**Recurring Events**

### 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!

Call for pricing
903.821.5135
Email: denisonjazzercise@cableone.net

### 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.

### 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.

---

**Senior Activities For JANUARY**

All activities at Community Center unless stated otherwise
SNAP Center is closed January 1st and 20th

**Mondays**

9 - 9:30 Morning Moves Class
9:30 - 11 DJ Music by “T-Bone”
9 - 10 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)
9:30-11 Live Band “The Melody Makers”

**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

---

**Denison Seniors Newsletter Issue 11 JANUARY 2020**

531 West Chestnut Street
Denison, Texas 75020
903.465.2720 ph
903.464.4499 fax
www.cityofdenison.com
Winter Time Soup

Chickpea Tomato Minestrone

Ingredients

- 1 Tablespoon olive oil
- 1 medium onion, chopped
- 2 celery stalks, chopped
- 2 carrots, chopped
- 3 garlic cloves, minced
- 2 Tablespoons tomato paste
- 1 28 ounce can of diced tomatoes, not drained
- 4 cups vegetable broth
- 1/2 teaspoon dried oregano
- 1 cup of pasta (not spaghetti or long noodles)
- 1 can chickpeas, drained and washed thoroughly
- 1 bunch of swiss chard, stems & leaves separated & chopped
- Salt / Pepper
- Dash of Red Pepper flakes
- Parmesan, for garnish

Steps

1. In a large stock pot, heat the olive oil over medium.
2. Add the onion, celery, and carrots.
3. Saute for 5 minutes or until the veggies begin to soften.
4. Next, add in the garlic and saute for another 30 seconds. Then add the tomato paste, vegetable broth, diced tomatoes (with juice from the can), and oregano.
5. Bring to a boil and then reduce to a simmer. Let simmer for 20 minutes.
6. Add in the stems of a swiss chard, chickpeas, and pasta. Let cook for another 10 minutes. Finally, add the swiss chard leaves and let cook for 30 seconds or just until the leaves start to wilt. Remove from heat.
7. Add salt/ pepper/ red pepper flakes to taste and top with Parmesan.
Precious Memories

This is a story that happened 15 years ago but it has always stayed with me since then.

On the way back from work every evening, more often than not there would be a homeless man standing at the exit of the freeway. He looked to be in his late 40’s but was probably a lot younger. He had shoulder length straight black hair a short beard, and he was of average stature.

His eyes were what struck me the most about him; they were brown and they had a sparkle. Like an inside light that was beaming out of his eyes. His eyes, I thought, represented the man in general. People say they can tell a lot from a person’s eyes. It was certainly true in his case. He always waved at every car, he was always happy and smiling and sometimes almost dancing.

Every day after work I would remember to gather any spare change, and put it aside to give to him if I saw him. A feeling of joy would come over me every time I saw him, as I came off the ramp. He had that effect. I’d quickly roll down my window and give him the coins. Occasionally the red light would be on for a minute and we would ask each other about our day. His answer would always be the same, “I’m blessed!”

I knew what his answer was going to be every time, yet I would still ask. It amazed me that even in his situation of being homeless he was so positive, and his answer would remind me of how blessed I was. A single mother of four amazing kids, with a place to call home and with a job to provide for my kids.

Then one day I was called into my boss’s office and was told that I was being laid off due to the economy. A feeling of worry engulfed me, and for the rest of that day all I could think of was “how am I going to provide for my kids, how am I going to pay rent, what am I going to do?”

Needless to say that on my way home that day I was very sad and upset. I didn’t remember to look for my spare change and keep it ready like I usually did. I wasn’t feeling the joy as I got off the ramp where the homeless man would be. Yet there he was as always, as I turned the ramp. He set his eyes on me, while still smiling and waving at others.

I had hoped to catch the green light, but I missed it. While I was waiting for the red light to turn, he strolled over to my car. He had a big smile that looked straight in the eyes and said “today I will give you a dollar”. He then reached into his pocket and pulled out a dollar bill. I was blown away. I burst into tears. I wanted to jump out of my car and hug him!

You see that day he gave me more than a dollar bill, he taught me a valuable lesson. No matter what material things are taken from you, no one can take away your choice to be joyful. My ride to work that day I was feeling the joy as I got off the ramp where the homeless man would be. Yet there he was as always, as I turned the ramp. He set his eyes on me, while still smiling and waving at others. I burst into tears. I wanted to jump out of my car and hug him!

I haven’t looked at my way home that day I was very sad and upset. I didn’t remember to look for my spare change and keep it ready like I usually did. I wasn’t feeling the joy as I got off the ramp where the homeless man would be. Yet there he was as always, as I turned the ramp. He set his eyes on me, while still smiling and waving at others.

I had hoped to catch the green light, but I missed it. While I was waiting for the red light to turn, he strolled over to my car. He had a big smile that looked straight in the eyes and said “today I will give you a dollar”. He then reached into his pocket and pulled out a dollar bill. I was blown away. I burst into tears. I wanted to jump out of my car and hug him!

You see that day he gave me more than a dollar bill, he taught me a valuable lesson. No matter what material things are taken from you, no one can take away your choice to be joyful. My ride home was smooth sailing, I had lost my job, had no savings, but I knew I was blessed!

Every time I’m faced with challenges, I think of the homeless man’s valuable lesson and remember that I am blessed. -By Blessed66 | kinspring.org

Pickle Ball Pros!

Pickleball is a paddleball sport that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net. Pickleball is the fastest growing sport in the nation.

For the 2nd consecutive year over 2,200 players from across the globe participated in this sport’s premiere event. The USA National Pickleball Championships, held at Indian Wells, CA Tennis Garden Center. Two of our town, Diane Petta and Karen Walker, women’s double partners from Denison and Whitesboro, qualified to play in the USA National Pickleball Championship by winning Gold in a Regional Tournament. Off to California they went hoping to medal in their age bracket and skill level against 16 teams from across the country and world.

To their utter delight and a dream come true for both of them, they came home with the “Gold”, 1st place!

**Anyone interested in learning more about the sport can come by the Parkside Baptist Church, The ROC center, in Denison on Monday thru Friday from 9am-noon.**

Board games may stave off cognitive decline

New research examines the impact of non-digital games, such as board games and cards, on the cognitive ability of older adults.

Games aren’t just fun; they can keep our minds agile and sharp. At least this seems to be the main takeaway of a host of recent studies that point to the cognitive benefits of video games.

For instance, some researchers have suggested that just 1 hour of gaming can improve attention, and some studies have shown that games that involve shooting, in particular, can improve cognition.

When it comes to older adults, the benefits of computer games seem to be even greater. From brain training apps that may prevent mild cognitive impairment to 3D video games that may reverse age-related cognitive decline, playing games on a computer seems to offer many benefits.

But what about analog games? Is it just computer games that benefit the brain health of older adults, or can non-digital games, such as cards, board games, or crossword puzzles, also affect cognition?

Researchers at the University of Edinburgh in the United Kingdom set out to investigate. Drew Altschul, from the School of Philosophy, Psychology, and Language Sciences, co-authored the new paper together with Professor Ian Deary, who is the director of the Edinburgh Lothian Birth Cohorts.

Studying non-digital games and cognition

Altschul and Deary examined 1,091 participants who were born in 1936 and whose data they accessed from the Lothian Birth Cohort 1936 — a study that evaluated the mental and cognitive capacities of its participants over a long period. Researchers first assessed the participants’ cognitive function when they were 11 years old, and then later on at ages 70, 73, 76, and 79 using 14 standardized cognitive tests.

As part of the new study, the scientists asked the participants how often they played board games, cards, chess, bingo, or crosswords at ages 70 and 76. As part of their statistical analysis, the researchers accounted for possible confounding factors, such as "early-life cognitive function, education, social class, sex, activity levels, and health issues."

The analysis found that people who played more games in their 70s were more likely to maintain healthy cognitive function in their older years.

Play games to reduce cognitive decline

Specifically, those who reported playing more analog games in their 70s experienced less relative cognitive decline from the age of 11 until 70, and less cognitive decline between 70 and 79.

"These latest findings add to evidence that being more engaged in activities during the life course might be associated with better thinking skills in later life," comments Altschul.

The co-author also thinks it is possible to interpret the results as a nudge to start playing some games in order to prevent cognitive decline. Prof. Deary also comments on the significance of the results, echoing similar sentiments. "We and others are narrowing down the sorts of activities that might help to keep people sharp in older age," he says.

"In our Lothian sample, it is not just general intellectual and social activity, it seems; it is something in this group of games that has this small but detectable association with better cognitive aging."

The author also highlights directions for future research: "It would be good to find out if some of these games are more potent than others. We also point out that several other things are related to better cognitive aging, such as being physically fit and not smoking," concludes Prof. Deary.
Roaring '20's: Looking back 100 years

The Roaring Twenties refers to the decade of the 1920s in Western society and Western culture. It was a period of economic prosperity with a distinctive cultural edge in the United States and Europe, particularly in major cities such as Berlin, Chicago, London, Los Angeles, New York City, Paris, and Sydney. In France, the decade was known as the "années folles" ('crazy years'), emphasizing the era's social, artistic and cultural dynamism. Jazz blossomed, the flapper redefined the modern look for British and American women, and Art Deco peaked. Not everything roared: in the wake of the hyper-emotional patriotism of World War I, President Warren G. Harding "brought back normalcy" to the politics of the United States. This period saw the large-scale development and use of automobiles, telephones, movies, radio, and electrical appliances being installed in the lives of thousands of Westerners. Aviation soon became a business. Nations saw rapid industrial and economic growth, accelerated consumer demand, and introduced significantly new changes in lifestyle and culture. The media focused on celebrities, especially sports heroes and movie stars, as cities rooted for their home teams and filled the new palatial cinemas and gigantic sports stadiums. In most major democratic states, women won the right to vote. The vote to have a huge impact on society.

The social and cultural features known as the Roaring Twenties began in leading metropolitan centers and spread widely in the aftermath of World War I. The United States gained dominance in world finance. Thus, when Germany could no longer afford to pay World War I reparations to the United Kingdom, France, and the other Allied powers, the United States came up with the Dawes Plan, named after banker and later 30th Vice President Charles G. Dawes. Wall Street invested heavily in Germany, which paid its reparations to countries that, in turn, used the dollars to pay off their war debts to Washington. By the middle of the decade, prosperity was widespread, with the second half of the decade known, especially in Germany, as the "Golden Twenties".

The spirit of the Roaring Twenties was marked by a general feeling of novelty associated with modernity and a break with tradition. Everything seemed to be feasible through modern technology. New technologies, especially automobiles, moving pictures, and radio, brought "modernity" to a large part of the population. Formal decorative frills were shed in favor of practicality in both daily life and architecture. At the same time, jazz and dancing rose in popularity, in opposition to the mood of World War I. As such, the period often is referred to as the Jazz Age.

The Wall Street Crash of 1929 ended the era, as the Great Depression brought years of hardship worldwide.