

# DENISON ACTIVE ADULTS 55+ NEWSLETTER

November 2023

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## 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

- ◆ November 1st: National Authors Day
- ◆ November 5th : Daylight Saving Time Ends
- ◆ November 7th : Election Day 
- ◆ November 11th: Veterans Day
- ◆ November 12th: Diwali
- ◆ November 13th: World Kindness Day
- ◆ November 14th: World Diabetes Day
- ◆ November 17th: National Take a Hike Day 
- ◆ November 22nd: National Jukebox Day
- ◆ November 23rd: Thanksgiving Day 
- ◆ November 25th: Small Business Saturday
- ◆ November 28th: Giving Tuesday

## Events

- November 3rd : Tri-County Senior Fishing Festival (\$; 8:00am Waterloo Lake)
- November 4th : Dia De Los Muertos (10:00am-6:00pm Main Street)
- November 4th : Senior Fall Dance Extravaganza (5:00-9:00pm SNAP Center)
- November 10th : Lunch & Learn (Topic: Stroke Awareness; 12:00-1:00pm Denison Public Library)
- November 18th : Arts and Jazz Fest (10:100am-5:30pm at Heritage Park)
- November 18 : Denison On Ice Opens

## City Council Meetings

- November 6th : City Hall—6:00pm
- November 20th : City Hall—6:00pm





# Senior Fall Dance Extravaganza

NOVEMBER 4TH, 2023

5:00 - 9:00PM

Music / Food / Door Prizes / Fun!

**FREE ENTRY**

SNAP CENTER

531 CHESTNUT ST, DENISON, TX



# HOLIDAY POTLUCK LUNCH

Let's celebrate the season of gratitude and giving together!

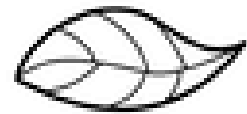
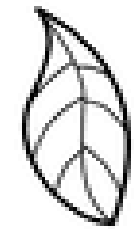
**DECEMBER 1ST**  
**ARTS & CRAFTS & FOOD**

All Adults 55+ are welcome!

Parks and Recreation will provide water, cutlery, paper plates, and napkins!

HAPPY FALL

*Y'all*



*Homemade*  
GIFTS MADE EASY



# Thanksgiving Day Fun



Comucopia  
Dinner  
Family  
Feast  
Friends

Gather  
Gobble  
Grateful  
Harvest  
November

Potatoes  
Thankful  
Thanksgiving  
Tradition  
Turkey



# Chicken Bacon Ranch Casserole



## Ingredients:

- **1 lb** penne pasta, cooked and drained
- **2 c.** shredded cooked chicken
- **1 jar (15 oz)** Alfredo pasta sauce
- **1/2 c.** ranch dressing
- **6 slices** chopped cooked bacon
- **2 c.** shredded mozzarella cheese (8 oz)
- **2 c.** chopped parsley (optional)

\*Recommendation to save time:  
Use pre-cooked rotisserie chicken

## Directions:

- 1) Preheat the oven to 350°F.
- 2) Cook Chicken; cook and drain 1 lb penne pasta; cook 6 slices of bacon.
- 3) Grease or spray 13x9-inch pan.
- 4) In a large bowl, place 1 lb cooked and drained penne pasta, 2 cups shredded cooked chicken, 1 jar (15 oz) Alfredo pasta sauce and 1/2 cup ranch dressing.
- 5) Stir to combine. Pour mixture in pan; spread evenly.
- 6) Sprinkle 6 slices chopped cooked bacon evenly over top, then sprinkle with 2 cups shredded mozzarella cheese (8 oz).
- 7) Bake 15 to 20 minutes or until hot and bubbly. Let stand 5 minutes before serving. Sprinkle with chopped parsley (optional).



**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](mailto:vcantrell@cityofdenison.com)**