

FIT FOR 50+



A Great FIT for Adults, Ages 50 and Older | January 2018

UPCOMING EVENTS

Closed Jan. 1, Jan. 13-14 (refinish flooring) and Jan. 15 for MLK Day of Service

Friday Night Dances, \$6 per person

Friday, Jan. 12 | 7-9:30 p.m, High Caliber

Friday, Jan. 26 | 7-9:30 p.m, Montana Band

Frisco Mercantile

Saturday, Feb. 10 | 9 a.m. - 4 p.m.

\$17 per person; dutch lunch

WinStar World Casino

Wednesday, Feb. 21 | 9 a.m. - 3 p.m.

\$10 per person; dutch lunch

Beauty and the Beast at Cedar Valley

Saturday, March 10 | noon- 7 p.m.

\$20 per person; dutch lunch

THE IMPACT YOU MAKE!

We dedicate this New Year to YOU and the IMPACT you make on us and others at Denton Senior Center and American Legion Hall.

Studies have shown that senior adults need to remain physically and mentally active in order to enjoy a long and healthy life.

Each time you visit the senior center and interact with others you are contributing to that effort. Every interaction, conversation, handshake, and even hug benefits not only you but others as well.

So this New Year, we encourage you to continue being active and engaging and join us for trips, card games, dances, yoga, ceramics, fitness, and best of all, fellowship. Commit to making an Impact!

OPEN HOUSE

Saturday, Feb. 3

9 a.m.-1 p.m.

Join us for New Year fitness specials, demos, and more!



DENTON SENIOR CENTERS

Denton Senior Center
509 N. Bell Ave.
(940) 349-8720

American Legion Hall
629 Lakey St.
(940) 349-8298

Monday-Friday, 8 a.m.-9 p.m.
Saturday, 9 a.m.-1 p.m.

Monday-Friday, 10 a.m.-3 p.m.,
Thursday, 6-10 p.m.

Wednesdays, Jan. 3 and 17 | 2:30 p.m.
Games are free and we play for "white elephant" prizes. On the 3rd Wed, we celebrate birthdays with cake and ice cream sponsored by Bingo is Allen Hendricks with Humana.

FREE



Letter From Your Staff at Denton Senior Center

As we begin the New Year, we are grateful for another fresh start and would like to remind you of a few things to kick off 2018.

1. **Keep alert** of senior-targeted scams (insurance, Medicaid, repairs, etc.)
2. **Utilize layers** and bundle up as you venture out in your active lives.
3. **Take advantage of hand sanitizer.** Flu season is peaking, so if you're ill, please recover before returning to the center.

Your Denton Senior Center Staff

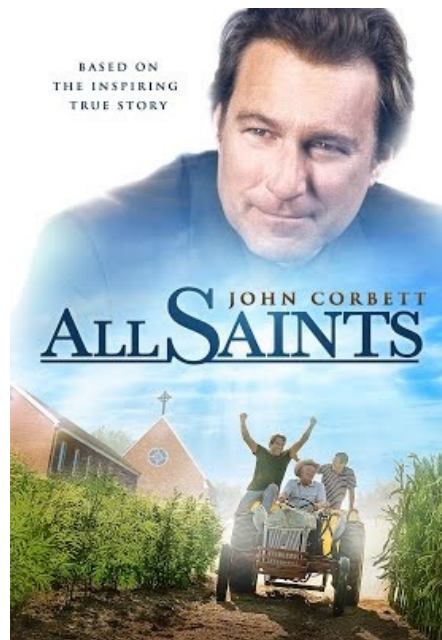
MOVIE NIGHTS

Every 1st and 3rd Friday at 6 p.m. We'll bring the popcorn!



"I'll See You in my Dreams"

Friday, Jan. 5, 6 p.m.
Rated PG; 1 hr 32 min.



"All Saints"

Friday, Jan. 19, 6 p.m.
Rated PG; 1 hr 48 min.

Potluck Bingo Returns March 15

Bring your favorite dish to share and play! Please bring donations (not cash) for Bingo prizes.

FREE

POTLUCK-N-BINGO

Thursday, Jan. 18; free
North Central TX Area Agency on Aging
Appt. options: 1:30, 2, 2:30, 3, 3:30, 4 p.m.
Schedule appt. at front desk to meet with a benefits counselor to discuss Medicare.

FREE

BENEFITS COUNSELING

Blood pressure and sugar checks Denton Senior Center

1st and 3rd Friday, 10 a.m.

American Legion Hall

Every second Tuesday, 10 a.m.-noon

FREE

BLOOD PRESSURE CHECKS

Individual sessions tailored to help you discover more about your history. The fee includes four 1-hour sessions in the computer room. To register, email M.J. Bell at mjbell522@msn.com or call (940) 390-8230.

\$20

COMPUTER BASED GENEALOGY

SPAN LUNCH, WEEKDAYS AT NOON

Meals are free to those age 60 and older. Donations are appreciated. All others ages 59 and younger can enjoy lunch for \$5.

All programs and activities are at Denton Senior Center unless otherwise stated.

Weekly Group Exercise Schedule

Class start dates vary each month.

Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-10am		Zumba Gold A.M. Ming Schrader		Zumba Gold A.M. Ming Schrader	
10:30-11:30am		Senior Yoga Pat Colonna		Senior Yoga Pat Colonna	
10:35-11:35am		Silver Sneakers Classic Ming Schrader		Silver Sneakers Classic Ming Schrader	
11-11:45am	Stretch-N-Tone Barbara Greene		Stretch-N-Tone Barbara Greene		Stretch-N-Tone Barbara Greene
1:30-2:15pm					DRUMBA Kimberly Karl
4-5pm		Tai Chi John Plevock		Tai Chi John Plevock	
5:30-6:30pm				Zumba Gold Laura Kessler	
6-7pm	Zumba Gold Laura Kessler	Cardio DRUMBA Kimberly Karl			
7-8pm		Total Fit Elizabeth Littleton		Total Fit Elizabeth Littleton	

SilverSneakers Yoga is not offered in January. SilverSneakers Classic not offered Jan. 2 and Jan. 4.



Lightning Tigers, Chair Volleyball Champions

but first  coffee,

"Kindness is like coffee.
It awakens your spirit
and improves your day.
Fill your cup with both."
Thank you to Jody Haxel
from The Vintage



BARBARA'S WORDS OF WISDOM

"Your beautiful future is ahead,
just waiting for you! Everyone
experiences dips and blips,
and times when they feel
like they're spinning their
wheels. That's only natural
but positively, absolutely,
totally temporary!"

BE ACTIVE AND FEEL AGELESS!

Don't miss your chance to try something new and demo a class at the Open House on Feb. 3.



FITNESS, CHAIR VOLLEYBALL, YOGA, & MUCH MORE

LEAGUE AND TOURNAMENT

Pickleball (Free Play)

Every Saturday | 9-11 a.m.

Chair Volleyball (Free Play)

Every Monday | 8:30-10:30 a.m.

FITNESS EQUIPMENT ORIENTATION

Thurs., Jan. 18 | 2-3 p.m.

Register by Jan. 11; space is limited.

FREE to all fitness, SilverSneakers and Silver & Fit members. Join our certified personal training staff for a free 1-hour orientation.

FREE FITNESS OPPORTUNITIES

SilverSneakers Classic (Ming Schrader)

Every Tues. & Thurs. | 10:35-11:35 a.m.

No class Jan. 2 and 4.

Free for SilverSneakers members after card is scanned. This class is designed to increase strength, range of movement, agility, balance, and coordination and to improve a participant's functional capacity, physical fitness level and sense of well-being. A chair is provided for support if needed. All levels are welcome.

Stretch n' Tone (Barbara Greene)

Every Mon., Wed., & Fri. | 11-11:45 a.m.

This FREE class will help increase muscle strength, improve mobility, posture, and coordination.

FREE Taking Control of Your Health: Living with Diabetes Self-Management

Every Tues., Jan. 16 - Feb. 20 | 1:30-4 p.m.

Limited to 18 participants.

Register by Jan. 11.

Please note, nonresidents add \$5



Perfect for adults who are looking for a modified Zumba® class with lower-intensity moves that get you moving to Latin and international music. This class choreography focuses on the elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance. All dance routines are designed for beginners and adults who may have limited capabilities. Eligible Silver & Fit members may attend Zumba® Gold.

% Zumba® Gold (Laura Kessler)

Evening Classes

Mon., Feb. 12-March 26 | 6-7 p.m.

\$30 per person, per session

Thurs., Feb. 1-March 8 | 5:30-6:30 p.m.

\$30 per person, per session

% Zumba® Gold (Ming Schrader)

Morning Classes

Thurs., Jan 11-25 | 9-10 a.m.

\$15 per person, per session

Total FIT Group Exercise Class (Elizabeth Littleton)

Tues. and Thurs., Jan. 9-30 | 7-8 p.m.

\$24 per person, per session

This class that focuses on cardio endurance, muscular strength, and flexibility. Taught intense enough for a teenager, yet tailored to the 50+ exerciser. Adaptable to any level.



Take both sessions and receive 50% off the second class.

DRUMBA (SUB. Kimberly Karl)

Fri., Jan. 12-26 | 1:30-2:30 p.m.

\$15 per person, per month

This modified class is specifically designed with less intense moves and a slightly slower beat, but still provides a high cardiovascular workout and strength building for both upper and lower body. DRUMBA can be done seated or standing to provide a fun cardiovascular workout for all abilities!

Cardio DRUMBA (SUB. Kimberly Karl)

Tues., Jan. 9-30 | 6-7 p.m.

\$20 per person, per month

DRUMBA is an exercise format that combines regular or weighted drum sticks with lower body dance steps to create a fast paced, intense workout for both the upper and lower body. DRUMBA can be done seated or standing to provide a fun workout for all abilities. It combines music and fitness way beyond your imagination!

% Tai Chi (John Plevock)

Tues., Jan. 16-Feb. 20 | 4-5 p.m.

Thurs., Jan. 11-Feb. 15 | 4-5 p.m.

\$30 per person, per session

% Senior Yoga (Pat Colonna)

Tue., Jan 16-Feb. 20 | 10:30 -11:30 a.m.

Thurs., Jan 18-Feb. 22 | 10:30 -11:30 a.m.

\$30 per person, per session

DANCE, KARAOKE, BANDS, & MORE

TAP, DANCE, SING, AND MAKE MUSIC!



Class fees listed are per person, per resident. Participants who live outside of Denton's City limits pay an additional \$5 nonresident fee. Lessons are taught in a classroom environment by experienced instructors. A partner is not required. Leather soled shoes are preferred, excluding tap.

TAP CLASSES

(Barbara Barnick Ben-Ezra)

Beginning Tap Dance

Fri., Jan. 19- Mar. 2 | 8:30-9:30 a.m.

\$30 per person, per session

This class is a great place to learn or brush up on skills.

Intermediate/Advance Tap Dance

Fri., Jan. 19-Mar. 2 | 9:30-10:30 a.m.

\$30 per person, per session

For those who have mastered the basics. Members may have the opportunity to show their skills by performing at various functions.

Evening Tap Dance

Wed., Jan. 17-Feb. 20 | 5:45-6:45 p.m.

\$30 per person, per session

This class is a fun combination of tap and exercise. Beginners are welcome; however, some knowledge is helpful.

Small Group Guitar Lessons

(Tim Courtney)

Wed., Jan. 10-31

10 a.m. or 1 p.m.

\$35 per person,
per one hour session.

Learn from a university-level instructor who focuses on teaching the basics and beyond. Four students per class.

DANCE CLASSES

Line Dance

(Donna Wilson)

Tues., Jan. 16-Feb. 20 | 3-4 p.m.

\$30 per person, per session

Learn or improve your dance steps with the most popular line dances. All levels welcome.

Middle Eastern Dance

(Catherine Williams)

Mon., Jan. 22-Feb. 26 | 7:15-8:15 p.m.

\$30 per person, per session

This dance has evolved from traditional expressive movement to heart-pumping workouts. Aside from working muscles that most people don't exercise in regular workouts, belly dancing is a great opportunity to learn about the music and traditions of other countries and cultures.

Basic Waltz

(Henry Evans)

Wed., Jan. 10-31 | 6:50-7:50 p.m.

\$36 per person, per session

Basic Slow Dance

(Henry Evans)

Wed., Jan. 10-31 | 7:55-8:55 p.m.

\$36 per person, per session

MUSIC AND SINGING

Karaoke @ The Blue Suede Café

Tues., Jan. 16 | 1:30-3:30 p.m.

Be the rock star of the senior center! Karaoke @ The Blue Suede Café is a fun time that you can sing along with the group or grab a microphone and take center stage. Choose a song from our list of titles

Senior Center Chorus

Rehearses first Mondays, 1-3 p.m. and generally performs within the Denton area. If you would like to sing with the Chorus, please contact the front desk at the senior center.

New Horizons Band

Rehearsals every Mon., 2:45 & 3:45 p.m.

For more info, email Dr. Debbie Rohwer at debbie.rohwer@unt.edu.

The Young at Heart Band

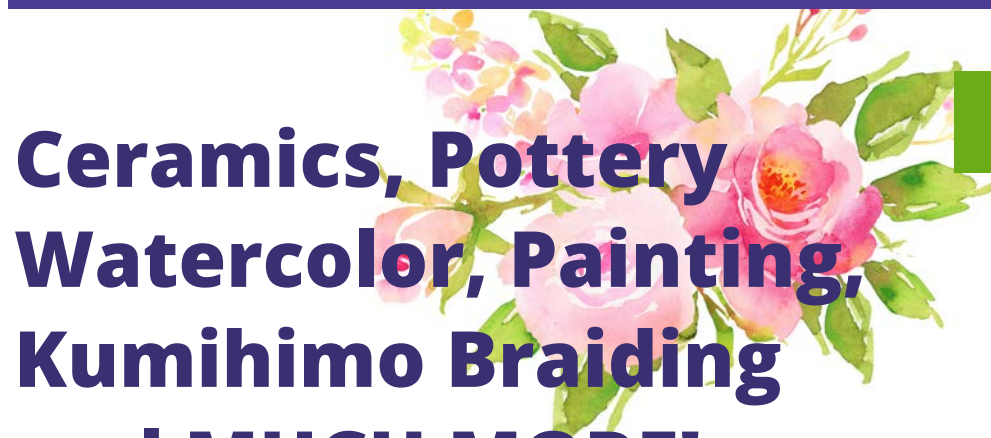
Rehearses Tuesdays, 8:30-10:15 a.m.

The band is comprised of musicians who are talented on woodwind, brass, percussion, and keyboard instruments. The band plays for dances and events in the community and has open positions for talented trombone, guitar, and trumpet instrumentalists.

Register at www.dentonparks.com

ART CLASSES & GROUP CONNECT

Ceramics, Pottery Watercolor, Painting, Kumihimo Braiding and MUCH MORE!



GROUP CONNECT

Class fees listed are per person, per resident. Participants who live outside of Denton's City limits pay an additional \$5 nonresident fee.

Ceramics and Pottery (Patti Kinsey)
Every Monday, 9 a.m.-noon
Every Thursday, 10 a.m.-2 p.m.

Eight punch pass; entitled to eight sessions in a two month max period
\$45 per person

Enjoy ceramics in this "come and go" class with lots of individual attention. Learn new glaze techniques, hand build or work on the pottery wheel, and create your own unique art piece. Fee includes basic supplies, clear glaze, and firing.

Learn to Watercolor with Cathy Cox
Every Tues., Jan 9-Feb. 27 | 9-11 a.m.

Eight punch pass; entitled to eight sessions in a two month max period
\$30 per person
Learn in this "come and go" class. All levels are welcome.

Painting with Jessi

Tues., Jan 16, 1-3 p.m.
\$25 per person

Bring a picture or subject to paint or use an inspiration from Jessi. In two hours, you will leave with a completed project.

Paint Party!

Fri., Jan. 26 | 6-9 p.m.

\$25 per person,

Join the party and paint a masterpiece with music and fun instruction.

Grab your friends and bring snacks! No experience required; all supplies are included.

Introduction to Kumihimo Braiding

Wed., Jan. 10 | 10 a.m.-noon

\$10 per person

Learn the ancient art of Japanese braiding by making a simple key chain in this interactive class. The instructor will also show advanced braids and discuss techniques for achieving the various results. Participants will receive a disk and instructions for continued learning. It's fun, come see for yourself!

Intermediate Kumihimo Braiding

Wed., Jan. 24 and Feb. 7

10 a.m.-noon

\$20 per person

Now that you know how to braid with the Kumihimo disk, learn to braid a fully beaded necklace. Your kit will contain instructions, beads, thread, findings, glue, and eight bobbins. Intro to Kumihimo is a prerequisite. Bring your own braiding disk.

Reminiscence Writing Group

Mon., Jan. 8 | 9:30 a.m. (Planning)

Mon., Jan. 22 | 9:30 a.m. (Beginning)

Everyone has a story and this group will encourage you to write and share your personal story.

Cross Timbers Wood Carvers Group

Tues., 3-5:30 p.m.

This is a free come and go group.

Needlework Group, Tues., 9-11:30 a.m.

Share needlework and craft ideas; new members are always welcome. Proficiency not required.

Card Workshop, Tues., 10 a.m. -noon.

Join Johnnie Moffitt! New cards and used cards will accepted again. Used cards will be recycled into gift boxes or new cards.

Quilting Group, Tues., 1-4 p.m.

We also welcome anyone working on non-quilting projects.

Duplicate Bridge, Wed., 12:30 p.m.

Organized by Clifford Frazier,
(940) 387-3163.

Party Bridge, Thurs., 2:30 p.m.

Organized by Peggy Baskin
at (972) 989-9133.

Literary Critique Group, Thurs., 9:30 a.m.

Let the published and unpublished authors in the group help you improve your writing.

Hand and Foot, Fridays, 10 a.m.

Join us mornings and early afternoon.

Fridays with Friends, Fridays, 9-11 a.m.

We aim to put a smile on a Medical City Denton patient's face. Everything is made with loving hands and everyone is welcome!

Triangle Squares

First and third Friday, 7 -10 p.m.

Join this fun group for square dances.

Online registration is SUPER EASY, visit www.dentonparks.com.

Home > Residents > Parks & Recreation > Activities & Programs > Senior Programs

SENIOR PROGRAMS

Denton Parks and Rec offers health, fitness, and recreation programs specifically geared for adults ages 50 and older. We encourage you to explore what we offer and spring into action for a sense of community, fellowship, and fun that goes beyond our centers.

Looking to fit something NEW and EXCITING into your schedule? Start with the monthly **Fit for 50+** Newsletter. We'll keep you posted on upcoming dances, trips, tournaments, classes, seminars, exercise classes, and so much more!

[Sign Up HERE](#)

ACTIVE ADULT ACTIVITIES AND PROGRAMS

- Dances and Dance Lessons
- Senior Trips and Art on the Go!
- Active Adult Adventures!
- Health Education Classes
- Group Exercise Classes
- SilverSpeakers® and Silver&Fit

SENIOR CENTER FACILITIES

- [Denton Senior Center on Bell Ave.](#)
- [Denton Senior Center at American Legion Hall](#)



NEW! FIT FOR 50+ Senior Center Newsletter

The Senior Center Newsletter has been updated and FIT to serve active adults ages 50 and older.

[NEW FIT FOR 50+](#)

[GROUP EXERCISE SCHEDULE](#)

[MONTHLY ACTIVITY CALENDAR](#)



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Visit us online and sign up to have the newsletter emailed to you monthly.

CLICK HERE

FIT something new into your schedule! We'll keep you posted on upcoming dances, events, trips, tournaments, classes, seminars, and so much more.

* Email Address

First Name

Last Name

By submitting this form, you are granting Denton Parks and Rec, 521 E. McKinney St., Denton, TX 76201 United States, the non-exclusive right to disseminate to other users. You will receive permission to post to your email address at any time using the [mailto:info@dentonparks.com](#) found at the bottom of every email. We take your privacy seriously (see the [privacy](#) page) and our [Data Privacy Policy](#). Others are welcomed to contact us.

January 2018

UNITE, GROW,

PLAY!

Denton Senior Center | 509 N. Bell Ave. | (940) 349-8720

Monday-Friday, 8 a.m.-9 p.m. | Saturday, 9 a.m.-1 p.m. | Sundays, closed

Woodshop Hours: Monday-Thursday, 9am.-noon

Aletha's Craft Store Hours: Monday-Saturday, 9am-1pm



MONDAY; CLOSED 1



TUESDAY 2

8:30am Young at Heart Rehearsal
9am Needlework Group
SPAN: Smoked Sausage
1pm Quilting/Others
3pm Woodcarvers Club

WEDNESDAY 3

SPAN Turkey Spaghetti
12:30pm Duplicate Bridge
2:30pm Bingo
4:30pm Cancer Support Grp

THURSDAY 4

9:30am Literary Group
10am Ceramics/Pottery
SPAN: Hamburger
12:30pm Party Bridge+
3:45pm Swing Orchestra
7pm NAMI Support Group

FRIDAY 5

9am Fridays w/ Friends
9am Grandfriends
10am Canasta
10am Blood Press./Sugar Ck
SPAN: Cheese Omelet
1pm Bridge Group
6pm MOVIE NIGHT
SATURDAY, JAN. 6
9am Pickleball, free play

MONDAY 8

8:30am Free Play CVB
9am Ceramics
9am Hand and Foot
9:30am Reminiscence Wtg
SPAN: Country Fried Steak
1pm Chorus Rehearsal
2:45 Beg. New Horizons
3:45 Int/Adv. New Horizons
5:45 Ftiness Rm Orientation

TUESDAY 9

8:30am Young at Heart Rehearsal
9am Needlework Group
9am Watercolor Painting
10am Card Workshop
SPAN: Parmesan Chicken
1pm Quilting
3pm Line Dance
3pm Woodcarvers Club
7pm Recovery Intern.
7pm Railroad Club

WEDNESDAY 10

10am Guitar Lessons
10am Kumihimo Braiding
SPAN: Beef Taco
12:30pm Duplicate Bridge
1pm Guitar Lessons
4:30pm Cancer Support Grp
6:50pm Basic Waltz
7:55pm Basic Slow Dance

THURSDAY 11

9:30am Literary Group
10am Ceramics/Pottery
SPAN: Glazed Ham
12:30pm Party Bridge+
3:45pm Swing Orchestra
7pm NAMI Support Group

FRIDAY 12

9am Fridays w/ Friends
10am Blood Press./Sugar Ck
10am Canasta
SPAN: Crushed Fish
1pm Bridge Group
7pm Dance: High Caliber Snacks sponsored by Sheri Emerson with Amerilife
SATURDAY, JAN. 13
No Pickleball; CLOSED

MONDAY 15

CLOSED FOR MLK DAY



TUESDAY 16

8:30am Young at Heart Rehearsal
9am Needlework Group
9am Watercolor Painting
SPAN: Baked Chicken Patty
1pm Quilting
1pm Painting w/ Jessi
1:30pm Karaoke
1:30pm Diabetes Class
3pm Line Dance
3pm Woodcarvers Club

WEDNESDAY 17

10am Guitar Lessons
SPAN: Quesadilla Casserole
12:30pm Duplicate Bridge
1pm Guitar Lessons
2:30pm Birthday Bingo
4:30pm Cancer Support Grp
5:30pm Aff. Housing Mtg
5:45pm Tap Dance
6:50pm Basic Waltz
7pm Organic Society
7:55pm Basic Slow Dance

THURSDAY 18

9:30am Literary Group
10am Ceramics/Pottery
SPAN: Hamburger
12:30pm Party Bridge
1pm Equipment Orientation
1pm Benefits Counseling
3:45pm Swing Orchestra
7pm NAMI Support Group

FRIDAY 19

8:30am Beginning Tap
9am Fridays w/ Friends
9:30am Interm./Adv. Tap
10am Blood Press./Sugar Ck
10am Canasta
SPAN: Cheese Ziti Bake
1pm Bridge Group
6pm MOVIE NIGHT
SATURDAY, JAN. 20
9am Pickleball, free play

MONDAY 22

8:30am Free Play CVB
9am Ceramics
9am Hand and Foot
9:30am Reminiscence Wtg
SPAN: Swiss Steak
2pm Chorus @Heritage Oaks
2:45 Beg. New Horizons
3:45 Int/Adv. New Horizons
7:15pm Middle Eastern Dance

TUESDAY 23

8:30am Young at Heart Rehearsal
9am Needlework Group
9am Watercolor Painting
SPAN: Turkey Tetrazzini
1pm Quilting
1:30pm Diabetes Class
3pm Line Dance
3pm Woodcarvers Club
7pm Recovery Intern.

WEDNESDAY 24

10am Guitar Lessons
10am Kumihimo Braiding
SPAN: Ham/Kidney Beans
12:30pm Duplicate Bridge
1pm Guitar Lessons
4:30pm Cancer Support Grp
5:45pm Tap Dance
6:50pm Basic Waltz
7:55pm Basic Slow Dance

THURSDAY 25

9:30am Literary Group
10am Ceramics/Pottery
SPAN: Chicken with Gravy
12:30pm Party Bridge
3:45pm Swing Orchestra
7pm NAMI Support Group

FRIDAY 26

8:30am Beginning Tap
9am Fridays w/ Friends
9:30am Interm./Adv. Tap
10am Blood Press./Sugar Ck
10am Canasta
SPAN: Tuna Salad
1pm Bridge Group
6pm Paint Party
7pm Dance: Montana Band Snacks sponsored by Kim Ramirez with The Village
SATURDAY, JAN. 27
9am Pickleball, free play

MONDAY 29

8:30am Free Play CVB
9am Ceramics
9am Hand and Foot
9:30am Reminiscence Wtg
SPAN: Chicken Macaroni
2pm Chorus @Brookdale
2:45 Beg. New Horizons
3:45 Int/Adv. New Horizons
7:15pm Middle Eastern Dance

TUESDAY 30

8:30am Young at Heart Rehearsal
9am Needlework Group
9am Watercolor Painting
10:30am Fort Worth Trip
SPAN: Hamburger
1pm Quilting
1:30pm Diabetes Class
3pm Line Dance
3pm Woodcarvers Club

WEDNESDAY 31

10am Guitar Lessons
10am Kumihimo Braiding
SPAN: Turkey & Gravy
12:30pm Duplicate Bridge
1pm Guitar Lessons
4:30pm Cancer Support Grp
5:45pm Tap Dance
6:50pm Basic Waltz
7:55pm Basic Slow Dance

SPAN lunch served at noon

Provided by Service Programs for Aging Needs (SPAN)

Meals are free to seniors 60 years of age or older and their spouses regardless of age. Donations are appreciated. All others ages 59 and younger can enjoy lunch for \$5. Stop by the front desk to complete the required reservation form. Reservations required 24 hours in advance.