

# DENISON ACTIVE ADULTS 55+ NEWSLETTER

June 2024

**Page 1: Monthly Activities**  
**Page 2: Activity Descriptions**  
**Page 3: Mark Your Calendars**  
**Page 4–11: Highlights**  
**Page 12: Coloring Page**  
**Page 13: Word Search**  
**Page 14: Recipe**



## Mondays

9:00am Ladies Exercise  
9:00am Game Time  
9:30am Jazzercise (\$)  
11:00am MOW Lunch  
5:30pm Jazzercise (\$)

## Wednesdays

9:00am Ladies Exercise  
9:00am Game Time  
9:30am Jazzercise (\$)  
11:00am MOW Lunch  
5:30pm Jazzercise (\$)

## Fridays

9:00am Ladies Exercise  
9:30am Live Band  
9:30am Jazzercise (\$)  
11:00am MOW Lunch

## Tuesdays

9:00am Aqua Fit  
(\$, Waterloo Pool)  
9:30am Bingo  
11:00am MOW Lunch  
11:30am Chair Volleyball  
1:00pm VitalityFit  
5:30pm Jazzercise (\$)  
7:00pm Country Dance  
Lessons (\$)

## Thursdays

9:00am Aqua Fit  
(\$, Waterloo Pool)  
9:30am Live Band  
11:00am MOW Lunch  
1:30pm VitalityFit  
2:45pm Chair Volleyball  
5:30pm Jazzercise (\$)

*\*\*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.

## VitalityFit

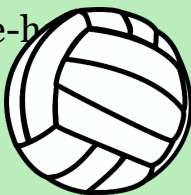
This new exercise class is designed for active aging adults to help in areas such as:

- ◆ Muscle Strengthening
- ◆ Overall Endurance
- ◆ Range of Motion
- ◆ Balance
- ◆ Fall Prevention

## Chair Volleyball

Chair volleyball is offered at the Denison Senior Center for those over 55 years of age on Tuesdays at 11:30am and Thursdays at 2:45pm for FREE. All equipment will be provided.

Chair volleyball provides a fun way to be active while increasing your range of motion, flexibility, muscle strength, endurance, dexterity, reflexes, eye-hand coordination, and socialization.



## 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.

## 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



## Senior Ladies' Exercise

This is a FREE, moderate-intensity exercise program that involves standing, bending, stretching, and using weights while sitting.

# ***MARK YOUR CALENDARS!***

## **Holidays**

- June 1st : National Play Outside Day
- June 2nd : National Cancer Survivors Day
- June 5th : World Environment Day
- June 6th : D-Day
- June 8th : National Best Friends Day
- June 11th : National Making Life Beautiful Day
- June 14th : Flag Day
- June 15th : World Elder Abuse Awareness Day
- June 16th : Father's Day
- June 18th : International Picnic Day & National Go Fishing Day
- June 19th : Juneteenth

## **City Council Meetings**

- June 3rd: City Hall—6:00pm
- June 17th : City Hall—6:00pm
- June 28th : Special Session, Hilton Garden Inn—8:00am

## **Events**

- June 1st : Catfish Rodeo (Waterloo Lake 9:00– 11:30am, \$)
- June 1st : Senior Dance & Potluck (Senior Center 5:00pm—8:00pm, \$)
- June 1st : Guided Nature Walk (Waterloo Lake Regional Park 9:00am – 10:30am)
- June 8th : Pickleball PlayDay (The Backyard at Waterloo, 8:00am – 11:00am)
- June 8th : North Texas Arts Festival (Forest Park 10:00am—5:00pm)
- June 14th : TMC Lunch & Learn (Denison Public Library 12:00-1:00pm)
- June 12th : Senior Craft Event (Senior Citizens Center 2:00—3:00pm)
- June 14th : StoryWalk at THF (10:00am—11:00am)
- June 20th : Eisenhower Book Club (Denison Public Library 3:00pm)
- June 22nd : City Wide Shred Event (Munson Park 9:00am—12:00pm)
- June 27th : Lunch and Learn (Senior Center 12:00—1:30pm)
- June 29th : Movie in the Park (Forest Park 8:00pm)

# Seniors!

# BIG DANCE



Saturday June 1<sup>st</sup>

5:00 - 8:00<sup>PM</sup>

Chuck Willis & The Misfits

Old Country and Rock & Roll

Denison Senior Center  
Admission \$5

531 WEST CHESTNUT STREET





**Parks and Recreation and  
Public Library**

# *Paper Flowers Craft*

**Denison Senior Citizens Center**

Wednesday, June 12th  
2:00 – 3:00 PM

Call to Register  
by June 10th  
to reserve spot



Call: 903-465-2720 ext. 2031

# Denison Public Library Events

## EISENHOWER BOOK CLUB

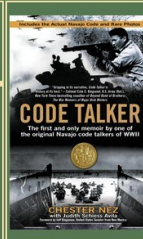
••• FOR MORE INFORMATION •••

Hayley Hasik - hayley.hasik@thc.texas.gov or 903.465.8908  
Zoe May - zmay@cityofdenison.com or 903.465.1797



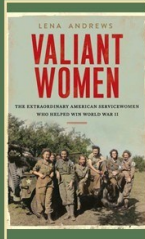
**MAY 16 @ 3PM**

E.B. Sledge, *With the Old Breed: At Peleliu and Okinawa* (2007)



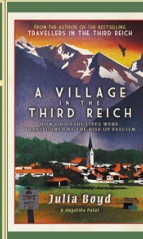
**JUNE 20 @ 3PM**

Chester Nez, *Code Talker: The first and only memoir by one of the original Navajo code talkers of WWII* (2012)



**JULY 18 @ 3PM**

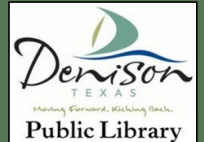
Lena Andrews, *Valiant Women: The Extraordinary American Servicewomen Who Helped Win World War II* (2023)



**AUG 15 @ 3PM**

Julia Boyd and Angelika Patel, *A Village in the Third Reich: How Ordinary Lives Were Transformed by the Rise of Fascism* (2023)

TEXAS  
HISTORICAL  
COMMISSION  
REAL PLACES TELLING REAL STORIES



## Lunch & Learn with Texoma Medical Center

### Dysphagia/Swallowing Disorders

Instructor: Sarah Welch

CCC-SLP, Speech Language Pathologist

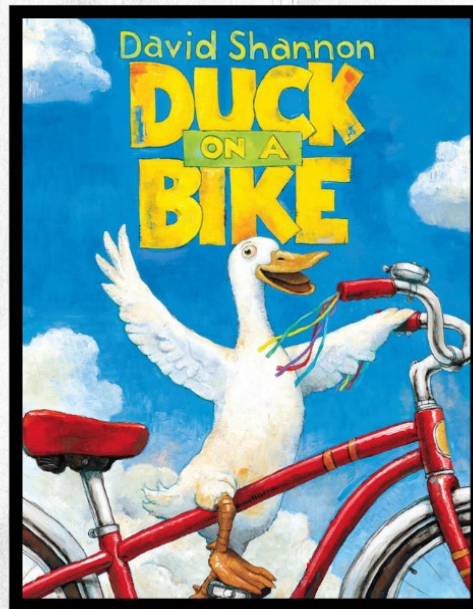
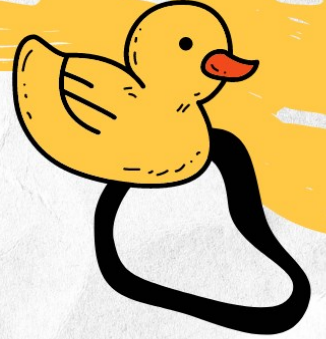
Friday, June 14<sup>th</sup>  
12pm – 1pm  
Denison Public Library




Registration required  
First 25 people to register  
get a free lunch

See the Denison Public Library  
Eventbrite page to register online  
or call **903-465-1797**

# JUNE STORYWALK



  
Denison  
TEXAS  
Parks and Recreation and  
Public Library



Friday, June 14th  
@ THE Park (3801 US 75)  
10:00-11:00 AM

GET READY FOR A QUACKING GOOD TIME WITH  
YOUR GRANDKIDS! JOIN US FOR DUCK-THEMED  
GAMES THAT WILL HAVE EVERYONE SMILING  
FROM EAR TO EAR!



# CITY-WIDE SHRED EVENT



The City of Denison is hosting a Shred Day! Whether it be one item or several, citizens are welcome to bring documents (with staples and paper clips are okay) or even spiral notebooks to be disposed of in a secure manner.

This service is FREE to the community. Residents must show proof of residency by way of water bill or driver's license.

**SATURDAY**

**06/22/2024**

From 9AM - 12PM

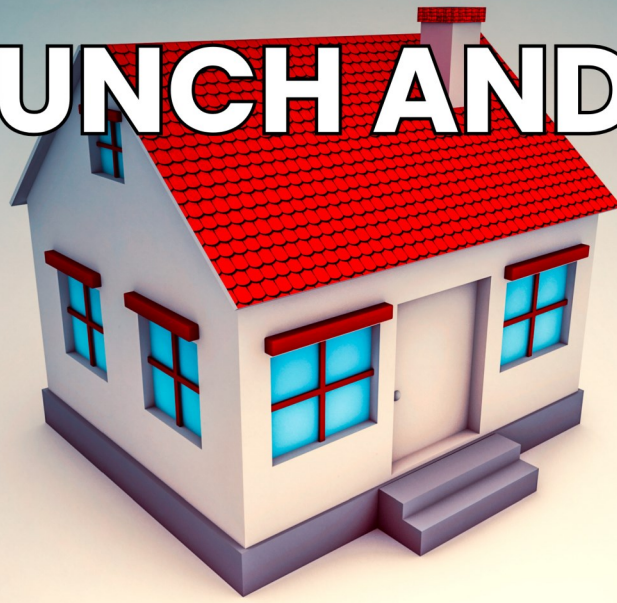
AT MUNSON PARK

Find more information at  
[www.cityofdenison.com](http://www.cityofdenison.com)

Contact us at  
[cityclerk@denisontx.gov](mailto:cityclerk@denisontx.gov)



# LUNCH AND LEARNS



# MORTGAGE

**THURSDAY,  
JUNE 27TH**

**12:00-1:30 PM**

**DENISON SENIOR  
CITIZENS CENTER**

**531 W CHESNUT ST  
DENISON, TX 75020**

RSVP by June 27th to  
ensure your provided  
meal.

**ALL AGES WELCOME!**

To register, follow these  
options!

- Call 903-465-2720 ext. 2031
- Register on our website

PRESENTING

**MICHELLE CASTLE**

from Guild Mortgage

**THURSDAY, JUNE 27TH | 12:00-1:30 P.M.**

**Senior Savvy:  
A Q&A Session on Finance, Credit,  
and Homeownership**



[www.cityofdenison.com/parksrec](http://www.cityofdenison.com/parksrec)



531 W. Chestnut St., Denison, TX

The City of Denison Presents

Movie  
in the  
Park

JUNE 29TH  
8:00 PM | FOREST PARK

742126

ADMIT ONE

COST: FREE, OPEN TO THE PUBLIC

\*POPCORN AND DRINKS  
AVAILABLE FOR PURCHASE

BRING YOUR BLANKETS AND LAWN CHAIRS

📍 300 W CRAWFORD ST, DENISON, TX 75020

742126



# VitalityFit: Thrive & Strive Active Aging Class

**Denison Senior Citizens Center**  
**Tuesdays 1:00-2:00 PM**  
**Thursdays 1:30-2:30 PM**

**This class is designed to help in areas such as:**

- Muscle Strengthening
- Overall Endurance
- Range of Motion
- Balance
- Fall Prevention

Embark on a journey to unlock the full potential of your well-being as we focus on enhancing muscle strength, boosting overall endurance, improving range of motion, refining balance, and championing fall prevention. This dynamic class is thoughtfully crafted to empower you to live life to the fullest and embrace the vitality within.

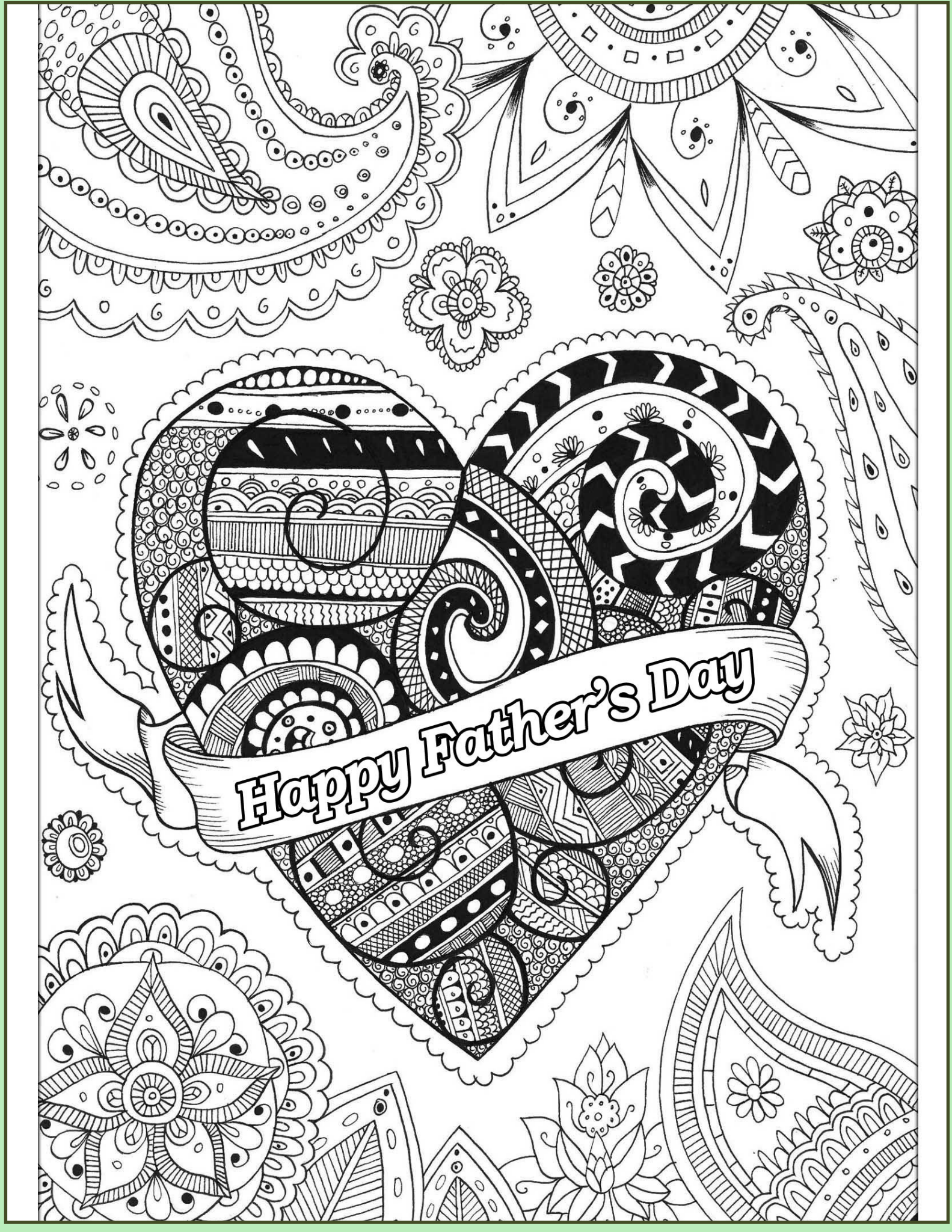
- Much of the class is done while seated in a chair
- Please consult with your healthcare provider before starting any kind of fitness routine
- Determine if you have limitations or need to make adjustments
- All Class participants must complete a liability waiver prior to participating

**55+**

 [www.cityofdenison.com/parksrec](http://www.cityofdenison.com/parksrec)

 903-465-2720 ext. 2031

 531 W. Chestnut St., Denison, TX



Happy Father's Day

Name: .....

Date: .....

# Summer Word Search

### Instructions

Find the hidden words in the puzzle and circle them.

The words can go up, down, left, right, or diagonally. Make sure to look in all directions to find all the words. Good luck!



- Sun
- Beach
- Pool
- Vacation
- Ice cream
- Hot
- Barbecue
- Lemonade
- Sandals
- Relaxation
- Ocean
- Fireworks
- Camping
- Hat
- Mosquitoes
- Waterpark
- Travel
- Popsicle
- Fireflies
- Boat

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

# Peach Salsa



## Directions:

1. Peel and dice the peaches. Finely chop the red onion. Remove the stem, seeds, and ribs of the jalapeño pepper and mince half of the pepper (or add more to taste). Chop the cilantro.
2. Mix all ingredients together, then add the lime juice and a few pinches kosher salt. Eat immediately or after 5 minutes to let the flavors meld.

## Ingredients:

- 4 ripe peaches
- 1/2 medium red onion
- 1/2 jalapeño pepper
- 1 handful fresh cilantro
- 1 lime
- Kosher salt

**Do you have an AMAZING recipe you would like to have featured in the monthly newsletter?**

**Submit your recipe to Virginia in Parks & Rec : [vcantrell@cityofdenison.com](mailto:vcantrell@cityofdenison.com)**