

DENISON ACTIVE ADULTS 55+ NEWSLETTER

October 2024

Page 1: Monthly Activities
Page 2: Activity Descriptions
Page 3: Meals on Wheels Calendar
Page 4: Mark Your Calendars
Page 5–15: Highlights
Page 16: Coloring Page
Page 17: Word Search
Page 18: 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
1:00pm VitalityFit
5:30pm Jazzercise (\$)

Thursdays

9:00am Aqua Fit
(\$, Waterloo Pool)
9:30am Live Band
11:00am MOW Lunch
1:00pm VitalityFit
2:15pm 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.

Meals on Wheels of Texoma

October

Monday	Tuesday	Wednesday	Thursday	Friday
	10/1/2024	10/2/2024	10/3/2024	10/4/2024
	Greek Chicken Lemon Herb Couscous Mediterranean Vegetables Wheat Pita Pocket Half Fresh Fruit 2% Milk	Herbed Turkey Breast w/ Apple Cranberry gravy Whipped Potatoes with Skins Summer Vegetables Whole Wheat Bread Chocolate Pudding 2% Milk	Chicken Fried Rice Lemon Broccoli Chinese Cabbage Dinner Roll Tres Leches Cake 2% Milk	Turkey Taco Seasoned Black Beans Parslied Carrots Corn Tortillas (2) Fresh Fruit 2% Milk Taco Sauce
10/7/2024	10/8/2024	10/9/2024	10/10/2024	10/11/2024
White Chicken Chili Cream Cheese Corn Parslied Carrots Saltine Crackers Cherry Craisins 1% Milk	Espagnole Beef Meatballs Couscous Garlic Spinach Whole Wheat Bread Fresh Fruit 1% Milk	Chicken Tenders Whipped Potatoes with Skins Herbed Green Beans Multigrain Bread Cinnamon Sugar Cookie 1% Milk	Beef Enchiladas Enchilada Sauce Spanish Rice Black Beans Cherry Gelatin 1% Milk	Pulled BBQ Pork* Tater Tot Casserole Mixed Vegetables Hamburger Bun Fresh Fruit 1% Milk
10/14/2024	10/15/2024	10/16/2024	10/17/2024	10/18/2024
Salisbury Beef w/ Mushroom Onion Gravy Garlic Whipped Potatoes Turnip Greens Multigrain Bread Brownie 1% Milk	Turkey Pastrami Lentil Vegetable Pilaf Broccoli Dinner Roll Fresh Banana 1% Milk	Mongolian Chicken Jasmine Rice Japanese Vegetables Almond Cookie 1% Milk	Spaghetti and Meat Sauce Cauliflower Green Beans with Onions Strawberry Poke Cake 1% Milk	Bean and Cheese Burrito Ranchero Sauce Mexican Corn Mexican Style Tomatoes Fresh Fruit 1% Milk
10/21/2024	10/22/2024	10/23/2024	10/24/2024	10/25/2024
Turkey Tetrazzini Green Beans Glazed Carrots Multigrain Bread Brownie Cookie 1% Milk	Polish Sausage* Red Beans and Rice Zucchini and Tomatoes Hot Dog Bun Fresh Banana 1% Milk	Lemon Pepper Fish Black-Eyed Peas Cabbage Multigrain Bread Creamsicle Pudding 1% Milk	Beef Taco Lettuce and Tomato Charro Beans Flour Tortillas (2) Hot Rosy Applesauce 1% Milk Taco Sauce	Chicken Nuggets Whipped Potatoes with Skins Garden Vegetables Dinner Roll Fresh Fruit 1% Milk BBQ Sauce
10/28/2024	10/29/2024	10/30/2024	10/31/2024	
French Onion Chicken Breast Brown Rice Oregano Green Beans Multigrain Bread Oatmeal Raisin Cookie 1% Milk	Marsala Beef Meatballs Pesto Penne Pasta Scalloped Tomatoes Whole Wheat Bread Fresh Fruit 1% Milk	Meatloaf Parslied Potatoes Summer Vegetables Dinner Roll Caramel Brownie 1% Milk	Herbed Pork Loin* w/ Marsala Mushroom Sauce Butternut Squash Tangy Spinach Bread Pudding 1% Milk	* - Recipe Contains Pork

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463

MARK YOUR CALENDARS!

Holidays

- October 1st: International Coffee Day 
- October 2nd: Rosh Hashanah
- October 4th: National Golf Lovers Day
- October 5th: National Be Nice Day
- October 11th: Yom Kippur
- October 12th: I Love Yarn Day
- October 16th: National Boss's Day
- October 16th: National Take Your Parents To Lunch Day
- October 17th: Wear Something Gaudy Day 
- October 20th: National Day on Writing
- October 26th: National Make a Difference Day
- October 28th: National First Responders Day
- October 31st: Halloween



City Council Meetings

- October 7th: City Hall—6:00pm
- October 21st: City Hall—6:00pm



\$ indicates fee associated



Events

- October 1st: National Night Out (Forest Park 5:30pm—7:30pm) 
- October 4th: Senior Fishing Fest (Waterloo Lake 8:00am)
- October 5th: Big Senior Dance & Potluck (\$, Senior Center 5:30pm) 
- October 5th: Denison Fall Festival (Main Street 9:00am—4:00pm)
- October 11th: TMC Lunch & Learn (Denison Public Library 12:00-1:00pm)
- October 11th: Yellow Jacket Tailgating (Forest Park 5:00pm) 
- October 12: Eisenhower 134th Birthday Celebration (Eisenhower Birthplace 10am)
- October 16th: Holiday Craft (Senior Citizens Center 2:00pm-3:00pm)
- October 17th: Eisenhower Book Club (Denison Public Library 3:00pm)
- October 24th: Senior Lunch & Learn (Senior Center 12:00pm-1:30pm)
- October 25th: Yellow Jacket Tailgating (Forest Park 5:00pm) 
- October 26th: Zombie Crawl (Downtown Denison 1pm-midnight)
- October 31st: Monsters on Main (Main Street 5:30pm—7:30pm)
- November 2nd: Dia de los Muertos Festival (Heritage Park 10:00am— 5:00pm)



POLICE • COMMUNITY PARTNERSHIPS

DENISON POLICE DEPARTMENT AND DENISON FIRE RESCUE

INVITES YOU TO JOIN US AT

NATIONAL NIGHT OUT

**OCTOBER 1, 2024
5:30 P.M. TO 7:30 P.M.**

**FOREST PARK
300 WEST CRAWFORD STREET
DENISON, TX 75020**

A free family friendly event!

We will have an obstacle course, bounce house and slide, rock wall, K9 demonstration, helicopter landing demonstration, face painting, hot dogs, snow cones, and multiple vendors (including Starbucks)!

TOGETHER, WE ARE MAKING COMMUNITIES SAFER, MORE CARING PLACES TO LIVE AND WORK



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+



Seniors! BIG DANCE



Saturday October 5th

5:00 – 8:00^{PM}

Chuck Willis & The Misfits

Denison Senior Center

Admission \$5

Denison Parks and Recreation

531 WEST CHESTNUT STREET

U First United
SPEND LIFE WISELY®
presents

discover
Denison

Denison
AREA CHAMBER OF COMMERCE



SAT. OCT. 5, 2024

LIVE MUSIC | FOOD | VENDORS

NON-PROFIT KIDZ ZONE

DOWNTOWN DENISON MAIN STREET

9:00 AM - 4:00 PM

(903) 465-1551 | DENISONTXAS.US



Parks and Recreation and
Public Library

Holiday Crafts

Pumpkin Floral Arrangement

Denison Senior Citizens Center

Wednesday, October 16th

2:00 - 3:00 PM

Register by phone: 903-465-2720 ext. 2031





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



NOTHING LESS THAN FULL VICTORY



OCTOBER 12, 2024



**Eisenhower
134th Birthday
CELEBRATION**



**Eisenhower Birthplace
DENISON, TEXAS**

Join us for a day of history and festivities.
WWII-themed entertainment,
crafts & activities, and birthday cake.



For more info call **903-464-4452**
web www.DowntownDenison.com
social media @DowntownDenisonTX

TEXAS
HISTORICAL
COMMISSION
REAL PLACES TELLING REAL STORIES

LUNCH AND LEARNS



**THURSDAY,
OCTOBER 24TH
12:00-1:30 PM**

**DENISON SENIOR
CITIZENS CENTER**

**531 W CHESNUT ST
DENISON, TX 75020**

RSVP by October 22nd to
ensure your provided
meal.

ALL AGES WELCOME!

To register, follow these
options!

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

PRESENTING
**HARLAN OWENS &
LANDON LINDSEY**

With the Denison Fire Department

**THURSDAY, OCTOBER 24TH
12:00-1:30 P.M.**



Scan the QR Code
to register

Topics:

- Fire Blankets
- Fire Extingisher Training
- Why You Should Have a Carbon Monoxide Detector in Your Home
- American Red Cross Smoke Alarm Installation Program
- Q&A's

 www.cityofdenison.com/parksrec

 531 W. Chestnut St., Denison, TX

DDI
DOWNTOWN DENISON INC.

DENISON'S ANNUAL BAR CRAWL

ZOMBIE CRAWL

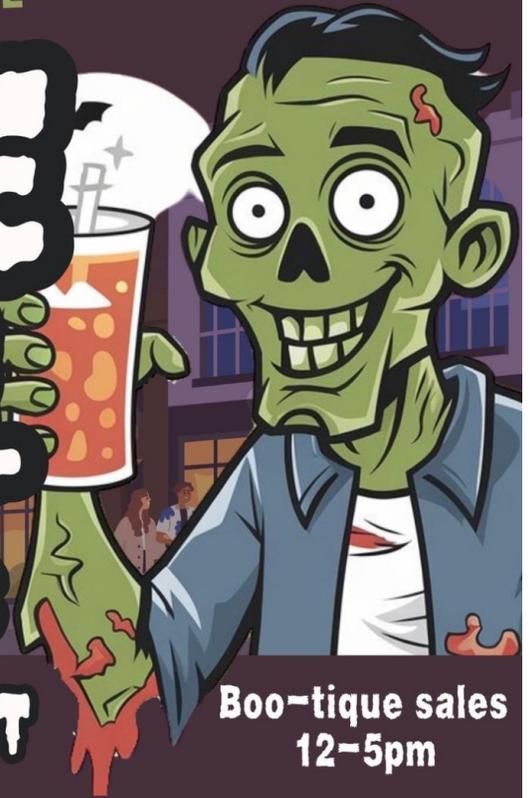
OCT 26

1PM-MIDNIGHT

Boo-tique sales
12-5pm

GREEN GROWLER
SPORTS BAR TAP HOUSE

Costume Contest
Green Growler 10pm



MONSTERS ON MAIN

Downtown
Denison
TEXAS



COSTUME CONTEST
BEGINS JUDGING
AT 7PM IN
HERITAGE PARK!



OCT 31ST | 5:30PM - 7PM

TRICK OR TREAT

  DOWNTOWN DENISON TX
[HTTPS://DOWNTOWNDENISON.COM](https://downtowndenison.com)



Denison Public Library Events

Lunch & Learn with Texoma Medical Center



Sepsis

Instructor: Carissa Bradley
BSN, RN, Sepsis Coordinator

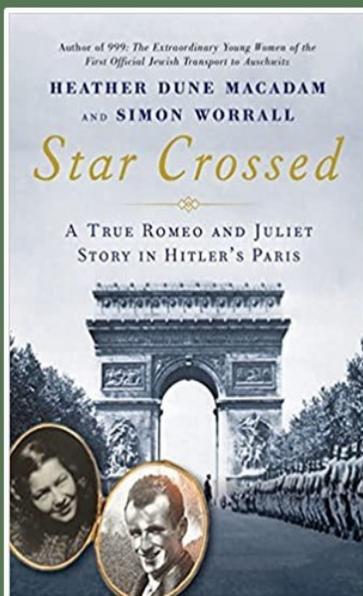


Registration required
First 25 people to register
get a free lunch

Friday, October 11th
12pm – 1pm
Denison Public Library

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

EISENHOWER BOOK CLUB



October 17 @ 3 PM

Heather Macadam and Simon Worrall

Star Crossed: A True Romeo and Juliet Story in Hitler's Paris

Paris, 1940. The City of Light has fallen under German occupation. Among patriotic Parisians, the pursuit of art, culture, and jazz has become a bold act of defiance. So has forbidden love for talented and spirited Jewish teenager Annette Zelman, a student at the Beaux-Arts, and dashing young Catholic poet Jean Jausion.

●●● FOR MORE INFORMATION ●●●
Zoe May - zmay@denisontx.gov or 903.465.1797

TEXAS
HISTORICAL
COMMISSION
REAL PLACES TELLING REAL STORIES



Downtown Murder Club

A mystery-themed book club
that meets in local restaurants

First Meeting: Thursday, October 17th 6-7pm

Where: Rustico (506 W. Chestnut St.)

Call 903-465-1797 to reserve your spot



YOU ARE INVITED TO CELEBRATE WITH US
DIA DE LOS MUERTOS



SATURDAY, NOVEMBER 2, 2024
DENISON TX

Watch our website
We are adding details every week!

DENISON
ARTS
COUNCIL

discover
Denison





55+

VitalityFit: Thrive & Strive Active Aging Class

**Denison Senior Citizens Center
Tuesdays and Thursdays**

NEW TIME: 1:00-2:00 PM

This class is designed to help in areas such as:

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

- 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

DENISON



MIGHTY DRAGONS

CHAIR VOLLEYBALL TEAM

***TUESDAYS AT 11:30 AM
NEW TIME: THURSDAYS AT 2:15 PM***

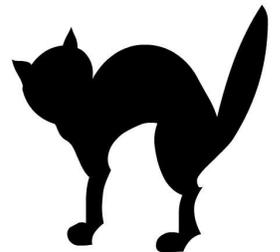


SPOOKY HALLOWEEN WORD SEARCH

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



- bats
- candy
- ghost
- magic
- spooky
- costume
- goblins
- haunted
- October
- pumpkin
- witches
- vampires
- halloween
- jackolantern
- trickortreat



Apple Pancake Casserole



Ingredients:

- 1 pound bulk pork sausage
- 2 cups biscuit/baking mix
- 1-1/3 cups 2% milk
- 2 large eggs
- 1/4 cup canola oil
- 2 medium apples, peeled and thinly sliced
- 2 tablespoons cinnamon sugar
- Maple syrup

Directions:

1. Preheat oven to 350°. In a large skillet over medium heat, cook and crumble sausage until no longer pink, 5-7 minutes; drain.
 2. Mix biscuit mix, milk, eggs and oil until blended; stir in sausage. Transfer biscuit mixture to a greased 13x9-in. baking dish.
 3. Top with apples; sprinkle with cinnamon sugar.
 4. Bake 30-45 minutes or until set. Serve with syrup.
- * To make ahead: Refrigerate, covered, several hours or overnight. To use, preheat oven to 350°. Remove casserole from refrigerator; uncover and let stand while oven heats. Bake as directed, increasing time as necessary until a knife inserted in the center comes out clean.