

FIT FOR 50+



A Great FIT for Adults, Ages 50 & Older | March 2018

UPCOMING EVENTS

ALH | American Legion Hall
DSC | Denton Senior Center

Community Dance | DSC
Friday, March 9 | 7-9:30 p.m., \$6 per person

AARP Safe Driver Class | DSC
Tuesday, March 13 | 1-5 p.m.
Call (940) 382-2786 to register.

Tanger Outlets | ALH
Wednesday, March 14 | 9 a.m.-3 p.m.
\$10 per person; dutch lunch

Intergenerational A-Train Trip to Fair Park | DSC
Wednesday, March 14 | 10:30 a.m.-5 p.m.
\$12 per person; dutch lunch

Botanical and Japanese Gardens in Fort Worth | DSC
Tuesday, March 20 | 9 a.m.-4 p.m.
\$24 per person; dutch lunch

Community Dance | DSC
Friday, March 23 | 7-9:30 p.m., \$6 per person

Kayak Trip | DSC
Saturday, March 31 | 10 a.m.-3 p.m.
\$20 per person; bring picnic lunch

NEW WORLD TOUR

The NEW interactive World Tour debuts Wednesday, March 28 from 10 to 10:45 a.m.

Join our NEW, free interactive World Tour of different countries. Together we'll virtually explore a variety of cultures, food, language, and music through film, games, scavenger hunts, and educational activities.

TOUR DATES

Costa Rica, March 28

- Peru, April 25
- England, May 23
- France, June 27
- Germany, July 25
- Italy, Aug. 22
- Mozambique, Sept. 26
- India, Oct. 24
- China, Nov. 28
- Australia, Dec. 19



Watch for fun walking challenges, tips, trivia, and more throughout the month.

The San Antonio-Fredericksburg Trip, scheduled for April 8-13, is almost full. Register TODAY to secure a spot!

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.

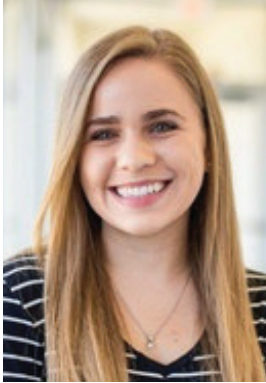
Monday-Friday, 10 a.m.-3 p.m.,
Thursday, 6-10 p.m.

Wednesdays, March 7 & 21 | 2:30 p.m.
Games are free and we play for "white elephant" prizes. On the 3rd Wednesday we'll celebrate birthdays with cake and ice cream sponsored by Rachal Larkin with Carriage House Assisted Living.

FREE



Meet your NEW Spring Semester Intern from UNT



We are excited to introduce our spring intern, Rachel Havlak! Rachel joins us from the University of North Texas, where she will be graduating in May with a Bachelor's of Science in Recreation, Event and Sport Management. She is also a College Ministry Intern with First Baptist Church in Denton. She is from Abilene, TX, yet has family in Denton. **Stop by, she'd love to meet you!**

Potluck Bingo: Thursday, March 15

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

FREE

POTLUCK-N-BINGO

Thursday, March 15

Area Agency on Aging

Appt. options: 1:30, 2, 2:30, 3, 3:30, or 4 p.m. Schedule appt. at front desk to meet with a benefits counselor.

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

Discover your history through five one-hour sessions tailored to help you discover more about your genealogy. Computer experience is not required. Email M.J. Bell at mjbell522@msn.com or call (940) 390-8230 to register.

\$30

LEARN YOUR GENEALOGY

SPAN LUNCH WEEKDAYS AT NOON

Meals are free to those age 60 and older. Donations are welcome.

MOVIE NIGHTS

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



"American Made"

Friday March 2 | 6 p.m.
Rated R; 1 hr 45 min.

"The Foreigner"

Friday, March 23 | 6 p.m.
Rated R; 1 hr 46 min.

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		Classicily Fit Ming Schrader		Classicily Fit Ming Schrader	
11-11:45am	Stretch-N-Tone Barbara Greene		Stretch-N-Tone Barbara Greene		Stretch-N-Tone Barbara Greene
1:30-2:15pm			Chair Yoga Carin Schaab		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	

BARABARA'S *Words of Wisdom*

"Confidence blooms when you nurture it. It's as simple as noticing what you've done right and focusing on your strengths. "

Exercise your Mind

Meditation & Mindfulness Workshop
Thursday, March 15- April 19 | 2-3 p.m.
\$40 per person



BE ACTIVE AND FEEL AGELESS!

DRUMA, ZUMBA, YOGA, TAI CHI CHAIR VOLLEYBALL, AND MORE

SilverSneakers, Silver&Fit, and fitness membership programs and classes require a card scan upon class entry. Please note, the \$5 nonresident fee may apply to fee-based classes and programs.



Chair Volleyball | Spring League

Thursdays, March 22-April 26
1-4:30 p.m.; \$19 per person
Register by March 7.

Chair Volleyball, Free Play

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

Pickleball, Free Play

Every Saturday | 9-11 a.m.

The following three classes are included in SilverSneakers, Silver&Fit, and fitness memberships. All fitness levels are welcome.

Fitness Equipment Orientation

Monday, March 12, 5:45-6:45 p.m.

Register by March 9.

Thursday, March 22, 2-3 p.m.

Register by March 19.

Join our certified personal training staff for a free one-hour orientation.

Classically Fit

Every Tues. & Thurs. | 10:35-11:35 a.m.
This class is designed to increase strength, range of motion, agility, coordination, balance, and to improve your sense of well-being. A chair is provided for support if needed.

Chair Yoga

Every Wed. | 1:30 - 2:15 p.m.

This class is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

Total FIT

Tues. & Thurs., March 1-29 | 7-8 p.m.

\$27 per person

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

DRUMBA

Fri., March 2-30 | 1:30-2:30 p.m.

\$20 per person; no class March 16.

This modified class is designed with less intense moves and a slightly slower beat, while still providing a high cardiovascular workout and upper and lower body strengthening. DRUMBA can be done seated or standing to provide a fun cardio workout for all abilities!

Cardio DRUMBA

Tues., March 6-27 | 6-7 p.m.

\$20 per person

DRUMBA 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.

Stretch n' Tone

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

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

ZUMBA® Gold

Perfect for adults who need a modified Zumba® class with lower-intensity moves that get you moving to Latin music. The choreography focuses on balance, conditioning, and flexibility. Routines are designed for beginners who may have limited capabilities. Eligible Silver&Fit members may attend.

Zumba® Gold | Evening

Mon., March 15-April 19 | 6-7 p.m.

\$30 per person, per session

Thurs., April 2-May 7 | 5:30-6:30 p.m.

\$30 per person, per session

Zumba® Gold | Morning

Thurs., March 1-29 | 9-10 a.m.

\$15 per person, per session

No class March 15.

Tai Chi

Tues., April 5-May 10 | 4-5 p.m.

Thurs., April 10-May 15 | 4-5 p.m.

\$30 per person, per session

Senior Yoga

Tue., April 24-May 29 or

Thurs., April 26-May 31

10:30 -11:30 a.m.

\$30 per person, per session

First class is free for new participants.

 **Take both or two sessions and get 50% off the second.**

DANCE, KARAOKE, BANDS, & MORE

TAP, DANCE, SING, AND MAKE MUSIC!



Partners are not required for dance classes and leather soled shoes are preferred, excluding tap. Please note, a \$5 nonresident fee may apply to fee-based classes.

Middle Eastern Dance is an umbrella term which refers to all dances of the Middle East and it's surrounding areas. The origin of the name comes from the French *Danse du ventre*, which translates as "dance of the stomach"

TAP CLASSES

Beginning Tap Dance

Fri., March 9-April 20 | 8:30-9:30 a.m.
\$30 per person; This class is a great place to learn or brush up on skills.

Intermediate/Advance Tap Dance

Fri., March 9-April 20 | 9:30-10:30 a.m.
\$30 per person; 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., April 18-May 23 | 5:45-6:45 p.m.
\$30 per person; This class is a fun combination of tap and exercise. Beginners are welcome; however, some knowledge is helpful.

Small Group Guitar Lessons

Wed., March 7-28
10 a.m. or 1 p.m.
\$35 per person, per one-hour session; class ratio is 4:1.

Learn from a university-level instructor who focuses on teaching the basics and beyond. New students are encouraged to register for the 1 p.m. class.

DANCE CLASSES

Middle Eastern Dance

Mon., March 12-April 16
7:15-8:15 p.m.; \$30 per person
This dance 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 Progressive Country Double 2-Step

Wed., March 7-28 | 6:50-7:50 p.m.
\$36 per person, per session

Basic 2-Step

Wed., March 7-28 | 7:55-8:55 p.m.
\$36 per person, per session

Line Dance

Tues., April 10- May 15
2:45-3:45 p.m.
\$30 per person, per session
Learn or improve your dance steps with the most popular line dances. All levels welcome.

Take both or two sessions and get 50% off the second.

MUSIC AND SINGING

Karaoke @ The Blue Suede Café

Tues., March 20 | 1:30-3:30 p.m.
Be the rock star of the center! Join us for a fun singalong with the group or choose a song from our list of titles, grab a microphone, and take center stage.

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

For beginning and intermediate musicians. Rehearsals every Mon., 2:45 & 3:45 p.m. For more info, email 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 community events and has open positions for talented trombone, guitar, and trumpet instrumentalists.

Register at www.dentonparks.com, in person, or by calling (940) 349-8720.

March 2018



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-Friday, 9am.-noon
Aletha's Craft Store Hours: Monday-Saturday, 9am-1pm
SPAN Lunch: Monday-Friday, noon at both senior center locations

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Reoccurring Activities,

Group Connect,



and One-Time

Classes and/or Events



THURSDAY, MAR. 1

9:30am Literary Group
SPAN: Hamburger
 12:30pm Party Bridge
 3:45pm Swing Orchestra
 7pm NAMI Support Grp

FRIDAY, MAR. 2

9am Fridays w/ Friends
 9am Grand Friends
 10am BP & Blood Sugar ✓
 10am Hand & Foot
SPAN: Three Cheese Ziti Bake
6pm MOVIE NIGHT
 7:30pm Triangle Squares

MONDAY, MAR. 5

8:30am Free Play Chair VB
SPAN: Swiss Steak
 1pm Chorus Rehearsal
 2:45pm Beg. NH Rehearsal
 3:45pm Int/Adv NH Rehearsal
 6:30pm Huntington's Support Group

TUESDAY, MAR. 6

8:30am Young at ♥ Practice
 9am Needlework Group
 10am Card Workshop
SPAN: Turkey Tetrazzini
 1pm Quilting Group
 3pm Wood Carvers Club
 7pm Recovery Intern.
 7pm Railroad Club

WEDNESDAY, MAR. 7

SPAN: Ham & Kidney Beans
 12:30pm Duplicate Bridge
 2:30pm Bingo
 4:30pm Cancer Support Grp

THURSDAY, MAR. 8

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

FRIDAY, MAR. 9

9am Fridays w/ Friends
 9:30am Int./Adv. Tap
 10am Hand & Foot
SPAN: Tuna Salad
7pm Dance with Endless Knights; snacks by Tracy Miller with Accolade Hospice

MONDAY, MAR. 12

8:30am Free Play Chair VB
 9:30am Reminiscence Wtg
SPAN: Cheesy CK Macaroni
 1pm Chorus-Longmeadow
 2:45pm Beg. NH Rehearsal
 3:45pm Int/Adv NH Rehearsal
 5:45pm Fitness RM Orient.

TUESDAY, MAR. 13

8:30am Young at ♥ Practice
 9am Needlework Group
10 am Pinochle Tourn.
 10am Card Workshop
SPAN: Hamburger
 1pm Quilting Group
1pm AARP Safe Driver Class
 3pm Wood Carvers Club

WEDNESDAY, MAR. 14

9am Advisory Council Mtg.
SPAN: Turkey Breast with Gravy
 12:30pm Duplicate Bridge
 4:30pm Cancer Support Grp
 5:30pm Aff. Housing Mtg
 7pm Organic Society

THURSDAY, MAR. 15

9:30am Literary Group
SPAN: Meatloaf
 12:30pm Party Bridge
Benefits Counseling (times vary)
 3:45pm Swing Orchestra
 7pm NAMI Support Grp

FRIDAY, MAR. 16

9am Fridays w/ Friends
 10am BP & Blood Sugar ✓
 10am Hand & Foot
SPAN: Bean Chili
6pm MOVIE NIGHT
 7:30pm Triangle Squares

MONDAY, MAR. 19

8:30am Free Play Chair VB
SPAN: Beef with Mushroom Gravy
 2pm Chorus-Valley Creek
 2:45pm Beg. NH Rehearsal
 3:45pm Int/Adv NH Rehearsal

TUESDAY, MAR. 20

8:30am Young at ♥ Practice
 9am Needlework Group
 10am Card Workshop
SPAN: Sloppy Joe
 1pm Quilting Group
 1pm Painting w/ Jessi
 1:30pm Karaoke Café
 3pm Wood Carvers Club
 7pm Recovery Intern.

WEDNESDAY, MAR. 21

SPAN: Chicken Alfredo
 12:30pm Duplicate Bridge
 2:30pm Birthday Bingo
 4:30pm Cancer Support Grp

THURSDAY, MAR. 22

9:30am Literary Group
SPAN: BBQ Pulled Pork
 12:30pm Party Bridge
 2pm Fitness RM Orientation
 3:45pm Swing Orchestra
 7pm NAMI Support Grp

FRIDAY, MAR. 23

9am Fridays w/ Friends
 10am Hand & Foot
SPAN: Potato Crusted Fish
7pm Dance with Texas Strut; snacks by Tonya Hudson with Willow Bend

MONDAY, MAR. 26

8:30am Free Play Chair VB
 9:30am Reminiscence Wtg
SPAN: Alfredo CK Meatball
 2pm Chorus-Denton Rehab
 2:45pm Beg. NH Rehearsal
 3:45pm Int/Adv NH Rehearsal

TUESDAY, MAR. 27

8:30am Young at ♥ Practice
 9am Needlework Group
10 am Hand & Foot Tourn.
 10am Card Workshop
SPAN: Smoked Sausage
 1pm Quilting Group
 3pm Wood Carvers Club

WEDNESDAY, MAR. 28

10am: WORLD TOUR: COSTA RICA
SPAN: Turkey Spaghetti
 12:30pm Duplicate Bridge
 4:30pm Cancer Support Grp

THURSDAY, MAR. 29

9:30am Literary Group
SPAN: Honey Glazed Ham
 12:30pm Party Bridge
 3:45pm Swing Orchestra
 7pm NAMI Support Grp

FRIDAY, MAR. 30

9am Fridays w/ Friends
 10am Hand & Foot
SPAN: Cheese Omelet
 6pm Paint Party

Reoccurring Fee-Based Weekly Classes | some start dates may vary

MONDAY

9am Ceramics
 1pm Learn to Watercolor
 7:15pm Middle Eastern Dance

TUESDAY

9am Ceramics

WEDNESDAY

10am or 1pm Guitar Lessons
 5:45pm Evening Tap
 6:50pm Basic Progressive Country Double Two-Step
 7:55pm Basic Two-Step

THURSDAY

10am Ceramics

FRIDAY

8:30 Beginner Tap
 9:30am Int./Adv. Tap

Register at www.dentonparks.com

ART CLASSES & 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.



Painting with Jessi

Tues., March 20 | 1-3 p.m.
\$25 per person
Bring a picture or subject to paint or be inspired by Jessi. In just two hours, you'll leave with a completed project.

To register, visit us online at www.dentonparks.com, in person at any rec center, or by calling (940) 349-8720.

Ceramics & Pottery

Every Monday, 9 a.m.-noon
Every Thursday, 10 a.m.-2 p.m.
\$45 per person | eight class visits

This NEW eight punch pass entitles students to eight "come and go" classes in a two-month max period. 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.

Paint Party!

Tues., March 31 | 6-8 p.m.
\$25 per person
Join the party and paint a masterpiece on 16"x20" canvas with music and fun instruction.

Grab your friends and bring snacks! No experience is necessary, and supplies are furnished.

GROUP CONNECT

Reminiscence Writing Group

Monday, March 12 and 26 | 9:30 a.m.
Everyone has a story and this group will encourage you to write and share your story.

Cross Timbers Wood Carvers Group

Every Tuesday, 3-5:30 p.m.
This is a free come and go group.

Needlework Group

Every Tuesday, 9-11:30 a.m.
Share needlework and craft ideas; new members are welcome. Proficiency not required.

Card Workshop

Every Tuesday, 10 a.m.-noon.
New and used cards accepted. Used cards will be recycled into gift boxes or new cards.

Quilting Group | Every Tuesday, 1-4 p.m.

Duplicate Bridge

Every Wednesday, 12:30 p.m.

Party Bridge | Every Thursday, 12:30 p.m.

Literary Critique Group

Every Thursday, 9:30 a.m.
Let the published and unpublished authors in the group help you improve your writing.

Hand and Foot Cards | Every Friday, 10 a.m.

Fridays w/ Friends | Every Friday, 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 | Square Dancing
Every first and third Friday, 7:30-10 p.m.

HELP NEEDED AT THE WOODSHOP

If you are interested, please email Burt Breedlove at burt.breedlove@yahoo.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

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