

DENISON SENIORS

MONTHLY NEWSLETTER

AUGUST 2022

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Mondays

- 9:00am Aqua Fit (Waterloo Pool, \$)
- 9:30am Jazzercise (\$)
- 10:15am Aqua Fit (Waterloo Pool, \$)
- 11:00am MOW Lunch
- 5:30pm Jazzercise (\$)

Tuesdays

- 9:00am Rusty Hinges (Waterloo Pool, \$)
- 9:30am Bingo
- 10:15am Aqua Fit (Waterloo Pool, \$)
- 11:00am MOW Lunch
- 11:30am Chair Volleyball
- 5:30pm Jazzercise (\$)
- 7:00pm Country Dance Lessons (\$)

Wednesdays

- 9:00am Aqua Fit (Waterloo Pool, \$)
- 9:30am Jazzercise (\$)
- 10:15am Aqua Fit (Waterloo Pool, \$)
- 11:00am MOW Lunch
- 5:30pm Jazzercise (\$)

Thursdays

- 9:00am Rusty Hinges (Waterloo Pool, \$)
- 9:30am Live Band
- 10:15am Aqua Fit (Waterloo Pool, \$)
- 11:00am MOW Lunch
- 5:30pm Jazzercise (\$)

Fridays

- 9:00am Aqua Fit (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.*



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 endurance and flexibility. This class is good for all fitness levels.



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 (after bingo) for FREE. All equipment will be provided (a light weight ball will be used), so make plans to join us!

Chair volleyball is an activity that 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 3: National Watermelon Day
- August 10: National S'mores Day
- August 13: National Left Hander's Day
- August 30: National Marshmallow Toasting day

City Council Meetings

- August 1st: 6pm City Hall
- August 15th: 6pm City Hall



Events

- August 6: Senior Dance (\$, 7-10pm SNAP Center)



- August 12: THF Park Birthday Bash (5:30—8:30pm THF Park)
- August 26th Battle of the Ax Tailgating (5pm Forest Park)



\$ indicates fee associated

Meals on Wheels August 2022 Menu

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Spaghetti with Meat Sauce, Green Beans, Tossed Salad with Dressing, Garlic Bread Stick, Fruit Hash	Turkey & Rice Casserole, Sugar Snap Peas, Carrots, Fresh Fruit	Meatloaf, Mashed Potatoes, Spinach, Wheat Roll, Apple Cobbler	Goulash, Diced Beets, Broccoli, Cookie	Buttered Fish(Tartar Sauce), Oven Fries, Coleslaw, Hamburger Bun, Fresh Fruit
8	9	10	11	12
Jambalaya, Black Eyes Peas, Spinach, Apple Crisp	French Chicken, Carrots, Brussel Sprouts, Wheat Roll, Fresh Fruit	Pork Diablo, Calico Macaroni Salad, Normandy Blend Vegetables, Wheat Bread, Peach Dessert	Meatloaf, Mashed Potatoes, Sugar Snap Peas, Biscuit, Cookie	Salmon Croquettes, Zucchini Parmesan, Peas with pearl onion, Hush Puppy(2), Fresh Fruit
15	16	17	18	19
22	23	24	25	26
29	30	31	1	2

***Due to some supply changes, the August Menu was not able to be completed upon printing of the newsletter. Please contact Meals on Wheels for menu items August 15—31.

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

TIPS & HIGHLIGHTS

5 Ways to Spend an Hour with a Friend

1. Explore the Outdoors on a Long Walk

Establish a meeting point and take a stroll through a beautiful park or nearby neighborhood. In addition to the social perks, research shows simply walking in a natural environment can help improve your mood and reduce negative thoughts. Plus, more time spent in nature is associated with a greater feeling of purpose and meaning in life, according to a study in the *Journal of Health Psychology*.

2. Make a Home-Cooked Meal Together

There's no shortage of delicious recipes out there, so why not pick one to test out together? You'll avoid the crowds at restaurants—and be able to cook and eat at your own pace. Another perk: People who cook most of their meals at home consume fewer calories and carbohydrates, as well as less sugar and fat, than those who cook less or not at all, says research from Johns Hopkins Bloomberg School of Public Health.

3. Take a Dance Lesson

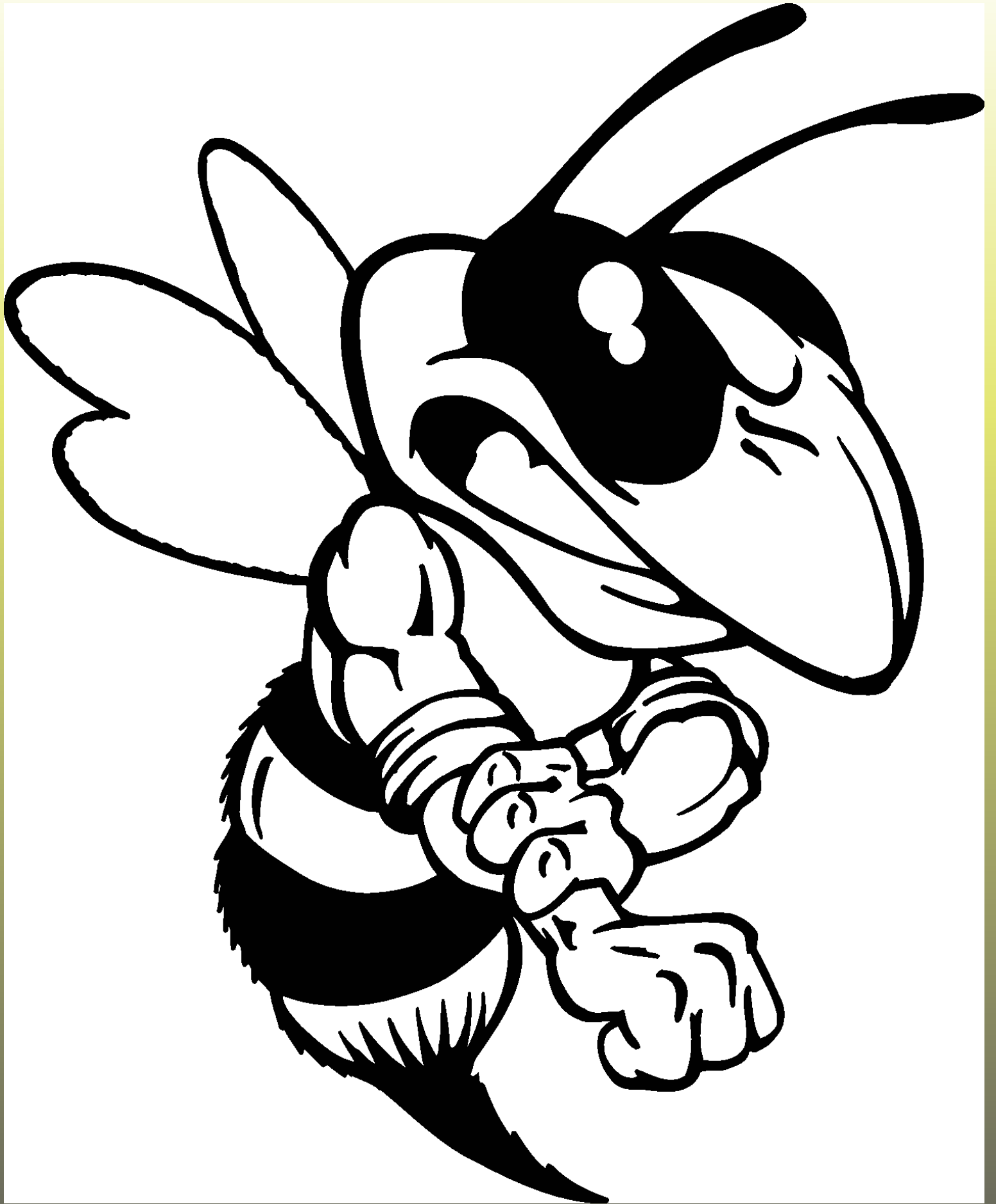
Grab a dance partner, and learn how to salsa or brush up on your foxtrot. Besides learning a new skill and sharing some laughs, you'll also get a great mind-body workout. The result: You'll tone your arms, legs, stomach, and back while also improving your mental health.

4. Try a Yoga Class

Trying a new class is always easier with a friend. You'll feel less anxious about the unknowns (where do I put my shoes and coat? should my mat go vertical or horizontal?), and the company can help you feel rejuvenated. If you find a class you like, make it a regular date to strengthen more than just your bond. A consistent yoga practice has been shown to help build muscle, reduce stress levels, lower blood pressure, and improve flexibility and balance.

5. Solve a Puzzle

The perfect rainy-day activity, putting together a complex puzzle—or even doing the crossword—is a great way to connect with a friend, challenge your mind, and feel accomplished together. It's an especially good option for introverts, as the ongoing activity takes the pressure off constant conversation. You might even find it helps you feel more relaxed and confident in other social situations—you'll realize you don't always need to fill silence to have a good time together.





Football Terms Word Search

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

BACKFIELD
CENTER
CORNERBACK
DOWN
DRIVE
END ZONE
EXTRA POINT
FAIR CATCH

FIELD GOAL
FULLBACK
FUMBLE
GUARD
HALFBACK
HAND OFF
HUDDLE
INCOMPLETION

INTERCEPTION
KICKOFF
LINEBACKER
OFFENSIVE LINE
PUNT
QUARTERBACK
RED ZONE
RETURN

RUSHING
SACK
SAFETY
SNAP
SPECIAL TEAMS
TACKLE
TIGHT END
WIDE RECEIVER



Ham and Cheese Sliders

Ingredients:

Instructions:

1. Arrange a rack in the middle of the oven and heat the oven to 350°F.
 2. Place 4 tablespoons unsalted butter in a small, microwave-safe bowl and microwave until melted, 20 to 30 seconds. (Alternatively, melt butter in a small saucepan over medium heat.) Add 1 tablespoon Dijon mustard, 1 teaspoon Worcestershire sauce, 1/2 teaspoon onion powder, and 1/4 teaspoon kosher salt, and whisk to combine.
 3. Without separating the rolls, cut 1 package Hawaiian sweet dinner rolls in half horizontally with a serrated knife. Place the bottom half of the rolls in a 9x13-inch or 7x11-inch baking dish.
 4. Arrange 6 slices of the Swiss cheese on the rolls, overlapping the slices as needed to completely cover. Fold and arrange 12 thin slices ham over the cheese, arranging a slice on each roll. Layer the remaining 6 slices Swiss cheese over the ham. Place the top half of the rolls over the cheese.
 5. Brush the butter onto the top of the rolls, then sprinkle with 1 teaspoon poppy seeds. Cover the baking dish tightly with aluminum foil.
 6. Bake until the sandwich is heated through and the cheese melts, about 20 minutes. Uncover and bake until the rolls are lightly browned, 7 to 8 minutes. Transfer the slab to a cutting board, then cut into individual sliders with a serrated knife before serving.
1. 4 tablespoons
 2. (1/2 stick) unsalted butter
 3. 1 tablespoon Dijon mustard
 4. 1 teaspoon Worcestershire sauce
 5. 1/2 teaspoon onion powder
 6. 1/4 teaspoon kosher salt
 7. 1 (12-ounce) package Hawaiian sweet rolls, such as King's
 8. 12 slices Swiss cheese (about 7 ounces), divided
 9. 12 thin slices deli ham (about 10 ounces)
 10. 1 teaspoon poppy seeds

