**Jazzercise**

What is Jazzercise?

We develop and market fun and effective fitness programs and products that enhance the well-being of people of all ages.

Choreographed to today’s hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today!

Monday through Friday at 5:30 pm

Call for pricing 903.821.5135

Email: denisonjazzercise@cableone.net

**Jazzercise will resume on June 1st—Call 903.821.5135 for more details on classes.**

Meals on Wheels is continuing deliveries to our seniors. For any questions, please contact 903-463-1711.

Senior Activities For AUGUST

All activities have been cancelled until further notice. The SNAP Center is closed to public until further notice. Meals on wheels is still delivering meals.

We miss you— we will see you soon!

Stay Safe. Stay Healthy.
A Taste of Summer

Chicken Salad with Bacon, Lettuce, and Tomato

Ingredients

- 5 Slices of Bacon
- 3 cups diced cooked chicken
- 1 cup chopped fresh tomato
- 2 stalks celery, thinly sliced
- 3/4 cup mayonnaise
- 2 tablespoons minced green onion
- 1 tablespoon chopped parsley
- 1 teaspoon lemon juice
- 1 dash Worcestershire sauce
- 1 pinch salt and black pepper to taste
- 12 leaves romaine lettuce
- 1 large avocado, sliced

STEPS

1) Place bacon in a large skillet and cook over medium-heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels; crumble.

2) Stir chicken, bacon, tomato, and celery together in a bowl.

3) Whisk mayonnaise, parsley, green onions, lemon juice, Worcestershire sauce, salt, and black pepper together in a bowl until dressing is smooth. Pour dressing over chicken mixture; toss to coat. Refrigerate until chilled, at least 30 minutes.

4) Stir chicken mixture and serve over romaine lettuce leaves; garnish with avocado slices.
In a small Italian town, hundreds of years ago, a small business owner owed a large sum of money to a loan-shark. The loan-shark was a very old, unattractive looking guy that just so happened to fancy the business owner’s daughter.

He decided to offer the businessman a deal that would completely wipe out the debt he owed him. However, the catch was that he would only wipe out the debt if he could marry the businessman’s daughter. Needless to say, this proposal was met with a look of disgust.

The loan-shark said that he would place two pebbles into a bag, one white and one black.

The daughter would then have to reach into the bag and pick out a pebble. If it was black, the debt would be wiped, but the loan-shark wouldn’t have to marry the loan-shark.

Standing on a pebble-strewn path in the businessman’s garden, the loan-shark bent over and picked up two pebbles. Whilst he was picking them up, the daughter noticed that he’d picked up two black pebbles and placed them both into the bag.

He then asked the daughter to reach in the bag and pick one.

The daughter naturally had three choices as to what she could have done:

- Refuse to pick a pebble from the bag.
- Take both pebbles out of the bag and expose the loan-shark for cheating.
- Pick a pebble from the bag fully knowing it was black and sacrifice herself for her father’s freedom.

She drew out a pebble from the bag, and before looking at it, she ‘accidentally’ dropped it into the midst of the other pebbles. She said to the loan-shark; “Oh how clumsy of me. Never mind, if you look into the bag for the one that is left, you will be able to tell which pebble I picked.”

The pebble left in the bag was obviously black, and seeing as the loan-shark didn’t want to be exposed, he had to play along as if the pebble the daughter dropped was white, and clear her father’s debt.

Moral of the Story: It’s always possible to overcome a tough situation through out of the box thinking, and not give in to the only options you think you have to pick from.

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Creative Thinking

Thinking Out of the Box
Wattpad Purple_Pixi3

Morning workouts can act as a wake-up call for your body and brain. They get your blood flowing, introduce large amounts of oxygen into your body, and help your brain to be more productive. Add these moves to your daily routine to help you feel more energized and focused.

Alternating Jumping Jack

Stand tall with your feet together. Then step your right foot out to the right side and gently bend at the knees. Raise your arms as you step out to each side, bending at the elbows and bringing your hands up to shoulder-level. Then, push yourself from the floor as you step your right foot back to center. Step your left foot out to the side and bring your arms up again. Remember to keep your core strong as you repeat the movements on both sides of your body. We recommend 10-20 reps, or as many as you feel comfortable doing. Challenge yourself: As you step from side to side, only raise the arm opposite your outstretched leg. For example, step or hop your right foot out, then bring your left arm up.

Squat with Rotation

Stand with your feet hip-distance apart, shift your weight to the heels of your feet, then bend your knees and sink back and down from your hips. This is a standard squat. Perform the squat a few times, then try adding a rotation. Squat, then as you come back up to standing, bring your right arm across your body to push toward the left side of the room. Repeat the squats, alternating your arm cross each time you stand up from the squat.

Standing Cat/Cow

Cat/Cow is typically performed with hands and knees on the floor, but not this time! Here’s how you get the stretching benefits of this pose while standing: Start by standing with your feet apart at a comfortable distance. Bend your knees and sink your hips back slightly. For Cow Pose, gently arch your back to open your chest and stretch your core muscles for a nice stretch. Then, move into Cat Pose by rounding your back and pulling your core muscles inward. Alternate Cat and Cow 10-20 times, or as many as you feel comfortable doing.

Running Man (or Spinal Balance)

Start standing, then step your left foot back and keep your left leg straight. Keep your right foot pressed firmly to floor with your knee gently bent and shift your weight to your right leg. Next, step your left foot forward and just past your right foot, and tap your toe to the floor. Then, step your left foot back again and tap behind you. The movements should resemble your body’s actions while running or jogging. There’s no need to rush through these moves. Moving slowly and with control will challenge and improve your balance. Repeat 10-20 times on each leg.

Challenge yourself: Increase the intensity by raising both arms when your left leg is stepping back, then as you bring your left leg forward, raise your knee up and swing your arms down and across your body toward your left hip. Try this on both legs and feel free to modify the movements to fit your style and fitness level or use a sturdy chair for support.

Your morning can set the tone for the rest of your day. Try starting your day with a little movement, and you’ll feel better physically, mentally and emotionally.
5 Ways Seniors Can Stay Active During COVID-19 Social Distancing

The coronavirus pandemic has turned life upside down for just about everyone, preventing people throughout the world from working, socializing, and performing everyday activities. Older adults — at a higher risk of serious complications from COVID-19 — are more likely to restrict their activities significantly to reduce their chances of contracting coronavirus.

Although it’s important for older adults to protect their health during the COVID-19 pandemic, it’s also vital they stay physically and mentally active. However, it can be challenging to find appropriate social distancing activities for seniors.

Here are five ways seniors can stay active while following social distancing guidelines:

1. Walking Many communities with “shelter-in-place” orders have made exceptions allowing outdoor exercise. If the weather is pleasant and it’s possible to avoid crowds, a walk around the neighborhood can provide sufficient exercise to reduce restlessness and deliver mood- and immune-boosting benefits. If your loved one must stay indoors, walking around the house or marching in place can increase daily step counts.

2. Exercise and strength training Yoga, Pilates, tai chi, and stretching can help seniors stay fit at home during “shelter-in-place” orders and can improve balance, flexibility, core strength, and overall mobility. Many instructional videos can be found online, and some are even tailored specifically for older adults. Another option is joining a virtual class hosted by an area exercise studio or senior center. Strength training is also important for seniors — and it doesn’t necessarily involve lifting heavy weights at the gym. Many strength-training exercises for the elderly can be done at home while sitting or lying down. Seniors only need their body weight and a few simple exercises to get started. If desired, they can use everyday household items such as soup cans to add weight for exercises.

3. Dancing Known for its cardiovascular benefits, dancing is a fun, low-impact way to exercise and boost endurance during long days of social distancing. As an added benefit, listening to some favorite music may even encourage your loved one to exercise their mind by taking a pleasant “walk” down memory lane.

4. Gardening For older adults who enjoy being outdoors, gardening can enhance outdoor spaces while burning calories and providing a healthy dose of fresh air. Although some older adults may not be mobile enough to dig in the dirt, there are other alternatives to reap the benefits of gardening. Potting small plants or herbs to be maintained indoors or decorating an enclosed porch or patio can provide an afternoon’s diversion and keep your loved one moving and active.

5. Arts and crafts Older adults who have limited mobility can stay active at home by participating in arts and crafts. Whether knitting, crocheting, painting, coloring, or working with clay, arts and crafts can help older adults maintain their dexterity and cognitive skills.

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**Word Search**

**Summer Ice Cream Word Search!**

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**Sudoku**

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