

DENISON ACTIVE ADULTS 55+ NEWSLETTER

February 2023

Page 1: Monthly Activities
Page 2: Activity Descriptions
Page 3: Mark Your Calendars
Page 4: Meals on Wheels Menu
Page 5: Tips & Highlights
Page 6: Coloring Page
Page 7: Word Search
Page 8: Recipe



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

- February 2nd: Groundhog Day



- February 14th: Valentine's Day

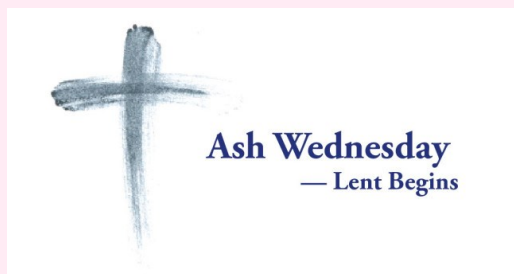


- February 17th: Random Acts of Kindness Day

- February 20th: Presidents' Day



- February 21st: Fat Tuesday
- February 22nd: Ash Wednesday



Events

- February 3rd –5th: Denison's 39th Snowball Classic



- February 4th: Senior Dance (\$, 7:00-10:00pm SNAP Center)



- February 12: Superbowl Sunday
- **February 21st: Chair Volleyball Mighty Dragons vs DFR**



- February 24th: Denison's Daddy/Daughter Luau



City Council Meetings

- February 6th: City Hall — 6:00pm
- February 9th: Special Joint City Council and DISD Board of Trustees Meeting — 6:00pm
- February 13th: Special Joint City Council and Planning and Zoning Meeting — 6:00pm



\$ indicates fee associated

Meals on Wheels Menu—February 2023

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|--|---|
| 30 | 31 | 1 | 2 | 3 |
| | | Chicken & Dumplings, Mixed Vegetables, Beets, Rosy Apples | Baked Ham, Sweet Potato Casserole, Spinach Cornbread, Peach Cobbler | Chicken Spaghetti, Green Beans, Carrots, Garlic Bread, Oranges w/ Topping |
| 6 | 7 | 8 | 9 | 10 |
| Turkey Noodles, Green Beans, Yellow Squash, Wheat Bread, Pineapple | Pinto Beans & Ham, Stewed Tomatoes, Oven Fried Okra, Cornbread, Fresh Fruit | Brunswick Stew, Coleslaw, Crackers, Peach Cobbler | Beef & Broccoli Rice. Cauliflower w/ Red Peppers. Cookies | Smoked Sausage, Black-eyed Peas, Cabbage, Whole Wheat Bread, Fresh Fruit |
| 13 | 14 | 15 | 16 | 17 |
| Sloppy Joes, Bun, Baked Beans, Potato Salad, Blushing Pears | Salisbury Steak, Oven Fried Zucchini, Cabbage, Wheat Bread, Fresh Fruit | Pork Tenderloin, Spinach, Glazed Carrots Wheat Bread, Spiced Apples | Meat Loaf, Scalloped Potatoes, Green Beans, Wheat Bread, Cookies | Chicken Enchiladas w/ Cheese Sauce, Spanish Rice, Refried Beans, Fresh Fruit |
| 20 | 21 | 22 | 23 | 24 |
| Sweet & Sour Pork, Japanese Veggies, Rice, Spiced Pineapple | Swiss Steak, Broccoli, Parslied Potatoes, Wheat Bread, Fresh Fruit | Chicken Salad Minestrone, Cucumber Tomato Salad, Crackers, Chocolate Cake | BBQ Chicken, Hot Potato Salad, Coleslaw, Wheat Bread, Cookies | Hot Dog, Sauerkraut, Baked Beans, Fresh Fruit |
| 27 | 28 | 1 | 2 | 3 |
| Chicken Nuggets, Oven Fries, Spinach, Wheat Bread, Tropical Fruit Salad | Ground Beef Macaroni & Tomatoes Tossed Salad Fresh Fruit | | | |

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

TIPS & HIGHLIGHTS

Potluck is returning to the monthly Senior Dance!

Meals on Wheels of Texoma Presents

Senior Dance



First Saturday of Each Month
7PM - 10PM | Ages 55+
Live Band, Dancing, and Potluck

Don't bring a dish for potluck - \$5/person
Bring a dish for potluck - \$3/person

Denison SNAP Center
531 W. Chestnut St. Denison, TX
For questions please call 903-463-1711

1 Year Anniversary Scrimmage

DENISON

Mighty Dragons

CHAIR VOLLEYBALL

Vs. Denison Fire & Rescue

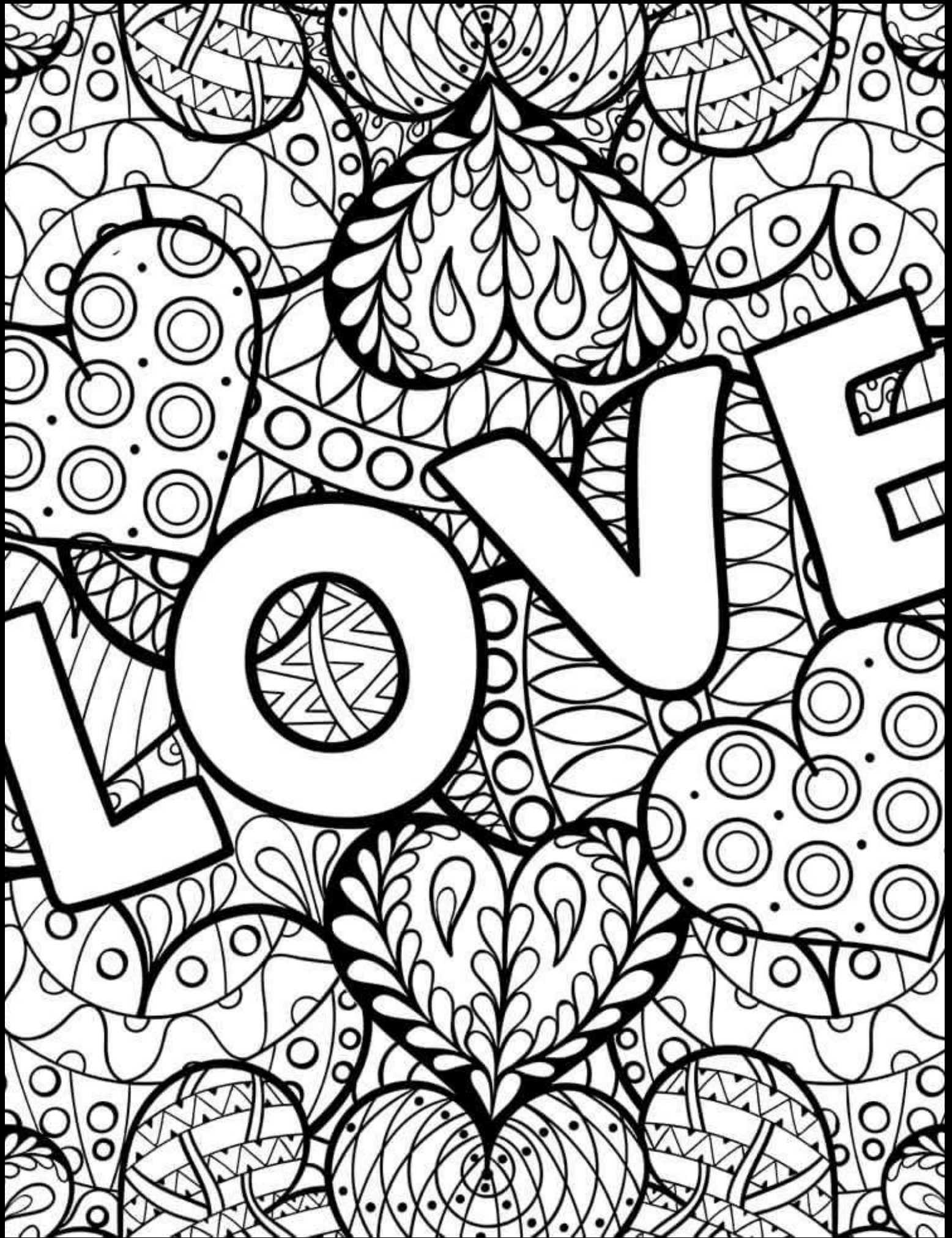


FEB 21

SNAP Center
11:15 AM



Mighty Dragons
1 Year Anniversary Scrimmage!



Valentine's Day

Find the words on the list in the word search below!

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

ARROWS
CUPID
FUN
HEARTS
LOVE
RED
SHARE

CANDY
FLOWERS
GIFTS
KINDNESS
NICE
ROSE
SWEET

CHOCOLATE
FRIENDSHIP
HAPPINESS
LETTERS
PINK
SERVICE
THOUGHTFUL

Cherry Kiss Cookies



Ingredients:

- 1 cup butter, softened
- 1 cup confectioners' sugar
- 1/2 teaspoon salt
- 2 teaspoons maraschino cherry juice
- 1/2 teaspoon almond extract
- 6 drops red food coloring, optional
- 2-1/4 cups all-purpose flour
- 1/2 cup chopped maraschino cherries
- 54 milk chocolate kisses, unwrapped

Directions:

1. Preheat oven to 350°. In a large bowl, beat butter, confectioners' sugar and salt until blended. Beat in cherry juice, extract and, if desired, food coloring. Gradually beat in flour. Stir in cherries.
2. Shape dough into 1-in. balls. Place 1 in. apart on greased baking sheets.
3. Bake 8-10 minutes or until bottoms are light brown. Immediately press a chocolate kiss into center of each cookie (cookie will crack around edges). Cool on pans 2 minutes. Remove to wire racks to cool.

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

