

DENISON ACTIVE ADULTS 55+ NEWSLETTER

March 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

- March 3: National Employee Appreciation Day
- March 12: Daylight Saving Time



- March 14: National Write Your Story Day
- March 17: St. Patrick's Day



- March 20: International Day of Happiness
- March 22: American Red Cross Giving Day
- March 23: Ramadan
- March 26: Wear a Hat Day



- March 29: National Vietnam War Veterans Day

Events

- March 4th: Senior Dance (\$, Potluck 5:00pm; Dance 6:00–9:00pm SNAP Center)



- March 18th: Cornhole Tournament (Heritage Park - 8:30am)



- March 25th: Texoma Family Fest (Forest Park—9:00am—1:00pm)



City Council Meetings

- March 5th: City Hall — 6:00pm
- March 20th: City Hall — 6:00pm



\$ indicates fee associated



Meals on Wheels Menu—March 2023

Mon	Tue	Wed	Thu	Fri
27 Chicken Fajitas, Buttered Corn, Spicy Pinto Beans, Wheat Tortilla, Vanilla Berry Pudding	28 Cajun Jambalaya, Black Eyed Peas, Oven Fried Okra, Cornbread, Fresh Fruit	1 * Ground Beef Macaroni & Tomatoes Tossed Salad Fr * Clone of Ground Beef Macaroni & Tomatoes Tossed Hawaiian Chicken, Sugar Snap Peas, Confetti Colelaw, Dinner Roll, Escalloped Apples	2 Turkey Swiss Steak, Macaroni & Cheese, Normandy Veggies, Wheat Bread, Cookies	3 Hearty Vegetable Soup, Tuna Salad, Macaroni Salad, Crackers, Fresh Fruit
6	7	8	9	10
13 Arroz con Pollo Chicken w/ Rice Roasted Corn & Peppers, Wheat Roll, Escalloped Apples	14 Herbed Chicken, Mashed Potatoes, Spinach, Fresh Fruit	15 Baked Ham, Sweet Potatoes, Spinach, Fresh Fruit	16 Beef Lasagna, Tuscan Vegetable Blend, Garlic Bread, Cooke	17 Pepper Steak, New Potatoes, Broccoli, Wheat Bread, Fresh Fruit
20 BBQ Chicken Breast, Scalloped Potatoes, Black-Eyed Peas, Apple Cobbler	21 Beef and Pasta Casserole, Winter Mix Vegetables, Salad w/ Dressing, Garlic Breadstick, Fresh Fruit	22 Chicken Pot Pie, Stewed Tomatoes, Spinach w/ Onions, Mandarin Orange, Fluff	23 Garlic Lime Tilapia, Garden Blend Rice, Zucchini, Cornbread, Cookie	24 Porcupine Meatballs, Butter Beans, Spicy Carrots, Wheat Bread, Fresh Fruit
27 Chicken & Dumplings, Peas & Carrots, Cauliflower, Roll, Mandarin Orange Fluff	28 Minestrone Soup, Chef Salad w/ Dressing, Potato Salad, Breadstick, Fresh Fruit	29 Beef Burgandy, Egg Noodles, Sauteed Kale Crunch, Wheat Bread, Frosted Spice Cake	30 Smothered Pork Chop, Macaroni & Cheese, Okra and Tomatoes, Wheat Roll, Cookie	31 Santa Fe Chicken, Spanish Rice, Squash Medley, Biscuit Fresh Fruit

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



TIPS & HIGHLIGHTS

ST. PATRICK'S DAY TRIVIA

© MEEBILY

- Q.1. Where was Saint Patrick born?
Q.2. When did St. Patrick die?
Q.3. Where is St. Patrick buried?
Q.4. Where St. Patrick studied religion?
Q.5. What was St. Patrick's birth name?
Q.6. What is Saint Patrick's nickname?
Q.7. What color was originally associated with St. Patrick?
Q.8. What kind of plant is associated with St. Patrick?
Q.9. Which creature did St. Patrick drove out of Ireland?
Q.10. Where was the first Saint Patrick's Day Parade held?
Q.11. When did custom of St. Patrick's Day brought in America?
Q.12. Which American city holds the largest Parade?
Q.13. In Ireland, what does the color green stand for?
Q.14. What type of creature is leprechaun?
Q.15. Which profession does the leprechaun practice?

- 8). Shamrock 13). Hope 3). Downpatrick 5). Maewyn Succat
2). 420 AD 12). New York 14). Fairy 4). Gaul 15). Shoemaker
6). Paddy 10). Boston 11). 1737 9). Snakes
7). Blue 1). Wales





St. Patrick's Day

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

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

CLOVER
 IRISH
 SHAMROCK
 WISH

GOLD
 EMERALD
 MARCH
 POT



LEPRECHAUN
 LUCKY
 RAINBOW
 IRELAND

GREEN
 PATRICK
 CHARM
 MAGIC



Corned Beef Leprechaun Cheeseball



Ingredients:

- 1/4 lb. deli corned beef, diced
- 3 green onions, diced
- 2 packages cream cheese, at room temperature
- 1 cup chopped pecans
- 1 teaspoon horseradish
- 1 tablespoon dijon mustard
- 2 teaspoons Worcestershire sauce

For Decorating:

- 1 green bell pepper for the hat
- small piece of yellow bell pepper for the hat
- small piece of red bell pepper for the mouth
- 2 black olives for the eyes
- small pieces of a parsnip for nose & hat
- 1 carrot peeled with a vegetable peeler for the beard & hair

Directions:

1. To make the cheeseball, make sure the cream cheese is at room temperature. In the bowl of a stand mixer, add all your ingredients and mix with the paddle attachment until well combined.

2. With wet hands, grab the entire mixture and form into a ball. Place on plastic wrap and then wrap up and put in the fridge. Keep in the fridge for at least 1-2 hours to firm up before decorating.

3. To decorate, cut out your vegetables into the shapes shown in the picture. I used 1/2 of a bell pepper for the top of the hat and the brim part is made with the top part of the bell pepper that has the stem on it, stem cut off. I used a piece of parsnip for the nose and the stripe on the hat. The yellow square on the hat is a yellow bell pepper and the mouth is a thin strip of red bell pepper. The eyes are the ends of 2 black olives, the end that looks like a star. For the hair and beard I just peeled a carrot with my vegetable peeler, I discarded the first layer of the carrot and then kept peeling and used those. I also used thinly cut carrot for the eyebrows. All of the facial features stayed on by just pressing the cut out pieces into the cheeseball.

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

