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

Denison Seniors Newsletter Issue 20 October 2020

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### 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!

### 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.

### 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!

Monday through Friday at 5:30 pm

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.

**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.
Scary Good Recipe

Boo Bark! Halloween Chocolate Bark

Ingredients

- Two 4-ounce semi-sweet chocolate bars, coarsely chopped
- Two 4-ounce white chocolate bars, coarsely chopped
- Festive Halloween candy such as eyeball sprinkles, Halloween sprinkles, and Halloween M&Ms

STEPS

1) Line a large baking sheet with parchment paper or a silicone baking mat. Set aside.

2) Melt the semi-sweet chocolate. You can melt it in a double boiler or the microwave. If using the microwave: place the chopped chocolate in a medium heat-proof bowl. Melt in 20 second increments in the microwave, stopping and stirring after each increment until completely melted and smooth.

3) Melt the white chocolate following the same melting process in step 2.

4) Pour the melted semi-sweet chocolate onto the prepared baking sheet and spread out into a large rectangle (anywhere around 8×12 inches is great). Drizzle the white chocolate mixture on top. Use a knife or a toothpick to swirl the layers together. Decorate the top of the bark with candies.

5) Allow the chocolate to completely set uncovered at room temperature or in the refrigerator, about 45 minutes. Once hardened, break into pieces as large or small as you want.

6) Store bark in an airtight container at room temperature in a cool, dry place for up to 1 week or in the refrigerator for up to 2 weeks.
He had not expected to meet the woman of his dreams, but there she was strolling along in the moonlight beside the cemetery. Carlos quickened his pace until he was level with her, hoping for a glimpse of her face under her veil.

Carlos made a few remarks about the beautiful night and the lovely weather—anything to keep her talking. She stopped abruptly and turned to face him. He caught a glimpse of dark eyes glittering behind the veil.

“What is it you want?” she asked.

“A date, Señorita. Just a date.” Carlos beamed at her.

She paused and said, “I do not know. Ask me again in this place at this time tomorrow night, and we shall see.”

Carlos’s heart leapt in his chest. So she was playing hard to get? Well, fair enough. He would see her tomorrow, and then she would fall into his arms!

The next day dragged by for the infatuated Carlos, and he had trouble concentrating on his work. But at last he was free and running the few blocks to his home to change into a suitable outfit.

He could barely contain himself, and he reached the cemetery a few minutes early. She was not there yet, so Carlos entertained himself by picturing his beautiful bride in their new home. Suddenly she was there in front of him, the moonlight sparkled off her veil. Carlos was enchanted. They talked for hours, standing in front of the graveyard. She was as witty as she was beautiful, and Carlos begged her for a date.

“We will go out tomorrow night,” she said. “I will send you a letter with the place and time.”

Carlos kissed her hand and floated away, so happy he wanted to sing for joy.

Carlos was absolutely useless at work the next day. After work, he rushed home and found a letter in his mailbox. Eagerly he read it, not pausing to wonder how she knew where he lived.

Then he ran next door to show it to Diego, his closest cousin.

Diego went pale when he read her signature, Rosa Gonzale. This must be the same Rosa that Carlos kissed at the cemetery. Carlos quickened his pace until he was level with her, hoping for a glimpse of her face under her veil. She paused and said, “What do you want?”

“Love, show me your face!”

But first, my spell, ran into the cemetery, locked for all time in Rosa’s arms.

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Relieve Stress with Mindful Deep Breathing

Ease stress and find your calm with this mindful deep breathing practice.

The next time you find yourself feeling stressed or anxious, try taking a moment to breathe. It’s simple, effective, and you can do it anywhere.

Here’s how: Start with a few cleansing breaths with eyes closed, if you feel comfortable. Then, inhale deeply through the nose, then exhale through the mouth. Repeat until you’ve found the rhythm of your breathing and feel in-tune with your body. Next, place your hands on your belly, rolling your shoulders back and down. Feel yourself fill with air from the lower belly to the shoulders as you inhale deeply. On your next exhale, try to relax your shoulders, loosen your jaw and empty the air by pulling your navel inward toward the spine.

As your abdominal muscles relax, you’ll feel your belly round with each inhalation. When exhaling, try drawing your belly inward and up towards your heart. Continue these breathing techniques with a 4-count inhale and a matching 4-count exhale. With each exhale, your body gets more relaxed. Be mindful of how you feel as you continue breathing, paying attention to your body and relaxing your muscles.

You can also try to avoid stress with good posture. If you’re unable to tame your tension on your own or you continue to experience stress symptoms, talk to your doctor about intervention strategies like therapy.

Practice these deep breathing techniques every day and see how you feel.