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

**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 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, food, and live entertainment.

The dance will begin at 6:00 pm and last until 9:00 pm. Cost is $3/person if you bring a food item or $5/person if you do not bring food.

So guys and gals put on your dancing shoes and come join us for a night of fun!

**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.

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

Denison Seniors Newsletter Issue 17 JULY 2020

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4th of July Recipe
Watermelon Feta Salad

Ingredients
- 1/4 c. extra-virgin olive oil
- 2 tbsp. red wine vinegar
- 1/2 tsp. Kosher salt
- 3 c. cubed seedless watermelon
- 1 c. medium cucumber, chopped
- 1/2 c. red onion, thinly sliced
- 1/2 c. coarsely chopped mint
- Flaky sea salt, for garnish (optional)

Steps
1) In small bowl, whisk together olive oil, red wine vinegar, and salt.
2) In a large serving bowl, combine watermelon, cucumber, feta, red onion, and mint. Pour over dressing, tossing to combine.
3) Garnish with more mint and flaky sea salt.
"Taxation without representation!" was the battle cry in America’s 13 Colonies, which were forced to pay taxes to England’s King George III despite having no representation in the British Parliament. As dissatisfaction grew, British troops were sent in to quell the early movement toward rebellion. Repeated attempts by the Colonists to resolve the crisis without military conflict proved fruitless.

On June 11, 1776, the Colonies’ Second Continental Congress met in Philadelphia and formed a committee whose express purpose was drafting a document that would formally sever their ties with Great Britain. The committee included Thomas Jefferson, Benjamin Franklin, John Adams, Roger Sherman and Robert R. Livingston. Jefferson, who was considered the strongest and most eloquent writer, crafted the original draft document (as seen above). A total of 86 changes were made to his draft and the Continental Congress officially adopted the final version on July 4, 1776.

The following day, copies of the Declaration of Independence were distributed, and on July 6, The Pennsylvania Evening Post became the first newspaper to print the extraordinary document. The Declaration of Independence has since become our nation’s most cherished symbol of liberty.

Bonfires and Illuminations

On July 8, 1776, the first public readings of the Declaration were held in Philadelphia’s Independence Square to the ringing of bells and band music. One year later, on July 4, 1777, Philadelphia marked Independence Day byadjourning Congress and celebrating with bonfires, bells and fireworks.

The custom eventually spread to other towns, both large and small, where the day was marked with processions, oratory, picnics, contests, games, military displays and fireworks. Observations throughout the nation became even more common at the end of the War of 1812 with Great Britain.

In June of 1826, Thomas Jefferson sent a letter to Roger C. Weightman, declining an invitation to come to Washington, D.C. to help celebrate the 50th anniversary of the Declaration of Independence. It was the last letter that Jefferson, who was gravely ill, ever wrote. In it, Jefferson says of the document:

"May it be to the world, what I believe it will be ... the signal of arousing men to burst the chains ... and to assume the blessings and security of self-government. That form, which we have substituted, restores the free right to the unbounded exercise of reason and freedom of opinion. All eyes are opened, or opening, to the rights of man.... For ourselves, let the annual return of this day forever refresh our recollections of these rights, and an undiminished devotion to them."

Thomas Jefferson
June 24, 1826 Monticello

Congress established Independence Day as a holiday in 1870, and in 1938 Congress reaffirmed it as a paid holiday for federal employees. Today, communities across the nation mark this major midsummer holiday with processions, oratory, picnics, contests, games, military displays and fireworks. Observations throughout the nation became even more common at the end of the War of 1812 with Great Britain.

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The History of America’s Independence Day

Losing Weight After 60: 8 Steps

So you want to drop a few pounds. Why? The answer may seem obvious, but until you identify it—to lower your blood pressure, put less stress on your joints, or boost your confidence—you’re doomed to failure.

Successful weight loss, particularly for older adults, comes down to three things: a goal, deadline, and strategy, says Michael Dansinger, M.D., a weight loss expert at Tufts Medical Center in Boston. Follow these eight steps to lose weight after 60.

Step #1: Get in the Right Mindset

Before you even set a weight loss goal, preparing yourself mentally is must. “This is half the battle,” Dr. Dansinger says. “Acknowledge that you will come up against challenges and your instinct will be to quit.”

The secret to getting past these challenges is to anticipate them and decide in advance that you will keep you going.

Step #2: Write Down Your Motivation

Knowing and remembering why you want to lose weight will help you stay on track. Do you want to improve your self-esteem? Have more energy for everyday activities or to finally go on the vacation of a lifetime? Lower your risk of heart attack and stroke, or decrease symptoms of diabetes?

Whatever your reason, write it down, Dr. Dansinger says. Hang the paper where you’ll regularly see it. On days you’re feeling less motivated, it’ll remind you why you’re putting in the effort.

Step #3: Give Yourself a Deadline

Make a specific timeline with an end date and dates to check in. This is especially helpful if you’re working toward a health goal, like lowering your blood pressure, so you can track your numbers.

Try checking in once or twice per month, which will give you enough time for measurable change. It may also help to take a photo of yourself on these dates so you can see your progress.

If you have a big weight loss goal in mind—say, you want to lose 25 pounds or more—set a smaller goal and a shorter timeline to start. As you make progress, you’ll gain confidence, and you can set a new goal and timeline.

Step #4: Tell Your Team

You’re more likely to stay on track if you tell someone about your goals and progress, Dr. Dansinger says. A family member, friend, doctor, fitness instructor, or dietitian can provide support.

Step #5: Schedule Your Workouts

It’s not enough to promise yourself you’ll exercise. You should schedule every session: the day, time, type, and length. Put them on your calendar, Dr. Dansinger says, so you’re less likely to skip.

Step #6: Choose a Realistic Eating Plan

Exercise with or without weight loss is always positive. You’ll improve blood flow, strengthening your bones, and lowering your risk of many diseases. But exercise alone won’t flatten your belly. You also need to improve your diet. Luckily, you have a lot of flexibility. “Eating plans are like the colors of a rainbow,” Dr. Dansinger says. “There’s no one color for everyone, and there’s no one eating plan for everyone.”

Make sure you choose a plan that fits your lifestyle. If you love steak, a vegetarian diet may not be something you can stick to. Instead, focus on eating less meat and more vegetables.

Step #7: Allow Yourself to Cheat

Not only is it okay to cheat a little, it’s actually important to give yourself wiggle room in your diet. Commit to each eating plan 90 percent of the time, but allow yourself to splurge 10 percent of the time, Dr. Dansinger says.

If you let yourself eat a cookie now and then, you’ll be less likely to break down and eat a sleeve of Thin Mints in one sitting.

Step #8: Keep Your Doctor in the Loop

Can’t seem to get the scale to budge after a month or two of exercise and healthier eating? It could be a sign you’re already at the right weight or there’s an underlying health issue going on. If you haven’t already checked in with your doctor, now’s a good time.

In some cases, your doctor may recommend working with other health experts. If you’ve been limited from exercise because of injury, a physical therapist can help you get moving again safely. Or if you have diabetes, your diet will be an important part of your treatment plan, and a dietitian can help you get started.
Get Moving: It's Good For Your Brain!

Want to give your brain a boost? Go for a swim, take a walk, or spin your partner on the living room floor.

A new study finds that aerobic exercise can improve older adults’ thinking and memory, even if they’re longtime couch potatoes.

This type of exercise increases blood flow to the brain and counters the effects of normal aging, according to the study published online May 13 in the journal Neurology.

“As we all find out eventually, we lose a bit mentally and physically as we age. But even if you start an exercise program later in life, the benefit to your brain may be immense,” said study author Marc Poulin, of the University of Calgary School of Medicine in Canada.

“Sure, aerobic exercise gets blood moving through your body. As our study found, it may also get blood moving to your brain, particularly in areas responsible for verbal fluency and executive functions. Our finding may be important, especially for older adults at risk for Alzheimer’s and other dementias and brain disease,” Poulin said in a journal news release.

The study included 206 adults, average age 66, with no history of memory or heart problems.

For six months, they took part in supervised exercise program three times a week. As they progressed, their workout increased from an average 20 minutes a day to least 40 minutes. They were also asked to work out on their own once a week.

At the end of the exercise program, participants had a 5.7% improvement on tests of executive function, which includes mental abilities used to focus, plan, recall instructions and multi-task. They also had 2.4% increase in verbal fluency, a measure of how quickly a person can retrieve information.

“This change in verbal fluency is what you’d expect to see in someone five years younger,” Poulin said.

On average, blood flow to their brain increased 2.8% -- a gain tied to a number of improvements in types of thinking that typically decline with age.

“Our study showed that six months’ worth of vigorous exercise may pump blood to regions of the brain that specifically improve your verbal skills as well as memory and mental sharpness,” Poulin said.

“At a time when these results would be expected to be decreasing due to normal aging, to have these types of increases is exciting,” he said.