

# DENISON ACTIVE ADULTS 55+ NEWSLETTER

January 2025

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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

9:30am Bingo  
11:00am MOW Lunch  
11:30am Chair Volleyball  
1:00pm VitalityFit  
5:30pm Jazzercise (\$)

## Thursdays

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 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 & Observances

- \* January 1st: New Year's Day



- \* January 4th: National Trivia Day

- \* January 8th: National Bubble Bath Day

- \* January 9th: National Law Enforcement Appreciation Day



- \* January 11th: International Thank-You Day

- \* January 12th: Stick to Your New Year's Resolution Day

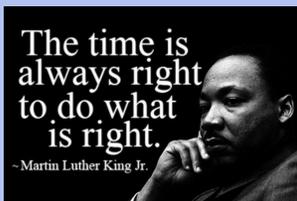


- \* January 14th: National Dress Up Your Pet Day

- \* January 15th: National Hat Day



- \* January 20th: Martin Luther King Jr. Day



- \* January 21st: Grandma Day

- \* January 22nd: Celebration of Life Day

- \* January 22nd: National Grandpa Day

## Events

- \* January 4th: Big Senior Dance & Potluck (Senior Center, 5:30pm, \$)



- \* January 4th: Howard Caylor Trout Derby (Waterloo Lake, 9:00am, \$ - must register)



- \* January 10th: Lunch & Learn (Denison Public Library, 12pm—1pm - must register)

- \* January 11th: Hot Chocolate Frolic (Downtown Denison, 11am—4pm)

- \* January 16th: Eisenhower Book Club (Denison Public Library, 3pm)

- \* January 16th: History in the Hall Roadshow (The Horses Axe, 6pm)

- \* January 16th: Downtown Murder Club (Landon Winery, 6pm-7pm - must register)

- \* January 25th: Book Signing (Denison Public Library, 11am—12pm)

- \* January 31st: North Texas Coffee Fest (Downtown Denison)



## City Council Meetings

- \* January 6th: City Hall—6:00pm

- \* January 20th: City Hall—6:00pm



\*\$ indicates fee associated\*

# 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](http://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](mailto:bigevent@denisontx.gov)**  
We'll even drop off an application and help you fill it out.

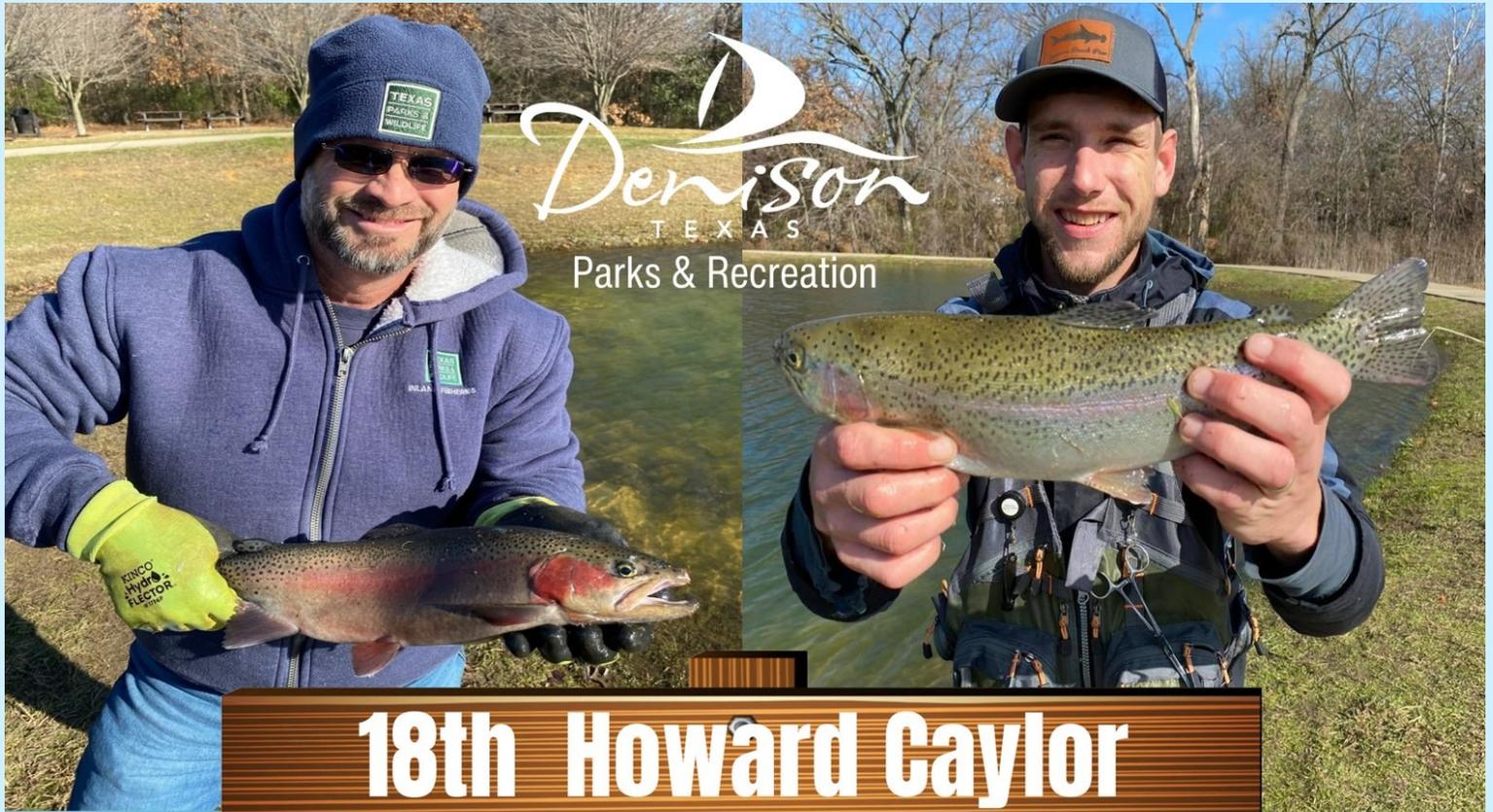
**Call us at 903-465-2720 ext. 2457**  
Chat with us about your project needs.



City of Denison  
300 W Main St  
Denison, TX 75020  
[bigevent@denisontx.gov](mailto:bigevent@denisontx.gov)  
[www.denisontx.gov](http://www.denisontx.gov)

**We want to help you.**

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



**18th Howard Caylor**

# **TROUT DERBY**

**January 4th @ Waterloo Pond**

**Fishing will be from 9am - 11:30am**

**First 50 registrants will receive a FREE cap!**

**For anyone 17 & older / \$7 resident/\$10 non-resident**

**CASH PRIZES / TAGGED TROUT AWARDS / CASTING  
CONTEST / DOOR PRIZES / FOOD & DRINKS**

**903-465-2720**

**[denison.recdesk.com](http://denison.recdesk.com)**



Join us for a sweet family day at the Downtown Denison Hot Chocolate Frolic on January 11th from 11 AM to 4 PM! 🍵 ✨

Bring your loved ones and invite your friends to indulge in a delightful experience as over 30 downtown Denison businesses come together to celebrate winter's warmth with various hot chocolate delights. 🍫

Immerse yourself in the rich flavors of hot chocolate by sampling unique creations from each participating business. It's the perfect chance to find your new favorite cup of cocoa! 🍵 ❤️

But that's not all—explore the heart of downtown Denison as boutiques, retail stores, antique malls, restaurants, and more join in the festivities with special sales and promotions. 🛍️ ✨

Make it a day filled with family fun, laughter, and great finds! Stroll along the charming streets, sip on delicious hot chocolate, and uncover fantastic deals. 👤 👤 ❤️

Mark your calendar, and don't miss out on this delightful event's warmth, joy, and community spirit! 🍷 🍫

# JAN. 2025 SPECIAL EVENTS

## VITALITY FITNESS CLASS AND MIGHTY DRAGONS CHAIR VOLLEYBALL



**THURS. 2**, 1:00 - Vitality Fitness Class; **INTRODUCING NEW STRENGTH and MUSCLE BUILDING (WEIGHT TRAINING/BANDERCISE) routines!**

**TUES. 14**, 11:30 & 1:00 - **NEW YEAR'S RESOLUTION KICK-OFF PARTY!**

**TUES. 28**, 11:30 & 1:00 - **WINTER WONDERLAND WORKOUTS!** ❄️

**\*\*THURS. 9**, - NO volleyball/fitness class this afternoon

*2025 HAPPY NEW YEAR!*



# JANUARY

## In the Village

### Visit the Museum!

Open daily from 10-4  
(Closed on Tuesdays)



111 RC Vaughan Dr  
Denison, Tx 75020  
(Located in Loy Park)



### 07 Volunteer Day 10am-1pm

If you have ever wanted to be a part of a fun and unique volunteer community we welcome you and your family! Help us get the museum ready for the new year.

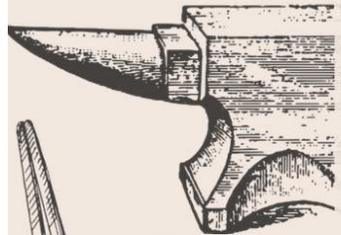
### 11 Frontier Kids Craft: Pioneer Toys 11am-1pm

Learn about toys that pioneer children would play with and make some your own! Best suited for ages 6-12. Younger children may need adult assistance.

**\$5 General Public \$3 Museum Members**

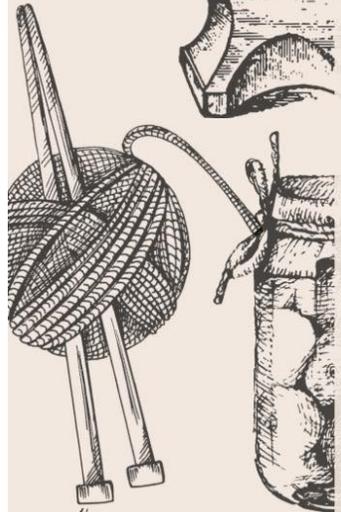
### 14 Grayson County Historical Society 6:30pm-8:30pm

The Grayson County Historical society will hold its January meeting in the community room.



### 16 Frontier Village Board Meeting 6:30pm

Frontier Village & Museum Board of Directors will hold their monthly meeting. These meetings are open to the public.



### 24 Magic the Gathering: Commander Night 6pm-10pm

All ages and skill levels welcome! Beginner friendly. Proxy Friendly. Come meet new friends! Hosted by Grimoire Games

### 29 Genealogical Society 1pm-3pm

The Genealogical Society will hold its monthly meeting in the community room



### 31 Blacksmith Working in the Village 10am-4pm

Blacksmith Simeon Banks of Triple B Forge will fire up the forge to demonstrate making various blacksmith twists, hooks, nails and more!

### Contact Us!

(903) 463-2487

gcfriervillage@gmail.com

# Denison Public Library Events

## Lunch & Learn with Texoma Medical Center

### Ask the Pharmacist

Instructor: Meredith Reed

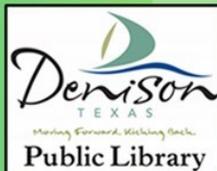
Pharm D, TMC Pharmacy Director



Registration required  
First 25 people to register  
get a free lunch

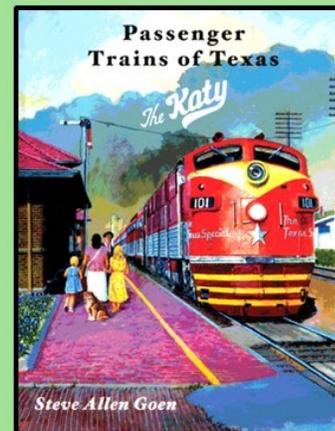
Friday, January 10<sup>th</sup>  
12pm – 1pm  
Denison Public Library

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



Book Signing  
and Author Talk  
by Texas author  
Steve Goen

Saturday, January 25<sup>th</sup>  
11am – noon  
Denison Public Library



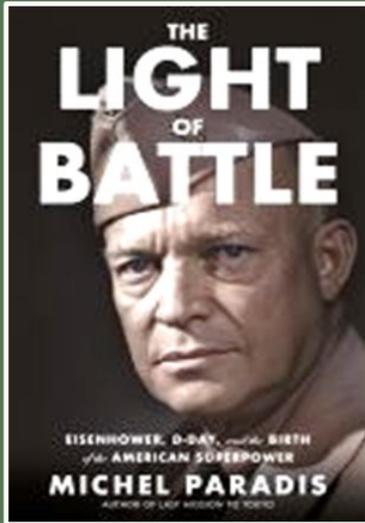
# Denison Public Library Events

## EISENHOWER BOOK CLUB

January 16th @ 3 PM

Michel Paradis

**The Light of Battle: Eisenhower, D-Day and the Birth of the American Superpower**



An unflinching look at how character is forged, and leadership is learned, *The Light of Battle* breathes new life into the man who made "the leader of the free world" the mantle of the American presidency.

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

●●● FOR MORE INFORMATION ●●●  
Zoe May - [zmay@denisontx.gov](mailto:zmay@denisontx.gov) or 903.465.1797

TEXAS  
HISTORICAL  
COMMISSION  
REAL PLACES TELLING REAL STORIES



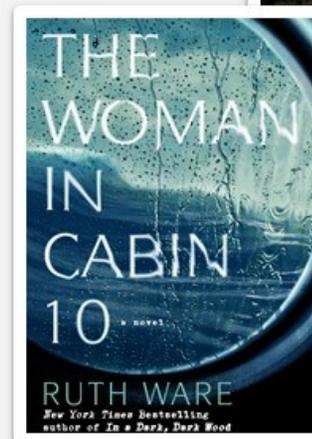
## Downtown Murder Club

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

**Next Meeting:** Thursday, January 16th 6-7pm

**Location:** Landon Winery (318 W. Main St.)

**Book:** *The Woman in Cabin 10* by Ruth Ware



**Call 903-465-1797 to reserve your spot**

**If you attended past meetings your spot is already reserved**

# 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!**



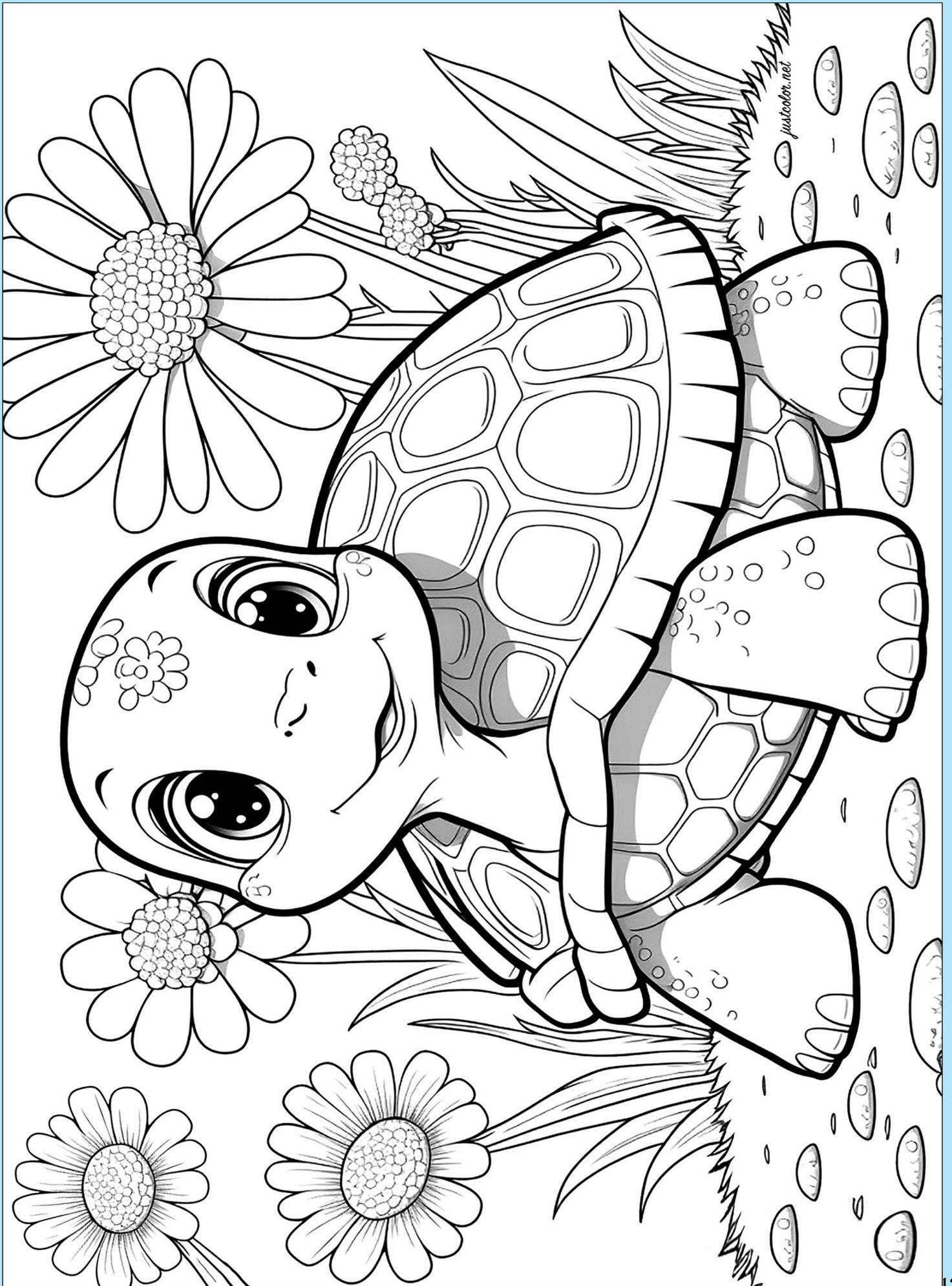
Tuesdays, at 9:30 AM



531 W Chestnut St.  
Denison, TX 75020



**PRIZES | GOOD COMPANY | FUN**



# Busy Day



ACTIVITIES	EDUCATION	PROCESS GROUP	SCHEDULE
ASSIGNED TIME	EXPRESSIVE GROUP	PUZZLES	SNACK
BOARD GAMES	HYGIENE	QUIET	STRESS MANAGEMENT
BREAK	LIGHTS OUT	READING	SUMMER SCHOOL
BREAKFAST	LOCAL NEWS	REC ROOM	SWIMMING
CARDS	LUNCH	REHAB GROUP	TELEVISION
COMMUNITY MEETING	MOVIE	RELAXATION	THEARAPIST
COPING SKILLS	NURSING	REST	VISITATION
DINNER	OUTSIDE	ROPES	

# Lemon Ginger Chicken Noodle Soup



## Directions:

1. Dice the onion, carrots and celery. Peel and mince both the fresh ginger and garlic. Set aside for now.
2. Add 1 tbsp olive oil to a large pot and let heat up on medium heat. Add in chicken and season generously with salt and pepper. Let cook for 8-10 minutes, flipping halfway or until fully cooked (internal temperature is 165F).
3. Remove the chicken to a plate and then add in another tbsp of olive oil.
4. Add in the onions, carrots, celery, and a pinch of salt and cook for 6-8 minutes or until veggies begin to soften, stirring well. Add in the garlic and ginger and cook for 1 minute or so, or until fragrant.
5. Next, add in the chicken broth and be sure to scrape all the cooked chicken bits and flavor off the bottom of the pan. Mix well and let come to a boil.
6. Once boiling, reduce heat to medium, cover the pot and let simmer for 8-10 minutes. Add in the noodles, cover the pot again and then simmer for an additional 10-12 minutes until noodles are cooked through.
7. While the noodles are cooking, shred the chicken with two forks.
8. When the noodles are done, add the shredded chicken back into the soup along with the juice of an entire lemon. Add salt and pepper to taste and serve with fresh parsley and dill! Enjoy!

## Ingredients:

- ◆ 2 cups dry No Yolks broad noodles (can use whatever noodles you'd like, just adjust cooking time if necessary)
- ◆ 1 yellow onion, diced
- ◆ 2 inch fresh piece of ginger, peeled and minced
- ◆ 3 cloves garlic, peeled and minced
- ◆ 4 medium carrots, diced into half moons
- ◆ 2 celery stalks, diced into half moons
- ◆ 2 large chicken breasts
- ◆ 8 cups (64 oz) chicken broth
- ◆ Juice of 1 lemon
- ◆ Salt and pepper to taste
- ◆ 2 tbsp olive oil
- ◆ Fresh herbs (parsley and dill) to garnish