

# DENISON SENIORS MONTHLY NEWSLETTER

## JULY 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

- July 4: Independence Day
- July 9: National Sugar Cookie Day
- 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 1, 8, 15, 22, 29: Music on Main (7pm Forest Park)



- July 4: Firework Show (Forest Park)



- July 14th and 28th: Popsicles in the Park (5:30-7:30pm, location TBD)
- July 15th: Chair Volleyball Tournament (9am, Taylor Street Gym Sherman)
- July 30th: Movies on Main (6:30pm Forest Park)

*\*\$ indicates fee associated\**

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



# Fourth of July

## WORD SEARCH

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

United States  
Liberty  
States  
Parade

Independence  
America  
Stars  
Flag

Revolution  
Freedom  
Flag  
Summer

Fireworks  
Picnic  
Patriotic  
July



# 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.*

## Instructions:

1. 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.

## Ingredients:

1. Nonstick cooking spray, for the baking dish
2. 3 tablespoons unsalted butter, cut into tablespoons
3. One 10-ounce bag mini marshmallows
4. 5 1/4 cups crispy rice cereal, such as Rice Krispies
5. 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

