

DENISON ACTIVE ADULTS 55+ August 2025 NEWSLETTER

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Mondays

9:00am Ladies Exercise

9:00am Game Time

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

9:30am Jazzercise (\$)

11:15am 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.

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
			Please let us know if you are not going to be home for your delivery! 903-786-3351	8/1/2025
				Oven Fried Chicken Cheezy Shells Peas and Carrots Whole Wheat Bread Fresh Fruit Milk
8/4/2025	8/5/2025	8/6/2025	8/7/2025	8/8/2025
Chili Garlic Chicken Jasmine Rice Japanese Vegetables Multigrain Bread Almond Cookie Milk	Four Cheese Ziti Green Peas Glazed Carrots Fresh Fruit Milk	Shredded Pork w/ Mushroom Gravy* Southern Style Grits Broccoli Dinner Roll Fruited Orange Gelatin Milk	Romesco Beef Meatballs Roasted Sweet Potatoes Brussels Sprouts Banana Bran Muffin Milk	Seafood Macaroni Salad Broccoli Craisin Salad Cucumber and Tomato Salad Club Crackers (2) Fresh Fruit Milk
8/11/2025	8/12/2025	8/13/2025	8/14/2025	8/15/2025
Greek Chicken Lemon Herb Couscous Mediterranean Vegetables Multigrain Bread Apricot Thumbprint Cookie Milk	Pizza Casserole* Garlic Parmesan Cauliflower Green Beans Almandine Fresh Fruit Milk	Lemon Caper Turkey Breast Whipped Potatoes with Skins Summer Vegetables Multigrain Bread Chocolate Pudding Milk	Chicken Fried Rice Lemon Zest Broccoli Chinese Cabbage Lemon Bar Milk	Beef Taco Seasoned Black Beans Parslied Carrots Flour Tortillas (2) Fresh Fruit Milk Taco Sauce
8/18/2025	8/19/2025	8/20/2025	8/21/2025	8/22/2025
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	Salisbury Steak w/ Burgundy Sauce Roasted Potatoes Green Peas Cinnamon Sugar Cookie Milk	Sliced Turkey Breast Sliced Cheese Lettuce and Tomato Couscous Salad Wheat Bread (2) Fruited Strawberry Gelatin Milk Mustard	Bean and Cheese Burrito Southwest Sauce Confetti Rice Fiesta Vegetables Cinnamon Swirl Pudding Milk
8/25/2025	8/26/2025	8/27/2025	8/28/2025	8/29/2025
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	Shredded BBQ Pork* Baked Beans Dill Potato Salad Hamburger Bun Peach Cobbler Milk

MARK YOUR CALENDARS!

Holidays & Observances

- August 1st: Homemade Pie Day 
- August 3rd: National Watermelon Day 
- August 7th: National Purple Heart Day 
- August 10th: National Bowling Day 
- August 12th: National Vinyl Record Day 
- August 16th: National Roller Coaster Day 
- August 16th: National Fajita Day 
- August 21st: National Senior Citizens Day 
- August 27th: National Banana Lovers Day 

Events

- August 1st: Waterloo Pool End Of Summer Swim Party (Waterloo Pool, 6:00pm- 9:00pm) 
- August 2nd: Big Senior Dance & Potluck (Senior Center, 5:30pm, \$) 
- August 8th: THF Park Birthday Bash (THF Park, 5:30pm-8:30pm) 
- August 8th: Lunch And Learn (Denison Public Library, 12:00pm-1:00pm)



City Council Meetings

- August 4th: City Hall—6:00pm
- August 18th: City Hall—6:00pm



\$ indicates fee associated

Summer is coming to a close Pick a Fitness Class



Classes weekdays
9-10am & 10:15-11:15am
PM Deepwater
Tues/Wed/Thur
6:00-7:00pm

Join Us for August's Exciting Activities!

AUGUST 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!**



YOU ARE INVITED TO THE

7TH

ANNUAL THE PARK
BIRTHDAY BASH!



August 8th | 5:30-8:30 PM

📍 **Texoma Health Foundation Park**

Inflatables • Carnival Rides • Petting Zoo • Food • Splash Pad • Playground • Touch-A-Truck



Denison Public Library Events



LUNCH & LEARN

Alzheimer's Disease

Jessica Cagle, Community Liaison
Angel Hands Hospice & Palliative Care



Friday, August 8th
12pm - 1pm

Denison Public Library



ANGEL HANDS
HOSPICE & PALLIATIVE CARE

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

Downtown Murder Club

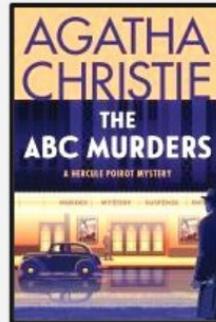
A mystery-themed book club that meets monthly in local restaurants

Next Meeting: Thursday, August 21st 6-7pm

Location: Say When Brewery
(111 S Fannin Ave)

Book: The ABC Murders by Agatha Christie

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

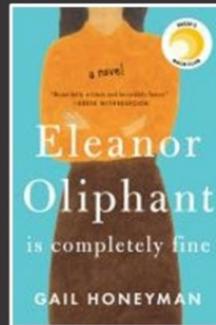


Denison Public Library Events

SATURDAY MORNING BOOK CLUB

Denison Public Library
popular fiction book club.

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



EISENHOWER BOOK CLUB

August 21st @ 3 PM

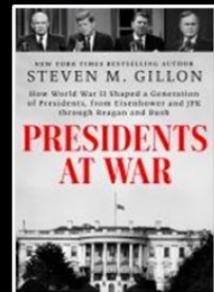
Presidents at War

How World War II shaped a generation of
presidents, from Eisenhower and JFK
through Reagan and Bush

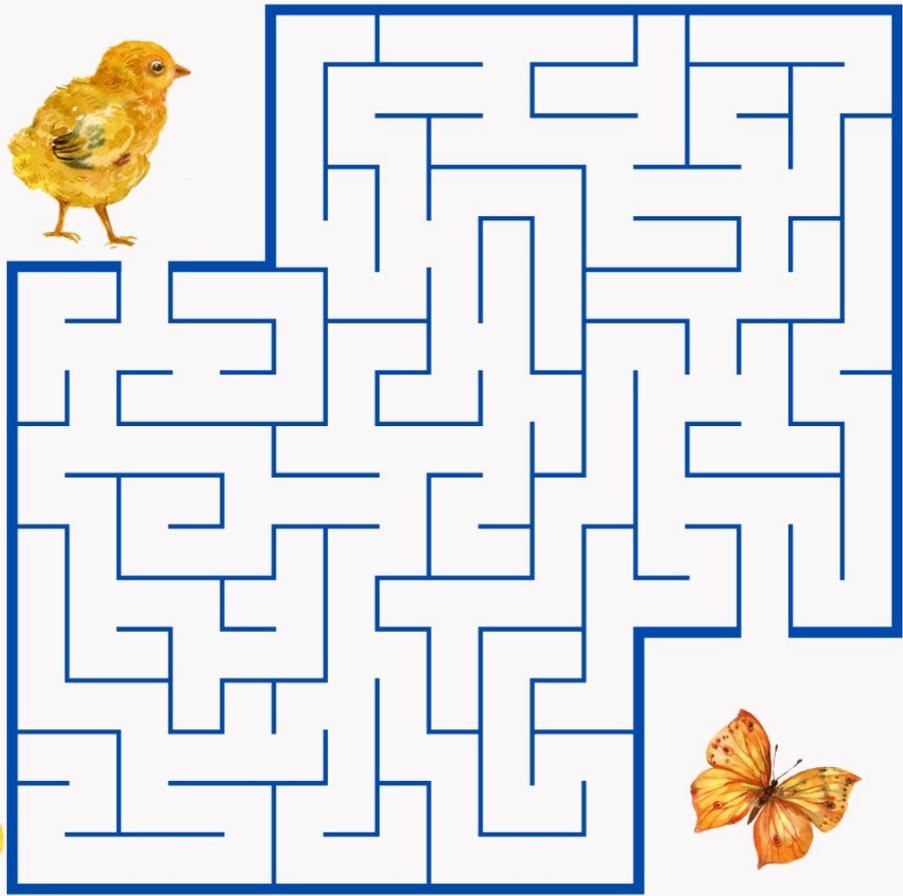
By Ben Steven M. Gillon

For more information

Zoe May - zmay@denisontx.gov or 903.465.1797







Help the Chicken find his way home



PREP TIME:
15 minutes

COOK TIME:
45 minutes

JUICY BAKED CHICKEN

INGREDIENTS

- 4 chicken breasts
- 3 tbsp olive oil
- 3 cloves garlic, minced
- Juice of 1 lemon
- 1 tbsp honey
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp smoked paprika
- Salt and black pepper to taste



DIRECTIONS

- Preheat your oven to 400°F (200°C).
- In a small bowl, whisk together the olive oil, minced garlic, lemon juice, honey, thyme, rosemary, paprika, salt, and pepper.
- Place the chicken breasts in a shallow dish or resealable plastic bag. Pour the marinade over the chicken, ensuring it is well coated. Let it marinate for at least 15 minutes (or up to overnight in the refrigerator for deeper flavor).
- Transfer the marinated chicken breasts to a baking dish. Bake in the preheated oven for 25-30 minutes, or until the internal temperature reaches 165°F (75°C) and the chicken is golden brown and juicy.
- Rest and Garnish: Let the chicken rest for 5 minutes after removing it from the oven. Garnish with fresh parsley and serve warm.



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