

DENISON ACTIVE ADULTS 55+ NEWSLETTER

June 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 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

- June 5th: World Environment Day



- June 8th: National Best Friends Day

- June 14th: Flag Day



- June 18th: Father's Day



- June 19th: Juneteenth

- June 21st: Summer Solstice



Events

- Farmer's Market: Every Saturday morning (700 block of Main St)

- Music On Main: Every Friday at 7:30pm (Forest Park)

- June 3rd : Senior Dance (\$, Potluck 5:00pm; Dance 6:00–9:00pm SNAP Center)



- June 9th: Chair Volleyball Tournament (9:30am Taylor Street Gym in Sherman)



- June 24th: Movies in the Park (8:00pm Forest Park)

City Council Meetings

- June 5th: City Hall 6:00pm

- June 20th: City Hall 6:00pm

- June 30th: Special Called City Council Meeting—Budget Workshop—8:00pm



\$ indicates fee associated

Meals on Wheels Menu—June 2023

Mon	Tue	Wed	Thu	Fri
29	30	31	1	2
			Chicken Tenders, Cream Gravy, Carrots, Italian Green Beans, Snickerdoodle	Hamburger, Lettuce, Tomato, and Onion, Potato Wedges, Fresh Fruit
5	6	7	8	9
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	Spaghetti & Meat Sauce, Parmesan Roasted Broccoli, New Potatoes, Garlic Breadstick, Fruit Cup	Taco Salad, Shredded Cheese, Spanish Rice, Pinto Beans, Corn Tortilla, Fresh Fruit
12	13	14	15	16
Beef Tips Over Fluffy Rice, Carrots, Wheat Bread, Peach Cobbler	Lemon Pepper Tilapia, Sweet Potato Patty, Broccoli, Tartar Sauce, Cornbread, Fresh Fruit	Baked Chicken on a Bun, Oven Fries, Lettuce, Tomato & Onion, Sugar Cookie	Beef Steak Fingers, Peas and Onions, New Potatoes, Wheat Bread, Fruit Fluff	Ham and Navy Beans, Cabbage, Fried Okra, Cornbread Fresh Fruit
19	20	21	22	23
Chicken Parmesan Spaghetti w/ Sauce, Italian Green Beans, Garlic Breadstick, Cinnamon Peaches	Yankee Pot Roast w/ Gravy, Scalloped Potatoes, Spinach, Wheat Bread, Fresh Fruit	Hawaiian Chicken, Sugar Snap Peas, Confetti Coleslaw, Dinner Roll, Escaloped Apples	Braised Swiss Patty, Macaroni & Cheese, Normandy Veggies, Wheat Bread, Orange Zephyr Whip	Vegetable Soup, Tuna Salad, Macaroni Salad, Crackers, Fresh Fruit
26	27	28	29	30
Chicken Fajitas, Buttered Corn, Spicy Pinto Beans, Wheat Tortilla, Vanilla Berry Pudding	Cajun Jambalaya, Black Eyed Peas, Oven Fried Okra, Cornbread, Fresh Fruit	Chicken Fried Steak w, Gravy, Mashed Potatoes, Green Beans, Wheat Roll, Oatmeal Raisin Cookie	Goulash, Diced Beets, Italian Mixed Veggies, Wheat Bread, Frosted Spice Cake	Chicken Salad on Lettuce, Potato Salad, Cucumber/Tomato/Onion Salad, Croissant, Fresh Fruit

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

TIPS & HIGHLIGHTS

5 Tips on How to Beat the Texas Heat

1. Hydrate

It's important to drink at least 16 ounces of water every hour in the heat to replenish your body and prevent dehydration. Don't forget to bring enough for your four-legged family members, too.

2. Block the Rays

Apply a generous amount of sunscreen or sunblock before heading outdoors. Be sure to reapply every couple of hours, and after swimming or sweating.

3. Dress Smart

Wear light, loose-fitting, breathable clothing; a hat, correct shoes, sunscreen and wet bandanas to keep you cool while in the sun. For pets, protect paws against blistering by hitting the trails during cooler times of the day when the ground isn't hot or by putting booties on pets to help shield paws from the hot ground. Touch the pavement or ground with the back of your hand. If you cannot hold it there for five seconds, the surface is too hot for your dog's paws.

4. Stay Salty

Food helps keep up energy and replace salt lost from sweating. Eating snacks such as jerky, granola, trail mix, tuna and dried fruit is a fantastic way to nourish your body.

5. Buddy System

Two brains are better than one. It's beneficial to have someone with you in hot conditions so you can look after each other. With high temperatures hitting Texas, heat-related illnesses are common and having a friend around to help recognize the early symptoms can save you from getting sick.



*Happy
father's
day*



Juneteenth Word Search



GENERAL GRANGER	FREEDOM DAY	GALVESTON
EMANCIPATION	PORTMANTEAU	AMERICAN
PROCLAMATION	JUNETEENTH	BARBECUE
CELEBRATION	UNION ARMY	CEREMONY
CONFEDERACY	ABOLITION	AFRICAN

"Sir, my concern is not whether God is on our side; my greatest concern is to be on God's side, for God is always right."

-Abraham Lincoln
© Monsterwordsearch.com

Novice



Strawberry Lemon Trifle



Strawberry Lemon Trifle Recipe photo by Taste of Home

Ingredients:

- 4 ounces fat-free cream cheese, softened
- 1 cup fat-free vanilla yogurt
- 2 cups fat-free milk
- 1 package (3.4 ounces) instant lemon pudding mix
- 2 teaspoons grated lemon zest
- 2-1/2 cups sliced fresh strawberries, divided
- 1 tablespoon white grape juice or water
- 1 prepared angel food cake (12 ounces)
- Optional: Whipped topping and additional strawberries

Directions:

1. In a large bowl, beat cream cheese and yogurt. Add the milk, dry pudding mix and lemon zest; beat until smooth. In a blender, process 1/2 cup strawberries and grape juice until blended.

2. Tear cake into 1-in. cubes; place a third in a trifle bowl or 3-qt. serving bowl. Top with a third of the pudding mixture and half of the remaining strawberries. Drizzle with half of the strawberry sauce. Repeat all layers. Top with remaining cake and pudding mixture. If desired, garnish with whipped topping and additional strawberries. Cover and refrigerate for at least 2 hours.

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

