

DENISON ACTIVE ADULTS **55+** NEWSLETTER

June 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.**

**** 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.



Monday	Tuesday	Wednesday	Thursday	Friday
6/2/2025	6/3/2025	6/4/2025	6/5/2025	6/6/2025
Tarragon Chicken Southern Style Grits Country Tomatoes Multigrain Bread Cherry Bar 1% Milk	Rosemary Pork Roast* Parslied Rice Pickled Beets Dinner Roll 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 Collard Greens Fresh Fruit 1% Milk
6/9/2025	6/10/2025	6/11/2025	6/12/2025	6/13/2025
Beef Enchiladas Tomatillo Sauce Pinto Beans Squash and Zucchini Carnival Cookie 1% Milk	Chicken Tetrizzini 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	Cider Mustard Pork Loin* Barley Mushroom Risotto Broccoli Whole Wheat Bread Orange Gelatin 1% Milk	Father's Day Roast Beef with Gravy Oven Roasted Potatoes Catalina Vegetables Butterscotch Brownie 1% Milk
6/16/2025	6/17/2025	6/18/2025	6/19/2025	6/20/2025
Chicken Stir Fry Basmati Rice Chinese Cabbage Almond Cookie 1% Milk	Steakhouse Beef Whipped Potatoes Green Beans with Red Peppers Whole Wheat Bread Fresh Fruit 1% Milk	Citrus Baked Pollock Herbed Rice Sliced Carrots Coconut Pecan Bar 1% Milk	Hamburger Patty Lettuce/Onion/Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Ketchup and Mustard 1% Milk	Baked Chicken with Gravy Macaroni and Cheese Mixed Vegetables Dinner Roll Fresh Fruit 1% Milk
6/23/2025	6/24/2025	6/25/2025	6/26/2025	6/27/2025
Sausage w/Onions and Peppers* Ranch Beans Glazed Carrots Multigrain Bread Pineapple Tidbits 1% Milk	Chicken Gumbo Cajun Rice Brussels Sprouts Whole Wheat Bread Fresh Fruit 1% Milk	Italian Shells and Cheese Cauliflower Green Beans Dinner Roll Vanilla Berry Pudding 1% Milk	Cranberry Chicken Salad Vegetable Couscous Salad Cold Pickled Beets Bran Muffin 1% Milk	Mushroom Beef Black-Eyed Peas Turnip Greens Cornbread Fresh Fruit 1% Milk
6/30/2025				
Oven Fried Chicken Chuckwagon Corn Spinach Dinner Roll Oatmeal Raisin Cookie 1% Milk	<p>Please let us know if you are not going to be home for your delivery!</p> <p>903-786-3351</p>			



Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463

* - Recipe Contains Pork

MARK YOUR CALENDARS!

Holidays & Observances

- June 5th: World Environment Day



- June 6th: National Donut Day



- June 8th: National Best Friend Day

- June 11th: National Corn On the Cob Day



- June 14th: Flag Day

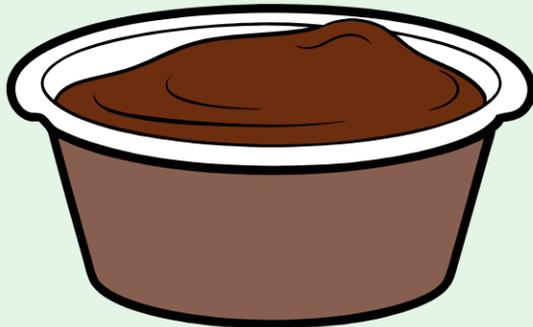


- June 15th: Father's Day

- June 19th: Juneteenth



- June 26th: National Chocolate Pudding Day



- June 27th: National Sunglasses Day



Events

- June 7th: Big Senior Dance & Potluck (Senior Center, 5:30pm, \$)



- June 19th: Worlds Largest Swimming Lesson (Waterloo Pool, 12:00-1:00 pm)

- June 20th: Storywalk Event (THF Park, 8:30 am-10:30am)



- June 28th: Movie In The Park (Forest Park, 6:00pm-7:30pm)



City Council Meetings

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



\$ indicates fee associated

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

Our Summer

Hours

LAP SWIM & HYDROFITNESS

MON- THUR 5AM- 8AM, 10-11:30AM

DRYLAND FITNESS

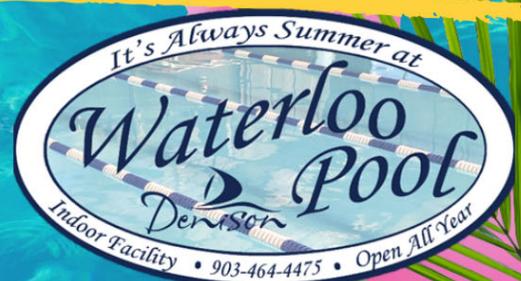
MWF 9AM-10AM

WATER AEROBICS

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

DEEP WATER AEROBICS

T/W/TH 6-7PM



Join Us for June's Exciting Activities!

JUNE 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!**



**HELLO
JUNE 😊**

Denison
TEXAS

Parks & Recreation

MOVIE IN THE PARK

★
★
★
FREE EVENT
JUNE 28TH
8:00PM

Forest Park

Since 2015

POP AROUND
THE CORNER

Gourmet Popcorn and Gifts



COLLEEN O'SHAUGHNESSEY



Downtown Denison Texas

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

MUSIC ON MAIN

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 Cela Harper

July 18 **Marc Broussard**
with Steeli Bryce

July 25 **The Great Divide**
with Jan Tenroy

Thanks
to our
sponsors!

Latest updates, local info, band bios:

www.DowntownDenison.com
social: @DowntownDenisonTX





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



The World's Largest
Swimming Lesson™

Waterloo Pool

June 26th, 2025

REGISTER NOW

denison.recdesk.com



Denison Public Library Events

Lunch & Learn with Texoma Medical Center

Lipedema

Instructor: Sherry Neumann, PT, CLT
TMC Outpatient Therapy Services



Registration required
First 25 people to register
get a free lunch

Friday, June 13th
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: June 14th

Denison Public Library
has a new book club.

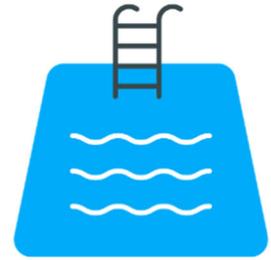
To register
please email or call Zoe May
zmay@denisontx.gov
903-465-1797



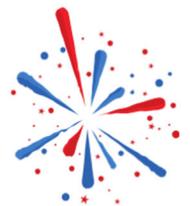


SUMMER

WORD SEARCH



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



AUGUST
BEACH
CAMP
FIREWORKS
HOT

JULY
JUNE
PICNIC
POOL
RELAX

SWIM
SWIMSUIT
TRAVEL
VACATION
WATERMELON

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

