

DENISON ACTIVE ADULTS +55 NEWSLETTER

January 2023

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Mondays

- 9:00am Senior Ladies Exercise
- 9:00am Aqua Fit
(Waterloo Pool, \$)
- 9:30am Jazzercise (\$)
- 10:15am Aqua Fit
(Waterloo Pool, \$)
- 11:00am MOW Lunch
- 5:30pm Jazzercise (\$)

Tuesdays

- 9:00am Rusty Hinges
(Waterloo Pool, \$)
- 9:30am Bingo
- 10:15am Aqua Fit
(Waterloo Pool, \$)
- 11:00am MOW Lunch
- 11:30am Chair Volleyball
- 5:30pm Jazzercise (\$)
- 7:00pm Country Dance
Lessons (\$)

Wednesdays

- 9:00am Aqua Fit
(Waterloo Pool, \$)
- 9:00am Senior Ladies Exercise
- 9:30am Jazzercise (\$)
- 10:15am Aqua Fit
(Waterloo Pool, \$)
- 11:00am MOW Lunch
- 5:30pm Jazzercise (\$)

Thursdays

- 9:00am Rusty Hinges
(Waterloo Pool, \$)
- 9:30am Live Band
- 10:15am Aqua Fit
(Waterloo Pool, \$)
- 11:00am MOW Lunch
- 5:30pm Jazzercise (\$)

Fridays

- 9:00am Senior Ladies Exercise
- 9:00am Aqua Fit
(Waterloo Pool, \$)
- 9:30am Live Band
- 9:30am Jazzercise (\$)
- 10:15am Aqua Fit
(Waterloo Pool, \$)
- 11:00am MOW Lunch

***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 is associated.*

**** 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.

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



Senior Ladies' Exercise

This is a FREE, moderate-intensity exercise program that involves standing, bending, stretching, and using weights while sitting.

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.



Chair Volleyball

In a co-sponsorship with Sher-Den Home Health, chair volleyball will be offered at the Denison Snap Center for those over 55 years of age on Tuesdays from 11:30am – 12:30pm for FREE. 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.

MARK YOUR CALENDARS!

Holidays

- January 1st: New Year's Day
- January 15th: National Hat Day



- January 16th: Martin Luther King Jr Day



- January 23rd: National Pie Day



- January 25th: National Irish Coffee Day



- January 29th: National Puzzle Day



Events

- January 7th: Senior Dance (\$, 7:00-10:00pm SNAP Center)



- January 7th: Howard Caylor Adult Trout Derby (\$, 9:00-11:30am Waterloo Lake Regional Park)



- January 28th: Family Fellowship Trout Derby (\$, 9:00-11:30am Waterloo Lake Regional Park)

City Council Meetings

- January 17th: 6:00pm City Hall



\$ indicates fee associated

Meals on Wheels November 2022

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
CLOSED	Spaghetti with Meat Sauce, Green Beans, Carrots, Garlic Breadstick, Fresh Fruit	Beef Taco Stew, Lettuce & Tomato Salad, Tortilla Chips, Mexican Chocolate Cake	Santa Fe Chicken, Spanish Rice, Pinto Beans, Cornbread, Cookie	Hamburger, Lettuce, Tomato & Onion, Sweet Potato Tots, Hamburger Bun, Fresh Fruit
9	10	11	12	13
Chili, Black Beans, Roasted Corn & Peppers, Crackers(2), Apple Crisp	Country Fried Steak, 1/2 Baked Potato, Green Beans, Wheat Roll, Fresh Fruit	Chicken Pot Pie, Stewed Tomatoes, Turnip Greens, Brownie	Garlic Lime Tilapia, Broccoli Salad, Tater Tots, Hush Puppies(2), Cookie	Turkey Tetrazzini, Peas & Carrots, Beets, Fresh Fruit
16	17	18	19	20
CLOSED	Beef Patty, Potato Wedges, Lettuce, Tomato & Onion, Hamburger Bun, Fresh Fruit	Oriental Cherry Chicken, White Rice, Egg Roll, Fortune Cookie, Scalloped Pears	Chicken & Dumplings, Sliced Carrots, Green Peas with Red Bell Pepper, Chocolate Chip Cookie	Lemon Pepper Tilapia, Whipped Sweet Potatoes, Coleslaw, Fresh Fruit
23	24	25	26	27
Chicken Parmesan Over Sauced Spaghetti, Italian Green Beans, Garlic Breadstick, Pineapple Tidbits	Minestrone Soup, Chef's Salad, Potato Salad, Crackers(2), Fresh Fruit	Beef Pot Roast, Mashed Potatoes, Spinach, Wheat Roll, Fruited Cherry Gelatin	Turkey Tetrazzini, Peas & Carrots, Garlic Breadstick, Oatmeal Raisin Cookie	Salmon Croquette, Diced Beets, Oven Fries, Wheat Bread, Fresh Fruit
30	31	1	2	3
BBQ Riblet, Oven Fries, Seasoned Spinach, Wheat Roll, Peach Crisp	Chipotle Chicken, Corn Nugget,s Spiced Buttered Carrots, Whole Grain Hamburger Bun, Fresh Fruit			

For questions regarding Meals on Wheels, please reach out to Ben Mandeville at 903-463-1711.

Happy New Year

TIPS & HIGHLIGHTS

As we begin our journey into 2023, it's time to think about New Year's resolutions that can lead to a healthier, improved quality of life.

People fail to keep resolutions when they make them too unattainable. Here is a list of seven realistic goals to help 2023 be the best year yet.

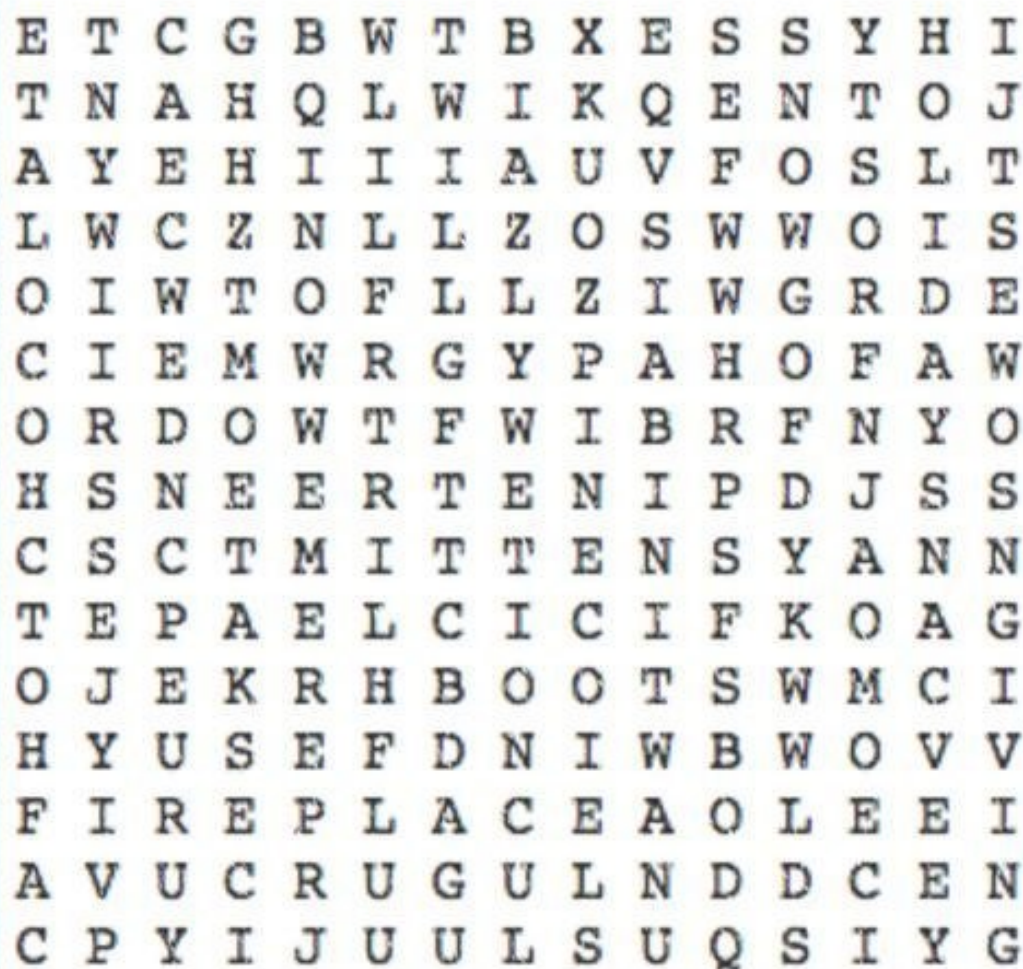
1. Keep a positive mindset
2. Commit to 15 minutes of exercise daily
3. Make better dietary choices
4. Quit smoking, if you already haven't
5. Play with your grandkids
6. Stimulate your mind
7. Reach out to old friends & make new ones

All these commitments can be met by setting aside just a few minutes each day to think about and follow them.

You can create a healthier you in 2023 by staying positive, exercising, eating right, making time for family and friends, and having "me time" to pursue something that gets your mind engaged.



WINTER WORD SEARCH



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

WORDS TO FIND:

BLIZZARD

COLD

FROZEN

HAT

ICE

MITTENS

SNOW

SNOWMAN

WINTER

BOOTS

FIREPLACE

GIVING

HOLIDAYS

ICESKATE

PINETREE

SNOWBALL

SNOWSUIT

CHILLY

FROSTY

GLOVES

HOTCHOCOLATE

ICICLE

SCARF

SNOWFLAKE

WIND

Breakfast Casserole



Ingredients:

- 2 pounds pork sausage
- 12 eggs
- 1 cup sour cream (light or regular)
- 1/4 cup milk
- salt and pepper
- 4 green onions
- 1/2 green bell pepper, diced
- 1/2 red bell pepper, diced
- 2 cups shredded cheddar cheese

Directions:

1. Preheat oven to 350 degrees. Spray a 9x13" pan with cooking spray.
2. Combine the eggs, sour cream, milk, cheese and salt and pepper in a large bowl. Mix on low speed with electric mixers, just until combined.
3. Heat a large skillet over medium heat. Add sausage and cook until browned, breaking it into small pieces with a wooden spoon as it cooks. Drain most of the grease and add the sausage to the bowl with the egg mixture.
4. Add the bell peppers and onion to the same skillet the sausage was cooked in and sauté for 2- 3 minutes. Add to the bowl with the eggs and stir everything to combine.
5. Pour mixture into greased 9x13" pan and bake for 35-50 minutes or until the edges are set and the center is just barely jiggly.
6. Leftover egg casserole can be stored in the fridge and enjoyed within 3-4 days. Leftovers are delicious reheated in the microwave.



**** Do you have an AMAZING recipe you would like to have featured in the monthly newsletter?**

Submit your recipe to Virginia in Parks & Rec : vcantrell@cityofdenison.com **

Participation Survey

With the new year upon us, Denison Parks & Recreation wants to hear from you on how we can continue to improve your time at the SNAP Center. Please fill out this short survey and return it to Ben Mandeville in the Meals On Wheels office in the SNAP Center by **January 20, 2023**.

What kind of activities would you be interested in participating in?

(circle one)

Movie Days: Yes No

Book Club: Yes No

Organized card games / board games: Yes No

If so, what game:

Crafting Club: Yes No

If so, what kind of crafts are you interested in:

Other activities (please list):

If you would be interested in helping to organize and/or lead group activities, please fill out the information below so a Parks and Recreation team member can contact you.

Name: _____ Phone Number: _____

Activity you are interested in leading: _____

Thank you for your feedback!
Denison Parks & Recreation