

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

# November

Monday	Tuesday	Wednesday	Thursday	Friday
<b>11/3/2025</b>	<b>11/4/2025</b>	<b>11/5/2025</b>	<b>11/6/2025</b>	<b>11/7/2025</b>
Italian Shells and Cheese Broccoli Diced Beets Multigrain Bread Chocolate Chip Cookie Milk	Cajun Pollock Chili Beans Cauliflower Fresh Fruit Milk	Sausage w/Onions/Peppers* Ranch Beans Tangy Slaw Hot Dog Bun Peach Cobbler Milk	Korean BBQ Chicken Jasmine Rice Green Peas Whole Wheat Bread Lemon Pudding Milk	Beef Stroganoff Lemon Pepper Brussels Sprouts Sliced Carrots Multigrain Bread Fresh Fruit Milk
<b>11/10/2025</b>	<b>11/11/2025</b>	<b>11/12/2025</b>	<b>11/13/2025</b>	<b>11/14/2025</b>
White Chicken Chili Cream Cheese Corn Parslied Carrots Saltine Crackers Cherry Craisins Milk	Horseradish BeefMeatballs Couscous Garlic Spinach Whole Wheat Bread Fresh Fruit Milk	Breaded Chicken Tenders Whipped Potatoes w/ Skins Herbed Green Beans Multigrain Bread Cinnamon Sugar Cookie Milk	Cheese Enchiladas Enchilada Sauce Spanish Rice Black Beans Lime Gelatin Milk	Cuban Shredded Pork* Tater Tot Casserole Mixed Vegetables Hamburger Bun Fresh Fruit Milk
<b>11/17/2025</b>	<b>11/18/2025</b>	<b>11/19/2025</b>	<b>11/20/2025</b>	<b>11/21/2025</b>
Chicken Pot Pie Country 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
<b>11/24/2025</b>	<b>11/25/2025</b>	<b>11/26/2025</b>	<b>11/27/2025</b>	<b>11/28/2025</b>
Turkey Tetrazzini Green Beans Glazed Carrots Multigrain Bread Brownie Cookie Milk	Kielbasa Sausage* Red Beans and Rice Squash Medley Whole Wheat Bread Fresh Banana Milk	Turkey Breast with Gravy Cornbread Dressing Green Beans Almandine Dinner Roll Pumpkin Pie Cranberry Sauce Milk	<b>CLOSED FOR HOLIDAY</b>	<b>CLOSED FOR HOLIDAY</b>

\* - Recipe Contains Pork

*Sarah Hutsler, RD, LD*

Sarah Hutsler, RD, LD #DT81463



Please let us know if you are not going to be home for your delivery!

903-786-3351



# MARK YOUR CALENDARS!

## Holidays & Observances

- November 2nd: Daylight Savings Time Ends



- November 4th: Election Day



- November 10th: Marine Corps Birthday



- November 11<sup>th</sup>: Veterans Day



- November 27th: Thanksgiving Day



- November 28th: Presidents Day



- November 28th: Black Friday



- November 28th: Native American Heritage Day



- November 30th: First Sunday of Advent



## Events

November 1st: Dia De Los

Muertos Festival (Forest Park

10:00am- 5:00pm )



- November 1st: Big Senior Dance & Potluck (Senior Center, 5:30pm, \$)



- November 14th: TMC Lunch and Learn (Denison Public Library,

12:00pm-1:00pm)



## City Council Meetings

- November 3rd: City Hall - 6:00pm

- November 17th: City Hall - 6:00pm



\*\$ indicates fee associated\*



# NOW IS THE TIME TO **FALL INTO** **FITNESS**

**SENIOR  
ADVANTAGE  
PROGRAMS  
ACCEPTED**

**FITNESS CLASSES DAILY M-F 9-10 & 1015-1115  
DRY LAND FITNESS CLASSES MWF 9-10  
DEEP WATER FITNESS TWTH 6-7PM  
SELF GUIDED WATER FITNESS M-F  
530AM-1130AM**

**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 November's Exciting Activities!

NOVEMBER 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!**





Presented by  
**bluepeak**<sup>®</sup>  
FIBER INTERNET



*Opens November 22nd*

**\$10 per ticket | Includes 1 hour of skating and skate rentals | Concessions are available onsite**

Rink is available for private party reservations.

Denison On Ice will not be open Thanksgiving Day, Christmas Eve, or Christmas Day.



**Sign your waiver to skate now!**

\* Individuals under the age of 18 **MUST** have a parent or legal guardian sign the waiver on their behalf.



# Denison Public Library Events



COME AND MAKE A SPECIAL CAKE - TAKE IT HOME WITH YOU TO BAKE!

## FAMILY BAKING NIGHT

NOVEMBER 4TH  
5:30- 6:30

- FOR FAMILIES OF 4 OR LESS
- AGES 6 AND UP
- LIMITED SEATING
- ZOOM OPTION AVAILABLE

CALL TO RESERVE YOUR SPOT 903-465-1797



## Lunch & Learn with Texoma Medical Center

### Rehabilitation after joint surgery

Instructor: Alyson Lambert PT, DPT

Friday, November 14<sup>th</sup>  
12pm – 1pm  
Denison Public Library

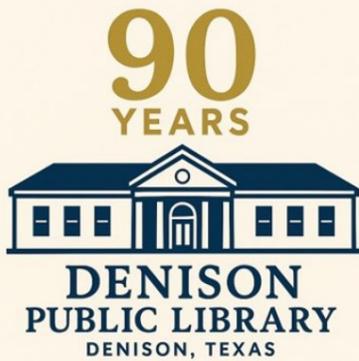


Registration preferred  
Lunch is included with  
registration.

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



# Denison Public Library Events



## Local History Series:

### Denison Public Library 90<sup>th</sup> birthday

Presented by: Brian Hander

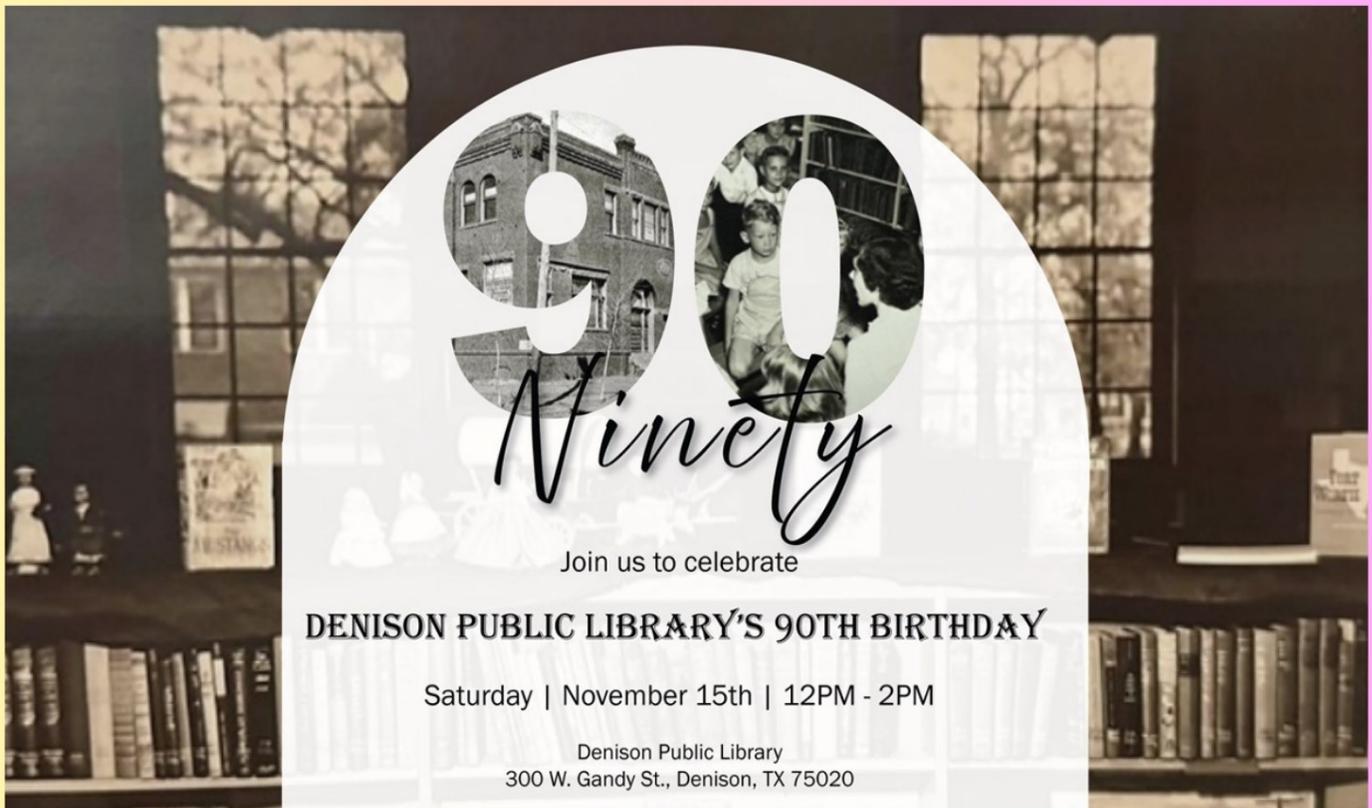
Thursday, November 13th, 2025

5:30 - 6:30 pm

Denison Public Library

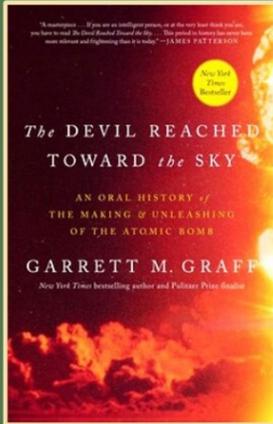
While you are here, visit the local history display cabinet with lots of additional photos and memorabilia.

Please join us for the birthday celebration Saturday, November 15<sup>th</sup> from 12pm - 2pm!



# Denison Public Library Events

## EISENHOWER BOOK CLUB



November 20th @ 3 PM

### The Devil Reached Toward the Sky

An Oral History of the Making and Unleashing of the Atomic Bomb

by Garrett M. Graff

FOR MORE INFORMATION

Zoe May - [zmay@cityofdenison.com](mailto:zmay@cityofdenison.com) or 903.465.1797

TEXAS  
HISTORICAL  
COMMISSION  
REAL PLACES TELLING REAL STORIES



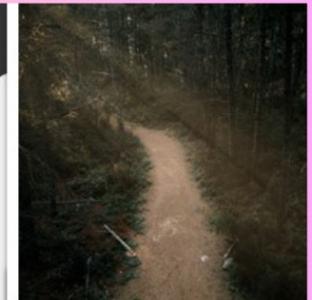
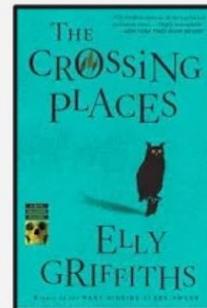
## Downtown Murder Club

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

**Next Meeting:** Thursday, November 20<sup>th</sup> 6-7pm

**Location:** Landon Winery  
318 W Main St

**Book:** The Crossing Places by Elly Griffiths





SO WE CAN ALL CELEBRATE AND GIVE THANKS

# WATERLOO POOL WILL BE CLOSED

NOVEMBER 27 & 28 ALL DAY



# THANKSGIVING 2025

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## Thanksgiving Word Search

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

Thanksgiving Pilgrim Yams Potatoes  
Indian Stuffing Turkey Feathers  
Corn Husk Green Beans Harvest  
Fall Leaves Sharing





*5 Ingredient Pot Roast*  
*Delicious, Hearty & Healthy*

SERVINGS:5

PREPPING TIME: 5 MIN

COOKING TIME: 8 HRS

## INGREDIENTS

- 32 oz Beef broth
- 2-3lb Chuck roast
- 1 packet Pot roast seasoning
- 3-4lbs Russet Potatoes
- 12oz Baby Carrots
- 1tbsp Cornstarch (optional)

## METHOD

1. Line the crock pot turn to high
2. Add the beef broth, chuck roast, and seasoning. Let cook for 5 hours.
3. After 5 hours, add the carrots, and depending on the size of the potatoes, cut them so they are no larger than roughly 2 ½ sq inches.
4. Cook for 3 more hours.
5. Shred the roast and serve.

## GRAVY

1. Scoop 2 cups of broth from the crockpot and add to a sauce pan and put on medium high heat.
2. Mix cornstarch with ¼ cup of very warm water until dissolved and add to the broth.
3. Mix constantly for roughly 5 minutes. If you stop mixing, the cornstarch may split and begin to clump.
4. Turn up heat until a slow bubble and stir every couple of minutes for 20 minutes

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