

DENISON SENIORS

MONTHLY NEWSLETTER

SEPTEMBER 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.

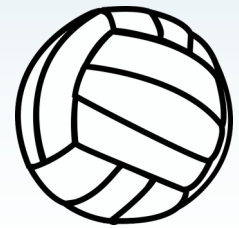
Aqua Fit at Waterloo Pool

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

- September 4th: Eat an Extra Dessert Day
- September 5th: Labor Day
- September 19th:
International Talk Like A Pirate Day
- September 23: National Great American Pot Pie Day

City Council Meetings

- September 6th: 6pm City Hall
- September 19th: 6pm City Hall



Events

- September 3: Senior Dance (\$, 7-10pm SNAP Center)



- September 9: Yellow Jacket Tailgating (5:00pm Forest Park)
Denison vs Kennedale Football Game (7:30pm Munson Stadium)

- September 23: Yellow Jacket Tailgating (5:00pm Forest Park)







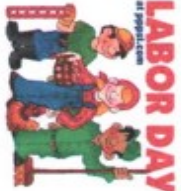


Denison vs Lovejoy Football Game (7:30pm Munson Stadium)



- September 24: Denison's 150th Birthday Celebration (11:00am—3:00pm Forest Park)
- September 25: Community-Wide Worship Service (6:00pm Munson Stadium)

\$ indicates fee associated

Meals on Wheels September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4	5 CLOSED 	6 Spaghetti with Meat Balls Italian Vegetable Blend Lettuce and Tomato Salad with Dressing Garlic Bread Fresh Fruit	7 Pot Roast Normandy Blend Vegetables Scalloped Potatoes Wheat Roll Orange Trifle	8 Chicken Pot Pie Beets Zucchini Cookie	9 Salisbury Steak Macaroni & Cheese Broccoli Wheat Bread Fresh Fruit	10
11	12 Stuffed Bell Pepper Carrot Raisin Salad Vegetable Blend Capri Wheat Bread Peach Crisp	13 Oven Fried Chicken Potato Salad Green Beans Wheat Rolls Fresh Fruit	14 Smothered Pork Chop Yellow Squash Spinach Biscuit Royal Brownies	15 Meatloaf Vegetable Blend 5 Way Cabbage Wheat Bread Cookie	16 Pollock Strips French Fries Wedge Cut Broccoli Slaw Hush Puppies (2) Fresh Fruit	17
18	19 Salmon Croquette Macaroni & Cheese Five Way Vegetable Blend Hushpuppies (2) Fruit Hash	20 Santa Fe Pork Patty Sweet Corn & Pepper Blend Brussel Sprouts Wheat Bread Fresh Fruit	21 Chicken & Rice Casserole Sugar Snap Peas Carrots Blonde Bar	22 Swiss Steak Cauliflower with Pimientos Carrot Pineapple Salad Wheat Roll Cookie 1st Day of Fall	23 Lasagna Tossed Salad with Dressing Italian Vegetable Blend Garlic Breadstick Fresh Fruit	24 
25 	26 Smothered Pork Chop Okra & Tomatoes Winter Blend Vegetables Biscuit Vanilla Berry Pudding	27 Beef Pepper Steak Yellow Squash Green Beans Wheat Bread Fresh Fruit	28 Chicken Divan Carrots Garlic Breadstick Apple Cobbler	29 Beef Stew Cole Slaw Cornbread Cookie	30 BBQ Sandwich Potato Salad Ranch Style Beans Hamburger Bun Fresh Fruit	**Due to ongoing supply chain shortages, Menu items are subject to change if unavailable for purchase.**

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

TIPS & HIGHLIGHTS

What to Plant in the Fall

Vegetables to Plant in the Fall

You can grow a lot of tasty vegetables during fall, but many of them actually have to be planted during mid to late summer. However, you can plant some frost-resistant vegetables successfully as the days grow shorter and the weather cools. When starting seeds, be sure to add a week or two to the maturity date. This accounts for the fact that the days are getting shorter rather than longer this time of year.



Garlic
Fava Beans
Radishes
Loose Leaf Lettuce
Leafy Brassicas (like kale, turnips, mustard greens, and collards)
Parsnips

Flowers to Plant in the Fall

There are many interesting fall flowers. Fall is the perfect time to plant perennials for next year, either by dividing and replanting existing plants, planting bulbs, or sowing seeds that benefit from in-ground cold stratification over winter. There are also some annuals that bloom in cool fall weather, making them an ideal choice for fall planters and flower beds.

Chrysanthemums
Calendula
Fall Bulbs
Strawberry Runners
Perennial Flower Seeds



Plant Shrubs and Trees in the Fall

Most trees and shrubs can be planted in the fall. Autumn is actually the ideal time to plant shrubs and trees in the ground, within appropriate hardiness zones. Be sure to get them in the ground six weeks before the first frost is expected to give their roots time to get established before it gets too cold. This will allow them to become stronger during winter. As a result, they'll be well established and strong by the time spring arrives, and they start putting on leaves and, in some cases, preparing to bloom.



Name: _____

September Word Search



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



SEPTEMBER

SCHOOL

ACORN

SUNFLOWER

CLASSROOM

LABOR DAY

FALL

AUTUMN

HARVEST

SAPPHIRE

MORNING GLORY

EQUINOX

PATRIOT DAY

CONSTITUTION DAY

ASTER





Easy Chicken Pot Pie

Instructions:

1. Preheat oven to 350° F.
2. Boil potatoes until soft.
3. Mix soup, vegetables, potatoes, and chicken into a mixing bowl, careful not to squish potatoes and peas. Season with salt and pepper, as desired.
4. Press one pie crust into a deep pie pan. Trim the edges, if necessary.
5. Pour the filling into pie crust and smooth. Top with the remaining crust, crimping the edges to seal.
6. Cut slits in pie crust to let the steam escape.
7. Bake for 30-40 minutes until the crust is light brown and the pot pie is heated through.

Ingredients:

1. 1 package refrigerated pie dough
2. 10.5 oz cream of chicken soup
3. 14.5 oz canned carrots (drained)
4. 14.5 oz canned peas (drained)
5. 2 medium russet potatoes (cut in 1 inch cubes)
6. 12.5 oz canned chicken (drained)