

MONTHLY NEWSLETTER

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Mondays

- 9:00am Senior Ladies Exercise
- 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, \$)
- 9:00am Senior Ladies Exercise
- 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 Senior Ladies Exercise
- 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.*

**** 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 12th: Gingerbread House Day
- December 16th: National Ugly Christmas Sweater Day
- December 17th: Nations Wreaths Across America Day
- December 19th: Hanukkah Starts



- December 24th: Christmas Eve
- December 25th: Christmas Day



- December 26th: Kwanzaa (first day)
- December 28th: National Card Playing Day
- December 31st: New Year's Eve



Events

- December 1st: Christmas Parade & Hot Cocoa Competition (4:00pm Main St)



- December 3rd: Senior Dance (\$, 7:00-10:00pm SNAP Center)



- December 9th: Wonders of Winter (5:30pm—8:30pm Forest Park)
- December 10th: Nutcracker Tea Party (\$, 11:00am Denison Public Library)
- December 15th: 150 Time Capsule Turn-In (4:00pm-6:00pm Katy Depot)
- December 17th: Wreaths Across America (11:00pm Fairview Cemetery)
- December 31st: Fireworks (7:00 Forest Park Area)

City Council Meetings

- December 12th: 6:00pm City Hall









\$ indicates fee associated

Meals on Wheels November 2022

DECEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Beef Tips Over Fluffy Rice Seasoned Carrots Peas w/ Pearl Onions Peach Cobbler	2 Turkey Ham And Pinto Beans Zucchini & Tomatoes Oven Fried Okra Cornbread Cookie	3 
4	5 Chicken Spaghetti Tuscan Blend Vegetables Lettuce & Tomato Salad Garlic Breadstick Rocky Road Pudding	6 Salisbury Steak Macaroni & Cheese Spinach Wheat Roll Fresh Fruit	7 Smothered Pork Chop Black Eyes Peas Vegetable Blend Winter Mix Cornbread Brownie	8 BBQ Riblet Baked Beans Turnip Greens Wheat Bread Cookie	9 Turkey Burger Potato Wedges Lettuce, Tomato, & Onion Hamburger Bun Fresh Fruit	10 
11	12 Beef Pepper Steak Garlic Mashed Potatoes Peas w/Pearl Onions Wheat Bread Banana Pudding	13 Ham & Potato Au Gratin Brussel Sprouts Stewed Tomatoes Cornbread Fresh Fruit	14 Pork Loin with Cranberry Glaze Sweet Potatoes Normandy Blend Vegetables Wheat Bread Blonde Bar	15 King Ranch Chicken Casserole Corn with Green and Red Peppers Green Beans Cookie	16 BBQ Beef Potato Salad Cole Slaw Hamburger Bun Fresh Fruit	17
18 	19 Lasagna Broccoli Zucchini & Tomatoes Garlic Bread Oranges in Whipped Topping	20 Stuffed Bell Peppers Diced Carrots Lima Beans Wheat Bread Fresh Fruit	21 Ham Green Bean Casserole Sweet Potato Casserole Honey Wheat Roll Apple Pie	22 Meatloaf Mashed Potatoes Vegetable Blend 5 Way Biscuit Cookie	23 CLOSED	24 
25	26 CLOSED	27 Beef Stew Kale Salad with Mandarin Oranges Cornbread Fresh Fruit	28 Tater Tot Casserole Italian Cut Green Beans Beets Garlic Breadstick Lime Gelatin with Pear	29 Steak Fingers with Cream Gravy Oven Fries Cabbage Wheat Bread Cookie	30 Beer Battered Tilapia Corn Nuggets Cole Slaw Hushpuppy(2) Fresh Fruit	31 **Due to ongoing supply chain shortages, Menu items are subject to change if unavailable for purchase**

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

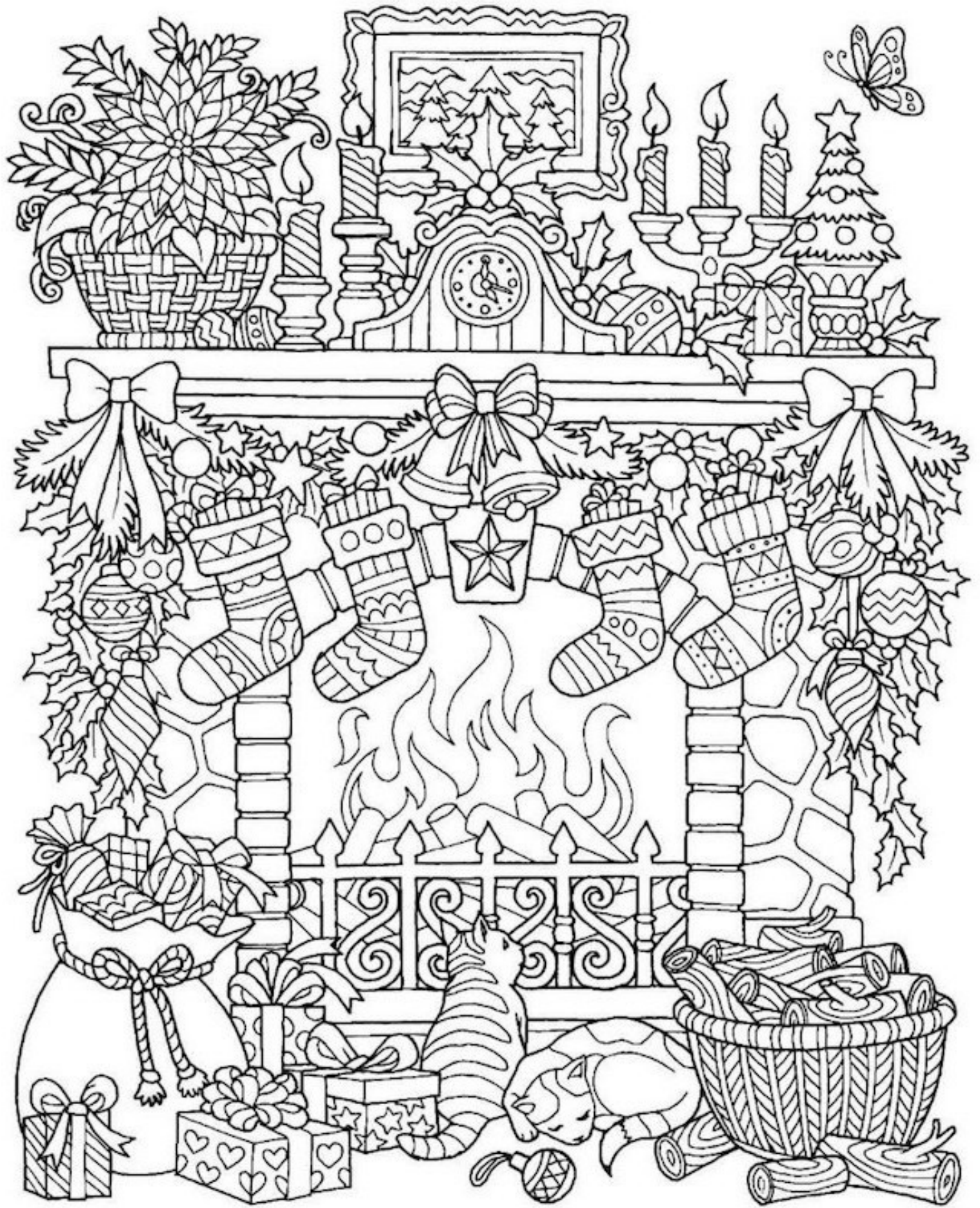


TIPS & HIGHLIGHTS

5 Christmas Tips for Grandparents

Navigating the role of grandparent can be tricky this time of year. Here are five tips for grandparents this holiday season.

- **Avoid a competition.** Grandparents should avoid making buying presents for the grandkids a competition. Sets of grandparents sometimes try to outdo each other in the gift department in order to be a grandchild's "favorite" grandpa or grandma. When buying gifts, it might even be a good idea to talk to the other set of grandparents so no one goes overboard and there's no duplication.
- **Be flexible in planning.** Scheduling Christmas celebrations can be tough when there are two sets of grandparents. Many families celebrate Christmas eve with one set of grandparents and celebrate Christmas day with the other. When great-grandparents are involved, you might have to schedule get-togethers for a weekend before or after Christmas. Obviously, this is easier to do when families live close to each other and don't have to deal with long-distance travel. Planning is key so that kids get to experience and enjoy the holidays with the most senior members of the extended family.
- **Don't overindulge.** Grandparents love to treat their grandkids with cookies, candy, and other sweet confections. But they need to be careful during the holidays because it's easy to overindulge the grandkids and create a sugar overload. Kids have plenty of opportunities to enjoy treats at Christmas time, so grandparents have to be aware and not push the goodies too hard.
- **Share traditions.** Kids love to hear stories about how their parents and grandparents spent Christmas when they were kids. Grandparents can share their favorite holiday moments and experiences, and teach their grandkids how to be part of holiday family traditions. Grandparents also can start new traditions, such as reading classic Christmas stories and books to their grandkids (*The Night Before Christmas*, *How the Grinch Stole Christmas*, etc.). They also can teach the grandkids Christmas carols and sing them together.
- **Remember the true meaning.** Grandparents can reinforce the true meaning of Christmas by reminding their grandkids how wonderful it is to be together during this most family-oriented holiday season – even though their family may not look like the other families in their neighborhood.





Mary Berry's Christmas Fruit Cake

Directions:

1. Pre-heat the oven to 325°F. Grease a 9 in deep round cake tin then line the base and sides with a double layer of baking parchment.
2. Cut the cherries into quarters, rinse under running water then drain well. Drain and roughly chop the pineapple, then dry the pineapple and cherries very thoroughly on paper towel. Snip the apricots into pieces. Roughly chop the almonds. Place the prepared fruit and nuts in a bowl with the grated lemon rind and golden raisins and gently mix together.
3. Measure the remaining ingredients into a large bowl and beat well for 1 min until smooth. Lightly fold in the fruit and nuts then pour the mixture into the prepared cake tin. Level the surface and decorate the top with blanched whole almonds, halved glacé cherries and pieces of glacé pineapple.
4. Bake in the pre-heated oven for about 2¼ hours or until golden brown. A skewer inserted into the center of the cake should come out clean. Cover the cake loosely with foil after 1 hour to prevent the top becoming too dark.
5. Leave to cool in the tin for 30 mins then turn out, peel off the parchment and finish cooling on a wire rack. Mix the icing sugar with a little water, and drizzle over the cake to glaze.

Ingredients:

- 12 oz red or natural glacé cherries
- 8 oz can of pineapple in natural juice
- 12 oz ready-to-eat dried apricots
- 4 oz blanched almonds (skins removed)
- Finely grated rind of 2 lemons
- 12 oz golden raisins
- 9 oz self-raising flour
- 9 oz caster sugar
- 9 oz softened butter
- 3 oz ground almonds
- 5 large eggs