

DENISON ACTIVE ADULTS 55+ NEWSLETTER

April 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
	4/8/2025	4/2/2025	4/3/2025	4/4/2025
	Southwest Ancho Lime Chicken Charro Beans Mexican Style Tomatoes Fresh Fruit 1% Milk	Brown Sugar Glazed Pulled Pork* 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
4/7/2025	4/8/2025	4/9/2025	4/10/2025	4/11/2025
Oven Fried Chicken Chuckwagon Corn Spinach Dinner Roll Oatmeal Raisin Cookie 1% Milk	Robert Beef Meatballs Lemon Rice Whole Wheat Bread Fresh Fruit 1% Milk	Cheese Omelet Seasoned Black Beans Stewed Tomatoes Whole Grain Blueberry Muffin 1% Milk	Meatloaf Garlic Whipped Potatoes Summer Vegetables Multigrain Bread Cinnamon Swirl Pudding 1% Milk	Tuna Macaroni Salad Black-Eyed Pea Salad Cucumber and Tomato Salad Club Crackers Fresh Fruit 1% Milk
4/14/2025	4/15/2025	4/16/2025	4/17/2025	4/18/2025
Swiss Steak Bowtie Pasta Green Beans with Onions Whole Wheat Bread Brownie 1% Milk	Lemon Pepper Pollock Turmeric Brown Rice Broccoli Multigrain Bread Fresh Fruit 1% Milk	Chicken Divan Brussels Sprouts Orange Glazed Carrots Multigrain Bread Lemon Pudding 1% Milk	EASTER MEAL Pineapple Baked Ham* Roasted Sweet Potatoes Broccoli and Cauliflower Dinner Roll Coconut Cake 1% Milk	Closed for Holiday
4/21/2025	4/22/2025	4/23/2025	4/24/2025	4/25/2025
Tarragon Chicken Southern Style Grits Country Tomatoes Multigrain Bread Cherry Bar 1% Milk	Rosemary Pulled Pork Sandwich* Mac & Cheese Collard Greens Hamburger Bun Fresh Fruit 1% Milk	Beef Chili with Beans Oven Roasted Potatoes Green Beans and Carrots Club Crackers Strawberry Poke Cake 1% Milk	Turkey Pastrami/Swiss Cheese Lettuce and Tomato Pasta Salad Whole Wheat Bread (2) Fruited Lime Gelatin 1% Milk Mustard	Sausage Jambalaya* Creole Corn Okra Fresh Fruit 1% Milk
4/28/2025	4/29/2025	4/30/2025		
Beef Enchiladas Tomatillo Sauce Pinto Beans Squash and Zucchini Carnival Cookie 1% Milk	Chicken Tetrzzini Herbed Green Peas Honey Herb Carrots Fresh Fruit 1% Milk	Ancho Lime Beef Meatballs Dirty Rice Tossed Salad Peach Crisp 1% Milk Ranch Salad Dressing		

MARK YOUR CALENDARS!

Holidays & Observances

- * April 1st: April Fool's Day



- * April 7th: World Health Day
- * April 10th: National Siblings Day
- * April 13th: First Day of Passover
- * April 15th: Tax Day
- * April 16th: Wear Your Pajamas to Work Day
- * April 18th: Good Friday
- * April 20th: Last Day of Passover



- * April 20th: Easter
- * April 22nd: Earth Day



City Council Meetings

- * April 7th: City Hall—6:00pm
- * April 21st: City Hall—6:00pm



Events

- * April 5th: Big Senior Dance & Potluck (Senior Center, 5:30pm, \$)
- * April 10th: Downtown Denison Business Appreciation Block Party (531 W Mains St, 5:30pm)
- * April 11th: TMC Lunch & Learn (Denison Public Library, 12pm—1pm, please register)
- * April 17th: Easter Egg Hunt at THF Park (6-8pm)



- * April 17th: Doc Holliday's History in the Hall Roadshow (101 E Main St, 6pm)
- * April 23rd: Lunch & Learn (Senior Citizens Center 12:00pm, please register)
- * April 25th: Bandits, Bluegrass, and BBQ (The George Tavern, 6-9pm)
- * April 26th: Doc Holliday Saints & Sinners Festival (Downtown Denison, 9am-5pm)



\$ indicates fee associated

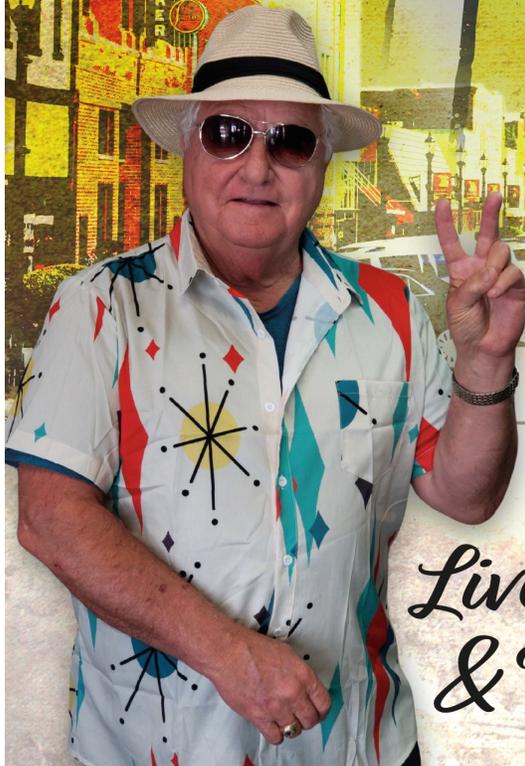
BLOCK PARTY

Downtown
Denison
Business
Appreciation
Block Party

*Bring the Family & join us
500 block W. Main*

*Thursday
April 10
5:30-8:00*

**Food • Vendors • Carnival Games
Touch-a-Truck • Photo Booth
Inflatables • Prizes • Downtown Business
& Local Organization Booths
Local Food Trucks/Tents/Drinks/Cash Bar**



*Live Music by Shelley McBride
& The River friends*



**THURSDAY,
APRIL 17TH
6:00-8:00PM**



For more information visit
DENISONTX.GOV/PARKSREC

Activities: Petting Zoo, Pony Rides, Inflatables, and Egg Hunts for over 25,000 eggs and 100 Golden eggs.

The Hunt will begin at 7:30 PM.

Age groups for hunts include:
1-3yrs, 4-6yrs, 7-9yrs, 10-12yrs, and Adaptive Hunts

Join us for a Lunch & Learn about

Reverse Mortgages

Date & Time:

Wednesday, April 23, 2025
12:00 – 1:30 p.m.

Location:

Denison Senior Citizens Center
531 W Chesnut St, Denison, TX 75020

To register, follow these options:

Register online by scanning the QR code to the right.
Call 903.465.2720 ext. 2031.

RSVP by April 22nd to ensure your provided meal.



Event Host:



Event Presenter:



VANYA GRIFFITH-MAYES
Branch Manager | NMLS# 231162
O: 903.870.0576 | C: 903.815.2372
vanya@vanyagriffith.com
VanyaGriffith.com



Reverse mortgages are eligible for borrowers 62 and older. Age limits for additional brokered loan options may start at 55. Borrower must pay taxes, fees, and insurance while maintaining the home and using it as primary residence or the loan will need to be repaid. Not available in all states. Not all applicants will be approved. Restrictions apply. Compare loan types when making a financial decision. Certainty Home Lending is not affiliated with, nor has this material been reviewed, approved or issued by, HUD, FHA or any government agency. To find a Reverse Mortgage counselor near you go to https://entp.hud.gov/idapp/html/hecm_agency_look.cfm or call (800) 569-4287.

Guaranteed Rate Inc. dba Certainty Home Lending, NMLS 2611. For licensing information, go to: (www.nmlsconsumeraccess.org). Headquarters: 3940 N. Ravenswood Ave. Chicago, IL 60613 - ph. (866) 599-5510. Applicant subject to credit and underwriting approval. Not all applicants will be approved for financing. Receipt of application does not represent an approval for financing or interest rate guarantee. Refinancing your mortgage may increase costs over the term of your loan. Restrictions may apply, contact Certainty Home Lending for current rates and for more information. Equal Housing Lender.

Denison Public Library Events

Lunch & Learn with Texoma Medical Center



National Donate Life Month

Instructor: Candice Cherry, MSSW

Hospital Services Coordinator with
Southwest Transplant Alliance



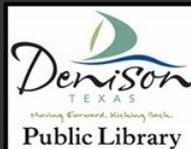
Registration required
First 25 people to register
get a free lunch

Friday, April 11th
12pm – 1pm
Denison Public Library

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

NEW!

FICTION BOOK CLUB



Denison Public Library
is starting a new book club.
We will be reading
a new fiction book each month.

Limit 25 participants

To register
please email or call Zoe May

zmay@denisontx.gov

903-465-1797

We will not have an assigned
book for the first meeting.

We will get acquainted
and select future books.

Second Saturday of
each month at 11am

Eisenhower Conference Room
Denison Public Library

First Meeting: April 12th

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



APRIL 26
2025

DOC HOLIDAY

Saints & Sinners

FESTIVAL

DENISON, TEXAS



APRIL 26
2025

DOC HOLIDAY

Saints & Sinners

FESTIVAL

DENISON, TEXAS



BONUS ACTIVITIES!

Make it a Weekend
Don't miss the Special
Friday Night
Festivities

**BAND'S
BLUEGRASS
& BBQ**
April 25, 2025
DENISON, TEXAS

Friday, April 25
6-9PM

FREE ADMISSION
BARBEQUE
benefiting Boys & Girls Club

LIVE MUSIC
plus
WESTERN REENACTORS

Fun for the
Whole Family
FREE

**FREE Monthly
Downtown Denison
History Talks**

**DOC HOLIDAY'S
History
in the Hall
Roadshow**

Thursday, January 16
People, Places, & Perspectives
of Early Denison
Natalie Clountz Bauman
& Kurt Cichowski
at The Horse's Aze

Thursday, February 20
Denison's Musical History
Brian Hander & Milinda Mitchell
at Say When Brewing

Thursday, March 20
Katy Railroad History
Red River Museum Reenactors
at Red River Railroad Museum

Thursday, April 17
Poets & Spoken Word
at Ivanhoe Ale Works

In Historic
Downtown
Denison TX



1 HOUR NORTH OF
DFW OFF HIGHWAY 75
Saturday
April 26, 2025
9am-5pm

Kids Activities
Demonstrations
Exhibitions
Diversions
Antiques & Shopping
Vendors

Artists & Crafters
Entertainers
Old West Reenactors
Horseless Carriage Show
Choctaw Nation Cultural Heritage Team

Old-Fashioned Photobooth
Wagon Rides
Frontier Village Encampment
Railroad History
Food & Drink

DowntownDenison.com | facebook.com/DocInDenisonTX | 903-464-4452

EISENHOWER BIRTHPLACE

— STATE HISTORIC SITE —
Denison, Texas



Eisenhower Earth Day Clean Up

Join us to create a cleaner, greener, and more beautiful community! We warmly invite you to participate in our Clean Up event! All supplies will be provided, all we need is you!

April 19, 2025

Saturday, 9:30 a.m.

609 S Lamar Ave Denison, TX 75021



@EISENHOWERBIRTHPLACE

TEXAS
HISTORICAL
COMMISSION
REAL PLACES TELLING REAL STORIES





EASTER WORDSEARCH



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

WORD LIST

APRIL
BASKET
BONNET
BOUQUET
BUNNY
CANDY
CELEBRATION
CHICK

CHOCOLATE
DAFFODIL
DECORATE
EASTER
EGGS
FAMILY
FLOWERS
GAMES

HAPPY
HOP
HOT CROSS BUN
HUNT
LAMB
NEW LIFE
NEWBORN

PARADE
RABBIT
SPRING
SUNDAY
TRADITION
TULIPS
YELLOW

Homemade
GIFTS MADE EASY

Easter Pie



Ingredients:

- ◆ 3/4 cup powdered sugar, plus extra for garnish
- ◆ 3 large eggs
- ◆ 2 teaspoons pure vanilla extract
- ◆ 1 tablespoon orange zest
- ◆ 1 (15-ounce) container whole milk ricotta cheese
- ◆ 1/2 cup cooked short-grained rice
- ◆ 1/3 cup toasted pine nuts
- ◆ 6 sheets fresh phyllo sheets or frozen, thawed
- ◆ 3/4 stick (3 ounces) unsalted butter, melted

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. Blend 3/4 cup of powdered sugar, eggs, vanilla, orange zest, and ricotta in a food processor until smooth. Stir in the rice and pine nuts. Set the ricotta mixture aside.
2. Preheat the oven to 375 degrees F.
3. Lightly butter a 9-inch glass pie dish. Lay 1 phyllo sheet over the bottom and up the sides of the dish, allowing the phyllo to hang over the sides. Brush the phyllo with the melted butter. Top with a second sheet of phyllo dough, laying it in the opposite direction as the first phyllo sheet. Continue layering the remaining phyllo sheets, alternating after each layer and buttering each sheet. Spoon the ricotta mixture into the dish. Fold the overhanging phyllo dough over the top of the filling to enclose it completely. Brush completely with melted butter.
4. Bake the pie until the phyllo is golden brown and the filling is set, about 35 minutes. Transfer the pan to a rack and cool completely. Sift powdered sugar over the pie and serve.