

DENISON ACTIVE ADULTS 55+ NEWSLETTER

February 2025

Page 1: Monthly Activities
Page 2: Activity Descriptions
Page 3: Meals on Wheels Menu
Page 4: Mark Your Calendars
Page 5—9: Highlights
Page 10: Coloring Page
Page 11: Word Search
Page 12: Recipe



Mondays

9:00am Ladies Exercise
9:00am Game Time
9:30am Jazzercise (\$)
11:00am MOW Lunch
5:30pm Jazzercise (\$)

Tuesdays

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
9:30am Jazzercise (\$)
11:00am MOW Lunch
5:30pm Jazzercise (\$)

Thursdays

9:30am Live Band
11:00am MOW Lunch
1:00pm VitalityFit
2:15pm Chair Volleyball
5:30pm Jazzercise (\$)

Fridays

9:00am Ladies Exercise
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*

**** 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.


Denison
TEXAS
Parks & Recreation

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. This is a FREE program, and 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
2/3/2025	2/4/2025	2/5/2025	2/6/2025	2/7/2025
Turkey Rice Casserole Herbed Green Peas Garlic Parmesan Cauliflower Cherry Bar Milk	Beef Chili with Beans Rice Creamed Spinach Saltine Crackers Fresh Fruit Milk	Buffalo Chicken Chuckwagon Corn Broccoli Cinnabun Cake Milk	Hamburger Patty Lettuce/Tomato/ Onion Baked Beans Hamburger Bun Peach Crisp Milk Mustard and Ketchup	Four Cheese Ziti Greenbeans w/ Onion Diced Beets Dinner Roll Fresh Fruit Milk
2/10/2025	2/11/2025	2/12/2025	2/13/2025	2/14/2025
Chicken Nuggets Whip Potatoes California Vegetables Multigrain Bread Blondie Brownie Milk BBQ Sauce	Bean & Cheese Burrito Queso Sauce Hominy Yellow Squash and Zucchini Fresh Fruit Milk	Chili Garlic Beef Meatballs Fried Rice Japanese Vegetables Sugar Cookie Milk	Cuban Pork* Seasoned Blk. Beans Parslied Carrots Hamburger Bun Strawberry Swirl Pudding Milk	Valentine's Day Roast Beef Rosemary Gravy Buttered Rice Mixed Vegetables White Choc Macadamia Cookie 1% Milk
2/17/2025	2/18/2025	2/19/2025	2/20/2025	2/21/2025
Horseradish Beef Whipped Potatoes w/ Skins Honey Herbed Carrots Whole Wheat Bread Oatmeal Apple Square 1% Milk	Southwest Ancho Lime Chicken Charro Beans Mexican Style Tomatoes Multigrain Bread Fresh Fruit 1% Milk	Brown Sugar Glazed Pork Loin* Parslied Rice Brussels Sprouts Dinner Roll Orange Gelatin 1% Milk	Turkey Pot Pie Broccoli Orange Beets Caramel Brownie 1% Milk	Eggplant Parmesan Rotini Pasta Herbed Green Beans Multigrain Bread Fresh Fruit 1% Milk
2/24/2025	2/25/2025	2/26/2025	2/27/2025	2/28/2025
Chicken Etouffee Country Tomatoes Mixed Greens Chocolate Chip Cookie 1% Milk	Sloppy Joe Roasted Potatoes Mixed Vegetables Hamburger Bun Fresh Fruit 1% Milk	Korean BBQ Chicken Herbed Basmati Rice Cauliflower + Red Peppers Dinner Roll Almond Cookie 1% Milk	Taco Lettuce and Tomato Pinto Beans Flour Tortillas (2) Hot Cinnamon Applesauce 1% Milk	Mushroom Chopped Steak Whipped Potatoes Peas and Carrots Multigrain Bread Fresh Fruit 1% Milk

* - Recipe Contains Pork

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463

MARK YOUR CALENDARS!

Holidays & Observances

- * February 1st: Spunky Old Broads Day
- * February 2nd: Groundhog Day



- * February 4th: Rosa Parks Day
- * February 6th: Pay a Compliment Day
- * February 9th: Superbowl Sunday
- * February 14th: Valentine's Day



- * February 17th: President's Day



- * February 17th: Random Acts of Kindness Day



- * February 21st: National Caregivers Day

- * February 22nd: Play More Cards Day



City Council Meetings

- * February 3rd: City Hall—6:00pm
- * February 17th: City Hall—6:00pm



Events

- * February 1st: The Women who Raised Denison (Denison Public Library, 11:00am)
- * February 1st: Big Senior Dance & Potluck (Senior Center, 5:30pm, \$)
- * February 13th: Valentines Chair Volleyball Tournament (301 W. Maple Street, Whitewright, TX, 9:00am)
- * February 14th: TMC Lunch & Learn (Denison Public Library, 12-1pm, please register)
- * February 20th: Eisenhower Book Club (Denison Public Library, 3pm)



- * February 20th: Downtown Murder Club (Stafford House 101 E. Main St, 6-7pm)
- * February 22nd: Youth Trout Derby (Waterloo Lake Regional Park, 9:00am, please register)



\$ indicates fee associated



VALENTINES CHAIR VOLLEYBALL TOURNAMENT and SWEETHEART MATCH



HOSTED BY: First United Methodist Church, Whitewright, TX and Whitewright Spitfires

DATE: Thursday, February 13, 2025

TIME: 9:00 AM

LOCATION: First United Methodist Church, Whitewright, TX
301 W. Maple Street, Whitewright, TX

Celebrating the Spitfires First Year Team Anniversary!



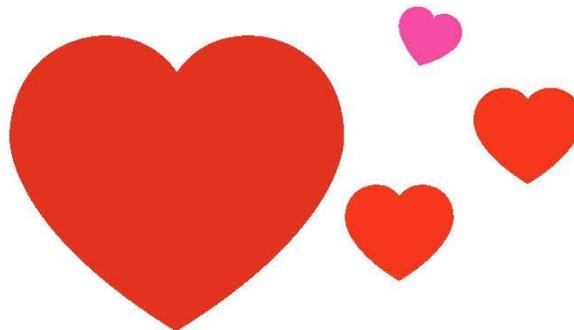
TOURNAMENT and SWEETHEART MATCH RULES:

1. A team requires 7 players.
2. Team cities from Denison, Sherman, Van Alstyne, and Whitewright each decide on their own teammates. Selection or drawing method can be used.
3. Mighty Dragons, Sherman Sr. Center, Spitfires, and Van Alstyne teams must be your existing-active chair volleyball players prior to 1/24/25.
4. If you wish to play, please notify either **Susan or call Angie** (church secretary) at **(903) 364-2411**. **Deadline** to sign-up along with the names on each team is **THURSDAY, FEB. 6th, 2025**.
5. **NO** - Hard Spikes or Kills allowed. If a player Hard Spikes or Kills the opponent's team receives a point. Teams play the best 2 out of 3 games to advance towards the playoff match.
6. Each team selects someone to determine when their team plays via drawing.
7. A trophy will be awarded to the winning tournament team.
8. All participants must sign the Church's waiver/liability form.



ADDITIONAL for the SWEETHEART MATCH:

1. 6 pairs required for the Match. 3 pairs make up one team.
2. Pairs include: married, boyfriend/girlfriend couples, partners, mother/daughter, father/son, father/daughter, mother/son, and best friends.



LUNCH AND LEARNS



**WEDNESDAY,
FEBRUARY 26**

12:00–1:30 PM

**DENISON SENIOR
CITIZENS CENTER**

531 W CHESNUT ST
DENISON, TX 75020

RSVP by February
24th to ensure your
provided meal.

To register, follow these
options!

- Register online
- Call 903-465-2720
ext. 2031

PRESENTING

DR. EASWAR SUNDARAM JR.

FROM TEXAS INSTITUTE FOR NEUROLOGICAL DISORDERS

TOPIC:

- **Stroke Awareness
& Prevention**

 www.denisontx.gov/parksrec

 531 W. Chestnut St., Denison, TX



Denison Public Library Events

The Women who Raised Denison

Brian Hander



Saturday, February 1st, 2025
11am - noon
Denison Public Library



Join us as we explore the women who helped make Denison what it is today.

From the very beginning of our city's history, women have played a prominent role in shaping the community. We will learn about amazing individuals who helped found our library, alumni association, and local hospitals. Hear the stories about Denison's female philanthropists, civil rights activists and service organizations.

Visit the new local history display at the library, made possible by Brian Hander



Lunch & Learn with Texoma Medical Center



Heart and Lung Health

Instructor: Michaela Prater, RN
Clinical Supervisor, TMC Cardiac/
Pulmonary Rehab



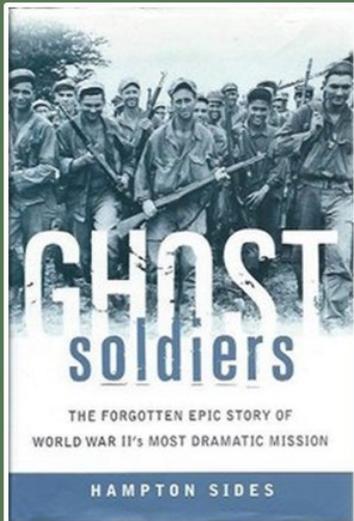
Registration required
First 25 people to register
get a free lunch

Friday, February 14th
12pm – 1pm
Denison Public Library

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

Denison Public Library Events

EISENHOWER BOOK CLUB



February 20th @ 3 PM

Hampton Sides

Ghost Soldiers: The Forgotten Epic Story of World War II's Most Dramatic Mission

Ghost Soldiers is an enthralling account of the heroic mission to rescue the last survivors of the Bataan Death March.

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

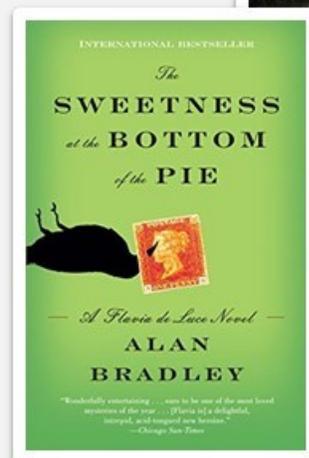
A mystery-themed book club that meets monthly in local restaurants

Next Meeting: Thursday, February 20th 6-7pm

Location: Stafford House (101 E. Main St. Suite 100)

Book: The Sweetness at the Bottom of the Pie
by Alan Bradley

Call 903-465-1797 to reserve your spot
If you attended past meetings your spot is already reserved





FEBRUARY

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)

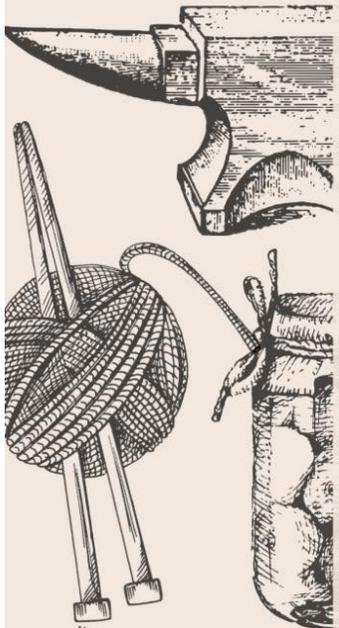


01 Blacksmith Working in the Village **10am-4pm**

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

08 - 14 Museum Closed for Tours

In order to prepare the museum for the upcoming year, the museum will be closed for tours this week. We have a lots of projects to complete from artifact organization, cleaning the houses, and a few building projects. If you are interested in joining our volunteer team, please email the front office GCFrontierVillage@gmail.com. We would love to see you there!



09 Frontier Village Board Meeting **2pm-4pm**

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

15 Sweetheart Tea & Social **11am-1pm**

Join us for Tea and Refreshments inside the Museum featuring vintage music and fashion! Bring your special someone for this one of a kind Valentines soirée. RSVP only.

Feb 27 - Mar 2 Century of Warfare: WWII Reenactment **10am-4pm**

Hosted by the Thunderbirds: 45th Infantry Division

This FREE and immersive experience brings history to life, showcasing the heroic efforts of American troops in WWII through detailed battle reenactments, historical displays, and interactive demonstrations. Participants and spectators can witness firsthand the bravery, tactics, and challenges faced by soldiers during the war, all set against the backdrop of meticulously recreated uniforms, equipment, vehicles and combat scenarios.



Contact Us!

(903) 463-2487
gcfriervillage@gmail.com

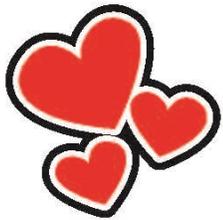
For more information view our Facebook event, visit our website, or contact the museum



Valentine's Day

WORD SEARCH

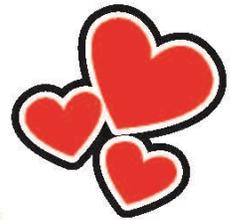
S I R Z E C X F W T C X Z J O S D C Q B
O S U B A Y E V J N E H R R Y A X H W Q
S F I R V B C H K Z P Y Z O B E V O L N
Y W D K R C T S O S K J A N V X L C F Y
F S E U Y Z H M H P N Q J Y F U K O L Y
A W A E F R G S D N E I R F G Y T L F U
J R L E T Q W H A G T P I S N R I A L U
Y F M G S H R A Z G N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



Arrow
Be Mine
Candy
Cards
Chocolate

Cupid
February
Flowers
Friends
Heart

Hug
Kiss
Love
Sweetheart
Valentines



Easy Oreo Truffles



Ingredients:

- ◆ 2 (8 ounce) packages semisweet baking chocolate
- ◆ 16 ounces Oreo cookies, divided
- ◆ 1 (8 ounce) package cream cheese, softened



Do you have an AMAZING recipe you would like to have featured in the monthly newsletter?

Submit your recipe to Virginia in Denison Parks & Rec : vcantrell@denisontx.gov

Directions:

1. Gather all ingredients.
2. Melt chocolate in a saucepan over low heat, stirring occasionally, 4 to 6 minutes.
3. While the chocolate is melting, place 9 cream-filled sandwich cookies in a food processor and blend until finely crushed. Transfer crumbs to a bowl and reserve for decorating.
4. Add remaining cookies to the food processor and blend until finely crushed. Transfer crumbs to a large bowl and stir in cream cheese; mix until well-blended. Roll mixture into 42 balls, about 1-inch in diameter.
5. Place each ball in melted chocolate and use two forks to roll it until fully coated. Lift the ball with both forks and allow excess chocolate to drip off.
6. Place coated truffle on a wax paper-lined baking sheet and sprinkle with reserved cookie crumbs to decorate. Repeat to make remaining truffles.
7. Refrigerate truffles until firm, at least 1 hour. Keep in the refrigerator until just before serving. Enjoy!