

DENISON ACTIVE ADULTS 55+ October 2025 NEWSLETTER

- Page 1: Monthly Activities**
- Page 2: Activity Descriptions**
- Page 3: Meals on Wheels Menu**
- Page 4: Mark Your Calendars**
- Page 5–9: Highlights**
- Page 10: Coloring Page**
- Page 11: Word Search**
- Page 12: 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.



Monday	Tuesday	Wednesday	Thursday	Friday
		10/1/2025	10/2/2025	10/3/2025
		Beef Burgundy Whipped Potatoes with Skins Green Peas Cinnamon Sugar Cookie Milk	Sliced Turkey Breast Sliced Cheese Lettuce and Tomato Couscous Salad Wheat Bread Fruited Strawberry Gelatin Milk Mustard	Beef Burrito Southwest Sauce Confetti Rice Fiesta Vegetables Cinnamon Swirl Pudding Milk
10/6/2025	10/7/2025	10/8/2025	10/9/2025	10/10/2025
Chicken Pot Pie County Tomatoes Pear Crisp Milk	Sloppy Joe Tater Gems Honey Carrots Hamburger Bun Fresh Fruit Milk	Loaded Potato Casserole Whole Kernel Corn Broccoli Whole Wheat Bread Fruited Orange Gelatin Milk	BBQ Chicken Baked Beans Medley Cabbage Dinner Roll Carnival Cookie Milk	Swiss Steak Parslied Rice Spring Vegetables Whole Wheat Bread Fresh Fruit Milk
10/13/2025	10/14/2025	10/15/2025	10/16/2025	10/17/2025
Turkey Tetraxini Green Beans Glazed Carrots Multigrain Bread Brownie Cookie Milk	Kielbasa Sausage* Red Beans and Rice Squash Medley Whole Wheat Bread Fresh Banana Milk	Lemon Pepper Pollock Confetti Rice Cabbage Multigrain Bread Creamsicle Pudding Milk	Beef Taco Lettuce and Tomato Charro Beans Flour Tortillas Hot Rosy Applesauce Milk Taco Sauce	Chicken Nuggets Potato Wedges Garden Vegetables Dinner Roll Fresh Fruit Milk
10/20/2025	10/21/2025	10/22/2025	10/23/2025	10/24/2025
Salisbury Beef Brown Gravy Garlic Whipped Potatoes Turnip Greens Multigrain Bread Brownie Milk	Turkey Pastrami Lentil Vegetable Pilaf Broccoli Dinner Roll Fresh Banana Milk	Mongolian Chicken Jasmine Rice Japanese Vegetables Almond Cookie Milk	Spaghetti with Meat Sauce Cauliflower Green Beans with Onions Strawberry Shortcake Milk	Bean and Cheese Burrito Ranchero Sauce Corn with Peppers Mexican Style Tomatoes Fresh Fruit Milk
10/27/2025	10/28/2025	10/29/2025	10/30/2025	10/31/2025
Citrus Mojo Chicken Spanish Rice Oregano Green Beans Multigrain Bread Oatmeal Raisin Cookie Milk	Marsala Beef Meatballs Pesto Penne Pasta Scalloped Tomatoes Whole Wheat Bread Fresh Fruit Milk	BBQ Shredded Pork* Butternut Squash Tangy Spinach Bread Pudding Milk	Meatloaf Parslied Potatoes Summer Vegetables Dinner Roll Walnut Brownie Milk	King Ranch Chicken Casserole Pinto Beans Parslied Carrots Fresh Fruit Milk

MARK YOUR CALENDARS!

Holidays & Observances

- October 1st: International Coffee Day



- October 3rd: World Smile Day



- October 4th: National Taco Day



- October 5th: World Teachers Day



- October 11th: National Chess Day



- October 13th: Native Americans Day



- October 17th: National Pasta Day



- October 20th: International Sloth Day



- October 31st: Halloween



Events

- October 3rd: 32nd Senior Fishing Festival (Waterloo Lake 8:00am- 11:00am \$)



- October 4th: Big Senior Dance & Potluck (Senior Center, 5:30pm, \$)



- October 4th: Fall Festival (Downtown Denison, 8:00am- 9:00PM)



- October 22nd: Lunch and Learn (SNAP Center, 12:00pm-1:30pm)



City Council Meetings

- October 6th: City Hall - 6:00pm
- October 20th: City Hall - 6:00pm



\$ indicates fee associated



SWIMMING IS GOOD FOR YOUR BONES

FITNESS CLASSES
MONDAY-FRIDAY
9-10 & 10:15-11:15
TUE/WED/THU
6-7PM

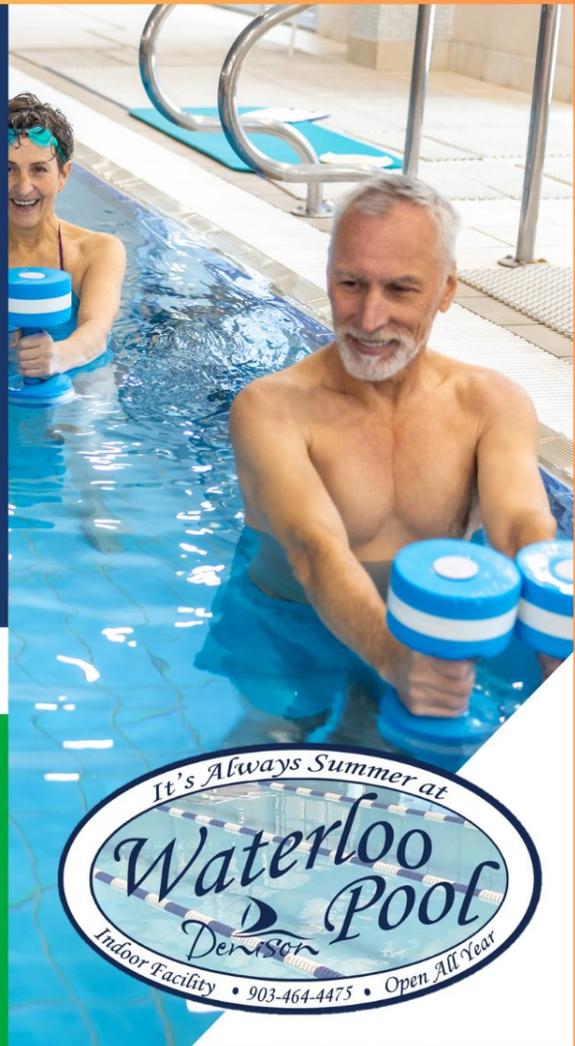


OCT 15-DEC 7, 2025 OPEN ENROLLMENT STARTS FOR MEDICARE SENIOR ADVANTAGE PROGRAMS

...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 October's Exciting Activities!

OCTOBER 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

03
OCTOBER
730AM

32ND SENIOR

\$5
ENTRY
FEE

Fishing Festival
WATERLOO LAKE

FISHING TOURNAMENT



PARTICIPANTS MUST BE FIFTY YEARS OF AGE OR OLDER AS OF OCTOBER 3, 2025 TO BE ELIGIBLE TO PARTICIPATE

REGISTRATION RECEIVED AFTER SEPTEMBER 20, 2025 WILL NOT BE GUARANTEED A CAP DAY OF EVENT, HOWEVER REGISTRATION ACCEPTED THROUGH MORNING OF EVENT.

PRIZES AWARDED FOR FISHING & CASTING CONTESTS INCLUDES :
FISHING
CAP
HOT DOG LUNCH



DENISON PARKS & REC
903-463-5116

WATERLOO LAKE
1101 WATERLOO LAKE DR, DENISON TX

SHERMAN SENIOR CENTER
903-892-7316

Denison Public Library Events

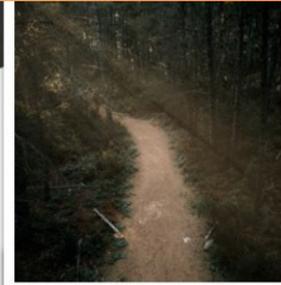
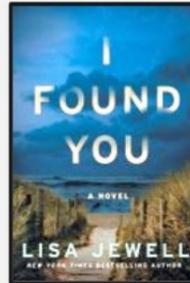
Downtown Murder Club

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

Next Meeting: Thursday, October 16th 6-7pm

Location: Stafford House Provisions
101 E. Main Street (Katy Depot)

Book: I Found You by Lisa Jewell



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

Eisenhower Book Club

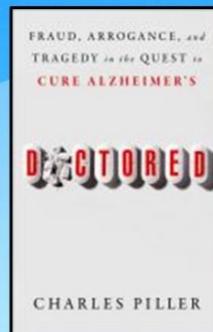
Thursday, October 16th, 3pm



For more information
zmay@denisontx.gov or 903.465.1797

Doctored : fraud, arrogance, and tragedy
in the quest to cure Alzheimer's

by Charles Piller



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



Lunch & Learn with Texoma Medical Center

Sleep and the Circadian Rhythm

Instructor: Katrina Groves, RPSGT, CCSH
Program Manager, Sleep Services Team

Friday, October 10th
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**

Halloween 2025



Name: _____

Date: _____

Halloween Word Search



The Halloween monsters have scattered spooky words all over the place! Can you help find them? Look carefully—some words might overlap. Circle each word you discover and cross it off the list to make sure no word is left behind!

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

- BAT
- BLACK CAT
- BROOMSTICK
- CANDY
- CAULDRON
- COBWEB
- COSTUME
- CREEPY
- FRIGHT
- FULL MOON
- GHOST
- GOBLIN
- HAUNTED
- JACK-O'-LANTERN
- MASK
- MONSTER
- MUMMY
- OCTOBER
- POTION
- PUMPKIN
- SCARECROW
- SKELETON



- TRICK
- VAMPIRE
- WITCH
- ZOMBIE



- SPIDER
- SPOOKY
- TOMBSTONE
- TREAT



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BOO!

HALLOWEEN RECIPES TO TRY

Pumpkin Bread

Mix together:

1/3 cup shortening 1 1/3 cup sugar

Add:

2 eggs 1/3 cup water 1 cup pumpkin puree or 1 8-oz can

Mix well, then add:

1 2/3 cup flour 1/2 tsp baking powder 1 tsp soda

1/2 tsp salt 1 tsp cinnamon 1/4 tsp. allspice

Mix just until all ingredients are combined. Then fold in:

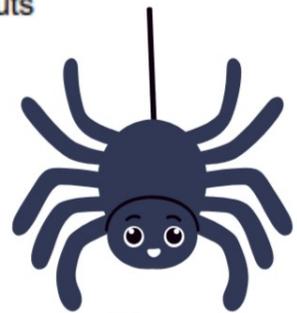
1/2 cup raisins 1/2 cup chopped walnuts

Pour batter into greased loaf pan 9x5x3.

Bake at 350° for 1 hour and 15 minutes.

Cool slightly before removing from pan.

Then cool completely on wire rack before slicing.



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