

# FIT FOR 50+

UNITE, GROW,

PLAY

A Great FIT for Adults, Ages 50+ | June 2018

## UPCOMING EVENTS

**ALH** | American Legion Hall

**DSC** | Denton Senior Center

**Friday Night Dance | DSC**

Friday, June 8 | 7-9:30 p.m., \$6 per person

**8 Ball Pool Tournament | DSC**

Tuesday, June 12 | 10 a.m.,

Register by June 8 ; free with rec pass

**Kiowa Casino | DSC**

Wednesday, June 13 | 8 a.m.-7 p.m.

\$15 per person; buffet lunch included

**Hunchback of Notre Dame | DSC**

Saturday, June 16 | Noon - 7 p.m.

\$20 per person; Dutch meal

**Friday Night Dance | DSC**

Friday, June 22 | 7-9:30 p.m., \$6 per person

**Shuffleboard Pool Tournament | DSC**

Tuesday, June 26 | 10 a.m.,

Register by June 22 ; free with rec pass



**Fourth of July Picnic | DSC**

Wednesday, July 4 | 10 a.m.-1 p.m.

Register online or in person

**Bossier City Overnight Trip | ALH**

Wednesday, Aug. 29-30

Register by July 20; fee TBA



## POSITIVE IMPACT OF VOLUNTEERING

Our senior centers thrive because of our members willingness to volunteer. We encourage the sharing of time and talents because it has proven to be an essential transition into retirement and here's how:

- Sharing time and talent makes the transition to retirement easier while providing opportunities to engagement in activities personally meaningful.
- Volunteering is the only productive activity proven to help prevent frailty among seniors.
- Being active and interactive improves physical, emotional, and mental health and prevents social isolation that can lead to depression.
- Volunteering helps bridge the generation gap.

If you're ready to reap the rewards of helping others, simply stop by any front desk or email us at [parksnrec@cityofdenton.com](mailto:parksnrec@cityofdenton.com).

# DENTON SENIOR CENTERS

## Denton Senior Center

509 N. Bell Ave.  
(940) 349-8720  
Mon.-Fri., 8 a.m.-9 p.m.  
Sat., 9 a.m.-1 p.m.

## American Legion Hall

629 Lakey St.  
(940) 349-8298  
Mon.-Fri., 10 a.m.-3 p.m.  
Thurs., 6-10 p.m.

## SPAN Lunch | Weekdays at Noon

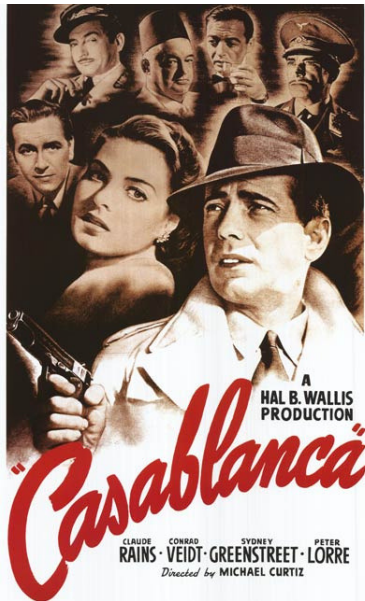
Meals are free to individuals age 60 and older at Denton Senior Center and American Legion Hall.



**DONATIONS ARE WELCOMED**

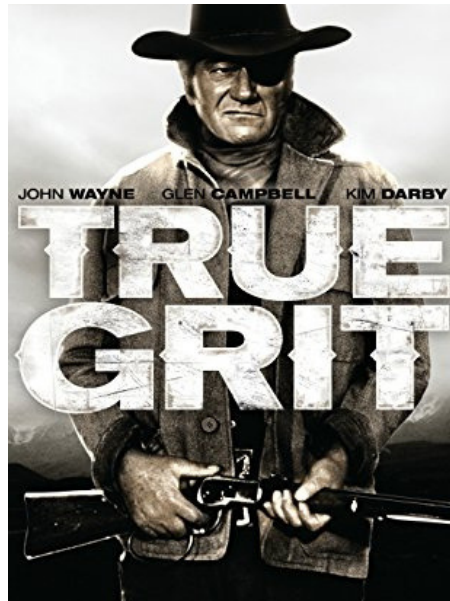
## FREE MOVIE NIGHTS

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



### "Casablanca"

Friday, June 1 | 6 p.m.  
Rated PG; 1 hr 42 min.



### "True Grit"

Friday, June 15 | 6 p.m.  
Rated G; 2 hr 8 min.

## Fridays, June 1 & 15 | 1 p.m.

Games are free and we play for "white elephant" prizes. On the 3rd Wednesday we'll celebrate birthdays sponsored by Allen Hendricks with Humana.



## BINGO + BIRTHDAYS

## Thursday, June 21

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



## FREE POTLUCK-N-BINGO

## Thursday, June 21

### Area Agency on Aging

Please visit the front desk to schedule an appt. with a benefits counselor: 1:30, 2, 2:30, 3, 3:30, or 4 p.m.

## FREE BENEFITS COUNSELING

## WORLD TOUR

**Next stop is France on Wednesday, June 27 from noon to 12:30 p.m.**

Together we'll explore a variety of cultures, food, language, and music through film, games, activities and more.

**Next Tour Date: Germany, July 25**



## Blood Pressure & Blood Sugar Checks

Denton Senior Center:  
1st and 3rd Friday, 10 a.m.  
American Legion Hall:  
2nd 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](mailto:mjbell522@msn.com) or call (940) 390-8230 to register.

## LEARN YOUR GENEALOGY, \$30

# BE ACTIVE AND FEEL AGELESS!

## DRUMBA, ZUMBA, YOGA, TAI CHI CHAIR VOLLEYBALL, AND MORE!



**SilverSneakers, Silver&Fit, and fitness membership programs/classes require a card scan upon class entry.**



### **Pickleball, Free Play**

Every Saturday | 9-11 a.m.

### **Fitness Equipment Orientation**

Thursday, June 21, 2-3 p.m.

Join our certified contract personal trainers for a free one-hour orientation covering fitness room — safety and equipment usage.

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

### **Chair Yoga**

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

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

### **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.

### **DRUMBA Club %**

Tues., June 5-26 | 6-7 p.m.

\$20 per person

DRUMBA Club combines regular or weighted drum sticks with lower body dance steps to create a fast paced, intense cardio and toning workout for both the upper and lower body.

### **DRUMBA Silver %**

Fri., June 1-22 | 1:30-2:30 p.m.

\$20 per person

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

### **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., July 2-Aug 6 | 6-7 p.m.

\$30 per person, per session

Thurs., June 7-July 12 | 5:30-6:30 p.m.

\$30 per person, per session

### **Zumba® Gold | Morning %**

Thurs., June 7-28 | 9-10 a.m.

\$20 per person, per session.

### **Meditation & Mindfulness %**

Thurs., June 28 - July 26 | 2-3 p.m.

\$40 per person, per session

### **Yoga Flow**

Thurs, June 7-28 | 6-7 p.m.

No class June 21; \$15 per person

This yoga flow class syncs movement with the breath as you flow through standing and floor sequences. Please bring a mat and water.

## SilverSneakers® and Silver&Fit

are programs offered through participating Medicare health plans or Medicare Supplement Carriers.

Both provide access to the senior center cardio room and water walking/lap swimming at Denton NAT.

To check eligibility, visit [www.silversneakers.com](http://www.silversneakers.com) and [www.silverandfit.com](http://www.silverandfit.com).



**%** Take two sessions of same program and get 50% off the second session.

# 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.

### DANCE CLASSES

#### Middle Eastern Dance (Belly Dancing)

Mon., June 25-July 30  
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.

#### Interm. East Coast Swing %

Wed., June 6-27 | 6:50-7:50 p.m.  
\$36 per person, per session

#### Interm. Foxtrot %

Wed., June 6-27 | 7:55-8:55 p.m.  
\$36 per person, per session

% Take two sessions of same program and get 50% off the second session.

### MUSIC AND SINGING

#### Karaoke @ The Blue Suede Café

Tues., June 19 | 6-8 p.m.  
Be the rock star of the center! Join us for a fun singalong with the group or grab a microphone, choose a song from our list of titles, and take center stage.

#### Senior Center Chorus

Rehearsals resume on the first Monday in September from 1 to 3 p.m. and will perform in the Denton area. If you would like to sing with the chorus this fall, please visit the front desk.

#### New Horizons Band

For beginning and intermediate musicians. Rehearsals resume in September, every Monday at 2:45 p.m. and 3:45 p.m. For more info, email [debbie.rohwer@unt.edu](mailto:debbie.rohwer@unt.edu).

#### The Young at Heart Band

Rehearsals resume Tuesday, Aug. 14 from 8:30 to 10:15 a.m. The band plays for dances and community events and has open positions for talented trombone, guitar, and saxophone instrumentalists.

Contact C.A. Bell for audition information. (940) 391-0841

## COME DANCIN' Friday Night Dances

Friday Night Dances bring the dance floor to life! Every second and fourth Fridays, Denton Senior Center hosts popular bands playing music ranging from country & western to the classic 50's & 60's tunes.

It's a great way to show off your dance skills and meet new people! Refreshments are served during the bands' intermission.



### Friday Night Dance Schedule:

7-9:30 p.m., \$6 per person

June 8: Pete-n-Patti  
June 22: Endless Knights

July 13: The Montana Band  
July 27: Knee Deep

Aug. 10: Texas Strut  
Aug. 24: Renegade

### Small Group Guitar Lessons

Wed., June 6-27

Beginners, 9 a.m. or 1 p.m.

Continuing, 10 a.m. or 2 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.

Register at [www.dentonparks.com](http://www.dentonparks.com), in person, or by calling (940) 349-8720.

# ART CLASSES & GROUP CONNECT



## GROUP CONNECT

Great opportunities to meet new people.

### WATERCOLOR AND CERAMICS PUNCH PASS

**NEW!** Eight punch pass entitles students to eight "come and go" classes. Passes expire two months from date of purchase.

#### Watercolor

Every Monday, 1-3 p.m.  
\$30 per person | eight punches  
Learn or continue watercolor painting with an instructor present and willing to assist as needed.

#### Ceramics & Pottery

Every Monday, 9 a.m.-noon  
Every Thursday, 10 a.m.-2 p.m.  
\$45 per person | eight punches  
Learn new glaze techniques, hand build or work on the pottery wheel, and/or create your own unique art piece. Fee includes basic supplies, clear glaze, and firing.



Engaging in creative projects decreases the risk of degenerative mind diseases such as dementia and Alzheimer's.



Looking to quilt with company? Join the Quilting Group every Tuesday from 1 to 4 p.m. at Denton Senior Center



We still need help in the workshop. If interested, please email Atticus Cox at [atticuscox27@gmail.com](mailto:atticuscox27@gmail.com).

#### Reminiscence Writing Group

Wednesday, June 13 and 20 | 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 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.



# TRIPS, HIGHLIGHTS, & MORE

## Great Escapes Senior Trip Reminders

- Trips leave from and return to Denton Senior Center unless otherwise posted.
- Trips may or may not experience excess walking, stairs, and/or inclement.
- Trip caregiver assistance is not provided, therefore participants must be able to function independently or be accompanied by a caregiver.
- Please park north of Civic Center Pool to board transportation.
- Please check in 20 to 30 minutes early to avoid departure delays.
- Trips are nonrefundable. Therefore if you want to sell or trade a ticket, remember to obtain all contact information needed to make an exchange. In addition, it is the seller's responsibility to provide Marlene with the name and phone number of the individual who will be traveling in exchange.



## Preview upcoming trips on the front and back covers.



### BARABARA'S Words of Wisdom

"One smile can spark a friendship, and one kindness can brighten a day. One hug can help heal a hurt, and one piece of heartfelt advice can change a life."

### CLASS HIGHLIGHT

**Chronic Disease Management**  
Starts Tuesday, June 12; 1- 3:30 p.m.  
Class meets for eight weeks.  
Register by June 7.

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](#)



About Denton | Government | Residents | Business | News & Events | Calendars | Careers | Contact Us | Privacy Policy | Linking Policy | Sitemap | Maps | FAQ | Contact Webmaster



# 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

[Sign Up](#)

By submitting this form, you are granting: Denton Parks and Rec, 321 E. Midway St., Denton, TX, 76201 United States, the irrevocable and exclusive authorization to email you. You do not receive permission to mail to your email address at any time using the [SafeUnsubscribe! link](#), found at the bottom of every email. We take your privacy seriously (see for yourself) please read our [Email Privacy Policy](#). Offers are reviewed by Consent Contact.



Denton Senior Center  
 509 N. Bell Ave.  
 Denton, TX 76209

PRESORTED  
 STANDARD  
 US POSTAGE  
 PAID  
 DENTON, TEXAS  
 PERMIT NO. 453



**Kiowa Casino, OK**  
**Wednesday, June 13 | 9 a.m.**  
 Leaves from the Civic Center  
 Register by June 5.

**Cedar Valley College**  
**Saturday, June 16 | 9 a.m.**  
 Leaves from the DSC  
 Register by June 6.

**Tanger Outlet Mall**  
**Saturday, July 19 | 10 a.m.**  
 Leaves from the DSC  
 Register by July 12.

**Rec Passes for Senior Centers & Rec Centers**

An annual rec pass is required to use the senior centers for non-fee based activities. Passes are swiped at the front desk. A rec passes costs \$10 per year for Denton residents and \$15 per year for non-residents.

**All fees are per person, per resident, unless otherwise stated. Participants who live outside of Denton's City limits pay an additional \$5 nonresident fee.**