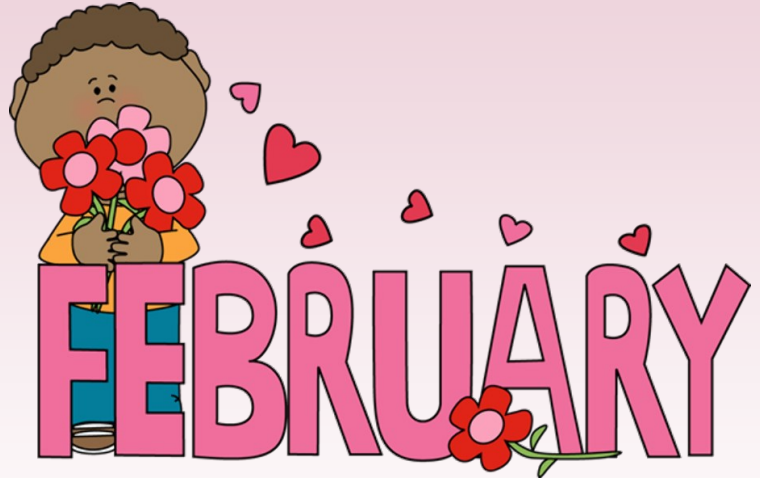


DENISON ACTIVE ADULTS 55+ NEWSLETTER

February 2024

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Mondays

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

Wednesdays

9:00am Ladies Exercise
9:00am Game Time*
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 (\$)



**See flyer on page 4 for more details on Game Time!*

***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

- February 2nd : Groundhog Day 
- February 3rd : National Ice Cream for Breakfast Day
- February 7th : National Send a Card to a Friend Day
- February 10th : Chinese New Year



- February 11th : Super Bowl Sunday
- February 13 : Mardi Gras



- February 14th : Valentine's Day



- February 16th : National Caregiver's Day
- February 19th : President's Day
- February 29th : Leap Year!



\$ indicates fee associated

Events

- February 6th : Big Senior Dance & Potluck (\$, Senior Center 5:30pm)
- February 8th : Eisenhower Book Club (Denison Public Library 6:00pm)
- February 9th : Lunch and Learn with TMC (Denison Public Library 12:00-1:00pm)
- February 9th—10th Collegiate Winter Blast Softball Tournament (\$, THF Park)
- February 10th : Twin Oak Nursery Rose Care Class (Twin Oaks Nursery 10:00am—12:00pm)
- February 10th : Crochet & Chat (Eisenhower Birthplace 2:00—4:00pm)
- February 17th : Hands-on History: President's Day (Eisenhower Birthplace 10:00am—2:00pm)
- February 22nd : Lunch and Learn (Senior Citizen Center 12:00-1:30pm)
- February 24th : Youth Trout Derby (Waterloo Lake pond 9:00-11:00am)
- March 2nd : Big Senior Dance & Potluck (\$, Senior Center 5:30pm)

City Council Meetings

- February 5th : City Hall—6:00pm
- February 19th : City Hall—6:00pm





F R E E G A M E S

MONDAYS AND WEDNESDAYS 9:00 AM – 12:30 PM

Join us in the Denison Senior Center auditorium for exciting games, friendly competition, and great company!

Try your luck at the Uno table, roll the dice in Yahtzee, or start a game of Dominoes! We have lots of options!



LUNCH AND LEARNS



**THURSDAY,
FEBRUARY 22**

12:00-1:30 PM

**DENISON SENIOR
CENTER**

531 W CHESNUT ST
DENISON, TX 75020

RSVP by February 20th
to ensure your
provided meal.

ALL AGES WELCOME!

To register, follow these
options!

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

PRESENTING

HANNA GUDGEL

from FIRST UNITED BANK

THURSDAY, FEBRUARY 22ND | 12:00-1:30 P.M.

Topics:

- **Define Financial Exploitation**
- **Identify the Abusers**
- **Discuss Common Phone Scams**
- **Review Computer/Internet Scams**
- **Talk About Identity Theft**
- **Learn How to Defend Against
Fraud and Scams**



www.cityofdenison.com/parksrec



531 W. Chestnut St., Denison, TX



Come and Join

WINTER CLASSES

Free Classes
10:00am - 12:00pm

- January 20 - *Top 10 Tree Issues and How To Care For Your Trees.* Guest Speaker - Lee Brown
- January 27 - *Tackling Your Turf.* Guest Speaker - David Clendenin
- February 10 - *Rose Care.* Guest Speaker - Jake Prewitt
- March 2 - *Introduction to Beekeeping and why bees are important.* Guest Speaker - Byron Compton
- March 9 - *Vegetable Gardening 101.* Guest Speaker - Andy C
- March 23 - *Butterfly Gardening.* Guest Speaker - Alisa Roberts

Coffee & Donuts

plenty of time for Q&A



Do you need a hand with outdoor projects?

If your **yard** or **home exterior** need **cleanup**, help is on the way!



**Saturday
March 23,
2024**

***A Community-wide
Day of Service***

**Citizens, Churches,
Companies, & Civic
Groups volunteering
to help our community**

Residents & businesses in the city of Denison:

Visit our website: www.cityofdenison.com/bigevent

You can download forms and get more info.

Or visit **City Hall at 300 W Main in downtown Denison**

Pick up an application in person.

Or email bigevent@cityofdenison.com

We'll even drop off an application and help you fill it out.

Call us at **903-465-2720 ext. 2030**

Chat with us about your project needs.



City of Denison
300 W Main St
Denison, TX 75020
www.cityofdenison.com/bigevent
bigevent@cityofdenison.com
903-465-2720 ext. 2030

We want to help you.

*You must apply to participate
so reach out and contact the
Denison BIG EVENT team today!*

Sign-up deadline is Feb. 25, 2024

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

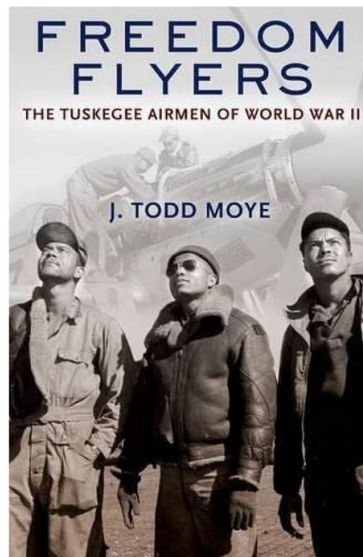
55+

Denison Public Library Events

EISENHOWER BOOK CLUB

When: Thursday, February 8 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.



Freedom Flyers: The Tuskegee Airmen of World War II by J. Todd Moyo

We end our winter book club with a book that explores the history of the Tuskegee Airmen in WWII. These men were the first African American military pilots in the United States. They faced a two-front battle as they fought against the Axis powers in the skies over Europe and against Jim Crow racism and segregation at home. One of Denison's own, Major Jewel Barton Butler, Sr., served as a Tuskegee airman during the war flying the P-40, P-39, and p-51. Join us as we dive into the fascinating history of these men and learn a little more about the history of one of Denison's native sons.

For more information contact:

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



Lunch & Learn with Texoma Medical Center

Pelvic Floor Rehabilitation

Instructor: Alyson Lambert

PT, DPT, physical therapist at
TMC Outpatient Therapy Services



Registration required
First 25 people to register get a free lunch

Friday, February 9th
12pm – 1pm
Denison Public Library

See the Denison Public Library
Eventbrite page
to register online





GIVE YOUR BODY A VALENTINE AND CHECK OUT WATERLOO POOL. YOUR KNEES-HIPS-AND BACK WILL LOVE YOU. OUR HEATED POOL AND LOW IMPACT EXERCISES STRENGTHEN AND STRETCH.

WE ACCEPT SILVER SNEAKERS-RENEW ACTIVE-SILVER&FIT INSURANCE PROGRAMS AS WELL AS LOW PRICED SENIOR RATES FOR RESIDENTS AND NON-RESIDENTS



Contact Us!
(903) 463-2487
gfrontiervillage@gmail.com

FEBRUARY

In the Village

Visit the Museum!
Open daily from 10-4
(Closed on Tuesdays)
111 RC Vaughan Rd
Denison, Tx 75020

- 03** **First Meeting of Frontier Village Cannon Crew** 10AM-2PM
Topic- Civil War USCT: The invaluable contribution of Black Americans who fought for their freedom. Come join our first meeting of the Frontier Village Cannon Crew. Learn how to fire our full scale 1841 12 pounder Mountain Howitzer
- 06** **FREE Re-Enactment class** 4PM-4PM
How to do historical research and create a persona, source a costume, find re-enactment opportunities, and more!
- 10** **Volunteer Day** 12PM-6PM
All are welcome to come and help! We will be cataloging historical books and documents
- 10** **Planning Your Herb Garden** 10AM-12PM
Planning an Herb Garden? Want a Moon Garden? A knot Garden or Bee Garden? Come find out the various types of herb gardens you can grow! You will be ready to select the plants after this class.
\$10 General Public \$8 Museum Members
- 10** **Frontier Kids Craft: Valentines Weaving** 4PM-2PM
Kids will learn how to weave a heart-shaped basket out of paper while exploring the art of weaving and its vital role in Frontier life! Please RSVP to ensure we have enough supplies
\$5 General Public \$3 Museum Members
- 13** **Grayson County Historical Society** 6:30PM
The GCHS will hold their monthly meeting in the Community Room
Topic: Historical Markers of Grayson County and Where to Find Them
Speaker: Kurt Cichowski

- 17** **FREE Blacksmith Demonstration** 10AM-4PM
Blacksmith Simeon Banks of Triple B Forge will be in the village today! This demonstration is free and open to all ages!
- 17** **Vintage Sweetheart Tea and Social** 12P-2PM
A Vintage style Tea Party and Social for you and your Valentine. Refreshments, Music, Dancing, and Valentines treats! Limited Spots available. RSVP only.
\$25/couple General Public \$15/couple Museum Members
- 24** **African American Genealogy** 4PM-3PM
Specialized resources and tips for tracing your lineage and discovering the stories of your ancestors.
\$20 General Public \$15 Museum Members
- 25** **Crochet Club: Intro to Crochet** 4PM-6PM
Learn the Basics of Crochet. Take advantage of our free Hook and Yarn Library
- 28** **Beginner's Genealogy** 11AM-12PM
Don't know where to start with your genealogy journey? We can point you in the right direction. This is a free, entry-level class suited for beginners.
- 28** **Genealogical Society** 4PM-3PM
The Genealogical Society will hold their Monthly Meeting in the Community Room

MIGHTY DRAGONS CHAIR VOLLEYBALL

☀️ JOIN THE THRILLING WORLD OF
CHAIR VOLLEYBALL! ☀️

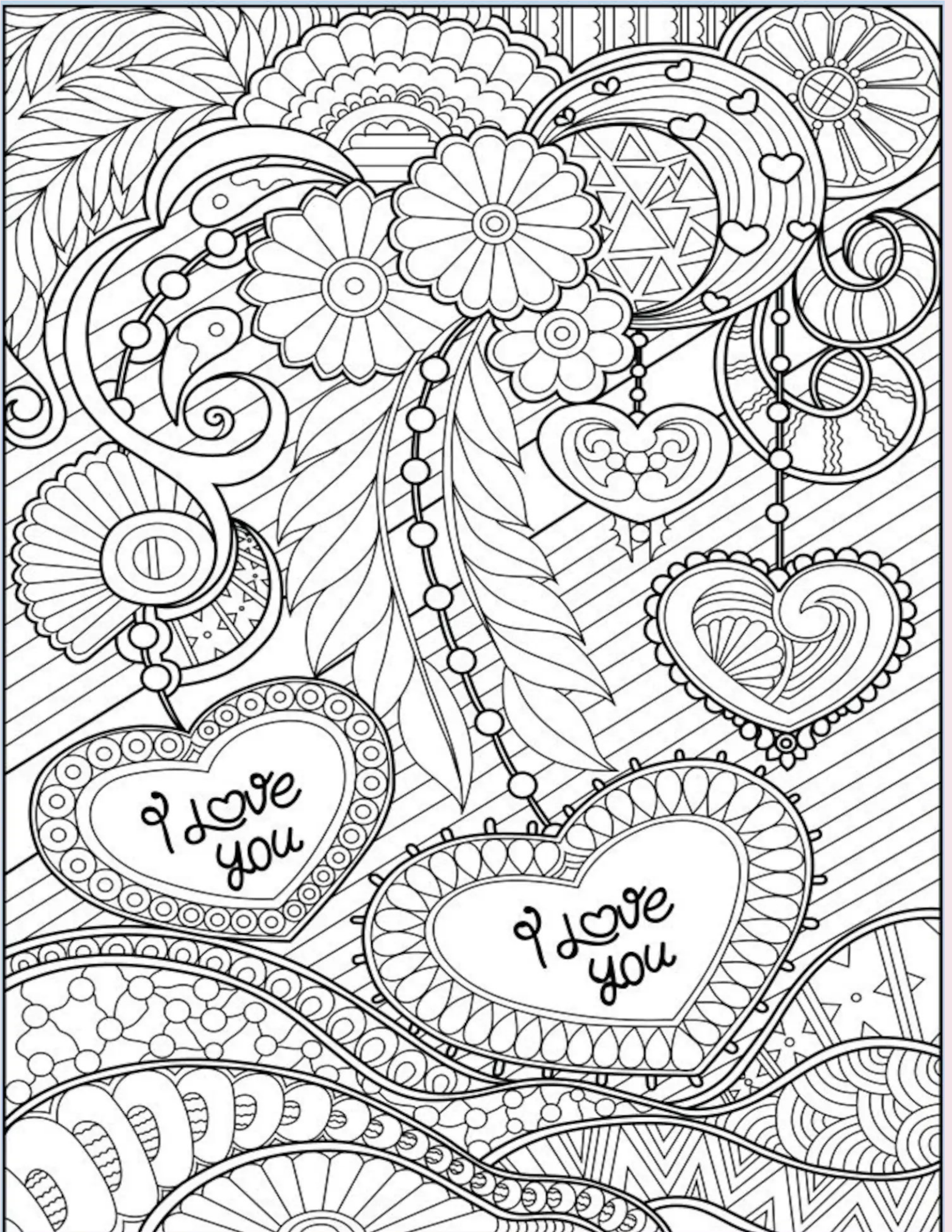
ARE YOU READY TO ELEVATE YOUR GAME AND
HAVE A BLAST WHILE DOING IT?

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**



Valentine Word Search

Happy Valentine's Day!

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

sweetie pie
 romantic
 two hearts
 sweethearts
 chocolate
 call home
 wild for you

bear hug
 cupid
 candy
 text me
 gift
 valentine
 love

honey
 flame
 dove
 darling
 smitten
 flowers
 hearts

true blue
 kisses
 adorable
 ever after
 roses
 amorous
 friendship

beloved
 affection
 be mine
 lovebirds
 crazy for you
 I love you
 endless love



Shrimp and Mushroom Linguini with Creamy Cheese Herb Sauce



Ingredients:

- ◆ 1 (8 ounce) package linguini pasta
- ◆ 2 tablespoons butter
- ◆ ½ pound fresh mushrooms, sliced
- ◆ ½ cup butter
- ◆ 2 cloves garlic, minced
- ◆ 1 (3 ounce) package cream cheese
- ◆ 2 tablespoons chopped fresh parsley
- ◆ ¾ teaspoon dried basil
- ◆ 2/3 cup boiling water
- ◆ ½ pound cooked shrimp

Directions:

1. Bring a large pot of lightly salted water to a boil. Add linguini and cook until tender, about 7 minutes. Drain.
2. Meanwhile, heat 2 tablespoons butter in a large skillet over medium-high heat. Add mushrooms; cook and stir until tender. Transfer to a plate.
3. In the same pan, melt 1/2 cup butter with the minced garlic. Stir in the cream cheese, breaking it up with a spoon as it melts. Stir in the parsley and basil. Simmer for 5 minutes. Mix in boiling water until sauce is smooth. Stir in cooked shrimp and mushrooms; heat sauce through.
4. Toss linguini with shrimp sauce and serve.



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

