

DENISON ACTIVE ADULTS 55+ NEWSLETTER

November 2024

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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.



Monday	Tuesday	Wednesday	Thursday	Friday
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November

11/1/2024
King Ranch Chicken Casserole
Pinto Beans
Parslied Carrots
Fresh Fruit
1% Milk

11/4/2024	11/5/2024	11/6/2024	11/7/2024	11/8/2024
Italian Shells and Cheese Broccoli Diced Beets Multigrain Bread Chocolate Chip Cookie 1% Milk	Cajun Fish Chili Beans Cauliflower Cornbread Fresh Fruit 1% Milk	Sausage w/Onions/Peppers* Ranch Beans Coleslaw Hot Dog Bun Peach Cobbler 1% Milk Mustard	Sweet and Sour Chicken Spiced Rice Green Peas Tapioca Pudding 1% Milk	Beef Stroganoff over Potatoes Lemon Pepper Brussels Sprouts Sliced Carrots Multigrain Bread Fresh Fruit 1% Milk

11/11/2024	11/12/2024	11/13/2024	11/14/2024	11/15/2024
Chicken Pot Pie Country Tomatoes Green Beans Multigrain Bread Strawberry Whip 1% Milk	Sloppy Joe Oven Roasted Potatoes Honey Carrots Hamburger Bun Fresh Fruit 1% Milk	BBQ Chicken Baked Beans Medley Cabbage Dinner Roll Peanut Butter Cookie 1% Milk	Loaded Potato Casserole Whole Kernel Corn Broccoli Whole Wheat Bread Chocolate Pudding 1% Milk	Swiss Steak Parslied Rice Spring Vegetables Whole Wheat Bread Fresh Fruit 1% Milk

11/18/2024	11/19/2024	11/20/2024	11/21/2024	11/22/2024
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	Sliced BBQ Pork* Tater Tot Casserole Mixed Vegetables Hamburger Bun Fresh Fruit 1% Milk

11/25/2024	11/26/2024	11/27/2024	11/28/2024	11/29/2024
Salisbury Beef Brown Gravy Garlic Whipped Potatoes Turnip Greens Multigrain Bread Brownie 1% Milk	Turkey Pastrami Lentil Vegetable Pilaf Broccoli Dinner Roll Fresh Banana 1% Milk	Special Thanksgiving Meal Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes with Skins Green Beans Casserole Dinner Roll Pumpkin Pie 1% Milk Cranberry Sauce	Closed for Holiday Happy Thanksgiving!	Closed for Holiday Happy Black Friday!

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463

* - Recipe Contains Pork

MARK YOUR CALENDARS!

Holidays

- November 2nd: Day of the Dead 
- November 3rd: Daylight Savings Ends
- November 4th: National Day of Community Service
- November 5th: Election Day 
- November 11th: Veterans Day



- November 13th: World Kindness Day
- November 17th: National Hiking Day
- November 23rd: Family Volunteer Day
- November 24th: Celebrate Your Unique Talent Day
- November 28th: Thanksgiving



- November 29th: Black Friday

City Council Meetings

- November 4th: City Hall—6:00pm
- November 18th: City Hall—6:00pm



Events

- November 2nd: Dia de los Muertos Festival (Heritage Park, 10:00am– 5:00pm) 
- November 2nd: Big Senior Dance & Potluck (Senior Center, 5:30pm, \$) 
- November 7th: Yellow Jacket Tailgating (Forest Park, 5:00pm) 
- November 9th: Veterans Day Parade (Downtown Denison, 2:00pm) 
- November 16th: Denison on Ice Opening Day (111 Main St, 1:00pm-9:00pm, \$) 
- November 21st: Lunch & Learn (Senior Center, 12:00pm)
- November 21st: Eisenhower Book Club (Denison Public Library, 3:00pm)

\$ indicates fee associated

Seniors! BIG DANCE



Saturday November 2nd

5:00 – 8:00^{PM}

Chuck Willis & The Misfits

Denison Senior Center

Admission \$5

Denison Parks and Recreation

531 WEST CHESTNUT STREET



The poster features a decorative border with the colors and stars of the American flag. The top and bottom edges have horizontal stripes of red, white, and blue. The right edge has a vertical blue band with white stars. The central text is on a white background.

Join us to help honor our Veterans

Sponsored by the City of Denison and
American Legion Post 62

DENISON Veterans Day PARADE

November 9, 2024

Come show your support for our Area Veterans

Line up at 1 pm on Crawford
Parade at 2 PM

Contact Heather for more information
American Legion Post 62 Denison
903-463-2748
AmericanLegion62@gmail.com



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





Opens November 16th

For information and Hours of Operation, please visit our website, DenisononIce.com.

\$10 per ticket: Includes 1 hour of skating and skate rentals

Concessions are available onsite

Rink is available for private party reservations.

Denison On Ice will not be open Thanksgiving Day, Christmas Eve, or Christmas Day.

LUNCH AND LEARNS



**THURSDAY,
NOVEMBER 21**

12:00-1:30 PM

**DENISON SENIOR
CENTER**

531 W CHESNUT ST
DENISON, TX 75020

RSVP by November
19th to ensure your
provided meal.

To register, follow these
options!

- Scan the QR Code
- Call 903-465-2720
ext. 2031

PRESENTING
**SHOCKLEY
INSURANCE AGENCY**

THURSDAY, NOVEMBER 21ST | 12:00-1:30 P.M.



TOPIC:

**SECURING YOUR
GRANDCHILDREN'S
FUTURE**

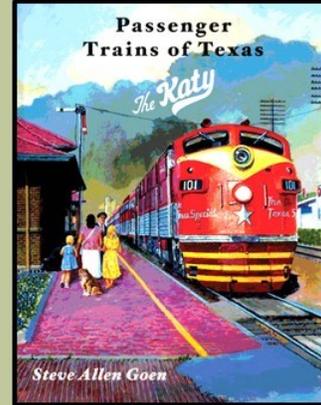
 www.cityofdenison.com/parksrec

 531 W. Chestnut St., Denison, TX

Denison Public Library Events

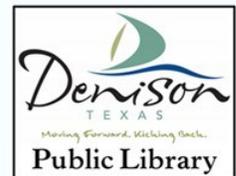
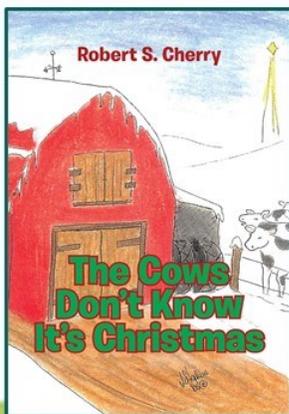


**Book Signing
and Author Talk
by Texas author
Steve Allen Goen**



**Saturday, November 9th
11am – noon
Denison Public Library**

**Book Signing by local author
Steve Cherry**



**Saturday, November 16th
Denison Public Library
10am – 11am**

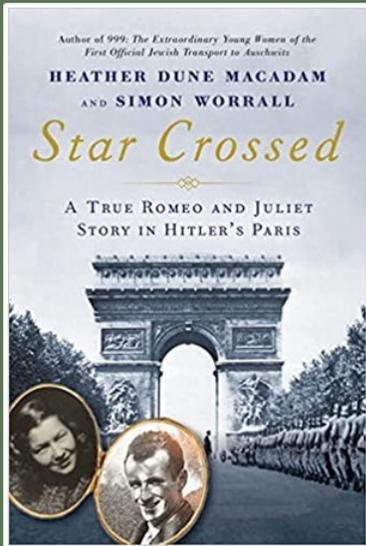
Steve Cherry served as the Criminal Justice Instructor at Denison HS for 24 years and as a part-time Officer for Grayson College Police Department.

This book is a tribute to his father, Robert Luther (Bob) Cherry, former mayor of Denison, and former president of the Denison School Board, as well as many other roles serving Denison.

All proceeds from the sale of *The Cows Don't Know It's Christmas* go to Shriner's hospital

Denison Public Library Events

EISENHOWER BOOK CLUB



November 21st @ 3 PM

Heather Macadam and Simon Worrall

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

Due to scheduling conflicts last month, we moved the discussion of "Star Crossed" to the November meeting.

Please join us! We are always happy to welcome new members to the book club.

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

TEXAS
HISTORICAL
COMMISSION
REAL PLACES TELLING REAL STORIES



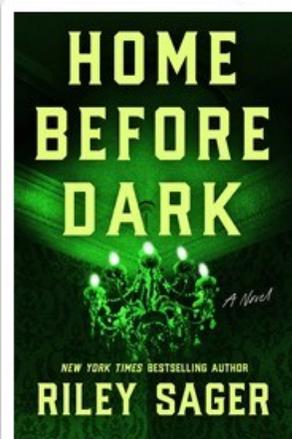
Downtown Murder Club

A mystery-themed book club that meets monthly in local restaurants

Next Meeting: Thursday, November 21st 6-7pm

Location: Deviled Egg Co. (231 W. Main St.)

Book: Home Before Dark by Riley Sager



Call 903-465-1797 to reserve your spot
If you attended in October your spot is already reserved

Thankful



Grateful

Thanksgiving

WORD SEARCH

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

FALL

GATHER

HOLIDAY

PILGRIMS

PUMPKIN

CORN

FEAST

THANKFUL

TURKEY

CORNUCOPIA

FAMILY

GOBBLE

GRATITUDE

PIE

NOVEMBER

PLYMOUTH

STUFFING

THANKSGIVING

CRANBERRIES

POTATOES

TRADITION



Leftover Turkey Casserole



Ingredients:

- 4 tablespoons butter, unsalted
- 1/4 cup flour
- 1/2 teaspoon kosher salt
- 1/2 teaspoon coarse ground black pepper
- 1 cup turkey gravy
- 1 cup whole milk
- 1 cup mozzarella, shredded
- 3 cups cornbread, cut into 1 inch chunks
- 3 cups chopped turkey meat, cooked
- 1/2 cup frozen peas
- 1 cup chopped carrots
- 1 cup chopped frozen green beans

Directions:

- ♦ Preheat the oven to 350 degrees and add the butter to a medium sized saucepan melting it on medium heat.
- ♦ Add the flour to the pan and whisk well together for 1 minute before adding in the gravy, milk and mozzarella, whisking until smooth.
- ♦ Add the cornbread, turkey, peas, carrots and green beans to a 9×13 pan and cover with the gravy before cooking for 20-25 minutes covered, followed by 10 minutes uncovered.



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**