

**JUNE 2022**

# DENISON SENIORS

## MONTHLY NEWSLETTER

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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.

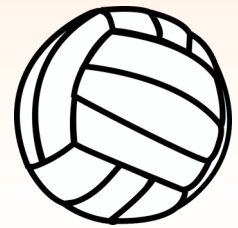
## Aqua Fit at Waterloo Pool

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

- June 3: National Doughnut Day
- June 7: National Chocolate Ice Cream Day
- June 14: Flag Day
- June 19: Father's Day
- June 19: Juneteenth
- June 21: Summer begins

## City Council Meetings

- June 6: 6pm City Hall
- June 21: 6pm City Hall



## Events

- June 4: Senior Dance (\$, 7-10pm SNAP Center)



- June 4, 11, 18, 25: Pilates Class (9am THF Park)
- June 3, 10, 17, 24: Music on Main (7pm Forest Park)



- June 4: Catfish Rodeo (\$, 9-11:30am Waterloo Lake Pond)



- June 25th: Movies on Main (6:30pm Forest Park)

*\*\$ indicates fee associated\**

# Meals on Wheels June 2022 Menu

Mon	Tue	Wed	Thu	Fri
30	31	1	2	3
		Battered Fish, Lemon Broccoli, Cole Slaw, Hushpuppies(2), Apple Cobbler	Chicken Pasta Primavera, Italian Green Beans, Garlic Bread, Cookie	BBQ Riblet, Potato Salad, Spinach, Roll, Fresh Fruit
6	7	8	9	10
BBQ Chicken, Scalloped Potatoes, Green Bean with Onions, Peach Crisp	Ham and Beans, Turnip Greens, Cornbread, Fresh Fruit	Sliced Turkey with Gravy, Mashed Potatoes, Peas with Pearl Onions, Wheat Roll, Pumpkin Pie	Beef Enchiladas with Red Sauce, Mexican Rice, Black Beans, Cookie	Tuna Salad, Pasta Salad, Cucumber and Tomato Salad, Split Roll, Fresh Fruit
13	14	15	16	17
Beef Pepper Steak, Garlic Mashed Potatoes, Carpi vegetable Blend, Wheat Bread, Blushing Pears	Ham & Potato Au Gratin, Tomatoes & Okra, Wheat Bread, Fruit	Chicken Parmesan, Italian Blend Vegetables, Tossed Salad with Dressing, Garlic Bread Stick, Orange Zephyr	Pork Loin with Cranberry Glaze, Sweet Potatoes, Normandy Blend Vegetables, Wheat Roll, Cookie	Hamburger Patty, Lettuce, Tomato & Onion, Chuck Wagon Corn, Hamburger Bun, Fresh Fruit
20	21	22	23	24
King Ranch Chicken Casserole, Corn with Green and Red Peppers, Brussel Sprouts, Fruit Cocktail in Whipped Cream	Meatloaf, Oven Fried Okra, Cabbage, Cornbread, Fresh Fruit	Turkey Tetrizzini, Vegetable Blend Five Way, Beets, Chocolate Cake	Lemon Chicken, Yellow Squash, Green Peas, Wheat Roll, Cookie	BBQ Beef, Pinto Beans, Corn Nuggets, Hamburger Bun, Fresh Fruit
27	28	29	30	1
Beef Tips in Gravy Over Rice, Spinach, Black-Eyes Peas, Pineapple Pudding	Chicken Divan, Cauliflower with Red Pepper Flakes, Green Beans, Wheat Roll, Fresh Fruit	Beef Stroganoff, Zucchini Squash, Beets, Blonde Brownie	Sweet and Sour Pork, Peas & Carrots, New Potatoes, Wheat Roll, Cookie	

For questions regarding Meals on Wheels, please reach out to

Ben Mandeville at 903-463-1711.

# TIPS & HIGHLIGHTS

## 7 Great Ways to Spend an Hour with a Friend

Strengthen your bond, body, and brain with fun activities that go beyond meeting for coffee!

Humans are genetically programmed to be social. Despite that need, research shows more than 40 percent of adults over 60 regularly experience loneliness. This might be because needing human connection is one thing, while actually making the effort to meet new friends or spend time with the ones you already have is another. But it's worth it!

So call up a friend, family member, or someone you recently met and make plans to connect in person. Here's a list of affordable, fun, local outings to make it easier. You'll nurture your relationships and reap bonus health benefits too.

### 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. We suggest the paved walking path at THF Park or, if you're feeling more adventurous, the woody trail at Waterloo Lake Park.

### 2. Start a Book Club

Choose a new book to read each month and schedule regular meetups to discuss your thoughts. The bonus: A study in *Neurology* found that being a bookworm helps you stay sharper and slows cognitive decline as you age. Want to add another layer of discovery? Meet at a new coffee shop or bookstore each time. Denison's downtown area has several to choose from!

### 3. Explore Local Artists

Grab a buddy and explore the artistic side of Denison! Between the art galleries, sculptures, memorials, and murals, Main St. in Denison is full of artistic beauty and is a perfect place to start an art expedition.

### 4. Make a Home-Cooked Meal Together

There's no shortage of delicious recipes out there, so why not pick one to test out together? Need inspiration? Start with the recipe on the back of this newsletter.

### 5. Take a Dance Lesson

Grab a dance partner and get your boogie on! Besides learning a new skill and sharing some laughs, you'll also get a great mind-body workout. Check out the country dance lessons at Denison's SNAP center on Tuesday evenings from 7:00pm—9:00pm.

### 6. Try a Pilates Class

Trying a new class is always easier with a friend. You'll feel less anxious about the unknowns, and the company can help you feel rejuvenated. Just in time for summer, THF Park is offering FREE Pilates in the Park on Saturdays at 9:00am—10:00am from May 28 to June 25!

### 7. Volunteer at a Local Animal Shelter, Soup Kitchen, or Anywhere!

There's no shortage of amazing volunteer organizations that could use your help. Whether you prefer walking dogs, delivering meals, or helping build a home, you'll make positive impact on others and on yourself.

HAPPY  
FATHER'S  
DAY



# Summer Holidays



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

- |          |          |           |            |              |
|----------|----------|-----------|------------|--------------|
| August   | canoeing | holidays  | pool       | sprinkler    |
| barbecue | cottage  | ice cream | popsicles  | strawberries |
| beach    | family   | July      | puzzles    | summer camp  |
| biking   | friends  | lake      | reading    | swimming     |
| bonfires | games    | lemonade  | relax      | traveling    |
| books    | hammock  | memories  | road trips | vacation     |
| camping  | hiking   | picnics   | sports     | watermelon   |

# Berry Chicken Salad



*For a colorful and protein-packed lunch, this easy recipe repurposes leftover shredded or chopped chicken into a salad that replaces classic grapes with fresh, antioxidant-rich berries.*

## Ingredients:

- ¼ cup olive oil mayonnaise (regular mayo works just fine but is higher in cholesterol)
- 1 teaspoon sugar
- ½ teaspoon dried tarragon
- 1½ cups chopped or shredded leftover chicken (about 1 breast)
- 1 cup quartered fresh strawberries or whole fresh blueberries
- ½ cup fresh or frozen peas, thawed
- ¼ cup chopped celery
- Torn salad greens or spinach

## Instructions:

1. Whisk the first three ingredients together in a large bowl. Season with salt and pepper to taste.
2. Add chicken, berries, peas, and celery, and stir well to combine.
3. Scoop chicken salad over salad greens or spinach for a fresh and filling lunch.

