

DENISON ACTIVE ADULTS 55+ NEWSLETTER

May 2025

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Mondays

9:00am Ladies Exercise
 9:00am Game Time
 9:00am & 10:15am Aqua Fit
 (\$, Waterloo Pool)
 9:30am Jazzercise (\$)
 11:00am MOW Lunch
 5:30pm Jazzercise (\$)

Wednesdays

9:00am Ladies Exercise
 9:00am Game Time
 9:00am & 10:15am Aqua Fit
 (\$, Waterloo Pool)
 9:30am Jazzercise (\$)
 11:00am MOW Lunch
 5:30pm Jazzercise (\$)

Fridays

9:00am Ladies Exercise
 9:30am Live Band
 9:30am Jazzercise (\$)
 9:00am & 10:15am Aqua Fit
 (\$, Waterloo Pool)
 11:00am MOW Lunch

Tuesdays

9:00am & 10:15am Aqua Fit
 (\$, Waterloo Pool)
 9:30am Bingo
 11:00am MOW Lunch
 11:30am Chair Volleyball
 1:00pm VitalityFit
 5:30pm Jazzercise (\$)

Thursdays

9:00am & 10:15am Aqua Fit
 (\$, Waterloo Pool)
 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.



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.

MAY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please let us know if you are not going to be home for your delivery! 903-786-3351</p>			<p>5/1/2025</p> <p>Cider Mustard Pork Roast* Barley Mushroom Risotto Broccoli Whole Wheat Bread Orange Gelatin 1% Milk</p>	<p>5/2/2025</p> <p>Sliced Turkey with Gravy Lima Beans Parmesan Tomatoes Multigrain Bread Fresh Banana 1% Milk</p>
<p>5/5/2025</p> <p>Chicken Stir Fry Basmati Rice Chinese Cabbage Almond Cookie 1% Milk</p>	<p>5/6/2025</p> <p>Steakhouse Beef Whipped Potatoes Green Beans with Red Peppers Whole Wheat Bread Fresh Fruit 1% Milk</p>	<p>5/7/2025</p> <p>Citrus Baked Pollock Herbed Rice Sliced Carrots Coconut Pecan Bar 1% Milk</p>	<p>5/8/2025</p> <p>Hamburger Patty Lettuce/Tomato/Onion Baked Beans Hamburger Bun Hot Cinnamon Applesauce 1% Milk Ketchup and Mustard</p>	<p>5/9/2025</p> <p>Mother's Day Creamy Wine Chicken Confetti Rice Mixed Vegetables Dinner Roll Lemon Glazed Pound Cake 1% Milk</p>
<p>5/12/2025</p> <p>Sausage w/Onions and Peppers* Ranch Beans Glazed Carrots Multigrain Bread Pineapple Upside Down Cake 1% Milk</p>	<p>5/13/2025</p> <p>Chicken Gumbo Cajun Rice Brussels Sprouts Whole Wheat Bread Fresh Fruit 1% Milk</p>	<p>5/14/2025</p> <p>Italian Shells and Cheese Cauliflower Green Beans Dinner Roll Vanilla Berry Pudding 1% Milk</p>	<p>5/15/2025</p> <p>Cranberry Chicken Salad Vegetable Couscous Salad Cold Pickled Beets Bran Muffin 1% Milk</p>	<p>5/16/2025</p> <p>Mushroom Beef Black-Eyed Peas Turnip Greens Cornbread Fresh Fruit 1% Milk</p>
<p>5/19/2025</p> <p>Oven Fried Chicken Chuckwagon Corn Spinach Dinner Roll Oatmeal Raisin Cookie 1% Milk</p>	<p>5/20/2025</p> <p>Robert Beef Meatballs Lemon Rice Herbed Green Beans Whole Wheat Bread Fresh Fruit 1% Milk</p>	<p>5/21/2025</p> <p>Cheese Omelet Seasoned Black Beans Stewed Tomatoes Whole Grain Blueberry Muffin 1% Milk</p>	<p>5/22/2025</p> <p>Meatloaf Garlic Whipped Potatoes Summer Vegetables Multigrain Bread Cinnamon Swirl Pudding 1% Milk</p>	<p>5/23/2025</p> <p>Memorial Day Smoked Sausage* Baked Beans Coleslaw Hot Dog Bun Peach Cobbler 1% Milk Mustard</p>
<p>5/26/2025</p> <p>Closed for Holiday</p>	<p>5/27/2025</p> <p>Lemon Pepper Pollock Turmeric Brown Rice Broccoli Multigrain Bread Fresh Fruit 1% Milk</p>	<p>5/28/2025</p> <p>Chicken Divan Brussels Sprouts Orange Glazed Carrots Multigrain Bread Lemon Pudding 1% Milk</p>	<p>5/29/2025</p> <p>Herbed Pork Roast* Lima Beans Okra and Tomatoes Cornbread Chocolate Chip Cookie 1% Milk Margarine</p>	<p>5/30/2025</p> <p>Turkey Rice Casserole Green Peas Garlic Parmesan Cauliflower Fresh Banana 1% Milk</p>

* - Recipe Contains Pork

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463

MARK YOUR CALENDARS!

Holidays & Observances

- * May 5th: Cinco de Mayo



- * May 8th: National Give Someone a Cupcake Day



- * May 9th: National Military Spouse Appreciation Day

- * May 11th: Mother's Day



- * May 14th: Dance Like a Chicken Day



- * May 16th: National Pizza Party Day

- * May 19th: Plant Something Day

- * May 26th: Memorial Day



- * May 28th: National Senior Health and Fitness Day

Events

- * May 3rd: Big Senior Dance & Potluck (Senior Center, 5:30pm, \$)



- * May 3rd: Paddle Palooza (Waterloo Lake, 10:00am-12:00pm)



- * May 9th: TMC Lunch & Learn (Denison Public Library, 12:00-1:00pm)

- * May 10th: Pickleball Playday (Waterloo Lake Park, 8:30am-10:30am)



- * May 16th: StoryWalk Event (THF Park, 10:00am)

- * May 22nd: Ice Cream Social (THF Park, 6:00pm-7:30pm)



City Council Meetings

- * May 5th: City Hall—6:00pm
- * May 19th: City Hall—6:00pm



\$ indicates fee associated

**WATERLOO
POOL IS
NOW OPEN!**

MAY SCHEDULE

Lap Swim	Monday - Friday	5:30 AM-11:30 AM
Fitness Class	Monday - Friday	9:00 - 10:00 AM & 10:15 - 11:15 AM
Deep Water Fitness	Tuesday / Wednesday / Thursday	6:00 - 7:00 PM
Dry Land Fitness	Monday / Wednesday / Friday	9:00 - 10:00 AM
Open Swim	Saturday - Sunday	1:00 - 4:00 PM

WATERLOO POOL WILL BE CLOSED ALL DAY ON FRIDAY, MAY 17TH FOR STAFF SUMMER ORIENTATION & IN-SERVICE TRAINING.

STARTING MAY 27TH, OPEN SWIM AT WATERLOO POOL WILL BE AVAILABLE DAILY FROM 1:00 - 4:00 PM.

MAY 2025

VITALITY FITNESS CLASS

CHAIR VOLLEYBALL



CINCO de MAYO

Tuesday, May 6th

Chair Volleyball 11:30am - 12:30pm

Vitality Fitness 1:00pm - 2:00pm

Salsa Contest!

Participants are invited to
enter their homemade salsa recipe

Judging 12:40-12:50 

DISCO FEVER

FITNESS

WORKOUT

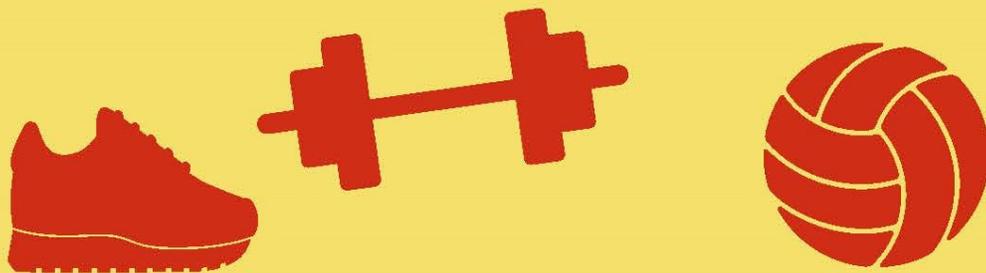
PARTY!

Tuesday, May 20th

Chair Volleyball 11:30am - 12:30pm

Vitality Fitness 1:00pm - 2:00pm

*Dress-up, Music & Lights, and More!
Workouts with Denison EMS*



Denison Parks and Recreation Active Sr. Adults Wellness

PADDLE

Palooza



FREE KAYAK EXPERIENCE AT WATERLOO LAKE

May 3rd | 10am - 12pm
1000 Waterloo Lake Dr

Join us for Paddle Palooza, a thrilling kayaking experience at Waterloo Lake! This two-hour event includes a brief instructional course, followed by 15-20 minutes of kayaking on the lake. No pre-registration is necessary, and the event is completely free. Come and learn how to safely navigate our kayaks while enjoying the serene beauty of Waterloo Lake!

*Youth 17 years and younger will need to be accompanied by an adult.

*Space is limited to the number of boats available.



MAY 17
10 AM - 5 PM
MAY 18
10 AM - 3 PM

NORTH TEXAS
ARTS FESTIVAL

HELD AT THE HISTORIC KATY DEPOT



101 E MAIN ST
DENISON, TX

denisonartscouncil.org



PICKLEBALL PLAYDAY

Pickleball Playday is back—and the lessons are FREE! Come learn how to play the fastest-growing sport in the country from one of the best instructors in Texoma. Whether you're brand new to the game or just looking to sharpen your skills, this is the perfect opportunity to get in on the action at no cost.

Participants are encouraged to bring their own pickleball paddles, but we'll also have starter paddles available for those who need them. Lessons will be offered in monthly 2-hour time slots and are open to ages 12 and older. Space is limited, and a minimum of two participants is required per session. Don't miss this chance to learn, play, and have fun!

8:30-10:30 AM

MAY 10 | JUNE 21 | JULY 19 | AUGUST 9

THE BACKYARD AT WATERLOO LAKE REGIONAL PARK

1101 WATERLOO LAKE DR, DENISON, TX

REGISTER NOW!



www.denisontx.gov/525/Current-Programs

PARKS AND REC INVITES YOU

Ice Cream Social

MAY 22, 2025

**TEXOMA HEALTH FOUNDATION PARK
3801 US-75**

6:00-7:30 PM

**SOFT-SERVE ICE CREAM WILL BE
AVAILABLE AT THE LOWER PAVILION
WHILE SUPPLIES LAST—DON'T MISS OUT!**

Denison Public Library Events

Lunch & Learn with Texoma Medical Center



Clinical Trials

Instructor: Elizabeth J. Matthews, BS
Clinical Research Coordinator I



Registration required
First 25 people to register
get a free lunch

Friday, May 9th
12pm – 1pm
Denison Public Library

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

NEW!

SATURDAY MORNING BOOK CLUB

Second Saturday of
each month at 11am

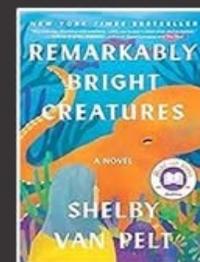
Eisenhower Conference Room
Denison Public Library

Next Meeting: May 10th

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

To register
please email or call Zoe May
zmay@denisontx.gov
903-465-1797

Book selection
for May





One-Pot Tomato Basil Pasta Recipe



Ingredients:

- ◆ 4 cups vegetable broth
- ◆ 1 pound spaghetti
- ◆ 2 cups halved cherry tomatoes
- ◆ 1 small yellow onion, thinly sliced
- ◆ 2 garlic cloves, minced
- ◆ 5 fresh basil leaves
- ◆ ½ teaspoon crushed red-pepper flakes
- ◆ Kosher salt and freshly ground black pepper
- ◆ ¼ cup freshly grated Parmesan cheese, for serving

Directions:

1. In a large Dutch oven or soup pot with a tight-fitting lid, combine the vegetable broth, spaghetti, tomatoes, onion, garlic, basil and crushed red-pepper flakes. Bring the mixture to a boil over medium-high heat, then cover and reduce the heat to medium.
2. Cook, stirring frequently, until all the liquid has been absorbed and the pasta is fully cooked, 13 to 15 minutes. Season with salt and pepper.
3. Serve topped with Parmesan cheese.

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

Submit your recipe to Denison Parks & Rec : parksandrec@denisontx.gov

