

# DENISON ACTIVE ADULTS 55+ NEWSLETTER

March 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.



## Strut Your Pace! Senior Walking Group

Embrace the beat of a healthy lifestyle by joining our new senior walking group, starting March 28th. Tailored for those aged 55 and above, this program features a gentle group warm-up, leisurely self-paced walks, and the empowering belief that strength grows stronger when shared. Come together with us weekly (weather permitting) on Thursdays from 1:00-2:00pm to take collective steps towards improved health.

# MARK YOUR CALENDARS!

## Holidays

- March 1st : World Compliment Day
- March 2nd : Dr. Seuss's Birthday & National Read Across America Day 
- March 8th : International Women's Day 
- March 10th : Daylight Saving Time
- March 17th : St. Patrick's Day 
- March 19th : First Day of Spring
- March 22nd : National Goof Off Day 
- March 24th : Palm Sunday
- March 29th : Good Friday
- March 31st : Easter Sunday 

## Events

- March 2nd : Big Senior Dance & Potluck (\$, Senior Center 5:30pm)
- March 2nd : Beekeeping Class (Twin Oaks Nursery 10:00am-12:00pm)
- March 8th : Lunch and Learn with TMC (Denison Public Library 12:00-1:00pm)
- March 9th : Crafting Corner (Eisenhower Birthplace 10:00am-12:00pm)
- March 9th : Vegetable Gardening Class (Twin Oaks Nursery 10:00am-12:00pm)
- March 11th : Texoma Regional Blood Center Blood Drive (Denison Public Library 9:00am-4:00pm)
- March 23rd : Easter Egg Roll (Eisenhower Birthplace 10:00am-2:00pm)
- March 23rd : Butterfly Gardening Class (Twin Oaks Nursery 10:00am-12:00pm)
- March 28th : Lunch and Learn (Senior Citizen Center 12:00-1:30pm)

## City Council Meetings

- March 4th : City Hall—6:00pm
- March 18th : City Hall—6:00pm



# MEALS ON WHEELS MENU

## MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Meatloaf Tomato Gravy Whipped Potatoes Green Peas Dinner Roll Orange Gelatin 2% Milk
<b>4</b> Pork Rib Patty BBQ Sauce Macaroni & Cheese Green Beans Wheat Bread Fresh Fruit 2% Milk	<b>5</b> Taco Meat Lettuce & Tomato Charro Beans Flour Tortilla Apple Cobbler Taco Sauce 2% Milk	<b>6</b> Chix/Sausage Gumbo Parslied Rice Whole Kernal Corn Wheat Bread Fresh Fruit 2% Milk	<b>7</b> Pizza Casserole Tuscany Vegetables Broccoli Texas Bread Cherry Gelatin 2% Milk	<b>8</b> Baked Chicken Honey Mustard Sauce Tater Gems Sliced Carrots Dinner Roll Chocolate Chip Cookie 2% Milk
<b>11</b> Spaghetti Meatballs Penne Noodles Green Peas Texas Bread Fresh Fruit 2% Milk	<b>12</b> Chicken Fajita Meat Cilantro Lime Rice Black Beans Flour Tortilla Tres Leches Cake Taco Sauce 2% Milk	<b>13</b> Polish Sausage Oven Roasted Potatoes Broccoli Hot Dog Bun Fresh Fruit Mustard 2% Milk	<b>14</b> Chicken Picatta Herbed Green Beans Glazed Carrots Texas Bread Stw Gelatin w/ Fruit 2% Milk	<b>15</b> <i>Happy St. Patrick's Day</i> Beef Hash Seasoned Cabbage Sliced Carrots Dinner Roll Pistachio Whip 2% Milk
<b>18</b> Beef Hash Seasoned Cabbage Sliced Carrots Dinner Roll Pistachio Whip 2% Milk	<b>19</b> Turkey Bolognese Brussels Sprouts Diced Beats Dinner Roll Sugar Cookie 2% Milk	<b>20</b> Glazed Ham Lima Beans Okra & Tomatoes Cornbread Oatmeal Cookie Margarine 2% Milk	<b>21</b> Sloppy Joe Potato Wedges Green Peas Hamburger Bun Lemon Gelatin 2% Milk	<b>22</b> Margarita Chicken Confetti Rice Sliced Carrots Texas Bread Fresh Fruit 2% Milk
<b>25</b> Herbed Chicken Lima Beans Brussel Sprouts/Corn Dinner Roll Carnival Cookie 2% Milk	<b>26</b> Swiss Steak Oven Roasted Potatoes Cold Pickled Beets Texas Bread Peach Cobbler 2% Milk	<b>27</b> Beef Stew Rice Green Beans Saltine Crackers Diet-Cin Applesauce 2% Milk	<b>28</b> Honey Glazed Ham Delmonico Potatoes Parslied Carrots Dinner Roll Brownie 2% Milk	<b>29</b> Good Friday No Meals

# 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**

**Free Class Offering!**

## **VitalityFit: Thrive & Strive Active Aging Class**

**Denison Senior Citizens Center  
Tuesdays 1:00-2:00 PM**

**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+**

 [www.cityofdenison.com/parksrec](http://www.cityofdenison.com/parksrec)

 903-465-2720 ext. 2031

 531 W. Chestnut St., Denison, TX



**New Free Class Offering!**

# **STRUT YOUR PACE!**

## **ACTIVE AGING ADULT WALKING GROUP**

**TEXOMA HEALTH FOUNDATION PARK | THURSDAYS 1:00–2:00 PM**  
**BEGINNING MARCH 28TH, 2024**

Step into the rhythm of healthy living with our new senior walking group. Designed exclusively for individuals aged 55+, this program includes a light group warm-up, self-paced walks, and the empowering concept that strength is amplified in numbers. Join us weekly (weather permitting) to partake in shared strides toward better health.

- Please consult with your healthcare provider before starting any kind of fitness routine
- Determine if you have limitations or need to rest/shorten your walk length during the class
- All Class participants must complete a liability waiver prior to participating





**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,  
MARCH 28TH**

**12:00-1:30 PM**

**DENISON SENIOR  
CITIZEN CENTER**

531 W CHESNUT ST  
DENISON, TX 75020

RSVP by March 26th to  
ensure your provided  
meal.

**ALL AGES WELCOME!**

To register, follow these  
options!

- Call 903-465-2720 ext. 2031
- Register on our website

PRESENTING

# SUSAN VINCENT

THURSDAY, MARCH 28TH | 12:00-1:30 P.M.

Topic:

## The Therapeutic Benefits of Humor



[www.cityofdenison.com/parksrec](http://www.cityofdenison.com/parksrec)



531 W. Chestnut St., Denison, TX

# Denison Public Library Events

## Lunch & Learn with Texoma Medical Center



**Driver Rehabilitation**  
Instructor: Caitlin Craddock



OTR, OTD, CDRS,  
TMC Outpatient Therapy Services



Registration required  
First 25 people to register  
get a free lunch

Friday, March 8<sup>th</sup>  
12pm – 1pm  
Denison Public Library

See the Denison Public Library  
Eventbrite page to register online  
or call **903-465-1797**

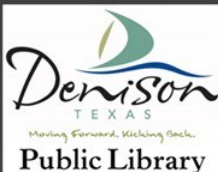
The Blood Mobile will be at  
Denison Public Library

Come out and help save lives!



# Rescheduled

Texoma Regional Blood Center  
Blood Drive



Monday, March 11<sup>th</sup> 9am – 4pm  
Denison Public Library

Come and Join

# WINTER CLASSES

Free Classes  
10:00am - 12:00pm

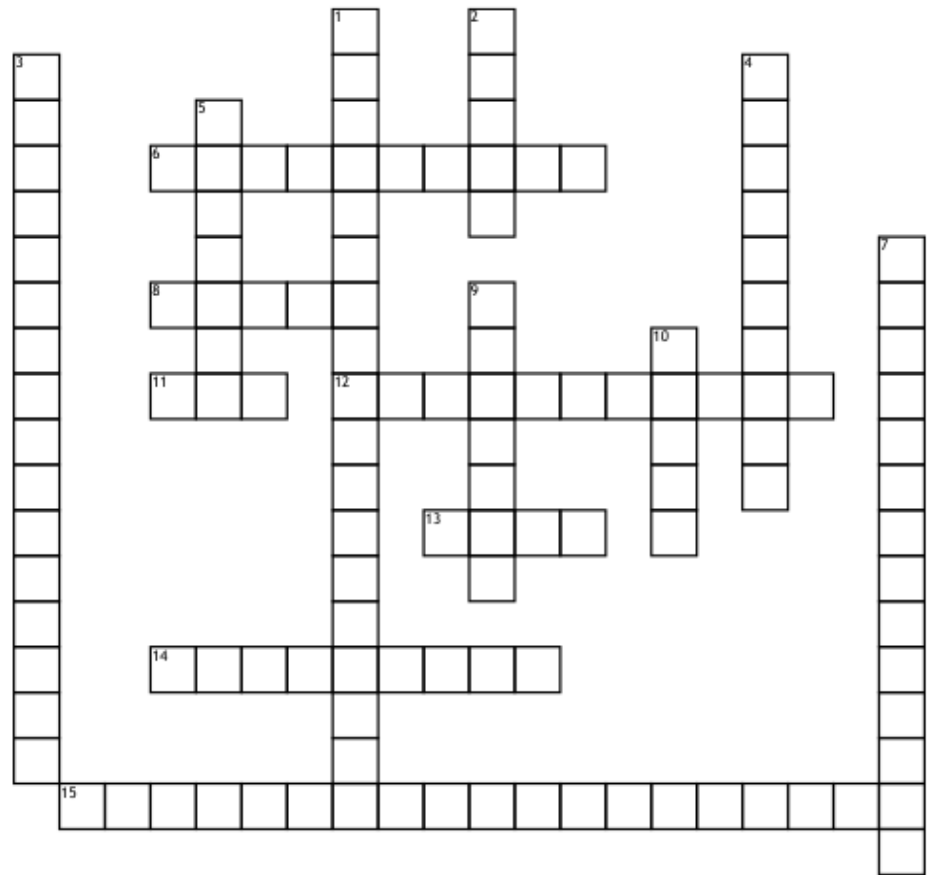
- January 20 - *Top 10 Tree Issues and How To Care For Your Trees.* Guest Speaker - Lee Brown
- January 27 - *Tackling Your Turf.* Guest Speaker - David Clendenin
- February 10 - *Rose Care.* Guest Speaker - Jake Prewitt
- March 2 - *Introduction to Beekeeping and why bees are important.* Guest Speaker - 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



# March Crossword



## Across

6. What sport is March madness?
8. What you feel when you don't wear green.
11. Common Irish hair color.
12. One week break from school
13. Whats in the pot at the end of the rainbow.
14. Also known as a Shamrock
15. Begins on March 13th

## Down

1. What is March declared as?
2. Day with a lot of math jokes on the 14th
3. Holiday on the 17th
4. Has a pot of gold at the end of a rainbow.
5. Some Irish people play these.
7. This plant could bring you good luck
9. Where you find a pot of gold.

10. The color you wear on St. Patrick's day



# Sheet-Pan Salmon with Sweet Potatoes and Broccoli



## Ingredients:

- 3 tablespoons low-fat mayonnaise
- 1 teaspoon chili powder
- 2 medium sweet potatoes, peeled and cut into 1-inch cubes
- 4 teaspoons olive oil, divided
- ½ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 4 cups broccoli florets (8 oz.; 1 medium crown)
- 1 ¼ pounds salmon fillet, cut into 4 portions
- 2 limes, 1 zested and juiced, 1 cut into wedges for serving
- ¼ cup crumbled feta cheese
- ½ cup chopped fresh cilantro

## Directions:

1. Preheat oven to 425 degrees F. Line a large rimmed baking sheet with foil and coat with cooking spray. Combine mayonnaise and chili powder in a small bowl. Set aside.
2. Toss sweet potatoes with 2 tsp. oil, 1/4 tsp. salt, and 1/8 tsp. pepper in a medium bowl.
3. Spread on the prepared baking sheet. Roast for 15 minutes.
4. Meanwhile, toss broccoli with the remaining 2 tsp. oil, 1/4 tsp. salt, and 1/8 tsp. pepper in the same bowl.
5. Remove the baking sheet from oven. Stir the sweet potatoes and move them to the sides of the pan. Arrange salmon in the center of the pan and spread the broccoli on either side, among the sweet potatoes.
6. Spread 2 Tbsp. of the mayonnaise mixture over the salmon.
7. Bake until the sweet potatoes are tender and the salmon flakes easily with a fork, about 15 minutes.
8. Meanwhile, add lime zest and lime juice to the remaining 1 Tbsp. mayonnaise; mix well.
9. Divide the salmon among 4 plates and top with cheese and cilantro.
10. Divide the sweet potatoes and broccoli among the plates and drizzle with the lime-mayonnaise sauce. Serve with lime wedges and any remaining sauce.

**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](mailto:vcantrell@cityofdenison.com)**