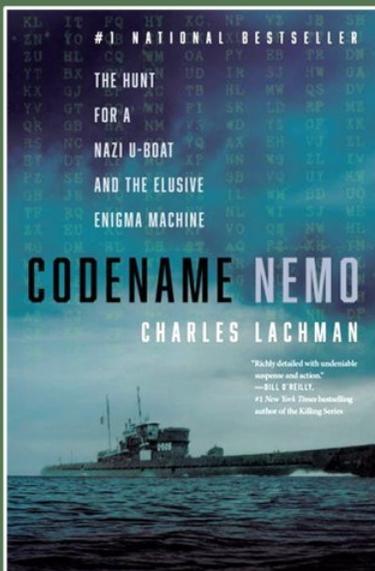


Registration required
First 25 people to register
get a free lunch

Friday, September 13th
12pm – 1pm
Denison Public Library

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

EISENHOWER BOOK CLUB



September 19 @ 3 PM

Charles Lachman

Codename Nemo: The Hunt for a Nazi U-Boat and The Elusive Enigma Machine

The white-knuckled saga of a maverick captain, nine courageous sailors, and a US Navy task force who achieved the impossible on June 4, 1944—capturing Nazi submarine U-505, its crew, technology, encryption codes, and an Enigma cipher machine.

FOR MORE INFORMATION

Zoe May - zmay@denisontx.gov or 903.465.1797

TEXAS
HISTORICAL
COMMISSION
REAL PLACES TELLING REAL STORIES





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



Denison Parks and Recreation Presents

FRIENDLY FEUD EVENT

Denison Senior Citizens Center | 531 W Chestnut Street

**ADULTS
55+**

**Sept
25**

12-2 PM

LUNCH & PRIZES

Free Event for Denison Adults 55+



Both team and individual registrations are welcomed!

**Register by calling 903-465-2720 ext. 2031 or
emailing jstarr@denisontx.gov**

LUNCH AND LEARNS



DENISON
POLICE
Serving Since 1872



2017

**THURSDAY,
SEPTEMBER 26**

12:00-1:30 PM

**DENISON SENIOR
CITIZENS CENTER**

531 W CHESNUT ST
DENISON, TX 75020

RSVP by September 24th
to ensure your provided
meal.

ALL AGES WELCOME!

To register, follow these
options!

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

PRESENTING

OFFICER MOLINA

Denison Police Department

**THURSDAY, SEPTEMBER 26TH
12:00-1:30 P.M.**



Scan the QR Code
to register

Topics:

- Home Security Tips
- Lock Box Program



www.cityofdenison.com/parksrec



531 W. Chestnut St., Denison, TX

WATERLOO LAKE



1101 WATERLOO LAKE DR, DENISON TX 75020

Participants must be fifty years of age or older as of October 4th, 2024 to be eligible to participate.

INCLUDES FISHING, CAP & HOT DOG LUNCH!



FRIDAY | OCT 4TH 2024



7:30AM - 1PM

ENTRY FEE: \$5

REGISTRATIONS RECEIVED AFTER SEPTEMBER 20, 2024 WILL NOT RECEIVE A CAP DAY OF EVENT, HOWEVER REGISTRATION ACCEPTED THROUGH MORNING OF EVENT.



BEACON HILL

PRIZES AWARDED FOR FISHING & CASTING CONTESTS

FOR MORE INFORMATION OR REGISTRATION FORM CONTACT:

**SHERMAN SENIOR CENTER | 903-892-7316
DENISON PARKS & RECREATION | 903-463-5116**



Sherman Senior Activity Center
EMBRACE YOUR AGE 50+







*September
national days
word search
printable
from Always
the Holidays*

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

**PATRIOT DAY
PROPOSAL DAY
GRATITUDE DAY
DEAF DAY
BATMAN DAY
SOBER DAY
ALZHEIMERS DAY**

**PEANUT DAY
GYRO DAY
CHAI DAY
SALAMI DAY
FAMILY DAY
GREENPEACE DAY
SCARF DAY**

**VFW DAY
RHINO DAY
RESPECT DAY
SKYSCRAPER DAY
TV DINNER DAY
SUDOKU DAY
COFFEE DAY**

Pumpkin Cream Cheese Muffins



Ingredients:

Cream Cheese Filling

- 8 ounces cream cheese, room temperature
- $\frac{1}{3}$ cup granulated sugar
- 1 large egg yolk
- $1\frac{1}{2}$ teaspoons vanilla extract

Muffins

- 2 cups all-purpose flour
- 1 tablespoon pumpkin pie spice blend
- 2 teaspoons cinnamon
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 (15-ounce) can pure pumpkin puree (NOT pumpkin pie filling)
- $\frac{1}{2}$ cup vegetable oil
- 2 large eggs, room temperature
- 2 teaspoons vanilla extract
- $\frac{3}{4}$ cup light brown sugar
- $\frac{1}{4}$ cup granulated sugar

Directions:

1. Preheat oven to 350°F. Line two standard muffin tins with 20 paper liners. Set aside.
2. To make the cream cheese filling, add the cream cheese and granulated sugar into a medium-sized mixing bowl. With a handheld mixer, on medium-low speed, beat together the cream cheese and granulated sugar for 1 minute or until smooth.
3. Add the egg yolk and vanilla extract and beat for another 30 seconds to fully incorporate and create a smooth cream cheese filling. Transfer the cream cheese mixture to a piping bag or a Ziploc bag with the corner snipped off. Set aside.
4. In a medium bowl, add the all-purpose flour, pumpkin pie spice blend, cinnamon, baking powder, baking soda and salt. Stir to combine.
5. In a large mixing bowl, whisk together the canned pure pumpkin puree, vegetable oil, large eggs, vanilla extract, light brown sugar and granulated sugar. Whisk until all the ingredients are completely blended and the mixture is smooth.
6. Add the flour mixture into the pumpkin mixture and whisk just until all the ingredients are combined and the batter is thick and smooth.
7. Fill all 20 muffin liners $\frac{3}{4}$ full with the pumpkin muffin batter.
8. Squeeze $1\frac{1}{2}$ -2 teaspoons of the cream cheese filling into the center of each pumpkin muffin.
9. Bake for 25 minutes or until a toothpick inserted into the pumpkin part of the muffin comes out clean. Allow the pumpkin cream cheese muffins to cool completely on a wire rack before serving.