

DENISON ACTIVE ADULTS 55+ NEWSLETTER

March 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*

**** 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. For more information, contact (903) 463-1711

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

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
3/3/2025	3/4/2025	3/5/2025	3/6/2025	3/7/2025
Polish Sausage* Sauerkraut Ranch Beans Cauliflower Hot Dog Bun Peach Whip Milk	Garlic Marsala Chicken Penne Florentine Glazed Carrots Garlic Breadstick Fresh Fruit Milk	Potato Crusted Pollock Confetti Rice Brussels Sprouts Multigrain Bread Oatmeal Raisin Cookie Milk	Meatloaf Garlic Whipped Potatoes Green Beans with Onions Whole Wheat Bread Cherry Gelatin Milk	Bean Tamale Pie Cilantro Lime Corn Spring Vegetables Fresh Banana Milk
3/10/2025	3/11/2025	3/12/2025	3/13/2025	3/14/2025
Salisbury Beef Brown Gravy Black-Eyed Peas Garden Vegetables Multigrain Bread Oreo Brownie Milk	Honey Ginger Pork Loin* Jasmine Rice Scalloped Cabbage Whole Wheat Bread Fresh Fruit Milk	Fajita Chicken Strips Lettuce and Tomato Black Beans Flour Tortillas (2) Warm Rice Pudding Milk Taco Sauce	Sliced Turkey Breast Poultry Gravy Macaroni and Cheese Broccoli Whole Wheat Bread Brownie Cookie Milk	Creole Tilapia Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Milk Margarine
3/17/2025	3/18/2025	3/19/2025	3/20/2025	3/21/2025
St. Patrick's Day Corned Beef Roasted Sweet Potatoes Cabbage Dinner Roll Lime Whip 1% 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 Green Beans with Onions Diced Beets Dinner Roll Fresh Fruit Milk
3/24/2025	3/25/2025	3/26/2025	3/27/2025	3/28/2025
Chicken Nuggets Whipped Potatoes with Skins California Vegetables Multigrain Bread Blondie Brownie Milk BBQ Sauce	Bean and 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 Black Beans Parslied Carrots Hamburger Bun Strawberry Swirl Pudding Milk	Tuna Croquette Corn O'Brien Green Beans Whole Wheat Bread Fresh Fruit Milk

3/24/2025
Horseradish Beef Whipped Potatoes with Skins Honey Herbed Carrots Whole Wheat Bread Oatmeal Apple Square 1% Milk



MARK YOUR CALENDARS!

Holidays & Observances

- * March 1st: First Day of Ramadan
- * March 1st: International Women of Color Day
- * March 2nd: Texas Independence Day
- * March 3rd: Caregiver Appreciation Day
- * March 4th: Mardi Gras
- * March 5th: Ash Wednesday
- * March 7th: Employee Appreciation Day
- * March 9th: Daylight Savings



- * March 12th: Plant a Flower Day
- * March 17th: St. Patrick's Day



- * March 20th: Spring Equinox
- * March 26th: Wear a Hat Day
- * March 29th: National Vietnam Wars Veterans Day
- * March 30th: Take a Walk in the Park Day



Events

- * March 1st: Big Senior Dance & Potluck (Senior Center, 5:30pm, \$)
- * March 15th: Shamrock Stroll (Downtown Denison, 11am—4pm)



- * March 15th: Saint Patrick's Day Pub Crawl (Downtown Denison, 2—11pm)
- * March 20th: Eisenhower Book Club (Denison Public Library, 3pm)



- * March 29th: Mother & Son Party (The Backyard at Waterloo, contact Parks & Recreation to register)

City Council Meetings

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



Parks & Recreation

\$ indicates fee associated

● Downtown Denison Inc ●



SHAMROCK STROLL

03.15.25

**EXPLORE | SHOP | EAT
DOWNTOWN DENISON**

Get ready to shop, stroll, and win at the Shamrock Stroll in Downtown Denison! As you explore local shops, pick up your Shamrock Tic-Tac-Toe cards and start marking off squares by visiting participating businesses. **Complete two bingos** (three in a row twice) **across any of the three different game cards**, and you'll be entered to win a prize! Don't miss out on the fun—grab your friends, discover amazing deals, and celebrate St. Patrick's Day in style!

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• Downtown Denison Inc •

SAINT PATRICK'S

Pub Crawl

MARCH
15th

DRINK LOCAL

DOWNTOWN
DENISON

LIVE MUSIC | DRINKS

ENJOY AN UNFORGETTABLE DAY IN DOWNTOWN DENISON, TX,
WITH YOUR FAVORITE FRIENDS, LIVE MUSIC, AND GREAT
DRINKS! STAY TUNED FOR THE OFFICIAL PUB CRAWL MAP!

facebook.com/DowntownDenisonInc

Denison Public Library Events

It's Never too Late to Garden

A six-part series presented by
Debra Felske, Frances Foy Farm
Each session is on a Thursday at 1pm



Planning your Garden for Success

March 6th

Learn how to assess your garden space, conduct sun studies, evaluate soil, and more

Laying the foundation - Hardscapes and Infrastructure

March 13th

Explore essential structures such as garden beds, pathways, water systems, fence, and more

Soil Preparation - Building Healthy, Living Soil

March 20th

Learn how to build nutrient-rich soil using compost teas, cover crops, mulching, and biodynamic amendments

Seeding and Propagation - The Art of Growing from Scratch

March 27th

Master the fundamentals of seed starting, germination techniques and propagation

Transplanting and Growing Strong Plants

April 3rd

Understand how to transplant seedlings successfully, maintain plant health, and manage natural pest control

Harvesting & Succession Planting for Year-Round Abundance

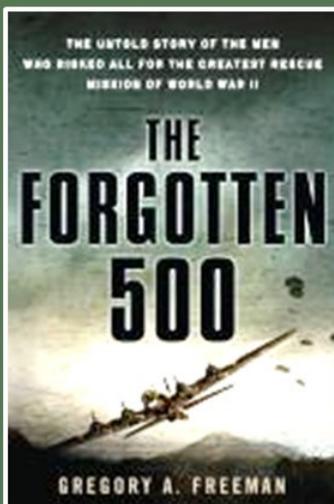
April 10th

Learn when and how to harvest, save seeds, and plan for ongoing productivity

EISENHOWER BOOK CLUB

March 20th @ 3 PM

Gregory A. Freeman



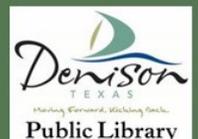
The Forgotten 500: The Untold Story of the Men Who Risked All for the Greatest Rescue Mission of WWII

An astonishing, never-before-told story of the Second World War, based on newly declassified documents and exclusive interviews. In 1944 the OSS set out to recover more than 500 airmen trapped behind enemy lines in Yugoslavia. Classified for over half a century for political reasons, the full account of this unforgettable story of loyalty, self-sacrifice, and bravery is now being told for the first time.

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



INFLATABLES!

LASER TAG!

**MOTHER & SON
PARTY**

MARCH 29TH

TICKETS ARE \$10 PER PERSON!

HILARIOUS & FUN CHALLENGES!

MARCH 29TH, 2025

5:00-7:00 PM

THE BACKYARD AT WATERLOO LAKE REGIONAL PARK
1000 WATERLOO LAKE DR, DENISON, TX 75020

SONS CAN BRING MOM OR OTHER SPECIAL MOTHER FIGURES!

REGISTER ONLINE AT: [DENISONTX.GOV/PARKSREC](https://denisontx.gov/parksrec)



(903) 463-2487
gcfriervillage@gmail.com

MARCH 2025

In the Village

VISIT THE MUSEUM!

Open daily from 10-4
(Closed on Tuesdays)

 [111 RC Vaughan Rd](#)
[Denison, Tx 75020](#)



04 Volunteer Day 12PM-4PM

Come be a caretaker of history! We have plenty of spring cleaning and office work. Bring the whole family, everyone will have something to do!



08 CANNING 101 2PM-4PM

Presented by Holmes Family Rustic Kitchen

Learn the Basics of Water Bath and pressure canning and view a live canning demonstration.

Take home an informational book with tips, safety information, and recipes!

For tickets call (903)463-2487 or email GCFrontierVillage@gmail.com

General Admission: \$20 Museum Members: \$15



09 Board Meeting 2PM-4PM

FrontierVillage will hold their monthly board meeting. Open to the Public!

21 & 22 HANDS ON HISTORY: LIFE AS A PIONEER CHILD 12PM-3PM

3/21-HOMESCHOOL DAY call to register (903)463-2487 or email GCFrontierVillage@gmail.com
3/22-OPEN TO THE PUBLIC

Come experience life on the Texas Frontier featuring hands on activities and demonstrations of everyday pioneer life.

Our re-enactors and demonstrators will be inviting participants to join in to help with everything from washing and ironing, button sewing, baking, butter churning, and more!

CONCESSIONS \$5 Combo includes- Hot Dog, chips, cookie, and beverage.

GENERAL ADMISSION- \$5-(children 5y and younger are FREE)

PREMIUM TICKET \$15 : Make Hand Rolled Beeswax Candles (Limited Availability, includes admission to main event)

This class will take place from 10a-11a BEFORE the main event

Make and take home a beeswax candle and learn about the significance of candles to the pioneers as well as the different candle making techniques. Best suited for ages 6+

For tickets please call (903)463-2487 or email GCFrontierVillage@gmail.com



22 Cannon Crew 3:30PM-4:30PM

Participants will learn how to assemble a charge, learn the roles of a heavy artillery crew, and fire a REAL 1841 Mountain Howitzer Cannon. Must be at least 18 years to participate. To register please call (903)463-2487 or email GCFrontierVillage@gmail.com

Class Fee: \$20





SAINT PATRICK'S DAY

Wordsearch

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

WORD LIST

CABBAGE
CELEBRATE
CELTIC
CLOVER
COINS
DANCE
FIDDLE
FOLKLORE

GOLD
GREEN
HARP
HOLIDAY
HORSESHOE
IRELAND
IRISH FLAG
LEPRECHAUN

LIMERICK
LUCK
MARCH
MISCHIEF
PARADE
PRAYER
RAINBOW

SAINT PATRICK
SHAMROCK
SNAKE
SODA BREAD
TRADITION
TREASURE
TRINITY

Irish Stew



Ingredients:

- ◆ 2 tablespoons olive oil
- ◆ 3 pounds beef stew meat
- ◆ 1 cup onion coarsely chopped
- ◆ 1 tablespoon minced garlic
- ◆ 1/4 cup all purpose flour
- ◆ 1 cup Irish stout beer
- ◆ 4 cups beef broth
- ◆ 1/4 cup tomato paste
- ◆ 2 pounds small yellow potatoes halved
- ◆ 1/2 teaspoon dried thyme leaves
- ◆ 2 cups carrots peeled, halved and cut into 1 inch pieces
- ◆ salt and pepper to taste
- ◆ 2 tablespoons chopped parsley

Directions:

1. Preheat the oven to 350 degrees F.
2. Heat the olive oil in a large pot over medium high heat. Season the beef generously with salt and pepper to taste.
3. Add half the beef cubes to the pot in a single layer. Cook for 3-4 minutes per side or until browned. Remove the beef from the pot and repeat with remaining meat. Remove all the browned meat from the pot.
4. Add the onions to the pot and cook for 5-6 minutes or until tender. Add the garlic and cook for 30 seconds.
5. Return the meat to the pot. Add the flour and stir to coat the meat and onions.
6. Add the beer, beef broth, tomato paste, potatoes, thyme and carrots to the pot. Season with salt and pepper to taste. Stir to combine and bring the pot to a simmer.
7. Cover the pot. Place it in the oven and bake for 2 1/2 - 3 hours or until meat and vegetables are tender. Sprinkle with parsley, then serve.

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