

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

11:00 Chair Volleyball

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.*

**** 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 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) and Thursdays from 11:00am – 12:00pm 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

- November 4th: National Day of Community Service
- November 8th: Tongue Twister Day
- November 9th: Go to an Art Museum Day
- November 11th: Veterans Day
- November 13th: World Kindness Day
- November 15th: Clean Out Your Refrigerator Day
- November 24th: Thanksgiving



- November 25th: Black Friday

City Council Meetings

- November 7th: 6:00pm City Hall
- November 21st: 6:00pm City Hall



Events

- November 3rd: Yellow Jacket Tailgating (5:00pm Forest Park)
- November 5th: Senior Dance (\$, 7:00-10:00pm SNAP Center)



Denison vs Mesquite Potet Football Game (7:00pm Munson Stadium)



- November 5th: DAWG Hot Cocoa 5k/Dog Walk (9:00am-12:00pm THF Park)
- Veterans Day Parade (10:00am-12:00pm Downtown Denison)
- November 19th: Denison on Ice opening! (1:00pm-9:00pm 530 W Main St)
- November 19th: Denison Arts & Jazz Fest (10:00am- 5:30pm Heritage Park)
- December 1st: Christmas Parade & Hot Cocoa Competition (4:00pm Main St)



\$ indicates fee associated

Meals on Wheels November 2022

Mon	Tue	Wed	Thu	Fri
31	1	2	3	4
	Chicken & Dumplings, Squash Casserole, Lima Beans, Fresh Fruit	Potato Crusted Fish, Corn Salad, Brussel Sprouts, Hush Puppies(2), Rocky Road Pudding	Salisbury Steak, Macaroni & Cheese, Green Beans, Wheat Roll, Cookie	Smoked Turkey Sausage, Broccoli, Tomato Cucumber Salad, Fresh Fruit
7	8	9	10	11
Goulash, Vegetable Blend Capri, Beets, Wheat Roll, Spiced Pears	Santa Fe Chicken, Black Beans, Tasty Rice, Cornbread, Fresh Fruit	Swiss Steak, Au Gratin Potatoes, Zucchini&Tomato, Biscuit, Apple Cobbler	Beef&Broccoli Over Noodles, Carrots, Cookie	Pizza, Green Beans, Lettuce & Tomato Salad, Fresh Fruit
14	15	16	17	18
Meatloaf, Corn, Peas & Carrots, Biscuit, Peach Crunch	Lasagna, Spinach, Vegetable Blend Capri, Garlic Bread Stick, Fresh Fruit	Chicken Fried Steak with Gravy, Mashed Potatoes, Lima Beans, Wheat Roll, White Cake with Strawberries	Jambalaya, Oven Fried Okra, Beets, Cornbread, Cookie	Rosemary Chicken Sandwich, Lettuce, Tomato, & Onion, Sweet Potato Fries, Hamburger Bun, Fresh Fruit
21	22	23	24	25
Beef Cheeseburger Bake, Corn, Peas & Carrots, Wheat Bread, Apple Crunch	Chicken Fajitas, Red&Green Pepper Mix, Spicy Pinto Beans, Tortilla, Fresh Fruit	Turkey and Dressing, Mashed Potatoes, Normandy Blend Vegetables, Honey Wheat Roll, Pumpkin Pie	CLOSED Happy Thanksgiving!	CLOSED
28	29	30	1	2
Lemon Chicken, Cabbage, Yellow Squash, Wheat Roll, Escaloped Apples	Vegetable Soup, Tuna Salad, Cucumber&Tomato Salad, Crackers(2), Fresh Fruit	Swiss Steak, Cream Style Corn, Capri Vegetable Blend, Wheat Roll, Cookie		

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

TIPS & HIGHLIGHTS

Fun Activities to do on Thanksgiving

- 1) **Volunteer at a Soup Kitchen or Food Pantry:** Before your own meal goes in the oven, get a group together to serve others. Lots of soup kitchens and food pantries welcome volunteers to give the less fortunate a happy turkey day. See if one near you does, too.
- 2) **Thanksgiving Bingo:** It doesn't get much more classic than a rousing game of Bingo. Give the game a festive spin by downloading free printable Turkey Day-themed cards online. Use pieces from other board games, hard-shelled candies, buttons or even pennies to cover the squares.
- 3) **Craft a Family Tree:** When the whole family gathers for the holiday, put together a family tree to commemorate your connection. Using everyone's fingerprints as the leaves will make it even more personal.
- 4) **Thanksgiving Trivia:** Ignite some friendly competition by putting your group's knowledge of Thanksgiving trivia to the test. You'll have fun seeing everyone get riled up over history, and might even learn a little something along the way.
- 5) **Turkey Tag:** Things can get competitive when you play turkey tag. Create a turkey clip and stick it on other family members' clothes when they're not looking. Then, when they find it, it's their turn to do the same.
- 6) **Bake Dessert:** Who says the whole family can't help with the big meal? Bake some Thanksgiving shape cookies and have the kids decorate them.
- 7) **Black Friday Planning:** Get ready for the post-Thanksgiving shopping spree by getting out the newspaper ads (or pulling them up online) and putting together your plan of attack. It's also a great chance to give gift hints!
- 8) **Fall Wreath Crafting:** Get a wreath form at the craft store and some supplies or ask your guests to bring their own contributions for a crafty and pretty fall wreath. Then, proudly display the results for all to see.
- 9) **Gratitude A to Z:** To keep conversation rolling at the table, ask everyone what they're grateful for — with a twist. The first answer has to start with A, then the next one starts with B, and so on throughout the alphabet.
- 10) **Mini Pumpkin Hunt:** Coming up with genius places to hide the eggs before the big Easter egg hunt is just as much fun for adults as finding them is for kids. But don't limit it to springtime. Instead of eggs, hide miniature pumpkins or gourds and let the kiddos loose in the yard to find them all. They can double as a centerpiece once they're all unearthed.

Happy
Thanksgiving



Marie Scott
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Created by
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HAPPY THANKSGIVING WORD SEARCH

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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|-----------------|-------------|-------------|----------------|
| 1. THANKSGIVING | 5. THANKFUL | 9. STUFFING | 13. PUMPKIN |
| 2. HOLIDAY | 6. FOOD | 10. SALAD | 14. PIE |
| 3. FAMILY | 7. TURKEY | 11. BREAD | 15. VEGETABLES |
| 4. FRIENDS | 8. POTATOES | 12. YAM | 16. HAM |



Easy Pumpkin Pie

Ingredients:

- 1 (14.1 oz.) package refrigerated piecrusts
- 1 1/2 cups plus 2 Tbsp. buttermilk, divided
- Parchment paper
- 1 (15 oz.) can pumpkin
- 3/4 cup sugar
- 1/2 teaspoon kosher salt
- 2 teaspoons ground cinnamon
- 1 tablespoon vanilla extract
- 2 large eggs
- 1 large egg yolk

Directions:

1. Preheat oven to 425°. Fit 1 piecrust into a 9-inch metal pie pan according to package directions, pressing the excess dough onto rim of pie pan. Cut shapes from remaining piecrust to use around pie edge. (We used a 1/2-inch round cutter.) Brush 1 Tbsp. buttermilk around pie edge; arrange shapes around pie edge, pressing to adhere. Brush shapes with 1 Tbsp. buttermilk. Prick bottom and sides of piecrust 8 to 10 times with a fork. Line piecrust with parchment paper, and fill with pie weights. Bake 15 minutes.
2. Whisk together pumpkin, next 6 ingredients, and remaining 1 1/2 cups buttermilk in a large bowl. Pour mixture into piecrust.
3. Bake at 425° for 10 minutes. Reduce heat to 325°, and bake 35 to 40 more minutes or until edge of filling is slightly puffed and center is slightly jiggly. Cool on a wire rack 1 hour. Store in refrigerator up to 2 days.