

DENISON ACTIVE ADULTS 55+ NEWSLETTER

May 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

- May 4th : Star Wars Day
-
- May 5th : Cinco de Mayo



- May 6th : National Nurses Day
-
- May 9th : National Lost Sock Memorial Day



- May 14th : Mother's Day



- May 19th : Jerusalem Day
- May 28th : Pentecost
- May 29th : Memorial Day



- May 31st : National Senior Health & Fitness Day

Events

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



- May 6th : North Texas Arts Festival (Downtown Denison, 10:00am–6:00pm)
- May 6th : Hot Rods for Humanity (200 Block of Chestnut St, 3:00pm–9:00pm)
- May 26th : Music on Main (Forest Park, 6:00pm–10:00pm)
- May 29th : Memorial Day Parade (300–700 Block of Main St, 10:00am)
- May 29th : Memorial Day Ceremony (Fairview Cemetery, 9:00am–10:00am)

City Council Meetings

- May 1st : City Hall 6:00pm
- May 15th : City Hall 6:00pm



\$ indicates fee associated

Meals on Wheels Menu—April 2023

Mon	Tue	Wed	Thu	Fri
1 Chicken Fajitas, Buttered Corn, Spicy Pinto Beans, Wheat Tortilla, Vanilla Berry Pudding	2 Cajun Jambalaya, Black-eyed Peas, Oven Fried Okra, Cornbread, Fresh Fruit	3 Chicken Fried Steak w, Gravy, Mashed Potatoes, Green Beans, Wheat Roll, Oatmeal Raisin Cookie	4 Goulash, Diced Beets, Italian Mixed Veggies, Wheat Bread, Frosted Spice Cake	5 Chicken Salad on Lettuce, Potato Salad, Cucumber/Tomato/Onion Salad, Croissant, Fresh Fruit
8 Arroz Con Pollo Chicken W/ Rice, Roasted Corn & Peppers, Wheat Roll, Escaloped Apples	9 Herbed Chicken, Mashed Potatoes, Spinach, Fresh Fruit	10 Baked Ham, Baked Sweet Potato, Brussel Sprouts, Wheat Roll, Buttermilk Cake	11 Beef Lasagna, Tuscan Vegetable Blend, Garlic Breadstick, Fruited Gelatin	12 Pepper Steak, New Potatoes, Broccoli, Wheat Bread, Fresh Fruit
15 BBQ Chicken Breast, Scalloped Potatoes, Black-Eyed Peas, Apple Cobbler	16 Beef and Pasta Casserole, Winter Mix Vegetables, Salad w/ Dressing, Garlic Breadstick, Fresh Fruit	17 Chicken Pot Pie, Stewed Tomatoes, Spinach w/ Onions, Mandarin Orange Fluff	18 Garlic Lime Tilapia, Garden Blend Rice, Zucchini, Cornbread, Banana Pudding	19 Porcupine Meatballs, Butter Beans, Spicy Carrots, Wheat Bread, Fresh Fruit
22 Chicken & Dumplings, Peas & Carrots, Cauliflower, Roll, Mandarin Orange Fluff	23 Minestrone Soup, Chef Salad w/ Dressing, Potato Salad, Garlic Breadstick, Fresh Fruit	24 Beef Burgandy, Egg Noodles, Sauteed Kale Crunch, Wheat Bread, Frosted Spice Cake	25 Smothered Pork Chop, Macaroni & Cheese, Okra and Tomatoes, Wheat Roll, Pineapple Tidbits	26 Santa Fe Chicken, Spanish Rice, Squash Medley, Biscuit, Fresh Fruit
29 CLOSED	30 Oriental Cherry Chicken w/ Rice, Broccoli, Egg Roll, Fresh Fruit, Fortune Cookie	31 Meatloaf, Mashed Potatoes, Brussel Sprouts, Cornbread, Rocky Road Pudding	1	2

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

TIPS & HIGHLIGHTS



MEMORIAL DAY CEREMONY

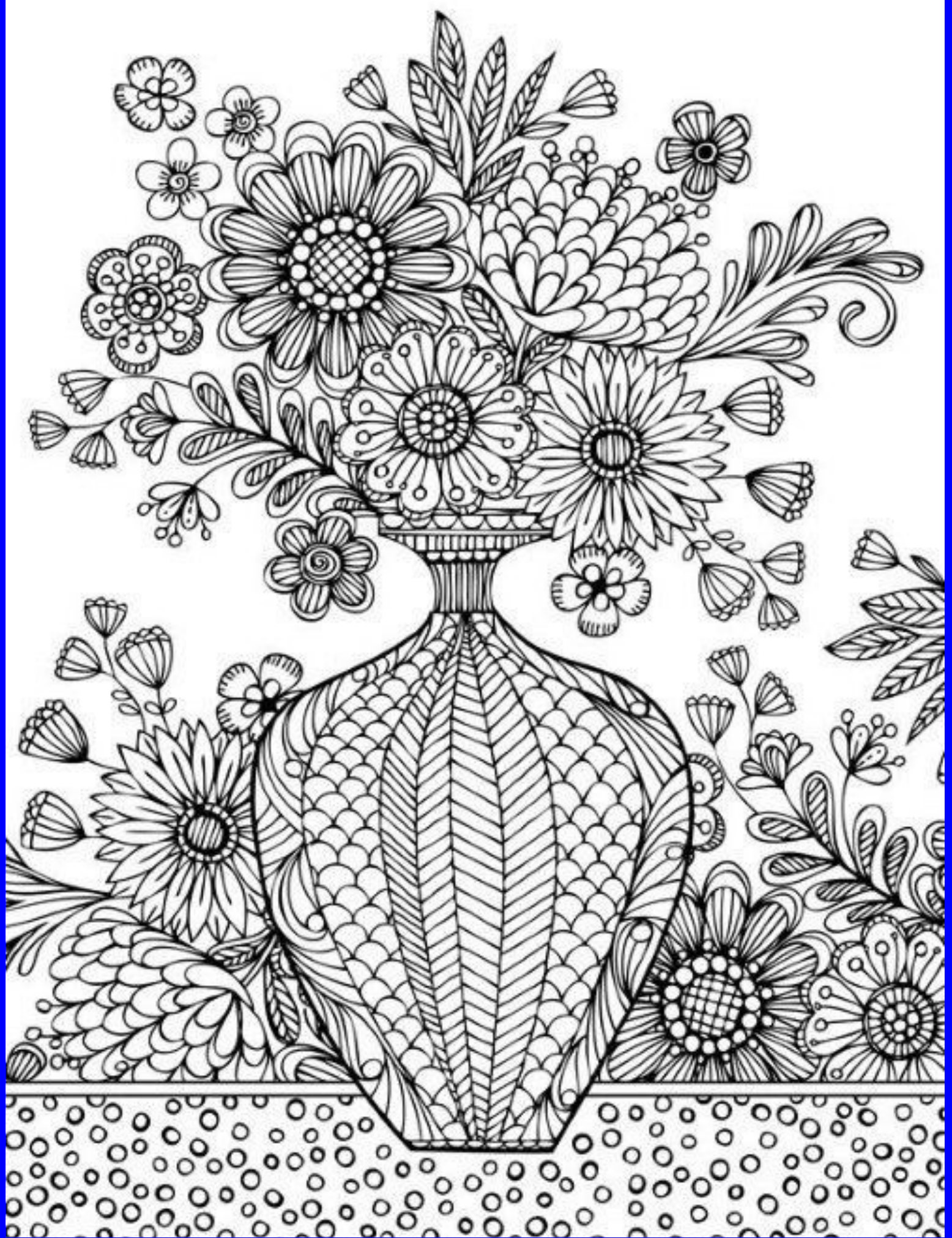
Fairview Cemetery • 1501 N Hwy 91
May 29, 2023 • 9:00 AM

Join us as we honor the service and sacrifices of our Union Soldiers of the Civil War interred at Fairview Cemetery. This service will be presented by the Brothers of the

**Colonel Elmer E. Ellsworth Camp #18,
Sons of the Union Veterans of the Civil War**

Attendees will gather at the Grand Army of the Republic Monument in the Northwest corner of the cemetery. There will be speakers, ceremonial wreath and flower presentations, and a gun salute fired by authentic muskets. The Brothers will then decorate the Union Soldier graves with flags and flowers.

This is a free event and all are welcome.





MEMORIAL DAY

MAY 27th



Word Search

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

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

- | | | | |
|---------------|-------------|---------------|---------------|
| 1. Veterans | 5. Flowers | 9. Remember | 13. Ceremony |
| 2. Decoration | 6. Memorial | 10. May | 14. Sacrifice |
| 3. Day | 7. Service | 11. Americans | 15. Heroes |
| 4. Flags | 8. Honor | 12. Holiday | 16. Freedom |

Watermelon Feta Salad



Directions:

- 1) Combine the cucumbers, watermelon, 1/4 cup mint, the salt and a generous amount of pepper in a large bowl. Drizzle with the olive oil and vinegar and toss well.
- 2) Spoon the salad onto a platter. Sprinkle with the feta, pistachios and remaining 1/4 cup mint. Grind a little more pepper over the top.

Ingredients:

- 5 Persian cucumbers, sliced
- 1/2 small seedless watermelon, cut into 1-inch chunks (about 12 c.)
- 1/2 c. fresh mint, chopped, divided
- 1/2 tsp. kosher salt
- Black pepper, to taste
- 1/4 c. olive oil
- 1/4 c. rice vinegar or white balsamic vinegar
- 4 oz. feta cheese, crumbled (about 1 c.)
- 1/3 c. chopped roasted pistachios

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

