

DENISON ACTIVE ADULTS 55+ NEWSLETTER

October 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
9:30am Jazzercise (\$)
11:00am MOW Lunch
5:30pm Jazzercise (\$)

Wednesdays

9:00am Ladies Exercise
9:30am Jazzercise (\$)
11:00am MOW Lunch
5:30pm Jazzercise (\$)

Fridays

9:00am Ladies Exercise
9:30am Live Band
9:30am Jazzercise (\$)
11:00am MOW Lunch

Tuesdays

9:30am Bingo
11:00am MOW Lunch
11:30am Chair Volleyball
5:30pm Jazzercise (\$)
7:00pm Country Dance
Lessons (\$)

Thursdays

9:30am Live Band
11:00am MOW Lunch
5:30pm Jazzercise (\$)

***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

- ◆ October 1st : International Coffee Day



- ◆ October 2nd : National Hug-a-Kevin Day



- ◆ October 4th : National Taco Day



- ◆ October 5th : National Do Something Nice Day

- ◆ October 8th : Pastor Appreciation Day

- ◆ October 9th : Columbus Day

- ◆ October 19th : Evaluate Your Life Day

- ◆ October 22nd : Mother-in-Law Day

- ◆ October 28th : National First Responder Day



- ◆ October 31st : Halloween



Events

- October 3rd : National Night Out



- October 6th : Yellow Jacket Football (Denison vs Terrell)



- October 7th : Denison Fall Festival (Downtown Denison 9:00am—4:00pm)

- October 7th : Senior Dance (\$, Potluck 5:00pm; Dance 6:00—9:00pm SNAP Center)



- October 13 : Yellow Jacket Football (Denison vs Melissa)



- October 27th : Yellow Jacket Football (Denison vs Crandall)

- October 31st : Monsters on Main (Main St. 5:30pm—7:30pm)



City Council Meetings

- October 2nd : City Hall 6:00pm
- October 16th : 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.



FRIDAY | NOVEMBER 3RD, 2023

Begins: 8:00 AM
Entry Fee: **\$5**

INCLUDES T-SHIRT & HOT DOG LUNCH!
(\$3.00 FOR LUNCH ONLY)

**ANY RESIDENT FIFTY YEARS OF AGE OR OLDER
AS OF NOV. 3, 2023, IS ELIGIBLE TO PARTICIPATE.**

**PRIZES AWARDED FOR
FISHING & CASTING CONTESTS**

SPONSORED BY:
DENISON PARKS & RECREATION
SHERMAN SENIOR CENTER
TEXAS PARKS & WILDLIFE

FOR MORE INFORMATION OR REGISTRATION FORM CONTACT:

SHERMAN SENIOR CENTER | 903-892-7316
DENISON PARKS & RECREATION | 903-463-5116



REGISTRATIONS RECEIVED **AFTER** OCT. 13, 2023 WILL NOT RECEIVE A T-SHIRT DAY OF EVENT, HOWEVER REGISTRATION ACCEPTED THROUGH MORNING OF EVENT.



Name: _____



FALL WORD SEARCH

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

acorns	cobweb	harvest	October	seasons
apples	corn	hayride	orange	September
autumn	Fall	jackets	pumpkin	squash
bonfire	festivals	leaves	quilt	squirrel
brown	foliage	maize	rake	sweaters
chestnuts	football	migrate	red	Thanksgiving
chilly	gourds	November	scarecrow	wagons
cider	green	nuts	scenic	yellow



Pumpkin Bread



Directions:

- 1) Preheat the oven to 350°F.
- 2) In a large bowl, whisk together the pumpkin, light brown sugar, granulated sugar, oil, eggs, buttermilk, and vanilla until well combined. Add the flour, pumpkin pie spice, baking powder, baking soda, and salt, stirring until just combined.
- 3) Spray 2 (9-by-5-inch) loaf pans with baking spray with flour. Pour half the batter into one pan, smooth with a spatula, and sprinkle with the pumpkin seeds. Fold the chocolate chips into the second half of the batter and pour into the other prepared pan, smoothing the top with a spatula.
- 4) Bake for 60 to 65 minutes or until a wooden pick inserted into the centers comes out clean. Let cool in the pan for 10 minutes then place a wire cooling rack over the pan and flip to remove the bread. Let cool completely.

Ingredients:

- **1** 15-ounce can unsweetened pumpkin puree
- **1 1/4 c.** packed light brown sugar
- **1 c.** granulated sugar
- **1 c.** vegetable oil
- **3** large eggs
- **1/2 c.** buttermilk
- **1 tsp.** vanilla extract
- **3 c.** all-purpose flour
- **2 tsp.** pumpkin pie spice
- **1 1/2 tsp.** baking powder
- **1 tsp.** baking soda
- **1 tsp.** kosher salt
- Baking spray with flour
- **1/4 c.** pumpkin seeds
- **3/4 c.** semisweet chocolate chips



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