

DENISON ACTIVE ADULTS 55+ NEWSLETTER

August 2023

Page 1: Monthly Activities
Page 2: Activity Descriptions
Page 3: Mark Your Calendars
Page 4: Meals on Wheels Menu
Page 5: Tips & Highlights
Page 6: Coloring Page
Page 7: Word Search
Page 8: Recipe



Mondays

9:00am Ladies Exercise
9:00am Dry Land Fitness
(Waterloo Pool, \$)
9:30am Jazzercise (\$)
10:15am Aqua Fit
(Waterloo Pool, \$)
11:00am MOW Lunch
5:30pm Jazzercise (\$)

Tuesdays

9:30am Bingo
10:15am Aqua Fit
(Waterloo Pool, \$)
11:00am MOW Lunch
11:30am Chair Volleyball
5:30pm Jazzercise (\$)
6:00pm Deep Water Fitness
Class (Waterloo Pool, \$)
7:00pm Country Dance
Lessons (\$)

Wednesdays

9:00am Dry Land Fitness
(Waterloo Pool, \$)
9:00am Ladies Exercise
9:30am Jazzercise (\$)
10:15am Aqua Fit
(Waterloo Pool, \$)
11:00am MOW Lunch
5:30pm Jazzercise (\$)

Thursdays

9:30am Live Band
10:15am Aqua Fit
(Waterloo Pool, \$)
11:00am MOW Lunch
5:30pm Jazzercise (\$)
6:00pm Deep Water Fitness
Class (Waterloo Pool, \$)

Fridays

9:00am Ladies Exercise
9:00am Dry Land Fitness
(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

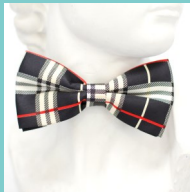
- August 3rd : National Watermelon Day



- August 7th : Purple Heart Day
- August 10th : National Spoil Your Dog Day
- August 18th: National Couple's Day



- August 21st : National Senior Citizen's Day
- August 28th : National Bow Tie Day
- August 30th : National Grief Awareness Day



Events

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



- August 7 : D3 Phase One Ribbon Cutting (Rusk Ave. & Main St. 9:30am)
- August 11th : THF Birthday Bash (THF Park 5:30–8:30pm)
- August 12th & 26th : Pilates in Park (THF Park 8:00am)
- August 19th : Walk with a Doc (THF Park 8:30am)
- August 22nd : Chair Volleyball Ice Cream Teams Scrimmage (Denison Senior Center 11:15am - 12:15am)



City Council Meetings


- August 7th : City Hall 6:00pm
- August 21st : City Hall 6:00pm



\$ indicates fee associated

Meals on Wheels Menu – August 2023



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Potato Crusted Fish Whipped Sweet Potato Coleslaw Hush Puppies Fresh Fruit	2 Chicken Breast Florentine Mashed Potatoes Sliced Beets Wheat Roll Mixed Berry Parfait	3 Spaghetti & Meat Sauce Broccoli Cheesy Garlic Breadstick Fruit Crisp	4 Beef Taco Salad Fluffy Rice Pinto Beans Salsa Fresh Fruit
7 Rosemary Chicken Breast On a Bun Oven Baked Fries Lettuce, Tomato & Onion Sugar Cookie	8 Lemon Pepper Tilapia, Broccoli Whipped Sweet Potato Tartar Sauce Wheat Roll Fresh Fruit	9 Beef Tips Over Fluffy Rice Carrots Wheat Bread Peach Cobbler	10 Beef Steak Fingers Peas & Onions New Potatoes Wheat Bread Fruit Crisp	11 Turkey Ham & Pinto Beans Seasoned Cabbage Oven Fried Okra Cornbread Fresh Fruit
14 Beef Enchiladas w/Red Sauce Mexican Rice Refried Beans Vanilla Pudding	15 Hawaiian Chicken Sugar Snap Peas Confetti Coleslaw Dinner Roll Fresh Fruit	16 Beef Burgundy Egg Noodles Kale Crunch Salad w/ Mandarin Wheat Bread Escaloped Peaches	17 Chicken Spaghetti Tuscan Blend Vegetables Garlic Breadstick Cookie	18 Vegetable Soup Tuna Salad Macaroni Salad Crackers Fresh Fruit
21 Chicken Salad on Lettuce Potato Salad Cuc/Tom/Onion Split Roll Peach Cobbler	22 Cajun Jambalaya Black eyed Peas Oven Fried Okra Cornbread Fresh Fruit	23 Chicken Fried Steak w/Gravy Mashed Potatoes Green Beans Wheat Roll Oatmeal Raisin Cookie	24 Chicken Fajitas Buttered Corn Seasoned Pinto Beans Wheat Tortilla Vanilla Berry Pudding	25 Goulash Diced Beets Italian Mixed Vegetables Wheat Bread Fresh Fruit
28 Braised Swiss Patty Macaroni & Cheese Normandy Veggies Wheat Bread Orange Zephyr Whip	29 Herbed Chicken Mashed Potatoes Spinach Wheat Roll Fresh Fruit	30 Baked Ham Cinnamon Yam Patties Brussels Sprouts Wheat Roll Buttermilk Cake	31 Arroz con Pollo Chicken with Rice Roasted Corn & Peppers Wheat Roll Cookie	

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

**MIGHTY DRAGONS
CHAIR VOLLEYBALL**

ICE CREAM SCRIMMAGE MATCH PARTY

Ways to connect physically, mentally,
and socially!



AUGUST 22, 2023 - 11:15 - 12:15 PM

DENISON SENIOR CENTER

531 W CHESTNUT ST, DENISON, TX 75020

Adults 55+ Mighty Dragons chair volleyball team is looking for REFEREES to call the back and sidelines OR be a team CHEERLEADER. T-shirt, whistle, and Pom Poms provided for regular attendees. But wait there's more! You get BRAGGING RIGHTS by becoming a member of the 2023 Chair Volleyball Tournament Team Championships! Go Mighty Dragons!



Do more
of what
makes
you
happy



Summer Word Search

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

RELAXATION
TRAVELING
HOT
SUNSHINE
POPSICLE

BARBECUE
OCEAN
BEACH
SUNBATHE
GRILLING

VACATION
SWIMSUIT
AIR CONDITIONING
SWIMMING
ICE CREAM

WATER PARK
LAKE
POOL
CAMPING
SPEEDBOAT

www.timvandevall.com

Chicago-Style Hot Dog



Directions:

Step 1 : Bring a pot of water to a boil over high heat. Reduce heat to low, place hot dog in water, and cook until warmed through, about 5 minutes. Remove hot dog from water and set aside.

Step 2 : Place a steamer basket into the pot and steam poppy seed bun until warm, about 2 minutes.

Step 3 : Place hot dog in steamed bun. Pile on toppings in this order: mustard, relish, onion, tomato, pickle, peppers, and celery salt. The tomato wedges should be nestled between hot dog and top of bun on one side. Place pickle between hot dog and bottom of bun on the other side. Don't even think about ketchup!

Ingredients:

- 1 all-beef hot dog
- 1 poppy seed hot dog bun
- 1 tablespoon yellow mustard
- 1 tablespoon sweet green pickle relish
- 1 tablespoon chopped onion
- 4 tomato wedges
- 1 dill pickle spear
- 2 sport peppers
- 1 dash celery salt



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