## **DENISON SENIORS MONTHLY NEWSLETTER JULY 2022**

**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: Red, White, and Blue

**Crispy Rice Treat Recipe** 



## **Mondays**

9:30am Jazzercise (\$)

10:15am Aqua Fit (Waterloo Pool, \$) 10:15am Aqua Fit (Waterloo Pool, \$) 9:30am Jazzercise (\$)

11:00am MOW Lunch

5:30pm Jazzercise (\$)

## Wednesdays

9:00am Aqua Fit (Waterloo Pool, \$) 9:00am Aqua Fit (Waterloo <mark>Pool, \$) 9:00am Aqua Fit (Waterloo Pool, \$)</mark>

9:30am Jazzercise (\$)

11:00am MOW Lunch

5:30pm Jazzercise (\$)

## **Fridays**

9:30am Live Band

10:15am Aqua Fit (Waterloo Pool, \$)

11:00am MOW Lunch

## 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 (\$)

## **Thursdays**

9:00am Rusty Hinges (Waterloo

Pool, \$)

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 10:15am Aqua Fit (Waterloo Pool, \$) 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 womanowned fitness company dedicated to helping people live healthier, happier lives. The program fuses dance cardio and strength training into one heartpounding 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**

- July 4: Independence Day
- July 9: National Sugar CookieDay
- July 13th: National French
  Fries Day
- July 28th: National Milk
  Chocolate Day
- July 30th: Father-in-law Day

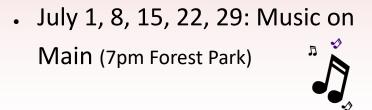
## **City Council Meetings**

July 11: 6pm City Hall

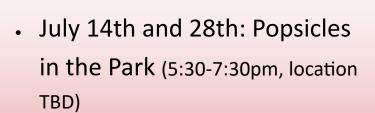


## **Events**

 July 2: Senior Dance (\$, 7-10pm SNAP Center)



July 4: Firework Show (Forest Park)



- July 15th: Chair Volleyball Tournament (9am, Taylor Street Gym Sherman)
- July 30th: Movies on Main (6:30pm Forest Park)

## Meals on Wheels July 2022 Menu

Mon	Tue	Wed	Thu	Fri
27	28	29	30	1
				Hot Dog, Baked Beans,
				Potato Salad, Hot Dog
				Bun, Fresh Fruit
4	5	6	7	8
CLOSED	Chicken & Rice	Pinto Beans & Ham,	Smothered Pork Chop,	Lemon Talapia, Cole
	Casserole, Broccoli,	Oven Fried Okra,	Mashed Potatoes,	Slaw, Crinkle Cut
	Carrots, Wheat Bread,	Cornbread, Peach	Green Beans, Wheat	French Fries,
	Fresh Fruit	Cobbler	Roll, Cookie	Hushpuppies, Fresh
				Fruit
11	12	13	14	15
Beef & Broccoli,	Swiss Steak, Au Gratin	Turkey Smoked	Pot Roast with Gravy,	Pizza, Green Beans,
Carrots, Wheat Roll,	Potatoes, Zucchini &	Sausage, Cabbage,	Cauliflower, Spinach,	<b>Lettuce and Tomato</b>
Lime gelatin with Pear	Tomatoes, Wheat Roll,	Navy Beans,	Wheat Roll, Cookie	Salad
	Fresh Fruit	Cornbread, Blonde Bar		
18	19	20	21	22
Country Fried Steak,	Texas Bean Soup, Kale	BBQ Chicken(thighs),	Pepper Steak over	Soft Taco, Letttuce,
Chuck Wagon	Salad, Cornbread,	Normandy Mixed	Noodles, Sugar Snap	Tomato & Onion, Sweet
Vegetable Blend,	Fresh Fruit	Vegetables, Cole Slaw,	Peas, Mashed Sweet	Corn & Pepper Blend,
Potato Wedges,		Wheat Roll, Oranges in	Potatoes, Cookie	Soft Flour Tortilla
Biscuit, Spiced Apples		Whipped Topping		
25	26	27	28	29
Salisbury Steak, New	Chicken Parmesan,	Meat Balls with Gravy	Santa Fe Pork Cubes,	semary Chicken,
Potatoes, Turnip	Spaghetti with Sauce,	over Rice, Lima Beans,	Black-Eyed Peas,	Lettuce Tomato &
Greens, Wheat Bread,	Tuscany Vegetable	Beets, Wheat Bread,	Yellow Squash, Biscuit,	Onion, Potato Salad,
Pear Krunch	Blend, Fresh Fruit	Strawberry Shortcake	Cookie	Hamburger Bun, Fresh
				Fruit

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

## TIPS & HIGHLIGHTS

## **5 Summer Safety Tips for Seniors**

#### **Staying Hydrated Is Key**

In the scorching summer months, proper hydration is going to be your body's best friend. As you age, your body begins to lose the sense of thirst, so staying on top of your daily water intake is not only crucial but critical.

When looking at ways to stay hydrated in the summer, focus on sipping on healthy drinks such as water, natural fruit juices, and fruit smoothies. While drinks with alcohol and caffeine may sound appealing, the high sugar content can dehydrate your body quicker and can do more harm than good. Investing in a reusable water bottle is a great way to keep track of the amount of water you drink daily. Also, making a point to drink a full glass of water with every meal and when taking medications will make it easier to keep track of your water and helps you form good hydration habits.

#### **Be Mindful Of Thick Fabrics**

One of the best parts of summer is bringing out your favorite summer clothes. During the summer months, it is important for seniors to be mindful of the clothes they are wearing based on the material they are made from. Some clothing materials are heavier and less breathable than others, and this can play a role in body temperature regulation.

Buying clothes fit for the summer months is key to being comfortable, especially for outdoor activities and events. Choosing clothes made of more breathable materials, such as cotton and linen, can help prevent overheating and are perfect for days that consist of all-day sun exposure.

If you know you are going to be spending your day out in the sun, plan accordingly and wear lightweight clothes, a wide-brimmed hat, and sunglasses to protect your skin from excessive sunlight.

#### **Protect Yourself Using Sunscreen**

Besides wearing the right clothes and staying hydrated, there are other ways to protect yourself from the effects of increased sunlight in the summer months. One simple solution is applying a daily moisturizer that has SPF. If you currently use a daily moisturizer, there is a chance that you are already using a product that has SPF in it, which is great. If not, then try implementing a new product that has SPF protection.

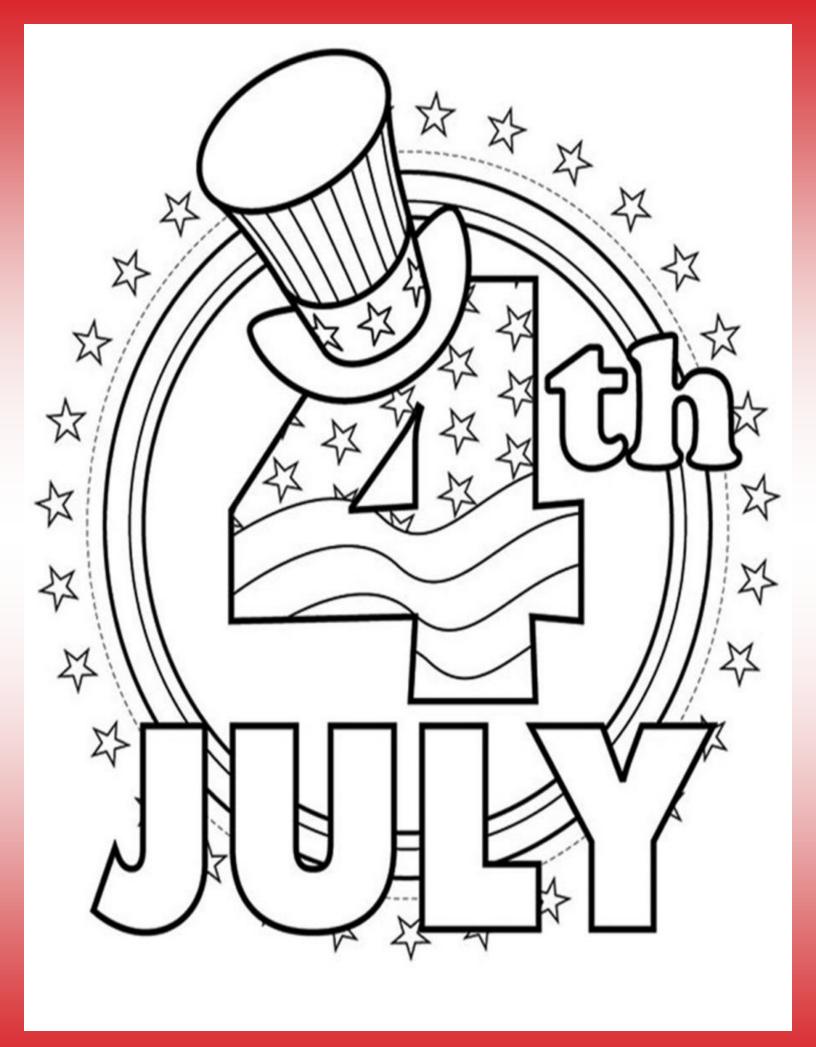
Another important summer safety tip is protecting your skin with sunscreen. The sun is very strong during the summer months, and too much exposure to UV rays can damage your skin or cause skin cancer. The appropriate sunscreen should be SPF 30 or higher to prevent sun irritation or burns. And to be sure you are fully protected, remember to reapply sunscreen every 2 hours.

#### **Beat the Heat**

Try to be mindful of peak sun exposure when planning activities with family and friends, as high temperatures can be life-threatening for seniors if they are exposed for too long. If you plan to be outdoors during peak sun hours (10 a.m. to 2 p.m.), pack a cooler with cold water and take breaks in the shade to cool off when needed.

### **Take Precautions With Medications**

During the summer months, it is critical to be aware of your medications and their possible side effects such as dehydration and sun sensitivity. Before spending a lot of time outdoors, make sure to talk to your doctor or care provider to find out if any medications have side effects you need to consider.







### **Instructions:**

- Line a 9-by-9-inch baking dish with aluminum foil, leaving a 2-inch overhang on two opposite sides.
   Spray the foil lightly with cooking spray.
- 2. Divide the butter and marshmallows among 3 medium microwave-safe bowls (1 tablespoon of butter and about 2 cups of marshmallows per bowl). Microwave 1 bowl until the butter has melted and the marshmallows have puffed, about 60 seconds. Stir in the blue gel food coloring until the mixture is smooth and no streaks of food coloring remain.
- 3. Working quickly, add 1 3/4 cups of the rice cereal to the bowl and stir with a rubber spatula until evenly coated. Transfer to the prepared baking dish and press into an even, compact layer. Set aside.
- 4. Microwave another bowl of butter and marshmallows in the same manner. Stir together until smooth and combined (this will be the "white" layer). Stir in another 1 3/4 cups of rice cereal until evenly coated. Place on top of the blue cereal treat layer, pressing until even and compact.
- 5. Repeat with the remaining bowl of butter and marshmallows, microwaving until melted and smooth. Stir in the red gel food coloring until the mixture is smooth and no streaks of food coloring remain. Add the remaining 1 3/4 cups rice cereal to the bowl and stir until evenly coated. Place on top of the white cereal treat layer, pressing into an even, compact layer. While still warm, top evenly with the sprinkles, pressing gently so they adhere.
- 6. Let sit at room temperature until firm, about 30 minutes. Cut into 16 squares. Store the cereal treats at room temperature in an airtight container for up to 3 days.

## Red, White, and Blue Crispy Rice Treats

These delicious and easy-to-make cereal treats will be the talk of your next Fourth of July party or summer cookout. The different layers are easily achieved with a few drops of food coloring, then the whole pan is topped with a dusting of red, white and blue sprinkles. Cut into squares and serve for a fun and patriotic treat.

## **Ingredients:**

- Nonstick cooking spray, for the baking dish
- 3 tablespoons unsalted butter, cut into tablespoons
- 3. One 10-ounce bag mini marshmallows
- 5 1/4 cups crispy rice cereal, such as Rice Krispies
- 1/2 teaspoon blue gel food coloring (see Cook's Note)
- 6. 1/2 teaspoon red gel food coloring
- 7. 1/4 cup mixed red, white and blue sprinkles

