

# DENISON ACTIVE ADULTS 55+ NEWSLETTER

April 2023

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## 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*

**\*\* 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

- April 1st : April Fool's Day



- April 5th : Passover begins
- April 7th : World Health Day
- April 9th : Easter Sunday



- April 13th : National Peach Cobbler Day
- April 22 : Earth Day



- April 28th : Arbor Day



## Events

- April 1st : Senior Dance  
(\$, Potluck 5:00pm; Dance 6:00–9:00pm SNAP Center)



- April 6th : Easter Egg Hunt  
THF Park 6:00pm–8:00pm



- April 8th : Waterloo Pool Egg Hunt  
10:00am–12:30pm (ages 4-8 & 9-12)
- April 28th : Bandits, Bluegrass, & BBQ at Heritage Park 6:00pm–9:00pm
- April 29th : Doc Holliday Saints and Sinners Festival on Main St  
8:00am–6:00pm
- April 29th : Downtown Denison Farmers Market  
700 Block of Main St

## City Council Meetings

- April 3rd : City Hall 6:00pm
- April 17th : City Hall 6:00pm



\*\$ indicates fee associated\*

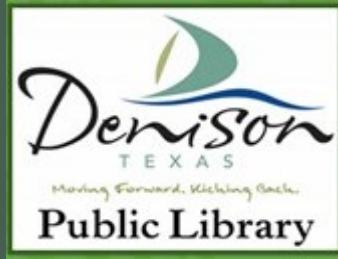
# Meals on Wheels Menu—April 2023

Mon	Tue	Wed	Thu	Fri
27	28	29	30	31
3	4	5	6	7
Beef Enchiladas w/ Red Sauce, Mexican Rice, Black Beans, Vanilla Pudding	Potato Crusted Fish, Sweet Potato Patty, Coleslaw, Hush Puppies, Fresh Fruit	Chicken Breast Florentine, Mashed Potatoes, Sliced Beets, Mixed Berry Parfait	Pineapple Baked Ham, Scalloped Potatoes, Mixed Vegetables, Honey Wheat Roll, Glazed Orange Cake	CLOSED
10	11	12	13	14
Salmon Croquette, Buttered Corn, Diced Beets, Lemon White Chocolate Cookie	Oriental Cherry Chicken w/ Rice, Broccoli, Egg Roll, Fresh Fruit, Fortune Cookie	Meatloaf, Mashed Potatoes, Brussell Sprouts, Cornbread, Rocky Road Pudding	Chicken Tenders, Cream Gravy, Carrots, Italian Green Beans, Snickerdoodle	Hamburger, Lettuce, Tomato, and Onion, Potato Wedges, Fresh Fruit
17	18	19	20	21
Beef Tips Over Fluffy Rice, Carrots, Peach Cobbler	Lemon Pepper Tilapia, Sweet Potato Patty, Broccoli, Cornbread, Fresh Fruit	Baked Chicken on a Bun, Oven Fries, Lettuce, Tomato & Onion, Sugar Cookie	Beef Steak Fingers, Peas and Onions, New Potatoes, Fruit Fluff	Ham and Navy Beans, Cabbage, Fried Okra, Fresh Fruit
24	25	26	27	28
Chicken Parmesan Spaghetti w/ Sauce, Italian Green Beans, Garlic Breadstick, Cinnamon Peaches	Beef Pot Roast w/ Gravy, Scalloped Potatoes, Spinach, Fresh Fruit	Hawaiian Chicken, Sugar Snap Peas, Confetti Coleslaw, Dinner Roll, Escalloped Potatoes	Turkey Swiss Steak, Macaroni & Cheese, Normandy Veggies, Wheat Bread, Orange Zephyr Whip	Hearty Vegetable Soup, Tuna Salad, Macaroni Salad, Cucumber Tomato Salad, Crackers, Fresh Fruit

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

# TIPS & HIGHLIGHTS

## Grayson County Master Gardeners Programs



**April 22**

### **Growing a Garden: preparing the site for flowers and veggies**

*select bed locations/design process, access water and sunlight availability, analyze soil, make needed soil amendments*

**May 13**

### **Dreams of Harvest**

*Location/access to sun & water, make a plan/organization, seed shopping, planting schedules (seeds/transplants), fertilizer and insect control, protection from the elements, food preservation, commonly grown veggies & herbs in our area.*

**Becky Hogenson** is a member of the Grayson County Master Gardeners. She also completed horticulture classes at North Central Texas College. Becky enjoys backyard gardening, landscape design, and preserving foods from her garden.

The Master Gardeners will also have a table with many useful handouts and will be available to answer your gardening questions.





# Around the House

## 100 Hidden Words to Find

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

- |          |             |            |         |           |              |            |            |
|----------|-------------|------------|---------|-----------|--------------|------------|------------|
| attic    | brush       | couch      | floor   | mattress  | plate        | soap       | toothbrush |
| basement | cabinet     | counter    | fork    | microwave | pot          | socks      | toothpaste |
| bathroom | candle      | cup        | frame   | mirror    | purse        | spatula    | towel      |
| bathub   | carpet      | curtains   | glass   | mop       | refrigerator | sponge     | trash      |
| bed      | chair       | cushion    | hanger  | ottoman   | remote       | spoon      | vacuum     |
| bedroom  | clock       | desk       | hook    | outlet    | rug          | stairs     | vent       |
| bench    | closet      | detergent  | iron    | oven      | shampoo      | table      | washcloth  |
| blanket  | clothes     | dishwasher | keys    | pan       | sheet        | teapot     | washer     |
| blender  | coaster     | door       | kitchen | pantry    | shelf        | television | window     |
| book     | coat        | drawer     | knife   | paper     | shoes        | tile       |            |
| bookcase | comb        | dresser    | knob    | pen       | shower       | tissues    |            |
| bowl     | computer    | dryer      | lamp    | photo     | sink         | toaster    |            |
| broom    | conditioner | fan        | light   | pillow    | slippers     | toilet     |            |

# Crunchy Chili Lime Shrimp



## Directions:

1. Preheat oven to 425°. Place the first 7 ingredients in a greased 15x10x1-in. pan. Finely grate zest from lime. Cut lime crosswise in half; squeeze juice. Add zest and juice to shrimp mixture; toss to coat.
2. In a small bowl, combine crushed chips, cilantro and oil; sprinkle over shrimp mixture. Bake until shrimp turn pink, 12-15 minutes. Top with tomatoes and avocado. If desired, serve with additional lime wedges and cilantro.

## Ingredients:

- 2 pounds uncooked shrimp (26-30 per pound), peeled and deveined
- 4 garlic cloves, minced
- 1 teaspoon paprika
- 1 teaspoon ground ancho chile pepper
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 medium lime
- 1 cup crushed tortilla chips
- 1/4 cup chopped fresh cilantro
- 1/4 cup olive oil
- 1 cup cherry tomatoes, halved
- 1 medium ripe avocado, peeled and cubed
- Optional: Additional lime wedges and cilantro



**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)**