

# DENISON SENIORS

## MONTHLY NEWSLETTER

OCTOBER 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

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


- October 1st: International Coffee Day
- October 4th: National Taco Day
- October 5th: National Do Something Nice Day
- October 10th: Columbus Day
- October 26th: Worldwide Howl at the Moon Day
- October 28th: National First Responder Day
- October 31st: Halloween

## City Council Meetings

- October 3rd: 6pm City Hall
- October 17th: 6pm City Hall












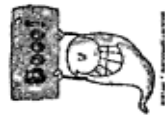


## Events

- October 1st: Senior Dance (\$, 7-10pm SNAP Center)
- 
- October 1st: 35th Annual Fall Festival (300—700 blocks of Main St.)
  - October 4th: National Night Out with Denison Police Dept. (5:30pm—7:30pm Forest Park)
  - October 7th: Chair Volleyball Tournament
  - October 8th: Eisenhower's Birthday (8:00am—3:00pm Eisenhower Veterans' Monument)
  - October 21st: Yellow Jacket Tailgating (5:00pm Forest Park)  
Denison vs Princeton Football Game (7:30pm Munson Stadium)
- 
- October 28th: Art in the Hall (5:00pm—7:00pm City Hall)
  - October 31st: Monsters on Main (5:30pm—7:00pm Main Street)

*\*\$ indicates fee associated\**

# Meals on Wheels September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2	3 Beef Enchiladas with Red Sauce Mexican Rice Black Beans Vanilla Pudding	4 Breaded Fish Pinto Beans Coleslaw Hush Puppies Fresh Fruit	5 Chicken Florentine Mashed Potatoes Beets Dinner Roll Mixed Berry Parfait	6 Spaghetti with Meat Sauce Broccoli Garlic Bread Fruit Cup	7 Taco Salad Shredded Cheese Tortilla Chips & Salsa Fresh Fruit	1
9	10 Swiss Steak Spinach Yellow Squash Wheat Roll Vanilla Pudding 	11 Pork Roast with Gravy Sweet Potatoes Green Beans Wheat Bread Fresh Fruit	12 BBQ Riblet Baked Beans Potato Salad Wheat Roll Peach Crisp	13 Chicken Pot Pie Kale Salad with Mandarin Oranges Stewed Tomatoes Cookie	14 Goulash Italian Blend Vegetables Diced Beets Wheat Roll Fresh Fruit	15 
16 	17 Herb Baked Chicken Broccoli Cauliflower Wheat Bread Apple Crisp	18 Hearty Vegetable Soup Tomato Cucumber Salad Tuna Salad Crackers (2) Fresh Fruit	19 Braised Swiss Patty Macaroni & Cheese Sweet Peas Wheat Bread Fruit Salad with Whipped Cream	20 Arroz Con Pollo Roasted Corn & Peppers Cornbread Cookie	21 Hamburger Lettuce, Tomato, Onion Oven Baked Fries Hamburger Bun Fresh Fruit	22 
23	24 Minestrone Soup Chef Salad w Dressing Carrot Raisin Salad Crackers (2) Fruit Hash	25 Ham & Pinto Beans Cabbage Oven Fried Okra Cornbread Fresh Fruit	26 Pot Roast with Gravy Garlic Mashed Potatoes Peas & Carrots Wheat Roll Fruited Cherry Gelatin	27 Oriental Cherry Chicken with Rice Broccoli Florets Egg Roll Cookie	28 Salmon Croquettes Corn Normandy Blend Vegetables Hush Puppy (2) Fresh Fruit	29 <b>**Due to ongoing supply chain shortages, Menu items are subject to change if unavailable for purchase.**</b>
30 	31 Chicken Tenders with Cream Gravy Oven Fries Vegetables Mixed 5 way Wheat Roll Cinnamon Apples					

For questions regarding Meals on Wheels, please reach out to

Ben Mandeville at 903-463-1711.

# TIPS & HIGHLIGHTS

## Can You Hear That?

An old man decided his old wife was getting hard of hearing. He called her doctor to make an appointment to have her hearing checked.

The doctor said he could see her in two week and, meanwhile, there's a simple, informal test the husband could do to give the doctor some idea of the dimensions of the problem.

"Here's what you do. Start about 40 feet away from her and speak in a normal, conversational tone and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

So that evening, she's in the kitchen and he's in the living room, and he says to himself, "I'm about 40 feet away; let's see what happens."

"Honey, what's for supper?" No response.

So he moves to the other end of the room, about 30 feet away. "Honey, what's for supper?" No response.

So he moves into the dining room, about 20 feet away. "Honey, what's for supper?" No response.

On to the kitchen door, only 10 feet away. "Honey, what's for supper?" No response.

So he walks right up behind her. "Honey, what's for supper?"

"For the 5th time, CHICKEN!"





# HALLOWEEN WORD SEARCH

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



Bat  
Pumpkin  
Halloween  
Mummy  
Vampire  
Witch  
Spooky  
Trick or Treat

Fun  
Ghost  
Costume  
Skeleton  
Candy  
Scary  
Monster  
Haunted House





# Saucy Spider with Hairy Leg

## Ingredients:

1. 2 balls pizza dough (thawed if frozen)
2. 1/4 c. grated Parmesan (1 oz)
3. 2 tbsp. grated Parmesan (1 oz)
4. 1 large pitted black olive
5. 2 c. marinara sauce

## Directions:

1. Heat oven to 375°F. Line 2 large baking sheets with parchment paper.
2. Make the spider: Cut 1 ball of dough in half. Shape one half into a 5-in. ball to make the spider body. Cut a 1 1/2-in. strip from the remaining half and shape into a 2 1/2-in. ball to make the head. Cut the remaining dough into 8 strips and roll each strip into a 6-in. rope to make the legs.
3. Arrange the body, legs and head on one of the prepared baking sheets to resemble a spider, gently pressing all of the pieces of dough together. Brush the entire spider with some of the egg.
4. Sprinkle the legs with 2 Tbsp Parmesan. Place 2 of the olive slices on the top of the head for eyes and 2 on the bottom for

pincers. Bake until golden brown, 25 to 30 minutes (covering the legs with foil if browning too quickly).

4. Meanwhile, make the spider leg sticks: Cut the remaining ball of dough into 8 pieces. Roll each piece into a 3/4-in.-thick rope. Cut each rope into various lengths. Taper one end of each piece and slightly bend the other to resemble legs. Place on the second baking sheet. Brush with the remaining egg and sprinkle with the remaining 1/4 cup Parmesan. Bake until golden brown, 15 to 20 minutes.
5. Warm the marinara sauce.
6. Using a knife, hollow out the body of the spider and fill with the warm sauce.

Serve with the leg sticks.