

DENISON ACTIVE ADULTS 55+ NEWSLETTER

July 2023



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Mondays

9:00am 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 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 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

- July 4th : Independence Day



- July 7th : National Strawberry Sundae Day

- July 15th : National Give Something Away Day

- July 23rd : Gorgeous Grandma Day

- July 30th : Father-in-law Day



Events

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



- July 4th : Fireworks Celebration
(Forest Park—Dusk)



- July 29th : Movies in the Park -
The Super Mario Bros. Movie
(Forest Park—8:00pm)

City Council Meetings

- July 17th : City Hall 6:00pm



\$ indicates fee associated

Meals on Wheels Menu – July 2023

Mon	Tue	Wed	Thu	Fri
26	27	28	29	30
3	4	5	6	7
Herbed Chicken, Mashed Potatoes, Spinach, Wheat Roll, Escaloped Apples	CLOSED	Beef Lasagna, Tuscan Vegetable Blend, Garlic Breadsticks, Fresh Fruit	Baked Ham, Sweet Potato Patty, Brussel Sprouts, Wheat Roll, Buttermilk Cake	Pepper Steak, New Potatoes, Broccoli, Wheat Bread, Fresh Fruit
10	11	12	13	14
BBQ Chicken Breast, Scalloped Potatoes, Black-eyed Peas, Wheat Bread, Fruit Cobbler	Beef & Pasta Casserole, Winter Mix Vegetables, Salad w/Dressing, Garlic Breadstick, Fresh Fruit	Chicken Pot Pie, Stewed Tomatoes, Spinach w/ Onions, Mandarin Orange Fluff	Garlic Lime Tilapia, Garden Blend Rice, Zucchini, Cornbread, Banana Pudding	Porcupine Meatballs, Butter Beans, Spicy Carrots, Wheat Bread, Fresh Fruit
17	18	19	20	21
Chicken Parmesan Spaghetti w/ Sauce, Italian Green Beans, Garlic Breadstick, Cinnamon Peaches	Yankee Pot Roast w/ Brown 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	Hearty Vegetable Soup, Tuna Salad, Macaroni Salad, Cucumber/Onion/Tomato Salad, Crackers, Fresh Fruit
24	25	26	27	28
Salmon Croquette, Buttered Corn, Diced Beets, Lemon White Chocolate Cookie	Oriental Cherry Chicken w/ Rice, Broccoli, Egg Roll, Banana, Fortune Cookie	Rochester Meatloaf, Mashed Potatoes, Brussel Sprouts, Cornbread, Rocky Road Pudding	Chicken Tenders, Cream Gravy, Carrots, Italian Green Beans, Wheat Roll, Snickerdoodle	Pub Beef Patty, Lettuce, Tomato, and Onion, Potato Wedges, Hamburger Bun, Fresh Fruit
31	1	2	3	4
Chicken & Dumplings, Peas & Carrots, Dinner Roll, Mandarin Orange Fluff				

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



CHAIR VOLLEYBALL TOURNAMENT WINNERS

Congratulations!

Denison Mighty Dragons

Winning 3rd Annual Volleyball
tournament on June 9th.





Happy
Independence
Day

4TH OF JULY

WORD SEARCH

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

America

Blue

Britain

Celebrate

Declaration

Fireworks

Flag

Fourth

Freedom

Holiday

Independence

July

Liberty

Parade

Picnic

Red

Sparklers

Stars

Stripes

Summer

United

White

4th of July Strawberry Poke Cake



Ingredients:

- One box of white cake mix, plus ingredients to make the cake per package directions (water, oil, eggs)
- One box of red Jell-O gelatin, 4 serving size (I used strawberry, but you could use anything red or even blue!)
- 1 cup of boiling water, 1/2 cup of cold water
- One tub of Cool Whip, defrosted
- Blueberries
- Strawberries, sliced

Directions:

- 1) Bake the cake per package instructions. Allow to cool for one hour until completely cool.
- 2) Use a fork and poke holes all over the top of the cake, about an half inch to an inch apart.
- 3) Stir the Jell-O gelatin mix into the boiling water until it's completely dissolved. Then add the cold water and stir again.
- 4) Pour the gelatin mixture over top of the cake, taking care to cover the entire surface. Refrigerate for at least 2-3 hours. I left mine in the fridge overnight and finished it off the next morning.
- 5) When the cake is cold, use a spatula to scoop the entire tub of Cool Whip out on top of the cake and ice the cake with it.
- 6) Then arrange your blueberries and strawberries to look like a flag. I got 5 rows of 10 blueberries in the top left corner and 4 rows of strawberry sliced.



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