

DENISON ACTIVE ADULTS 55+ NEWSLETTER

December 2023

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Mondays

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

Tuesdays

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

Wednesdays

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

Thursdays

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

Fridays

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


- December 1st : National Christmas Lights Day
- December 7th : Pearl Harbor Day of Remembrance
- December 12th : Gingerbread Decorating Day 
- December 16th : Day of Reconciliation
- December 17th : National Ugly Sweater Day 
- December 17th : National Wreaths Across America Day 
- December 18th : Hanukkah
- December 24th : Christmas Eve
- December 25th : Christmas Day 

- December 26th : Kwanzaa
- December 31st : New Year's Eve

Events

- December 5th : Holiday Brunch & Craft (Denison Senior Center 10:00—11:30am)
- December 7th : Christmas Tree Lighting and Parade (Heritage Park 5:30pm) 

- December 15th : Wonders of Winter (Forest Park 5:30—8:30pm) 
- December 16th : Wreaths Across America (Fairview Cemetery 10:00am—1:00pm)

- January 6th : 17th Annual Howard Caylor Trout Derby (Waterloo Lake Park 9:00— 11:30am) 

- January 6th : Big Senior Dance & Potluck (Senior Center 5:30pm)

City Council Meetings

- December 4th : City Hall—6:00pm
- December 18th : City Hall—6:00pm 



Holiday Brunch & Crafts

You're invited for some holiday cheer to
celebrate this special time of year!

Let's kick off the festivities with a
scrumptious brunch that will warm your
heart and fill your belly.

&

Craft your own beautiful holiday wreath to
add a touch of festive flair to your home.

Tuesday, December 5

10 am - 11:30am

SNAP CENTER

531 W Chestnut St,
Denison, TX 75020



Wonders of winter

AT FOREST PARK

FRIDAY
DECEMBER 15

5:30 - 8:30PM

TONS OF WINTER ACTIVITIES TO ENJOY

MEET SANTA - SNOW ZONE - TRAIN RIDES

PETTING ZOO - CARNIVAL RIDES - INFLATABLES

FACE PAINTING - PERFORMANCES

GOOD FOOD - VENDORS - & MORE



FREE, MUST ATTEND EVENT FOR THE WHOLE FAMILY!

WWW.CITYOFDENISON.COM

300 W CRAWFORD ST, DENISON, TX

Join Us in Our Mission

Remember ★ Honor ★ Teach



★ **December 16, 2023** ★

National Wreaths Across America Day

**Help American Legion Auxiliary Unit 62
honor local heroes!**

Sponsor a wreath today to be placed on a
veteran's grave this December at Fairview
Cemetery.

Scan the QR code to make a donation online or
visit www.wreathscrossamerica.org/TX0517P



#ServeAndSucceed

DENISON PARKS & RECREATION PRESENTS

★ 17th Howard Caylor ★

TROUT *Derby*



CASH PRIZES

FREE CAP
To the first 50 registered
participants

Denison
TEXAS
Parks & Recreation

SATURDAY JANUARY 6

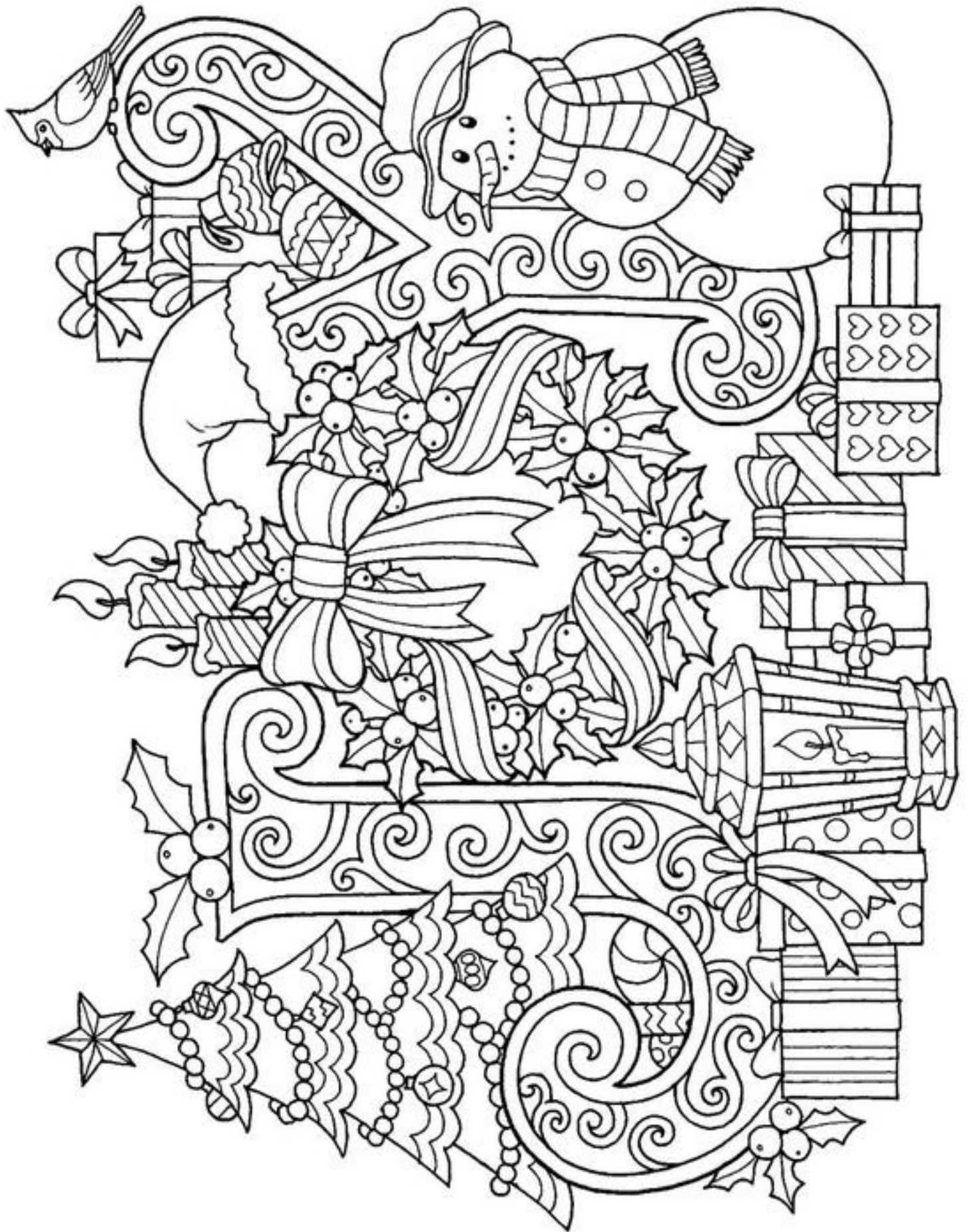
Fishing is from 9am - 11:30am

For ages 17 and older / Cash prizes for biggest, smallest, and heaviest stringer of trout / Golden trout or tagged trout awards / Casting contest / Food and drinks provided / Door prizes / \$7 for Denison residents & \$10 for non-residents

★ Waterloo Lake - Pond ★

TO REGISTER VISIT:

WWW.CITYOFDENISON.COM/PARKSREC





Christmas Word Search Puzzle

Courtesy of Christmas-Projects.com



TYULETIDEMCHRISTMASLIGHTSPACBNG
 NSLIHAOAHVHSNBGESNOWFLAKEBDKHCI
 CRHDVCGSCTIGNTOMOTATHREEWISEMEN
 STOYSYUHAOMEDHEWNUTCRAACKERVFJWG
 CNLBJCMEYSNCBORNAMENTSUZSWIYZIE
 JOLLYARRUDEHALGAKIGLYMOECRAEOCR
 ITYOJWADXNYEMISTLETOEOELSEHSLLEB
 NSCANDYCANESCDFVGRYPNDOPDURNNSAR
 GOBPUACHRISTMASTREEMNGLSTREMNGE
 LCSCROOGEBLNDYCAITNAIAGTREASTYA
 ETGTWDMBVSEULSEVNHCCECSFEKRECNAD
 BSNHIAEEFUITVCJRKTSEILUCDNHOIRM
 EILJRHTMRHGSHAEFEMASGEHOQUCOAIA
 LWKFUYZNERHCDISWBGRCGEVERNAKUKN
 LECAEPWVSAYVEQUJBTNALNNCSSRSITAE
 SOOINREINDEERHSAOECARAHOEEMOEAPV
 NHTNYEVXRNTNSUMEIKUOMCUECHVSARI
 LMSOGSAETAESPPODFAVMWSIHSILESNIT
 CEDBUEUNATIVITYOFSOJACKFROSTUHS
 UOGBTNHCOEYKRMUTLNORTHPOLECFWRE
 PSWINTERSLTEISDYSSENSASWRUKRNAF
 IEFRESVOIWRSTZOMTCHLROUCLYMOIRC
 DKLTLLULMEUEPRANCEROGARLANDASETA
 JOSTVYAEAOUIHBNITREICTOEBWITYRG
 NAPWEFRXDELCEMZEPALRANEZVOXTYNOJ
 CHRISTMASDINNERCDEFBLITZENDFIMK

Angels
 Candy Canes
 Chimney
 Comet
 Donner
 Frosty
 Ivy
 Joy
 Noel
 Prancer
 Santa Clause
 Snowflake
 Tinsel
 Yuletide

Bells
 Cards
 Christmas Dinner
 Cookies
 Elves
 Garland
 Jack Frost
 Manger
 North Pole
 Presents
 Scrooge
 Snowman
 Toys

Blitzen
 Carols
 Christmas Lights
 Cupid
 Family
 Gingerbread Man
 Jesus
 Merry
 Nutcracker
 Reindeer
 Season
 Spirit
 Vixen

Bow
 Cheer
 Christmas Tree
 Dancer
 Festive
 Holidays
 Jingle Bells
 Mistletoe
 Ornaments
 Ribbon
 Sled
 Stockings
 Winter

Candles
 Chestnuts
 Church
 Dasher
 Fireplace
 Holly
 Jolly
 Nativity
 Peace
 Rudolph
 Sleigh
 Three Wise Men
 Wreath

Chicken, Cranberry, & Brie Canapes



Ingredients:

- ◆ 1 1/2 sheets frozen puff pastry, just thawed
- ◆ 1 small smoked chicken breast, finely chopped
- ◆ 1/2 cup brie, cut into 24 even pieces
- ◆ 1/2 cup cranberry sauce
- ◆ 2 tsp fresh thyme leaves
- ◆ 1 tbsp finely chopped fresh chives

Directions:

- 1) Preheat the oven to 425°F.
- 2) Prepare the pastry: Cut the whole pastry sheet into 16 even squares. Cut the half sheet into 8 even squares. Line 1 1/2 tbs (30ml) capacity mini muffin pans with pastry squares (the pastry edges will be higher than the muffin holes). Place in the freezer for 15 minutes to firm.
- 3) Bake the pastry for 10 minutes or until light golden and crisp. Use a spoon to gently press down on the pastry to flatten slightly. Fill each hole with a little of the chicken. Top with a piece of brie and cranberry sauce. Scatter with thyme.
- 4) Bake for 5-7 minutes or until golden and the cheese has melted slightly. Sprinkle with chives.



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