

DENISON ACTIVE ADULTS 55+ NEWSLETTER

January 2024

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Mondays

9:00am Ladies Exercise
9:30am Jazzercise (\$)
11:00am MOW Lunch
5:30pm Jazzercise (\$)

Wednesdays

9:00am Ladies Exercise
9:30am Jazzercise (\$)
11:00am MOW Lunch
5:30pm Jazzercise (\$)

Fridays

9:00am Ladies Exercise
9:30am Live Band
9:30am Jazzercise (\$)
11:00am MOW Lunch

Tuesdays

9:00am Aqua Fit
(\$, Waterloo Pool)
9:30am Bingo
11:00am MOW Lunch
11:30am Chair Volleyball
1:00pm VitalityFit
5:30pm Jazzercise (\$)
7:00pm Country Dance
Lessons (\$)

Thursdays

9:00am Aqua Fit
(\$, Waterloo Pool)
9:30am Live Band
11:00am MOW Lunch
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 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.

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
- ◆ Fall Prevention

Chair Volleyball

Chair volleyball is offered at the Denison Senior 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.



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.

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.



MARK YOUR CALENDARS!

Holidays

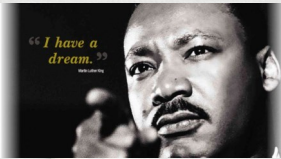
- January 1st : New Years Day



- January 4th : National Spaghetti Day



- January 13th : Make Your Dream Come True Day



- January 15th : Martin Luther King Jr's Birthday

- January 19th : National Popcorn Day



- January 23rd : National Pie Day

- January 25th : Opposite Day

- January 29th : National Puzzle Day

- January 31st : Inspire Your Heart With Art Day



Events

- January 6th : 17th Annual Howard Caylor Trout Derby (Waterloo Lake Park 9:00–11:30am)



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



- January 11 : Denison Public Library Book Club - *They Called Us Enemy* (Denison Public Library 6:00pm)

- January 12th : Lunch & Learn with Texoma Medical Center "Flu" (Denison Public Library 12p–1pm)

- January 25th : Lunch & Learn with Shockley Insurance (Denison Senior Center 12:00–1:30pm)

- January 27th : 20th Annual Family Fellowship Trout Derby (Waterloo Lake Park 9:00–11:30am)

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



City Council Meetings

- January 16th : City Hall—6:00pm



\$ indicates fee associated

MIGHTY DRAGONS CHAIR VOLLEYBALL

☀️ JOIN THE THRILLING WORLD OF
CHAIR VOLLEYBALL! ☀️

ARE YOU READY TO ELEVATE YOUR GAME AND
HAVE A BLAST WHILE DOING IT?

LOOK NO FURTHER! WE'RE ON THE LOOKOUT FOR
ENTHUSIASTIC INDIVIDUALS TO JOIN OUR CHAIR
VOLLEYBALL TEAM, WHERE THE THRILL OF
COMPETITION MEETS THE JOY OF TEAMWORK. 🏐

WHETHER YOU'RE A SEASONED PLAYER OR A
COMPLETE BEGINNER, THERE'S A SPOT FOR YOU
IN OUR DYNAMIC AND INCLUSIVE COMMUNITY.

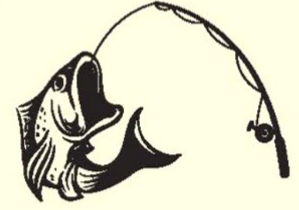


**DENISON SENIOR CENTER
EVERY TUESDAY
11:30AM**

17TH ANNUAL HOWARD GAYLOR



Trout Derby



Saturday January 6th

FISHING IS FROM: 9AM - 11:30AM WATERLOO LAKE - POND
CASH PRIZES | FREE CAP TO THE FIRST 50 REGISTERED

PARTICIPANTS.

REGISTER AT:

WWW.CITYOFDENISON.COM/PARKSREC

20th Annual Family Fellowship Trout Derby

Saturday, January 27th

9AM - 11:30AM

Waterloo Lake - Pond

FREE CAP to the first 50 registrants



Register at:

WWW.cityofdenison.com/parksrec



New Free Class Offering!

VitalityFit: Thrive & Strive Active Aging Class

**Tuesdays 1:00-2:00 PM
Beginning Jan 9, 2024**

**This class is designed to help
in areas such as:**

- Muscle Strengthening
- Overall Endurance
- Range of Motion
- Balance
- Fall Prevention

Embark on a journey to unlock the full potential of your well-being as we focus on enhancing muscle strength, boosting overall endurance, improving range of motion, refining balance, and championing fall prevention. This dynamic class is thoughtfully crafted to empower you to live life to the fullest and embrace the vitality within.

- Much of the class is done while seated in a chair
- Please consult with your healthcare provider before starting any kind of fitness routine
- Determine if you have limitations or need to make adjustments
- All Class participants must complete a liability waiver prior to participating

55+

Denison Public Library Events

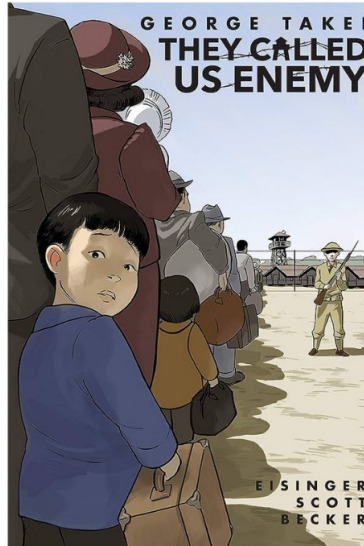
EISENHOWER BOOK CLUB

When: Thursday, January 11 at 6PM
Where: Denison Public Library, Eisenhower Room
Who: Anyone and Everyone
Host: Dr. Hayley Hasik, military historian and educator at the Eisenhower Birthplace

Some copies of each book are available for checkout at the library.

For more information contact:

Hayley Hasik - hayley.hasik@thc.texas.gov or 903.465.8908
Zoe May - zmay@cityofdenison.com or 903.465.1797



They Called Us Enemy by George Takei

George Takei is well-known for his role as Lt. Hikaru Sulu in the 1960s television series, Star Trek. Less well-known is Takei's experience as a child in Japanese internment camps following Executive Order No. 9066 issued by President Franklin Roosevelt in 1942. To tell his story, Takei partnered with Justin Eisinger and Steven Scott to develop a graphic history. Join us as we delve into this memoir and discuss the history of Japanese-American incarceration during World War II.



Lunch & Learn with Texoma Medical Center

Flu

Instructor: Jamey Uselton
RN, TMC Home Health



Registration required
First 25 people to register get a free lunch

Friday, January 12th
12pm – 1pm
Denison Public Library

See the Denison Public Library
web page for a link
To our Eventbrite page





**Wreaths Across America 2024
“Matching Program” December 16 through January 16**

Fairview Cemetery would like to extend a heartfelt THANK YOU to everyone who attended the 6th Annual Wreaths Across America on Saturday, December 16th. Organizers, volunteers, family, and friends distributed 1,500 wreaths this year!

The 7th Annual Wreaths Across America will be held on December 14, 2024 and plans are already underway!

Wreaths Across America has launched the “Wreath Matching Program” to help organizations reach their sponsorship goals. We hope to obtain 2,000 wreaths or more next year.

For every wreath sponsored through Fairview’s Local Sponsorship Groups no later than January 16, 2024, Wreaths Across America will match the donation wreath-for-wreath for Fairview Cemetery!

This special program ends on January 16, 2024.

Scan the QR code above to sponsor a wreath before January 16th to take advantage of this great opportunity. If you need assistance, please contact the Fairview Cemetery office at (903) 465-3188. We will be happy to help you navigate the online sponsorship.

Please note that Fairview Cemetery is unable to accommodate the “Grave Specific” option. There are plenty of wreaths available for family and friends to place personally on their Veteran’s specific grave at the ceremony. We welcome and encourage everyone to join us for this very special tribute to our Veterans.

Your contribution, support, and participation are greatly appreciated!

LUNCH AND LEARNS



**THURSDAY,
JANUARY 25**

12:00-1:30 PM

**DENISON SENIOR
CENTER**

**531 W CHESNUT ST
DENISON, TX 75020**

**RSVP by January 23rd
to ensure your
provided meal.**

To register, follow these
options!

- Register online
- Call 903-465-2720
ext. 2031

PRESENTING
**JAKE SHOCKLEY
& LANCE DAVIS**

from SHOCKLEY INSURANCE AGENCY INC.
THURSDAY, JANUARY 25TH | 12:00-1:30 P.M.

Topics:

- **Communicating with People from
Different Generations**
- **Understanding Medicare**



www.cityofdenison.com/parksrec

531 W. Chestnut St., Denison, TX







WINTER WORD SEARCH

ICY

FLEECE

SLED

PINE

WOODS

TOWEL

SKATE

COCOA

WOODS

CAMP

SPICE

FIRE

SMORE

NOEL

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



SIMPLE TACO SOUP



Directions:

1. In a Dutch oven, cook beef over medium heat until no longer pink, breaking it into crumbles; drain. Add taco seasoning and mix well. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until heated through, stirring occasionally.

Ingredients:

- ◆ 2 pounds ground beef
- ◆ 1 envelope taco seasoning
- ◆ 1-1/2 cups water
- ◆ 1 can (16 ounces) mild chili beans, undrained
- ◆ 1 can (15-1/4 ounces) whole kernel corn, drained
- ◆ 1 can (15 ounces) pinto beans, rinsed and drained
- ◆ 1 can (14-1/2 ounces) stewed tomatoes
- ◆ 1 can (10 ounces) diced tomato with green chiles
- ◆ 1 can (4 ounces) chopped green chiles, optional
- ◆ 1 envelope ranch salad dressing mix



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