

DENISON ACTIVE ADULTS **55+** NEWSLETTER

July 2025

- Page 1: Monthly Activities
- Page 2: Activity Descriptions
- Page 3: Meals on Wheels Menu
- Page 4: Mark Your Calendars
- Page 5–13: Highlights
- Page 14: Coloring Page
- Page 15: Word Search
- Page 16: Recipe



Mondays

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

Tuesdays

- 9:00am & 10:15am Aqua Fit (\$, Waterloo Pool)
- 9:30am Bingo
- 11:15am 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
- 11:15am 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.**

**** 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.

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
	7/1/2025	7/2/2025	7/3/2025	7/4/2025
	Robert Beef Meatballs Lemon Rice Herbed Green Bean Whole Wheat Bread Fresh Fruit Milk	Cheese Omelet Seasoned Blacked Beans Stewed Tomatoes Whole Grain Blueberry Muffin Milk	Independence Day Shredded BBQ Pork Oven Roasted Potatoes Summer Vegetables Hamburger Bun Banana Pudding Milk	Closed for Holiday
7/7/2025	7/8/2025	7/9/2025	7/10/2025	7/11/2025
Marinara Beef Meatballs Parslied Penne Pasta Green Beans/Peppers/Onions Chocolate Chip Brownie Milk	Baked Chicken with Gravy Macaroni and Cheese Broccoli Dinner Roll Fresh Fruit Milk	Beef Burgundy Whipped Potatoes with Skins Green Peas Cinnamon Sugar Cookie Milk	Sliced Turkey Breast Sliced Cheese Lettuce and Tomato Couscous Salad Wheat Bread (2) Fruited Strawberry Gelatin Milk Mustard	Beef Burrito Southwest Sauce Confetti Rice Fiesta Vegetables Cinnamon Swirl Pudding Milk
7/14/2025	7/15/2025	7/16/2025	7/17/2025	7/18/2025
Chicken Stroganoff Herbed Green Peas Parslied Carrots Chocolate Chip Cookie Milk	Garlic Marsala Pork Loin* Oven Roasted Potatoes Broccoli Dinner Roll Fresh Fruit Milk	Beef Enchiladas Enchilada Sauce Pinto Beans Cilantro Lime Corn Carnival Cookie Milk	Italian Chicken Chili Seasoned Cauliflower Green Beans Saltine Crackers Strawberry Swirl Pudding Milk	Fish Almandine Parslied Rice Catalina Vegetables Whole Wheat Bread Fresh Fruit Milk
7/21/2025	7/22/2025	7/23/2025	7/24/2025	7/25/2025
Salisbury Beef Onion Gravy Rice Sliced Carrots Wheat Bread Strawberry Craisins Milk	Chicken Shawarma Lentil Vegetable Pilaf Broccoli Flour Tortillas (2) Fresh Fruit Milk	Tuna Noodle Casserole Green Beans Cauliflower Butterscotch Brownie Milk	Honey Mustard Glazed Ham* Lima Beans Dinner Roll Milk	Meatloaf Whipped Potatoes Mixed Vegetables Dinner Roll Fresh Fruit Milk
7/28/2025	7/29/2025	7/30/2025	7/31/2025	
Pasta Bolognese Broccoli Diced Beets Multigrain Bread Oatmeal Cookie Milk	Sausage w/Onions/Peppers Black-Eyed Peas Squash/Zucchini/Tomatoes Dinner Roll Fresh Fruit Milk	Chicken Etouffee Cajun Rice Stewed Okra Cornbread Lemon Pudding Milk	Hamburger Patty Lettuce/Tomato/Pickles Baked Beans Hamburger Bun Apple Raisin Compote Milk Mustard and Ketchup	Please let us know if you are not going to be home for your delivery! 903-786-3351



MEALS on WHEELS
TEXOMA

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463

* - Recipe Contains Pork

MARK YOUR CALENDARS!

Holidays & Observances

- July 4th: Independence Day



- July 7th: National Strawberry Sundae Day



- July 8th: National Raspberry Day



- July 10th: National Kitten Day



- July 13th: National French Fry Day



- July 14th: National Mac N Cheese Day



- July 16th: National Hot Dog Day

- July 17th: National Lottery Day



- July 29th: National Chicken Wing Day



Events

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



- July 17th: Ice cream & Popsicle Party (Waterloo Lake Building & Pavilion, 5:30-7:30 pm)



- July 25th: StoryWalk Event (THF Park, 8:30 am-10:30am)



- July 26th: Movie In The Park (Forest Park, 8:00pm-9:30pm)



City Council Meetings

- July 2nd: City Hall—6:00pm
- July 16th: City Hall—6:00pm



\$ indicates fee associated

**IT'S ALWAYS SUMMER AT
WATERLOO POOL**

Our Summer Hours

LAP SWIM & HYDROFITNESS

**MON-THUR 5:30AM-7:30AM, 10:00AM-
11:30AM FRIDAYS 5:30AM-11:30AM**

DRYLAND FITNESS

MWF 9AM-10AM

WATER AEROBICS

M-F 10:15AM-11:15AM

DEEP WATER AEROBICS

T/W/TH 6-7PM



SUMMER NIGHTS AT
WATERLOO POOL



7-9PM
TUESDAY &
THURSDAYS

***Night Open Swim
is back!***



Join Us for July's Exciting Activities!

JULY 2025

VITALITY FITNESS CLASS TUESDAYS & THURSDAYS

1:00 PM - 2:00 PM

CHAIR VOLLEYBALL TUESDAYS 11:30 AM- 12:30 PM

AND THURSDAYS 2:15 PM- 3:15 PM



Denison Parks and Recreation Active Sr. Adult Wellness

UPCOMING EVENTS YOU WON'T WANT TO MISS

**Join us every
Monday for
Ladies Exercise
at 9:00 AM,
Bingo on
Tuesdays at
9:30 AM, and
Live Band
Thursday and
Friday at 9:30
AM. Let's have
fun together!**



POP AROUND THE CORNER ON SITE

JOIN US FOR FUN!

JULY 26
8:00PM
FOREST PARK

Movies in the Park

Featuring
A Minecraft Movie



July Denison Parks & Recreation

SCAVANGER HUNT

SEARCH ● EXPLORE ● DISCOVER

JULY 1- JULY 27 2025

PLAY ALONE OR CREATE A TEAM!

Are you ready for a month of adventure, fun, and prizes?

WEEKLY THEMES!

1. ADVENTURE AWAITS
2. DENISON'S HIDDEN GEMS
3. SPORTS & RECREATION
4. COMMUNITY CONNECTIONS

Explore our beautiful parks, uncover hidden gems, and make unforgettable memories with friends and family.

Don't miss out. Join the hunt!

[HTTPS://PVT.LINK](https://pvt.link) GAME CODE: WSWT



Downtown Denison Texas

MUSIC ON MAIN

Free Outdoor
Concerts

Forest Park

Friday Nights
at 7:30

June 6 -
July 25, 2025

Downtown
Restaurants
open for
dine-in,
takeout, or
delivery

Vendors
on site

2025

June 6 **The Kentucky Headhunters**

with Mary Clare

June 13 **The Damn Quails**

with Maddox Ross

June 20 **The Wilder Blue**

with Collin Nash

June 27 **Silverada**

with Henry Merchant

July 4 **Local Legends**

with Greg Guymon

July 11 **Ruthie Foster**

with Cella Harper

July 18 **Marc Broussard**

with Steeli Bryce

July 25 **The Great Divide**

with Ian Tonroy

Thanks
to our
Sponsors!

Latest updates, local info, band bios:

www.DowntownDenison.com

social: @DowntownDenisonTX



Downtown Denison TEXAS

Thelma Braun & Bocklett Family Foundation

Oliver Dewey Mayor Foundation

DENISON ARTS COUNCIL

First United

Hampton Inn & Suites by Hilton

10 abc TEXOMA CW

12 FOX MEDIA

bluepeak FIBER INTERNET

THE GEORGE TAVERN

State Farm

VERIFIVE Entertainment

DAVE WINDSOR STUDIOS

CADENCE

Oliver Design

MY96.7

KHCC

93.1

106.3 KLAK

99.7 THE BUZZ

106.3 KLBC

RIVER

RAE10

95.7 KFYH

Warrior

Hot 107.1

K95.5

KDOE 102.3

PRIME 108



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



JULY

17. 2025

5:30PM -

7:30PM

FREE!

GOOD
TIMES

Ice Cream & Popsicle Party

**YARD
GAMES**

WOW!

Waterloo Lake Building & Pavilion
1101 Waterloo Lake Drive, Denison, TX

400 total servings of ice cream and plenty of popsicles.

Ice Cream will be first come, first serve

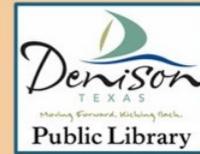
Denison Public Library Events

Lunch & Learn

Friday, July 11th

12pm – 1pm

Denison Public Library



ANGEL HANDS
HOSPICE & PALLIATIVE CARE

Hospice and Palliative Care

Jessica Cagle, Community Liaison
Angel Hands Hospice & Palliative Care

Registration required
First 25 people to register
get a free lunch



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

NEW!

SATURDAY MORNING BOOK CLUB

Denison Public Library
has a new book club.

To register
please email or call Zoe May

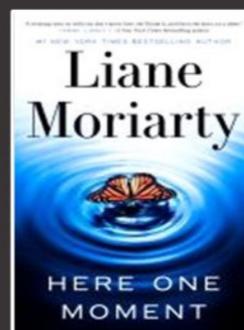
zmay@denisontx.gov

903-465-1797

Second Saturday of
each month at 11am

Eisenhower Conference Room
Denison Public Library

Next Meeting: July 12th



Denison Public Library Events

Downtown Murder Club

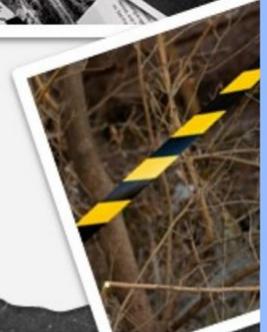
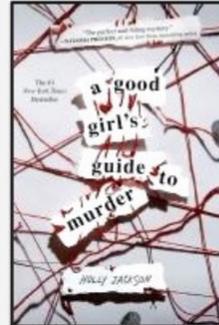
A mystery-themed book club that meets monthly in local restaurants

Next Meeting: Thursday, July 17th 6-7pm

Location: Dragon Thai and Vegetarian Cuisine
(613 N Austin Ave)

Book: A Good Girl's Guide to Murder by Holly Jackson

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

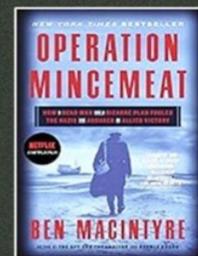
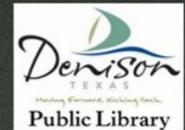


EISENHOWER BOOK CLUB

July 17th @ 3 PM

Operation Mincemeat:
How a Dead Man and a Bizarre Plan
Fooled the Nazis and Assured
an Allied Victory

By Ben Macintyre



For more information
Zoe May - zmay@denisontx.gov or 903.465.1797





4th of July



WORD SEARCH

J	h	o	l	i	d	a	y	f	f
u	s	t	r	i	p	e	s	a	i
l	t	i	y	h	r	k	t	m	r
y	s	t	a	r	s	r	l	i	e
f	o	u	r	t	h	n	i	l	w
n	a	t	i	o	n	d	h	y	o
b	a	r	b	e	c	u	e	z	r
h	a	m	b	u	r	g	e	r	k
f	r	e	e	d	o	m	s	m	s
z	c	r	a	c	k	e	r	e	t



- July
- stars
- stripes
- freedom
- holiday
- family
- nation
- cracker
- fourth
- fireworks
- hamburger
- barbecue





CHICKEN TERIYAKI



INGREDIENTS

- 1 lb chicken thighs or breasts, cut into bite-sized pieces
- 1/4 cup bottled teriyaki sauce
- 1 tbsp vegetable oil
- Cooked white rice (for serving)

DIRECTIONS

Cook the Chicken:

- Heat the vegetable oil in a large skillet over medium-high heat.
- Add the chicken pieces and cook until they are browned and cooked through, about 5-7 minutes.

Add the Teriyaki Sauce:

- Pour the bottled teriyaki sauce over the cooked chicken.
- Stir to coat the chicken evenly with the sauce.
- Let it simmer for 2-3 minutes until the sauce thickens slightly.

Serve:

- Serve the chicken hot over cooked white rice.

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**