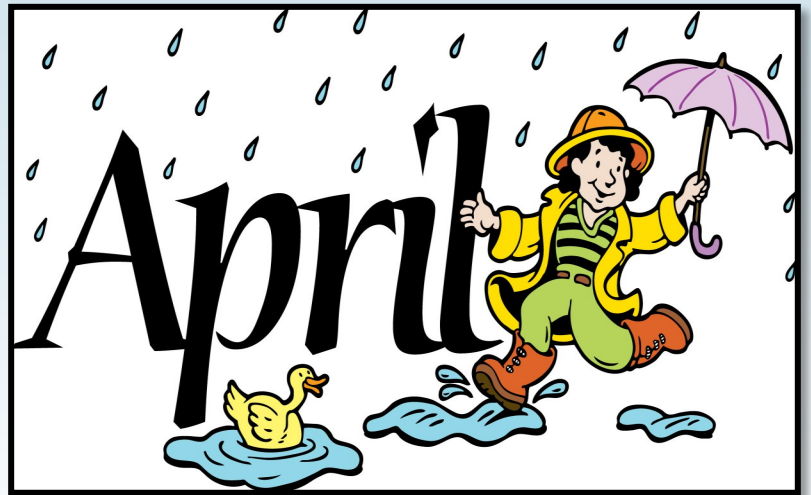


DENISON ACTIVE ADULTS 55+ NEWSLETTER

April 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
1:00-2:00pm Strut Your
Pace Walking Group (THF
Park)
5:30pm Jazzercise (\$)

***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 April 4th. 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

- April 1st: April Fool's Day
- April 5th: Bell Bottoms Day
- April 7th: National No Housework Day
- April 9th: End of Ramadan
- April 10th: Golfer's Day
- April 13th: National Scrabble Day
- April 22nd : Earth Day
- April 22nd: Passover Begins
- April 23rd: National Picnic Day
- April 28th: Global Pay It Forward Day
- April 29th: International Dance Day
- April 30th: Passover Ends

City Council Meetings

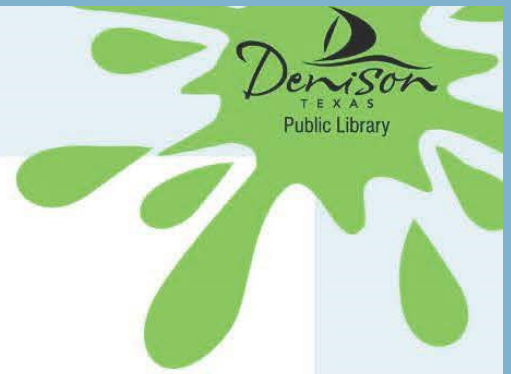
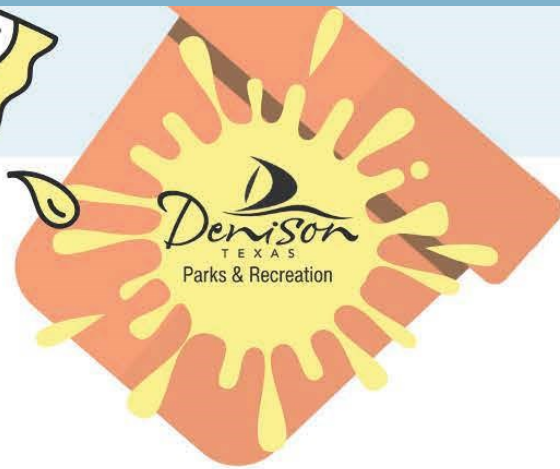
- April 1st: City Hall—6:00pm
- April 15th : City Hall—6:00pm



Events

- April 3rd: Brush & Blooms Clay Pot Painting (Senior Citizens Center 1:00—3:00pm)
- April 4th: Strut Your Pace begins (THF Park, Thursdays 1:00-2:00pm)
- April 6th : Big Senior Dance & Potluck (\$, Senior Center 5:30pm)
- April 8th: Eclipse Watch Party (Denison Public Library 12:00-2:00pm)
- April 12th: Lunch & Learn: Dementia/Alzheimer's Disease (Denison Public Library 12:00-1:00pm)
- April 13th: Paddle Palooza: Free Kayak Experience (Waterloo Lake Regional Park 10:00am—12:00pm)
- April 20th: Pilates in the Park begins (THF Park, Saturdays 8:00-9:00am)
- April 20th: Guided Nature Walk (Waterloo Lake Regional Park 9:00—10:30am)
- April 25th: Lunch and Learn (Senior Citizens Center 12:00-1:30, must register)
- April 26th: Bandits, Bluegrass, & BBQ (Downtown Denison 6:00-9:00pm)
- April 27th: Doc Holliday Saints & Sinners Festival (Downtown Denison 9:00am-5:00pm)

\$ indicates fee associated



BRUSH & BLOOMS: CLAY POT PAINTING CLASS

Unleash your creativity with our Clay Flower Pot Painting Class tailored for participants aged 50 and older. Discover the joy of painting and personalizing clay flower pots while enjoying a fun and relaxed atmosphere. No prior experience necessary, just bring your enthusiasm and imagination!

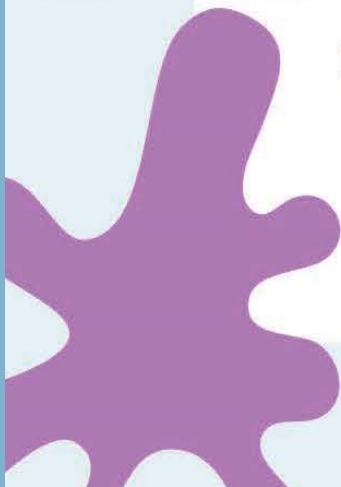
Scan the QR Code or call 903-465-2720 ext 2031
to register!



Wednesday, April 3rd
1:00-3:00pm



DENISON SENIOR CITIZENS CENTER
531 W Chestnut St,
Denison, TX 75020





New Free Class Offering!

STRUT YOUR PACE!

ACTIVE AGING ADULT WALKING GROUP

TEXOMA HEALTH FOUNDATION PARK | THURSDAYS 1:00-2:00 PM
BEGINNING APRIL 4TH, 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.

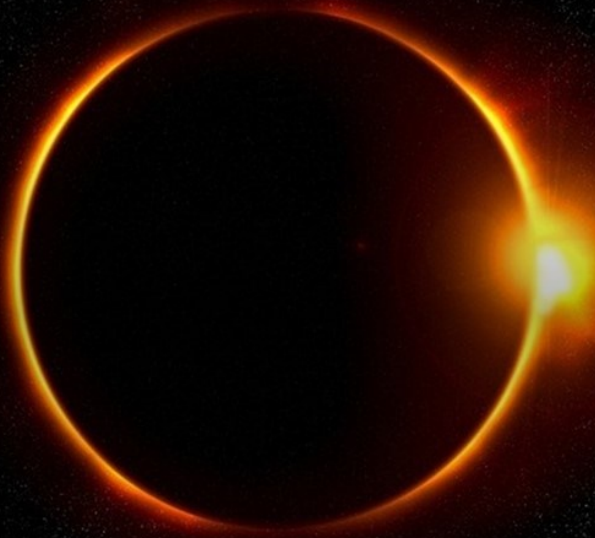
- Meet at the Pavilion by the playground prior to class time
- Please consult with your healthcare provider before starting any kind of fitness routine
- Determine if you have limitations or need to rest/shorten your walk length during the class
- All Class participants must complete a liability waiver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



Denison Public Library Events

Total Eclipse Watch Party

Monday
April 8th
12:00-2:00 pm



Join us for fun
eclipse themed
activities.

Free eclipse
viewing glasses
available at
event.

No Preschool Programs this day.

Lunch & Learn with Texoma Medical Center

**Dementia/Alzheimer's
Disease**

Instructor: Greg Dalke, LPC

Friday, April 12th
12pm – 1pm
Denison Public Library



**TEXOMA
MEDICAL
CENTER**

Registration required
First 25 people to register
get a free lunch

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



New Free Program Offering!

GUIDED NATURE WALKS AT WATERLOO LAKE REGIONAL PARK



BEGINS APRIL 20TH | 9:00 - 10:30 AM | FREE EVENT

Embark on an enriching journey into nature with our Texas Certified Master Naturalist and certified environmental scientist, Mike Zapata! With over a decade of experience, Mike brings a wealth of knowledge in entomology, forestry, wildlife biology/ecology, paleontology, herpetology, and ichthyology.

This engaging and free event welcomes participants of all ages, offering a unique opportunity to explore and learn from a seasoned professional.

Preregistration is required, so secure your spot for an immersive and educational experience in the heart of nature. Scan the QR Code to start your registration!



For More Information :

WATERLOO LAKE REGIONAL PARK
1000 Waterloo Lake Dr,
Denison, TX 75020



903-465-2720 ext. 2031



www.CityofDenison.com/parksrec

LUNCH AND LEARNS



**THURSDAY,
APRIL 25TH**

12:00–1:30 PM

**DENISON SENIOR
CITIZEN CENTER**

**531 W CHESNUT ST
DENISON, TX 75020**

RSVP by April 23rd to
ensure your provided
meal.

ALL AGES WELCOME!

To register, follow these
options!

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

PRESENTING

KAYLA ALBRECHT

from TWIN OAKS NURSERY

THURSDAY, APRIL 25TH | 12:00-1:30 P.M.

Topics:

- The Benefits of Gardening
- How to Get Started
- Different Ways to Garden



www.cityofdenison.com/parksrec



531 W. Chestnut St., Denison, TX



Contact Us!
(903) 463-2487

gcfrontiervillage@gmail.com

APRIL

In the Village

Visit the Museum!

Open daily from 10-4
(Closed on Tuesdays)



111 RC Vaughan Rd
Denison, TX 75020



Volunteer Day

12PM-4PM

Come be a caretaker of history! We have plenty of spring cleaning and office work. Bring the whole family, everyone will have something to do! Hot dogs and soda will be provided to the volunteers.

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History Talks: Women of the Civil War

7PM-8PM

Explore the forgotten tales of women in the Civil War, from spies like Harriet Tubman to nurses like Clara Barton. Learn how they defied societal norms, demonstrating bravery and resilience on both the battlefield and the home front, shaping the course of history.
Speaker: Dale Anderson



Trading Post

Community Flea Market & Garage Sale

9:30AM-4:30PM

Garage Sale Items, Antiques, Furniture, Vintage, Vendors and Handmade Items! FREE and open to the public!

Come look for a treasure or set up your own garage sale! keep 100% the money you make! (Contact the office before April 4th to be a seller/vendor)

Have garage sale items to donate to the sale? Bring them to the museum office by April 4th.

20

Life as a Grayson County Pioneer

10AM-12PM

What was life like for our county's early settlers? Come on this interactive guided tour through the Village giving you a glimpse into their lifestyle, challenges, and forgotten wisdom. Please RSVP as space is limited.

\$10 General Public \$8 Museum Members

The Joys of Herb Gardening

2PM-4PM

Meet several varieties of herbs you can grow in your herb garden. Learn how to get started, select your plants, choose a location for planting, and set yourself up for success!

\$8 General Public \$5 Museum Members



Beginners Hand Sewing

10AM-12PM

Learn the basics of hand sewing! Come and see all the stitches you will need to start your first project. We will go over some helpful tips for success! Please RSVP to ensure we have enough supplies.

\$10 General Public \$8 Museum Members

Crochet and Chat

12PM-2PM

All ages and skill levels welcome! Bring your work in progress or learn a new skill! Take advantage of our free hook and yarn library

15

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Picnic in the Village:

11AM-4PM

Fundraiser for the Cold Springs Schoolhouse

Bring a picnic lunch and relax inside the village! Enjoy the spring weather, enjoy live performances by local artists, and immerse yourself in Grayson County's History! This is a free, family friendly event. Hotdogs, chips, and soda will be available for purchase. All proceeds will go toward restoring the oldest standing schoolhouse in Texas!

\$8 General Public \$5 Museum Members

Genealogy Class: Courthouse Records

11:30AM-12:30PM

Learn efficient methods to navigate vital documents and enrich your family tree. Join us to unlock the secrets within courthouse archives and trace your heritage with confidence.

\$8 General Public \$5 Museum Members

*April
national
days
word
search*

APRIL

*Printable
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Always
the
Holidays*

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**BURRITO DAY
UNICORN DAY
GARLIC DAY
TEA DAY
MCDONALDS DAY
ARBOR DAY
GO BIRDING DAY
DNA DAY
SCRABBLE DAY
DOLPHIN DAY
CHEESE BALL DAY
SWEET POTATO DAY**

**AUTISM AWARENESS DAY
CINNAMON CRESCENT DAY
RAT DAY
RECORD STORE DAY
APRIL FOOLS DAY
FIND A RAINBOW DAY
PASSOVER
EQUAL PAY DAY
EARTH DAY
EASTER
PECAN DAY
ANIMAL CRACKERS DAY
LESBIAN VISIBILITY DAY**

**BEER DAY
KICK BUTTS DAY
SIBLINGS DAY
BICYCLE DAY
ORCHID DAY
GUIDE DOG DAY
PET DAY
ARMY DAY
TAX DAY
FUN DAY
HANGING OUT DAY
HEALTH DAY**



Lemon Pie



Ingredients:

- ◆ 1 (8 ounce) package cream cheese, room temperature
- ◆ 1 (14 ounce) can sweetened condensed milk
- ◆ $\frac{1}{3}$ cup lemon juice
- ◆ 1 (9 inch) prepared graham cracker crust
- ◆ $\frac{1}{2}$ cup whipped cream for serving

Directions:

1. Mix together the cream cheese, milk and lemon juice. Mix well and spread in graham crust. Chill until set, at least 2 hours, and top as desired.

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

