

DENISON ACTIVE ADULTS 55+ NEWSLETTER

December 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 (\$)

Tuesdays

9:00am Aqua Fit
(\$, Waterloo Pool)
9:30am Bingo
11:00am MOW Lunch
11:30am Chair Volleyball
1:00pm VitalityFit
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 (\$)

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 (\$)

Fridays

9:00am Ladies Exercise
9:00am Aqua Fit
(\$, Waterloo Pool)
9:30am Live Band
9:30am Jazzercise (\$)
11:00am MOW Lunch

***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.



Monday	Tuesday	Wednesday	Thursday	Friday
12/2/2024	12/3/2024	12/4/2024	12/5/2024	12/6/2024
Turkey Tetrizzini 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
12/9/2024	12/10/2024	12/11/2024	12/12/2024	12/13/2024
French Onion Chicken 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* Butternut Squash Tangy Spinach Bread Pudding 1% Milk	King Ranch Chicken Casserole Pinto Beans Parslied Carrots Fresh Fruit 1% Milk
12/16/2024	12/17/2024	12/18/2024	12/19/2024	12/20/2024
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
12/23/2024	12/24/2024	12/25/2024	12/26/2024	12/27/2024
Christmas Honey Glazed Ham* Mashed Spiced Yams Green Bean Casserole Dinner Roll Banana Pudding 1% Milk Margarine	Closed for Holiday	Closed for Holiday	BBQ Chicken Baked Beans Medley Cabbage Dinner Roll Peanut Butter Cookie 1% Milk	Swiss Steak Parslied Rice Spring Vegetables Whole Wheat Bread Fresh Fruit 1% Milk
12/30/2024	12/31/2024	 <p>* - Recipe Contains Pork</p>		
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			

Sarah Hutsler, RD, LD
Sarah Hutsler, RD, LD #DT81463

MARK YOUR CALENDARS!

Holidays & Observances

- * December 7th: National Pearl Harbor Day of Remembrance



- * December 9th: Christmas Card Day

- * December 17th: National Wreaths Across America Day



- * December 20th: National Ugly Christmas Sweater Day



- * December 21st: Winter Solstice

- * December 24th: Christmas Eve

- * December 25th: Christmas



- * December 31st: New Year's Eve



- * Dec 25— Jan 2: Hanukkah



- * Dec 26—Jan 1: Kwanzaa



City Council Meetings

- * December 2nd: City Hall—6:00pm
- * December 16th: City Hall—6:00pm



Events

- * December 3rd: Mighty Dragons vs Denison Police Dept (Senior Center, 11:30am)



- * December 7th: Big Senior Dance & Potluck (Senior Center, 5:30pm, \$)



- * December 5th: Christmas Parade & Tree Lighting (Main St & Heritage Park 4:00pm)



- * December 13th: Wonders of Winter (Forest Park 5:30– 8:30pm)

- * December 14: Wreaths Across America (Fairview Cemetery 11:00am)



\$ indicates fee associated

DENISON TEXAS

Christmas Calendar 2024

**SHOP TO WIN
SHOPPING SPREE**

NOVEMBER 4TH - DECEMBER 5TH

HOLIDAY AT THE MARKET

NOVEMBER 16TH

**HOLIDAY NIGHTS OPENING
NIGHT RECEPTION**

NOVEMBER 29TH

**HOLIDAY ON THE HOME
FRONT**

DECEMBER 4TH - 21ST

**EISENHOWER STATE PARK
LIGHT UP THE PARK**

DECEMBER 6TH - 7TH

WONDERS OF WINTER

DECEMBER 13TH

CHRISTMAS AT THE DEPOT

DECEMBER 14TH

DENISON ON ICE

NOVEMBER 16TH - JANUARY 5TH

**GRAYSON COUNTY HOLIDAY
LIGHTS**

NOVEMBER 29TH - DECEMBER 25TH

**SMALL BUSINESS SATURDAY
DONUT HOLE STROLL**

NOVEMBER 30TH

**CHRISTMAS PARADE, TREE
LIGHTING & COCÓA
COMPETITION**

DECEMBER 5TH

HOME AND LOFT TOUR

DECEMBER 7TH & 8TH

SMALL TOWN CHRISTMAS

DECEMBER 14TH

**ELVE'S CHRISTMAS TREE
FARM**

STARTING NOVEMBER 29TH

**CHECK OUT DISCOVERDENISON.COM OR
DISCOVERDENISON ON FACEBOOK FOR
MORE! HO HO HO!**



discover
Denison



Grayson County Holiday Lights



Grayson County Holiday Lights Drive Thru

November 29th thru December 25th, 2024

Every night 5:30PM - 10:00PM | Rain or Shine

Please enter utilizing the frontage road on the West side of 75 just North of Loy Lake Road using the Crawford Street Exits, both Northbound and Southbound.

This is a free event, but donations are accepted and welcome!

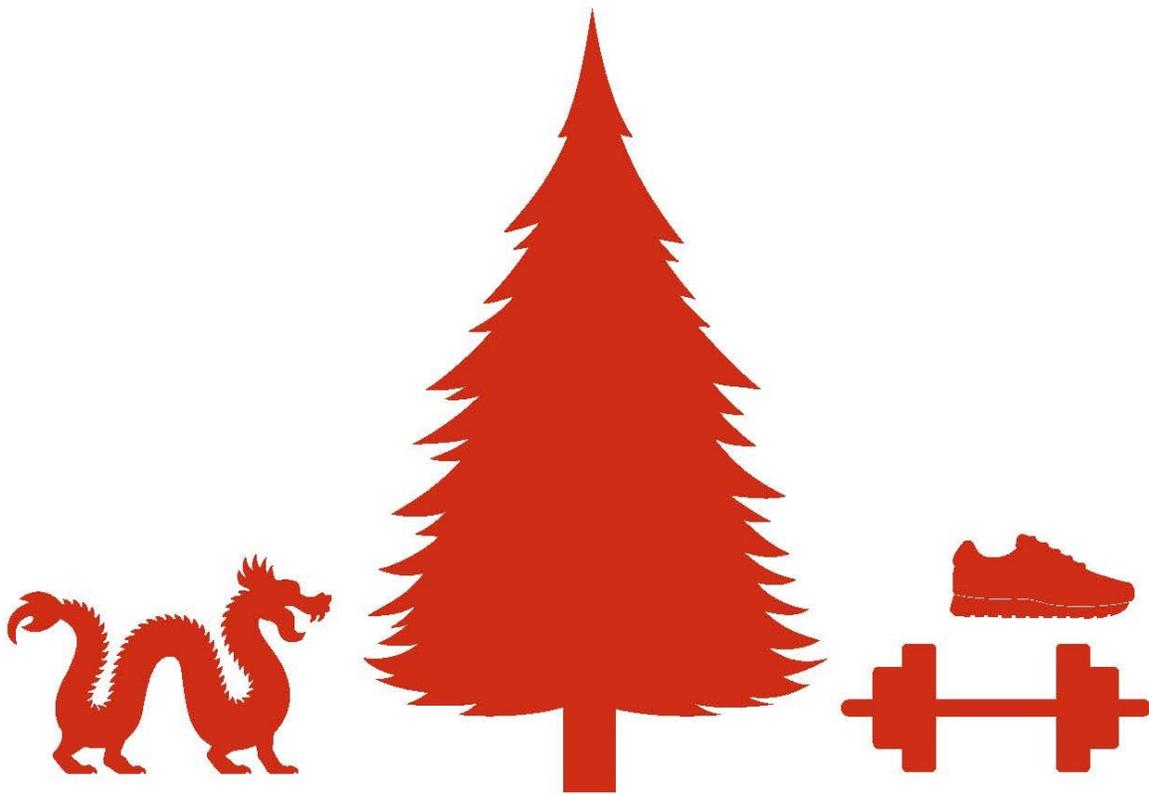


Grayson County
TEXAS

www.co.grayson.tx.us

DEC. 2024 SPECIAL EVENTS

VITALITY FITNESS CLASS AND MIGHTY DRAGONS CHAIR VOLLEYBALL



TUES. 3, 11:30 - **HOLIDAY GAMES!** Mighty Dragons vs Denison Police Dept.

TUES. 10, 11:30 & 1:00 - **UGLY SWEATER WORKOUTS!**

TUES. 17, 11:30 & 1:00 - **HOLIDAY PARTIES!**

TUES. 24, 26, & 31 - Holidays; No volleyball/fitness class

MERRY CHRISTMAS EVERYONE

Denison
TEXAS

Wonders of Winter

AT FOREST PARK

FRIDAY
DECEMBER 13
5:30 - 8:30PM

TONS OF WINTER ACTIVITIES TO ENJOY

**MEET SANTA - SNOW ZONE - TRAIN RIDES - PETTING ZOO
CARNIVAL RIDES - INFLATABLES - FACE PAINTING
PERFORMANCES - GOOD FOOD - VENDORS & INEVITABLE FUN**

PHOTOS WITH SANTA SPONSORED BY JAKE SHOCKLEY STATE FARM

300 W CRAWFORD ST, DENISON, TX

**FREE, MUST
ATTEND EVENT
FOR THE WHOLE
FAMILY!**



Denison ON ICE

Now Open!



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.



Sign your waiver to skate now!

* Individuals under the age of 18 MUST have a parent or legal guardian sign the waiver on their behalf.



Denison Public Library Events



Reindeer Photo Op!

Friday, December 13th
10:00-12:00

Registration is required

Contact Youth Services at
the library to sign up!
903-465-1797

**CHRISTMAS CONCERT
& CRAFTS**

Festive fun for the whole family!
Saturday, December 14th
10:00-12:00

Denison
TEXAS
Public Library

CHILDREN'S CHORUS
of Greater North Texas

Do you need a hand with outdoor projects?

If your **yard** or **home exterior** need **cleanup**, help is on the way!



**Applications
open January
2nd, 2025!**

*A Community-wide
Day of Service*

Citizens, Churches,
Companies, & Civic
Groups volunteering
to help our community

Residents & businesses in the city of Denison:

Visit our website: www.denisontx.gov/488/The-Big-Event-2025
You can download forms and get more info.

Or visit City Hall at 300 W Main in downtown Denison
Pick up an application in person.

Or email bigevent@denisontx.gov
We'll even drop off an application and help you fill it out.

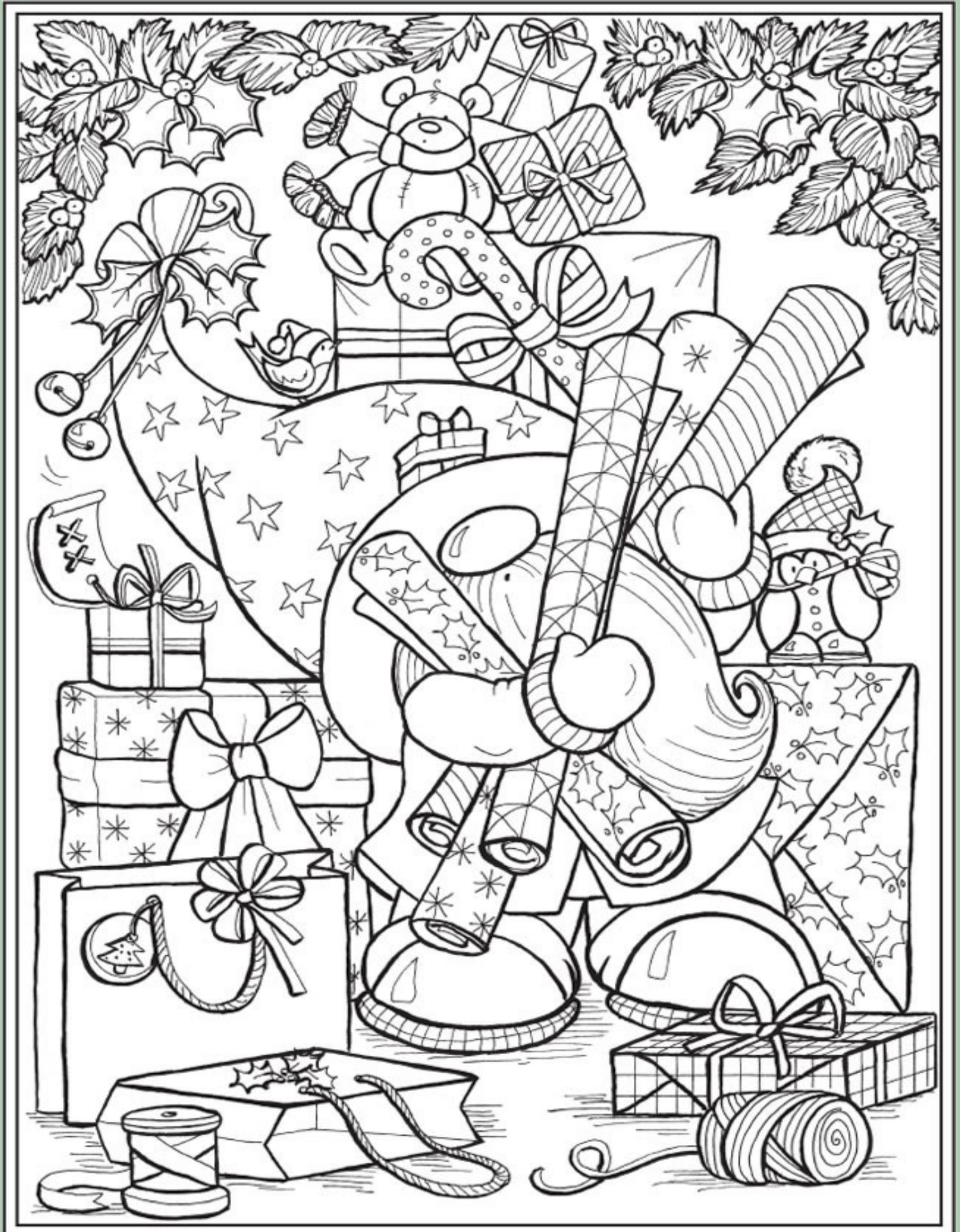
Call us at 903-465-2720 ext. 2457
Chat with us about your project needs.



City of Denison
300 W Main St
Denison, TX 75020
bigevent@denisontx.gov
www.denisontx.gov

We want to help you.

*You must apply to participate
so reach out and contact the
Denison BIG EVENT team today!*



CHRISTMAS WORD SEARCH

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

BELLS
CELEBRATE
DECEMBER
JOLLY
REINDEER

CANDLES
CHEER
ELVES
MERRY
SANTA

CARDS
CHIMNEY
GIVING
NATIVITY
STAR

CAROLING
CHRISTMAS
GREETINGS
PEACE
TREE



Crumble Lovers' Sheet-Pan Apple Crumble



Ingredients:

- ◆ 7 medium baking apples, such as Gala or Fuji (about 3 pounds)
- ◆ 1 tablespoon fresh lemon juice
- ◆ 1 1/2 cups packed light brown sugar
- ◆ 2 sticks unsalted butter, melted
- ◆ 2 teaspoons ground cinnamon
- ◆ Kosher salt
- ◆ 2 cups old-fashioned rolled oats
- ◆ 1 1/2 cups all-purpose flour
- ◆ Vanilla ice cream, for serving

Directions:

- ◆ Position a rack in the center of the oven and preheat to 425 degrees F. Peel and core the apples, then cut into 1/4-inch-thick slices. Place apple slices on an 18-by-13-inch sheet pan and toss with the lemon juice, 1/4 cup of the brown sugar, 2 tablespoons of melted butter, 1 teaspoon cinnamon, and 1/8 teaspoon salt.
- ◆ Spread the apples evenly on the pan, cover with foil and bake until the apples have softened and released some liquid, about 20 minutes.
- ◆ Meanwhile, combine the oats, flour, remaining 1 1/4 cups brown sugar, 1 teaspoon cinnamon, and 1 teaspoon salt together in a large bowl, breaking up any lumps with a fork. Add the remaining melted butter to the oat mixture, stirring with a fork until it is moistened and crumbly.
- ◆ Carefully uncover the sheet pan and scatter the oat crumble evenly over the top. Bake uncovered until the top is crisp and golden brown and juices are bubbly, about 15 minutes. Serve with ice cream.