Dominoes

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

Senior Dance Night
The first Saturday of each month, the SNAP Center and Parks and Recreation invite all seniors 55+ to come out for a night of dancing, light refreshments and live entertainment.
The dance will begin at 7:00 pm and last until 10:00 pm. Cost is $3 per person.
So guys and gals put on your dancing shoes and come join us for a night of fun!

Dominoes
Come out Monday through Friday from 9:00 am to 11:00 am for games of Spinners Dominoes.
Every Wednesday from 9:30 am to 11:00 am we have an active group that plays 42 Dominoes.

Rusty Hinges - Waterloo Pool
Back by popular demand is the Rusty Hinges Class now on Tuesday and Thursday Morning from 9-10 AM taught by Karon Northington. All of our Fitness Classes are taught by Certified Instructors and are modifiable for anyone. But on Tuesday and Thursday the focus is off the Aerobic side and more on the Stretching and Strengthening side.
Senior Fit - Waterloo Pool
The class is designed to support older adults in their pursuit of healthy living and happy lives. It is designed to increase muscular strength, range of coordination, agility, and balance to improve the participants daily living.
Have fun and move to the music using an assortment of free weights, exercise bars and hand towels for seated and standing exercises with a trained instructor.

Senior Activities For FEBRUARY
All activities at Community Center unless stated otherwise

Mondays
9 - 9:30 Morning Moves Class
9:30 - 11 DJ Music by "T-Bone"
9 - 11 Spinners Dominoes
9 - 10 Senior Fit (pool)
11:00 Lunch
12 - 2 Memory Café (Library)
5:30 Jazzercise

Tuesdays
9:30 - 11 Bingo
9 - 11 Spinners Dominoes
9 - 10 Rusty Hinges Water Class (pool)
11:00 Lunch
5:30 Jazzercise

Wednesdays
9 - 9:30 Morning Moves Class
9 - 11 Spinners Dominoes
9:30 - 11 DJ Music by "T-Bone"
9 :30 42 Dominoes
9 - 10 Senior Fit (pool)
11:00 Lunch
10:30 Karaoke/Movie/Trivia courtesy of the Library
5:30 Jazzercise

Thursdays
9 - 11 Spinners Dominoes
9 - 10 Rusty Hinges Water Class (pool)
11:00 Lunch
5:30 Jazzercise

Fridays
9 - 9:30 Morning Moves Class
9:30 - 11 Live Band "Texas Swingers"
9 - 11 Spinners Dominoes
9 - 10 Senior Fit (pool)
9:30-11:15 Dance
11:00 Lunch
5:30 Jazzercise

Saturdays
7 -10 Senior Dance
1st Saturday

Games - Dominoes, Cards and Puzzles Every weekday

Recurring Events

Denison Seniors Newsletter Issue 12 FEBRUARY 2020

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www.cityofdenison.com
No-Bake Recipe

Cheesecake with Raspberry Sauce

Ingredients

Raspberry sauce:
- 1 pint fresh raspberries
- 1/4 cup granulated sugar
- 1 tablespoon lemon juice
- 1 tablespoon cornstarch
- 1/2 cup water

Graham cracker crust:
- 13 sheets graham crackers, crumbs (about 2 cups)
- 1/4 cup butter, melted

Cheesecake mousse:
- 1 1/2 cups [b]cold[/b] heavy cream
- 1 1/3 cup powdered (confectioners’) sugar
- 1 1/3 cup powdered (confectioners’) sugar
- 12 ounces [b]cold[/b] cream cheese (do not bring to room temp)
- 1/2 teaspoon lemon zest
- 1/2 teaspoon vanilla extract

Steps

1. **For the raspberry sauce:** add the raspberries, sugar, and lemon juice to a 1-2 quart saucepan. Combine the cornstarch and water with a whisk, when no lumps remain, add to saucepan. Bring the raspberry sauce to a boil, then let simmer for 5 minutes, stirring constantly. Mash the raspberries between the walls of the saucepan and the back of the spoon. Place a bowl underneath a mesh strainer and strain the sauce, helping the process along by pushing with the spoon. Allow the sauce to come to room temperature. Let cool in the refrigerator completely.

2. **For graham cracker crust:** combine the graham cracker crumbs with the melted bowl in a medium bowl until all the crumbs are moistened, set aside.

3. **For the cheesecake mousse:** Whip the heavy cream in an electric mixer fitted with the whisk attachment when soft peaks start to form, add in 1/3 cup of powdered sugar. Continue to beat until the peaks are stiff. Remove 1/2 cup of whipped cream to a piping bag and place the remaining whipped cream into a separate bowl, refrigerate both. In the bowl of the electric mixer, now whip together the cream cheese until smooth. Add the powdered sugar, lemon zest, and vanilla extract. Continue to beat until all the ingredients are thoroughly mixed. Stop the mixers, scrape down the sides. Fold in the remaining whipped cream that was reserved in a bowl. Be gentle when folding, do not overmix.

4. **To assemble:** Place 2-3 tablespoons of graham cracker crumbs at the bottom of your serving cups. Add in 2 tablespoons of raspberry sauce, followed by a big dollop of the cheesecake mousse. Finally, top with a piping of whipped cream. To garnish, use fresh raspberries and mint leaves.
Story of Love

Lee Shapiro is a retired judge. He is also one of the most genuinely loving people we know. At one point in his career, Lee realized that love is the greatest power there is. As a result, Lee became a hugger. He began offering everybody a hug. His colleagues dubbed him "the hugging judge" (as opposed to the hanging judge, we suppose). The bumper sticker on his car reads, "Don't bug me! Hug me!"

About six years ago Lee created what he calls his Hugger Kit. On the outside it reads "A heart for a hug." The inside contains thirty little red embroidered hearts with stickums on the back. Lee will take out his Hugger Kit, go around to people and offer them a little red heart in exchange for a hug. Lee has become so well known for this that he is often invited to keynote conferences and conventions, where he shares his message of unconditional love.

At a conference in San Francisco, the local news media challenged him by saying, "It is easy to give out hugs here in the conference to people who self-selected to be here. But this would never work in the real world." They challenged Lee to give away some hugs on the streets of San Francisco.

Followed by a television crew from the local news station, Lee went out onto the street. First he approached a woman walking by. "Hi, I'm Lee Shapiro, the hugging judge. I'm giving out these hearts in exchange for a hug." "Sure," she replied. "Too easy," challenged the local commentator. Lee looked around. He saw a meter maid who was being given a hard time by the owner of a BMW to whom she was giving a ticket. He marched up to her, gave her a heart, and waved good-bye as the bus pulled out. The TV crew was speechless. Finally, the commentator said, "I have to admit, I'm very impressed."

One day Lee's friend Nancy Johnston showed up on his doorstep. Nancy is a professional clown and she was wearing her clown costume, makeup and all. "Lee, grab a bunch of your Hugger Kits and let's go out to the home for the disabled." When they arrived at the home, they started giving out balloon hats, hearts and hugs to the patients. Lee was uncomfortable. He had never before hugged people who were terminally ill or quadriplegic. It was definitely a stretch. But after a while it became easier, with Nancy and Lee acquiring an entourage of doctors, nurses and orderlies who followed them from ward to ward.

After several hours they entered the last ward. These were 34 of the worst cases Lee had seen in his life. The feeling was so grim it took his heart away. But out of their commitment to share their love and to make a difference, Nancy and Lee started working their way around the room followed by the entourage of medical staff, all of whom by now had hearts on their collars and balloon hats on their heads.

Finally, Lee came to the last person, Leonard. Leonard was wearing a big white bib which he was drooling on. Lee looked at Leonard dribbling onto his bib and said, "Let's go, Nancy. There's no way we can get through to this person." Nancy replied, "C'mon, Lee. He's a fellow human being, too, isn't he?" Then she placed a funny balloon hat on his head. He took one of his little red hearts and placed it on Leonard's bib.

He took a deep breath, leaned down and gave Leonard a hug.

All of a sudden Leonard began to squeal, "Eeeehhh! Eeeehhhhh!"

Some of the other patients in the room began to clang things together. Lee turned to the staff for some sort of explanation only to find that every doctor, nurse and orderly was crying. Lee asked the head nurse, "What's going on?"

"Eeeeeh! Eeeeeeh!"

Lee asked the head nurse, "What's going on?"

Lee will never forget what she said: "This is the first time in 23 years we've ever seen Leonard smile."

How simple it is to make a difference in the lives of others.

Jack Canfield and Mark V. Hansen

Could hydration levels influence cognitive function?

Dehydration can cause headaches and several physiological issues, and older adults are most at risk of experiencing it. Does it also affect cognitive function, however? And might overhydration also affect mental performance?

Dehydration can cause headaches, lethargy, dizziness, and many other issues, depending on how severe it is.

Studies have tended to focus on the effects of dehydration in younger populations — especially in the context of sports and fitness, where overexertion and abundant sweating can cause people to lose more fluids than they than ingest.

However, one segment of the population is particularly susceptible to dehydration: older adults. "As we age, our water reserves decline due to reductions in muscle mass, our kidneys become less effective at retaining water, and hormonal signals that trigger thirst and motivate water intake become blunted," explains Hilary Bethancourt, Ph.D., from the Pennsylvania State University College of Health and Human Development in State College.

Older adults also have a higher risk of cognitive impairment. Are their hydration levels and their cognitive performance linked in any way? Bethancourt and colleagues set out to answer this question in a new study. Their findings now appear in the European Journal of Nutrition.

"We felt like it was particularly important to look at cognitive performance in relation to hydration status and water intake among older adults, who may be underhydrated on a regular basis," says Bethancourt, the study's first author.

Under and overhydration are both nonideal

In their study, the researchers analyzed the data of 2,506 participants — 1,271 women and 1,235 men — aged 60 and over. The Nutrition and Health Examination Survey collected these data in 2011–2014. All the participants involved in the study were able to give blood samples. They also provided information about what they had consumed throughout the day preceding the blood sample collection.

To measure each participant's hydration levels, the investigators looked at the concentration of different substances and compounds — including sodium, potassium, glucose, and urea nitrogen — in their blood.

All participants also undertook cognitive function tests, including tasks designed to assess verbal recall and fluency, and exercises focused on attention levels and working memory.

At first glance, the researchers found an association between appropriate hydration and good scores in the cognitive function tests. However, the results became less clear when the researchers adjusted their analysis for confounding factors.

"Once we accounted for age, education, hours of sleep, physical activity level, and diabetes status and analyzed the data separately for men and women, the associations with hydration status and water intake were diminished," says Bethancourt.

After these readjustments, only some of the links remained of interest. In particular, the researchers saw that women appeared to display poorer cognitive performance when they were underhydrated. The same applied when they were overhydrated. Continued on page 4.
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“A trend toward lower scores on [one of the cognitive function tests] among women who were categorized as either underhydrated or overhydrated was the most prominent finding that remained after we accounted for other influential factors,” explains Bethancourt. The test that those who were overhydrated or underhydrated performed the worst in was “the test of attention, processing speed, and working memory,” she says. “It was interesting that even though [this test] took only a few minutes, it was the one most strongly associated with lower hydration levels,” notes Bethancourt.

“Other research has similarly suggested that attention may be one of the cognitive domains most affected by hydration status. This left us wondering what the effects of inadequate hydration might be on more difficult tasks requiring longer periods of concentration and focus,” she adds. However, the researchers were unable to confirm whether nonideal hydration levels caused worse cognitive performance, or whether individuals who may already have had some cognitive impairments were also likelier to drink too few or too many liquids.

The lack of a link between hydration levels and cognitive performance in older men also remains a mystery. Although many questions remain to be answered, study co-author Prof. Asher Rosinger advises that older adults should not risk their health by overlooking proper hydration.

“Because older adults may not necessarily feel thirsty when their body is reaching a state of underhydration and may be taking diuretics that can increase salt excretion, it is important for older adults and their physicians to better understand the symptoms of being both under and overhydrated.”

Prof. Asher Rosinger
www.medicalnewstoday.com