

# 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 (\$)

### 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

- May 2: National Teacher Day
- May 5: Cinco de Mayo
- May 6: National Nurses Day
- May 8: Mother's Day
- May 30: Memorial Day

## City Council Meetings

- May 2: 6pm City Hall
- May 16: 6pm City Hall



## Events

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



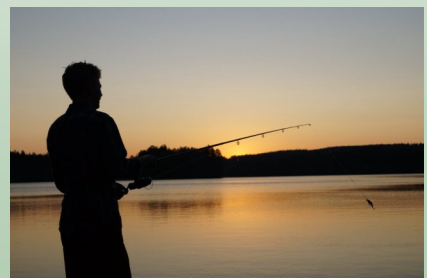
- May 14: Beat the Heat 5K (\$, 8am THF Park)
- May 19: Ice Cream Social (6-7:30pm THF Park)



- May 27: Music on Main (7pm Forest Park)



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



*\*\$ indicates fee associated\**

# Meals on Wheels May 2022 Menu

Mon	Tue	Wed	Thu	Fri
2 SantaFe Pork Patty, Sweet Corn & Peppers Blend, Brussel Sprouts, Wheat, Bread, Fruit Hash	3 Chicken & Rice Casserole, Sugar Snap Peas, Carrots, Fresh Fruit	4 Swiss Steak Cauliflower with Pimentos, Carrot, Pineapple Salad, Roll, Blonde Bar	5 Tater Tot Casserole, Spinach, Zucchini & Tomatoes, Wheat Bread, Cookie	6 Salmon Croquette, Macaroni & Cheese, Vegetable Blend Five Way, Hush Puppies(2), Fresh Fruit
9 Spaghetti with Meat Sauce, Green Beans, Carrots, Garlic Breadstick, Triple Berry Crisp	10 Beef Taco Stew, Lettuce & Tomato Salad (dressing), Tortilla Chips, Fresh Fruit	11 Chicken and Dressing Casserole, Mashed Potatoes, Normandy Blend Vegetables, Wheat Roll, Lime Gelatin with Pear	12 Braised Swiss Patty, Macaroni & Cheese, Spinach, Cookie	13 SantaFe Chicken, Spanish Rice, Pinto Beans, Cornbread, Fresh Fruit
16 Turkey & Rice Casserole, Zucchini & Tomatoes, Sweet Potatoes, Pear Crisp	17 Meatloaf, Spinach, Coleslaw, Wheat Bread, Fresh Fruit	18 Lasagna, Tossed Salad with Dressing, Italian Vegetables, Garlic Breadstick, Chocolate Cake	19 Pork Loin, Cabbage, Carrots, Biscuit, Cookie	20 Rosemary Chicken Sandwich, Lettuce, Tomato & Onion, Oven Fries, Hamburger Bun, Fresh Fruit
23 Jambalaya, Fried Okra, Beets, Cornbread, Fruit Cocktail	24 Swiss Steak, Scandinavian Vegetables, Tomato Cucumber Salad, Wheat Bread, Fresh Fruit	25 SantaFe Chicken, Black Beans, Roasted Corn with Peppers, Wheat Bread, Poke Cake	26 Meatballs with Brown Gravy over Fluffy Rice, Sugar Snap Peas, Spicy Buttered Carrots, Wheat Roll, Cookie	27 Salmon Croquette, Oven Fries, Coleslaw, Hush Puppies(2), Fresh Fruit
30 CLOSED	31 Chicken Fried Steak with Gravy, Sour Cream & Chive Mashed Potatoes, Green Beans with Onion, Wheat Roll, Fresh Fruit	1	2	3

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

# TIPS & HIGHLIGHTS

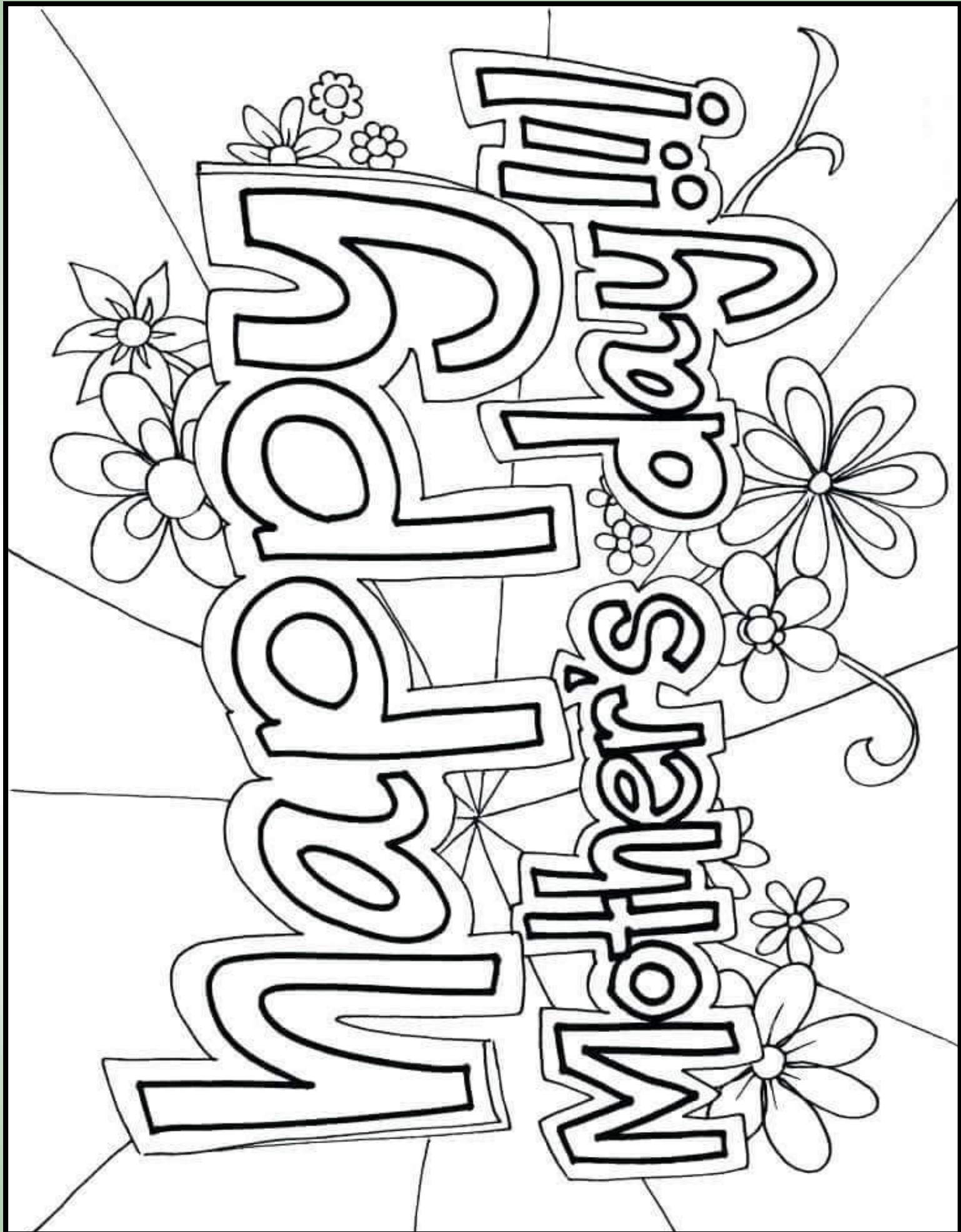
## Chair Volleyball

With the co-sponsorship of Sher-Den Home Health, the chair volleyball program has had great success! The program now has enough individuals participating to form a team, the Denison Mighty Dragons. If you are interested in playing, stop by on Tuesdays from 11:30am—12:30pm to join the fun! This is a FREE program for those 55 years old and up.



## Aerobic Exercises for Seniors

- **Walking:** Walking is one of the best forms of cardio for older adults and can be modified to match the pace, distance, or time that feels right for the individual. It requires good balance, but can be effective if a person uses a cane or walker.
- **Cycling:** Whether using an outdoor bicycle or a stationary bike, cycling requires the use of larger muscles, including the quadriceps and hamstrings, leading to increased blood flow and demand on the heart and lungs. Like with other forms of cardio, when this demand is repeated, the body adapts by increasing its capacity to tolerate the added load, making the exercise beneficial for the heart and the lungs. Cycling is also a non-impact activity, which can be beneficial for anyone who needs to reduce ground reaction forces during exercise to help with joint or muscle pain or dysfunction.
- **Dancing:** Whether you're into Zumba, line dancing, or tango, moving your body (including your hips) with continuous dancing definitely counts as cardio. Dancing not only elevates the heart rate, but also improves balance, strengthens multiple large muscle groups, and lifts your spirits. Pair it with a partner or group, and you've got yourself a social and physical workout.
- **Nature walks:** Whether along a creek, at the beach, or on a mountain, walking in nature can challenge the body's proprioception, or awareness of itself in space. Walking on various terrain can improve strength, agility, and balance for safer movement overall.



# Memorial Day Word Search

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

AMERICAN  
COMMEMORATE  
FLAGS  
GRAVE  
HONOR  
OBSERVANCE  
SACRIFICE  
SOLDIERS

ANTHEM  
DECORATION  
FLOWERS  
HEROES  
MAY  
PATRIOTIC  
SALUTE  
VETERANS

CEMETERY  
FALLEN  
FREEDOM  
HOLIDAY  
MEMORIAL  
REMEMBRANCE  
SERVICE  
WAR

# Blueberry Cobbler



## Blueberry Cobbler

Serves 8-10

### Instructions:

1. Preheat oven to 350° F.
2. Spread blueberries in a 9x13 baking dish. Drizzle with lemon juice. Set aside.
3. In a medium bowl, combine flour, 1 ½ cups sugar, milk, butter, baking soda, ½ teaspoon salt, vanilla, nutmeg, and mace. Spoon over berries in an even layer.
4. Combine remaining 1 ½ cups sugar, ½ teaspoon salt, and cornstarch. Sprinkle mixture over the batter.
5. Pour boiling water evenly over top of cobbler. Poke a few holes down in the batter with the handle of a wooden spoon.
6. Bake cobbler at 350° F for 1 hour or until berries are bubbling and top is golden brown.
7. Remove from the oven and serve warm or at room temperature.

### Ingredients:

- 5 cups of fresh or frozen blueberries
- 2 tablespoons fresh lemon juice
- 2 cups flour
- 3 cups sugar, split
- 1 cup whole milk
- 5 tablespoons butter, softened
- 2 teaspoons baking soda
- 1 teaspoon salt, split
- ½ teaspoon vanilla extract
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground mace
- 2 tablespoons cornstarch
- 1 ½ cups boiling water

