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.

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

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.

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

Summer Chicken Parmesan

Ingredients
- 1 ounce white whole-wheat flour (1/4 cup)
- 1 large egg, lightly beaten
- 2/3 cup plain whole-wheat breadcrumbs
- 4 (4-oz.) chicken breast cutlets
- 5/8 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons olive oil, divided
- Cooking Spray
- 3 ounces part-skim mozzarella cheese, shredded
- 1 1/2 cups chopped zucchini
- 1 1/2 cups cherry tomatoes, halved
- 2 garlic cloves, thinly sliced
- 1/4 cup chopped fresh basil

STEPS
1) Preheat broiler with oven rack in middle position. Place flour, egg, and breadcrumbs in separate shallow dishes. Sprinkle chicken with 1/2 teaspoon salt and pepper. Dredge chicken in flour; dip in egg, and dredge in breadcrumbs.

2) Heat 1 1/2 teaspoons oil in large skillet over medium-high. Add 2 cutlets; cook 1 minute on each side. Place on baking sheet coated with cooking spray. Repeat procedure with 1 1/2 teaspoons oil and remaining cutlets.

3) Top cutlets with cheese; broil 1 1/2 minutes. Heat remaining oil in skillet. Add zucchini; saute 1 minute. Add remaining 1/8 teaspoon of salt, tomatoes, and garlic; saute 4 minutes. Serve with chicken and top with basil.
A man walks into a restaurant with a full-grown ostrich behind him.

The waitress asks for their orders. The guy says, “A hamburger, fries, and a coke,” and turns to the ostrich, “What’s yours?”

“I’ll have the same,” says the ostrich.

A short time later the waitress returns with the order. “That will be $18.40 please.”

The man reaches into his pocket and, without looking, pulls out the exact change for payment.

The next day, the guy and the ostrich return to the same restaurant and the guy says, “A hamburger, fries, and a coke.”

The ostrich says, “I’ll have the same.”

Again the guy reaches into his pocket and pays with exact change. This becomes routine until one night they enter the restaurant and the waitress asks, “The usual?”

“No, this is Friday night, so I will have a steak, baked potato, and salad”, says the guy.

“Me too,” says the ostrich.

The waitress brings the order and says, “That will be $42.62.”

Once again the guy pulls the exact change out of his pocket and places it on the table.

The waitress can’t hold back her curiosity any longer. “Excuse me, sir. How do you manage to always come up with the exact change out of your pocket every time?”

“Well,” says the guy, “several years ago I was cleaning my attic and found an old lamp. When I rubbed it a genie appeared and offered me two wishes. My first wish was that if I ever had to pay for anything, I would just put my hand in my pocket and the right amount of money would always be there.”

“That’s brilliant!” says the waitress. “Most people would wish for a million dollars or something, but you’ll always be as rich as you want for as long as you live!”

“That’s right. Whether it’s a gallon of milk or a Rolls Royce, the exact money is always there,” says the guy.

The waitress asks, “But, sir, what’s with the ostrich?”

The guy sighs and answers, “My second wish was for a tall chick with long legs who agrees with everything I say.”

Alternate Heel Walk

Stand tall with your feet planted firmly to the floor. Lift one heel from the floor, then press that heel down. Then, lift the other heel and press down again. Alternate heel lifts with both feet. You can also pump your arms (as if you’re walking in place) to help maintain your balance.

Single Leg Hip-Hinge

Plant your left foot to the floor and gently lift the heel of your right foot off the floor. Then, slowly hinge forward from the hips. Try to keep your left leg lengthened and your spine straight. Take a deep inhalation, then as you exhale, hinge a little deeper into the stretch. Inhale again, then exhale, slowly release from the stretch and return to standing tall.

Before repeating the hip hinge with the opposite leg, we suggest moving through a few alternating heel walks to help loosen up your lower body muscles. Then, perform the hip-hinge with your right foot planted to the floor and left heel raised.

Single Leg Swing

You may need to hold onto a wall or sturdy chair for this stretch. Stand tall and shift your weight to your left leg. Keep your left foot on the floor as you swing your right leg forward and back. Swing your leg back and forth 5-10 times, or as many times as you feel comfortable. Then, switch. Plant your right foot to the floor and shift your weight to the right side. Then, gently swing your left leg forward and back.
Moving Side Lunge

Stand with your feet spread wider than hip-distance apart. Gently bend your knees and sink down toward the floor. Then, push your hips back and keep your chest up as you shift your weight and move your torso toward the right side of the room. Your left leg should be straight, while your right knee is bent. Then, pass through the center to shift your weight to the left side, extending your right leg. You should feel this stretch in your inner thighs.

Add a rotation: As you shift your weight to the right side, reach your left arm across your body toward the right side of the room. Then, straighten both legs, bend your elbows, then twist your upper body to the left side of the room. Alternate the side lunge and torso rotation 3-5 times on each side.

Wide Leg Hip Hinge

Stand with your feet spread wider than hip-distance apart. Keep your legs straight and long as you push your hips back slightly and hinge forward. Try to keep your spine straight and neck long and breathe deeply.

Plié Squat

Spread your feet apart, wider than hip-distance, and bring your heels inward to point your toes slightly outward. Drop your tail bone, bend your knees and sink down. Then, take a big inhalation and raise both arms up overhead as you push yourself back up. Repeat the plié squat 3-5 times, or as many times as you feel comfortable.

Sudoku

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 8 1 4 3
 5 7 8 1
 2 3 7 5
 6 4 2 6
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See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

1. LABOR
2. DAY
3. HOLIDAY
4. SEPTEMBER
5. WORK
6. LONG
7. WEEKEND
8. ENDING
9. SUMMER
10. NATIONAL
11. USA
12. TRAVEL
13. AMERICAN
14. MONDAY
15. DAY
16. OFF