

# DENISON ACTIVE ADULTS **55+** September 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.

# SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9/1/2025</b>	<b>9/2/2025</b>	<b>9/3/2025</b>	<b>9/4/2025</b>	<b>9/5/2025</b>
<b>CLOSED FOR HOLIDAY</b>	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 Garlic Spinach Dinner Roll Sugar Cookie Milk	Meatloaf Whipped Potatoes Mixed Vegetables Dinner Roll Fresh Fruit Milk
<b>9/8/2025</b>	<b>9/9/2025</b>	<b>9/10/2025</b>	<b>9/11/2025</b>	<b>9/12/2025</b>
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 & Ketchup	Oven Fried Chicken Cheezy Shells Peas and Carrots Whole Wheat Bread Fresh Fruit Milk
<b>9/15/2025</b>	<b>9/16/2025</b>	<b>9/17/2025</b>	<b>9/18/2025</b>	<b>9/19/2025</b>
Chili Garlic Chicken Jasmine Rice Japanese Vegetables Multigrain Bread Almond Cookie Milk	Four Cheese Ziti Green Peas Glazed Carrots Fresh Fruit Milk	Pulled 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
<b>9/22/2025</b>	<b>9/23/2025</b>	<b>9/24/2025</b>	<b>9/25/2025</b>	<b>9/26/2025</b>
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
<b>9/29/2025</b>	<b>9/30/2025</b>			
Marinara BeefMeatballs Parslied Penne Pasta Green Beans/Peppers/Onions Chocolate Chip Brownie Milk	Baked Chicken with Gravy Macaroni and Cheese Broccoli Dinner Roll Fresh Fruit Milk	Please let us know if you are not going to be home for your delivery! <b>903-786-3351</b>	 <b>MEALS on WHEELS</b> TEXOMA	* - Recipe Contains Pork  <i>Sarah Hutsler, RD, LD</i> Sarah Hutsler, RD, LD #DFT81463

# MARK YOUR CALENDARS!

## Holidays & Observances

- September 1st: Labor Day  

- September 2nd: World Coconut Day  

- September 4th: National Wildlife Day  

- September 5th: National Cheese Pizza Day  

- September 13th: National Peanut Day  

- September 14th: Grandparents Day  

- September 16th: National Guacamole Day  

- September 25th: National Lobster Day  

- September 29th: National Coffee Day  


## Events

- September 4th: Fall Festival  
 (Down Town Denison 8:00am-9:00pm)  

- September 6th: Big Senior Dance & Potluck  
 (Senior Center, 5:30pm, \$)  

- September 24th: Senior Event Friendly Feud  
 (SNAP Center, 1:00pm-3:00pm)  

- September 27th: Lunch and Learn  
 (SNAP Center, 12:00pm-1:30pm)



## City Council Meetings

- September 2nd: City Hall - 6:00pm
- September 15th: City Hall - 6:00pm



**\*\$ indicates fee associated\***

# Fall into Fitness

Fall into Waterloo Pool Classes Monday-Friday's 9-10 & 10:15-11:15 as well as Tue/Wed/Thu 6-7pm

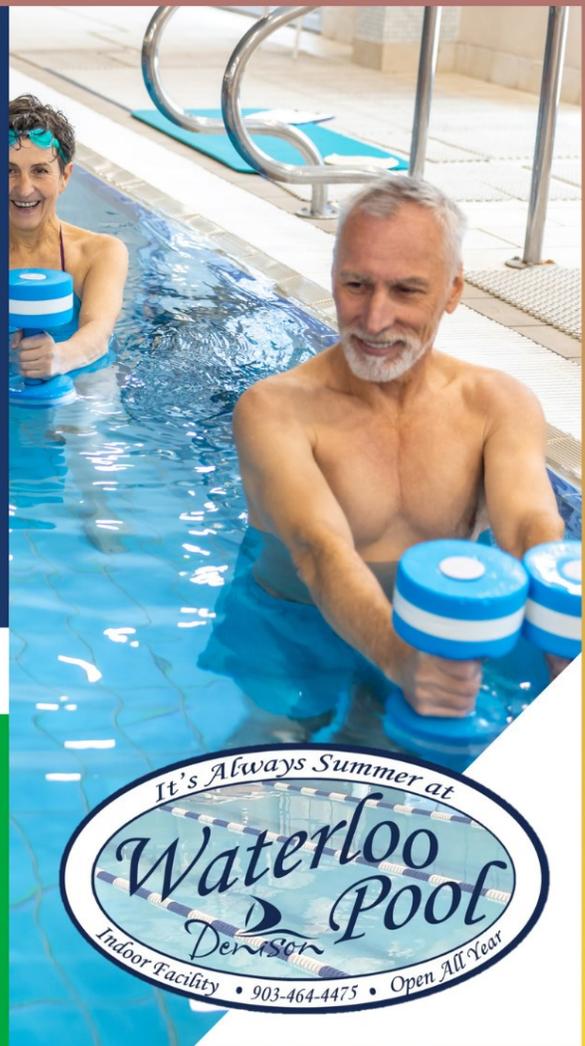


## OCT 15-DEC 7, 2025 OPEN ENROLLMENT STARTS FOR **MEDICARE** SENIOR ADVANTAGE **PROGRAMS**

...THIS ALLOWS YOU IN MANY CASES FREE POOL AND GYM TIME

### WATERLOO POOL ACCEPTS

- ACTIVE & FIT
- BLUE 365
- PRIME
- RENEW ACTIVE
- SILVER SNEAKERS
- SILVER & FIT
- WELL ON TARGET
- FITNESS YOUR WAY
- MUTUALLY WELL
- WELL POINT



# Join Us for September's Exciting Activities!

SEPTEMBER 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!



Denison  
TEXAS  
Parks & Recreation



Denison Parks and Recreation Presents



# FRIENDLY FEUD

## EVENT

Denison Senior Citizens Center | 531 W Chestnut Street

**ADULTS  
55+**

**Sept  
24**

**1-3 PM**

# LUNCH & PRIZES

**Free Event for Denison Adults 55+**



**Both team and individual registrations are welcomed!**

**Register by calling 903-465-2720 ext. 2514 or  
emailing [ehyatt@denisontx.gov](mailto:ehyatt@denisontx.gov)**

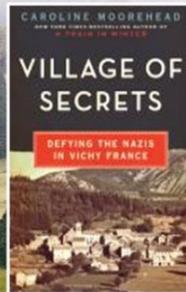


# Denison Public Library Events

## EISENHOWER BOOK CLUB



September 18<sup>th</sup> @ 3 PM



**Village of Secrets: Defying the Nazis  
in Vichy France**

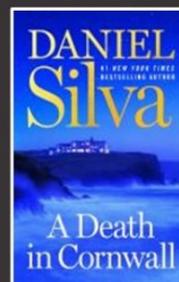
**By: Caroline Moorehead**

For more information  
[zmay@denisontx.gov](mailto:zmay@denisontx.gov) or 903.465.1797

## SATURDAY MORNING BOOK CLUB

**Denison Public Library  
popular fiction book club.**

To register  
please email or call Zoe May  
[zmay@denisontx.gov](mailto:zmay@denisontx.gov)  
903-465-1797



# Denison Public Library Events

## Lunch & Learn with Texoma Medical Center

### Stroke

Instructor: Stephanie Henderson, BSN, RN  
Clinical Educator ICU

Friday, September 12<sup>th</sup>  
12pm – 1pm  
Denison Public Library



Registration preferred  
Lunch is included with  
registration.

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

## Downtown Murder Club

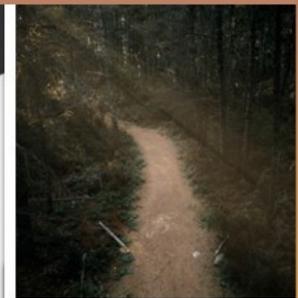
A mystery-themed book club that  
meets monthly in local restaurants

**Next Meeting:** Thursday, September 18<sup>th</sup> 6-7pm

**Location:** TBA

**Book:** Edge of Evil by J.A. Jance

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





# September Word Search



September's here, and so is a word search packed with seasonal fun! Can you find all the hidden words scattered in every direction—forward, backward, up, down, and diagonal? Circle each word as you find it and cross it off the list.

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

- ACORNS
- APPLES
- AUTUMN
- BACKPACK
- BONFIRE
- BREEZY
- CIDER
- COOLER
- CORN
- CRISP
- EQUINOX
- FALLING
- FARMERS
- FOLIAGE
- FOOTBALL
- GOURDS
- GRAPES
- HARVEST
- HAYRIDE
- LABOR DAY
- LEAVES
- MIGRATION



- ORCHARDS
- SCHOOL
- SEPTEMBER
- SQUIRREL
- SWEATER
- PUMPKINS
- RAKE
- SCARECROW





# Pumpkin Cheesecake Muffins



## Muffin Ingredients:

- 3/4 cup salted butter, softened
- 1 cup brown sugar
- 2 eggs
- 1 tsp vanilla extract
- 15oz can pumpkin puree
- 1 1/2 cups all-purpose flour
- 1 tsp baking soda
- 1/2 tsp salt

## Cheesecake Filling:

- 12oz cream cheese, softened
- 6 tbsp sugar
- 3 tbsp all-purpose flour
- 3 tbsp milk
- 1 1/2 tsp vanilla extract

**Makes:**  
Approximately 18



## Directions:

- 1.) Preheat the oven to 350°.
- 2.) For the muffins, cream together the butter, sugar, vanilla and eggs until fluffy. Then add in the pumpkin puree, it may curdle. Then mix in the dry ingredients until just combined. Then scoop into a lined muffin tin and set aside.
- 3.) For the cheesecake filling, combine all of the ingredients and fill the center of each UNBAKED muffin with about 1 tbsp of the filling. This can be done several ways but using a piping bag is the easiest way.
- 4.) Bake until a toothpick when inserted into the middle comes out clean (20-25 minutes). Hope y'all enjoy!

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](mailto:parksandrec@denisontx.gov)