

DENISON ACTIVE ADULTS 55+ NEWSLETTER

September 2023

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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

- September 4th : Eat an Extra Dessert Day
- September 6th : National Read a Book Day 
- September 8th : Stand Up to Cancer Day
- September 11th : Patriot Day 
- September 13th : Positive Thinking Day
- September 17th : Constitution Day 
- September 17th : Wife Appreciation Day
- September 18th : Locate An Old Friend Day
- September 23rd : First Day of Autumn 

Events

- September 1st : Yellow Jacket Football (Denison vs Frisco Reedy) 
- September 2nd : Senior Dance (\$, Potluck 5:00pm; Dance 6:00–9:00pm SNAP Center) 
- September 9th : Frontier Village Fall Festival (9:00am–5:00pm, \$)
- September 9th : TV Munson Wine Walk (Main St 2:00pm–6:00pm)
- September 14th : Denison ISD Homecoming Parade (Downtown Denison 5:30pm–6:30pm)
- September 15th : Yellow Jacket Football (Denison vs Greenville) 
- September 16th : Ambassador Sullenberger Parade and Mural Dedication (Main St 9:00am–11:00am)

City Council Meetings

- September 5th : City Hall 6:00pm
- September 18th : City Hall 6:00pm



\$ indicates fee associated



**MENU
IS
UNAVAILABLE**

Sorry for any inconvenience.

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

TIPS & HIGHLIGHTS

Returning this September!
Lunch & Learn
with Texoma Medical Center



September: Congestive Heart Failure

October: Stop the Bleed

November: Stroke

December: CPR

January: Flu

Second Friday of every month
12 – 1 pm
Denison Public Library

Registration required
See the Denison Public Library
web page for a link
To our Eventbrite page



Yellow Jacket TAILGATING

01
SEP

DENISON VS FRISCO REEDY
FOREST PARK | 5:30 PM

15
SEP

DENISON VS GREENVILLE
FOREST PARK | 5:30 PM





Homemade
GIFTS MADE EASY



Autumn

Word Search

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

ACORN
APPLE CIDER
AUTUMN
BONFIRE

FAMILY
HAYRIDE
LEAVES
PUMPKIN

SCARECROW
SMORES
TURKEY
THANKS

Enchilada Chicken Soup



Ingredients:

- 1 can (10-3/4 ounces) condensed nacho cheese soup, undiluted
- 1 can (10-1/2 ounces) condensed cream of chicken soup, undiluted
- 2-2/3 cups whole milk
- 1 can (10 ounces) chunk white chicken, drained
- 1 can (10 ounces) enchilada sauce
- 1 can (4 ounces) chopped green chiles
- Sour cream

Directions:

1. In a large saucepan, combine the soups, milk, chicken, enchilada sauce and chiles. Cook and stir over medium heat until heated through. Serve with sour cream.



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