

# FIT FOR 50+

Come

**PLAY**

A Great FIT for Adults, Ages 50+ | Summer 2019

## UPCOMING EVENTS

**DSC** | Denton Senior Center

**DCC** | Denton Civic Center

**CCP** | Civic Center Pool

**WWP** | Water Works Park

**Yankee Doodle Parade | The Square**

Thursday, July 4 | 9 a.m.

**Fourth of July Senior Picnic | DSC**

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

**Aqua Zumba Dance Party | CCP**

Friday, July 19 | 8 - 9 a.m.

**Volunteer Appreciation Night | DSC**

Friday, Aug. 16 | 7 p.m.

**AARP Smart Driver Program | DSC**

Tuesday, Aug. 20 | 5 p.m.

**Senior Center Got Talent | DSC**

Friday, Aug. 30 | 1 p.m.

**Labor Day | Senior Centers Closed**

Monday, Sept. 2

**Chair Volleyball Free Play Opens | DSC**

Starts Monday, Sept. 9 | 8:30 a.m.

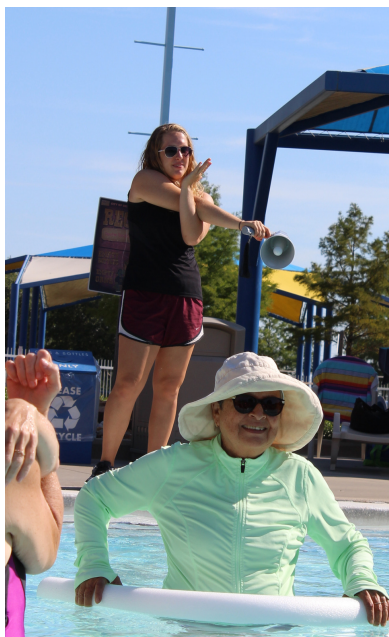
**Black Mustang Ranch Horseback Ride | DSC**

Friday, Sept. 13 | 10 a.m. - 3 p.m.



**Senior Community Health Fair | DCC**

Friday, Sept. 27 | 9 a.m. - 1 p.m.



## Fit for Aquatics

Take advantage of the water to meet your active lifestyle goals with aqua fitness classes. Exercising in water gives you the ability to work with less impact and natural resistance in order to move more freely throughout the class. We offer a variety of classes all year indoors and seasonally outdoors.

### Summer Outdoor Classes

Aqua Zumba | CCP | July 22-Aug. 7, M W, 8-9 a.m. \$30

River Robics | WWP | July 8-Aug.1; M T TH, 6:30-7:25 p.m. \$65

Aug.5-Aug. 15; M T TH, 6:30-7:25 p.m. \$35

### Indoor Classes @ The Natatorium

Individual pricing available or upgrade your rec center gym membership to enjoy these classes year round.

Senior Strength Training | M W F, 9-10 a.m.

Senior Water Aerobics | M W F, 10-11 a.m.

Deep Challenge Aerobics | M W, 6:05-6:55 p.m.

Shallow Water Aerobics | M T W TH, 7-7:55 p.m.

# Welcome to Denton's 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 eligible individuals age 60 and older at both senior center locations. Register two days prior to your first visit.



**DONATIONS ARE WELCOMED**

## Educational Seminars

Join us the third Friday of each month at 9:30 a.m. for FREE educational seminars related to health, financial, and social well being. Advance registration is not required but is appreciated to provide sponsors a general headcount to purchase supplies and refreshments.

- Healthy Eating to Lower Cholesterol | July 12 (Second Friday)
- Navigating Long Term Care Options | July 19
- Talking to Your Aging Relatives About the Future | Aug. 16
- Healthy Brain | Sept. 13 (Second Friday)
- Medicare Updates | Sept. 20

## 1st & 3rd Fridays | 1 p.m.

Games are free and we play for "white elephant" prizes. On the 3rd Friday we'll celebrate the current month's birthdays.



**BINGO + BIRTHDAYS**

## 3rd Thursday | 6 p.m.

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



**FREE POTLUCK-N-BINGO**

## 3rd Thursday 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**

## 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**

## Learn your Genealogy

Discover more about your genealogy in a private setting. Computer experience is not required. Contact M.J. Bell at mjbelle522@msn.com or (940) 390-8230 to register.

**FIVE ONE-HOUR SESSIONS | \$30**



## Manager's Corner

How are we already halfway through 2019? As you have seen, we have been working hard to improve the facility and programs this year, and the best is yet to come! Many of you have asked about the big Fall trip; no fear the program has not been canceled. We are in the final stages of working through the contract process and hope to have something scheduled for late Fall in the coming weeks. If we can't make it work, we will be shooting for a Spring Trip. Tell us what future trips you would like to see by completing the survey on page 9 of this newsletter.

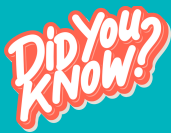
As a courtesy, we would like to inform you that the Civic Center parking lot will be repaved beginning the last week of September. Also, the Senior Center will be receiving a new roof beginning early Fall. We will keep everyone informed as we receive more information on these projects.

The staff and I wish you all a safe and fun summer!

Sincerely,

*Megan A. Thomas*





# Volunteering Promotes Mental Health

The National Institute on Aging has stated that participating in meaningful social activities, like volunteering, can improve longevity, improve mental health, and reduce the risk of dementia.

Visit the front desk to inquire about volunteer opportunities.

**VOLUNTEERING... IT'S GOOD FOR YOU.**

96% of volunteers say that it makes them happier

BUILDS PERSONAL RESILIENCE	INCREASES SOCIAL INCLUSION	GROWS SENSE OF PURPOSE	PATHWAY TO EMPLOYMENT
REDUCES SOCIAL DISADVANTAGE	BUILDS COMMUNITIES	LOWERS STRESS	REDUCES ISOLATION & LONELINESS
BOOSTS SKILLS	GROWS NETWORKS & FRIENDSHIPS	INCREASES HEALTH & WELLBEING	WIN/WIN RIGHT?!

**BENEFITS**

KNOWLEDGE Share your knowledge with others.	FULFILLMENT Gain personal fulfillment.	CONFIDENCE Increase your confidence.	SKILLS Maintain and develop skills.	COMMUNITY Make a difference in your community.	FUN Have fun.
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## Volunteer Opportunities

Opportunities include, but are not limited to:

- Special Events
- Leading Arts & Crafts
- Leading Activities
- Library Committee
- Bingo Caller
- Photographer
- Garden Committee
- Greeter/clerical/reception
- Member Outreach
- Travel Chaperones



Volunteer supervisors are needed in the woodshop. If interested, email Atticus Cox at [atticuscox27@gmail.com](mailto:atticuscox27@gmail.com).

## Grandfriends

Written by Sharon Candler

Calling all people that have ever smiled due to a child's hug, conversation, glance, or antics. We have the program for you. It happens right here in the Center on the first Friday of each month September-May in the Orange Room. The little ones come from our very own Parks & Rec preschool program. Accompanied by their teachers, the children are well supervised and well-mannered. We share hugs, conversations (interesting ones with the littles as you can imagine), craft something fun, and read a book. Sometimes they surprise us with a song they have prepared to share.

The children look forward to visiting us, but those of us involved are just as eager to see and share with them. It is guaranteed to start your month off with a smile and a hug that will warm your heart. The verdict is out that we have the best snacks and crafts in town, according to the children. As an added bonus, we get to watch these preschoolers grow in their experiences at preschool, but also in a relationship with experiencing Seniors that some would not have if it weren't for this program. Give it a try; I dare you.





# Be Active & Feel Ageless!

## Zumba, Total Fit, Yoga Flow, Chair Yoga, Tai Chi, & More!

SilverSneakers, Silver&Fit, Renew Active, the fitness membership, and group-ex membership all require a card scan upon class entry. The fitness (gym) membership has been upgraded and now offers access to all four rec center fitness rooms.



## All Access Gym Membership

Access to the fitness room and rec pass activities at all four rec centers.

One month | \$20

Three months | \$40

One Year | \$120



### Fitness Equipment Orientation

Appointments are accepted at the customer service desk for personal half-hour sessions covering basic instruction on fitness equipment safety and proper usage.

### Stretch n' Tone

Every Monday, Wednesday, Friday 11-11:45 a.m.

A great starting point for beginners; this class will increase muscle strength, improve mobility, posture, and coordination. FREE with Rec Pass, Gym membership, or Group Exercise Membership.

### Tai Chi %

Tuesdays, 4-5 p.m.  
\$30 per session  
Sept. 3-Oct. 8

Thursdays, 4-5 p.m.  
\$30 per session  
Sept. 5-Oct. 10

A wonderful class that focuses on breathing, stretching, and movement. The Mayo Clinic calls it, "a gentle way to fight stress."

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

### SILVERSNEAKERS®, SILVER&FIT & RENEW ACTIVE FITNESS PROGRAMS

These fitness programs, designed specifically for active older adults, are delivered through a nationwide network of participating insurance plans. Participating plan members receive access to the following wellness related activities at no additional cost.

- Unlimited attendance of all group exercise membership classes at North Lakes Rec Center & Denton Senior Center
- Unlimited attendance of SilverSneakers® classes at Denia Rec Center
- Unlimited use of the fitness rooms and REC Pass activities at all recreation centers, including the walking track at the Civic Center
- NAT Membership and water aerobics classes at the NAT

\*Participants must be medicare eligible and possess a participating supplement insurance plan. Verify eligibility by contacting your insurance provider or visiting, [www.silversneakers.com](http://www.silversneakers.com) [www.silverandfit.com](http://www.silverandfit.com) or [www.myrenewactive.com](http://www.myrenewactive.com)

## Barbara's Words of Wisdom

"You find yourself refreshed by the presence of cheerful people. Why not make an honest effort to confer that pleasure on others? Half the battle is gained if you never allow yourself to say anything gloomy."

Register at [www.dentonparks.com](http://www.dentonparks.com)



# NEW! Group Exercise Membership



## FIT FOR 50+

- Full access to State-of-the-Art fitness equipment
- Unlimited access to group exercise classes listed below
- Offered to adults ages 50+
- Accepts SilverSneakers, Silver&Fit, and Renew Active memberships

One month, \$25 | Three months, \$65 | One year, \$195

**45 min** Chair Yoga

Gentle form of yoga that is practiced sitting or standing, while using a chair for support as needed.

Wednesday  
1:30 p.m.

**60 min** Yoga Flow

Syncs movement with breathing as you flow through standing and floor sequences. Bring a mat and water.

Wednesday  
6 p.m.

**60 min** Total Fit

Challenging class that builds strength, improves cardio, and increases flexibility. Tailored to ages 50+.

Tuesday, 6:35 p.m.  
Thursday, 6:35 p.m.

**60 min** Classically Fit

Increases strength, agility, coordination, range of motion, and balance. Chair may be used, as needed.

Tuesday, 10:35 a.m.  
Thursday, 10:35 a.m.

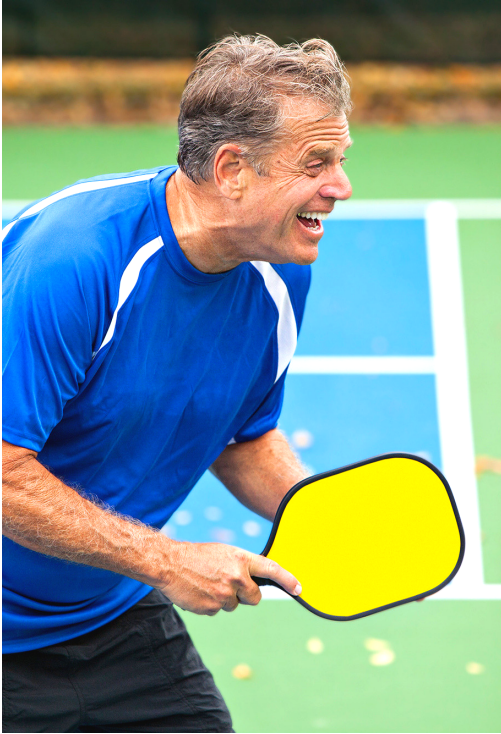
**60 min** ZUMBA gold

Modified Zumba for adults, ages 50+. Same great music, same great moves, just easier to follow.

Monday, 6 p.m.  
Thursday, 9 a.m.  
Thursday, 5:30 p.m.



# Upcoming Leagues, Tournaments, & Free Play



## Pickleball

### Pickleball | Free Play

Join us for free play, every Saturday from 9 to 11 a.m. at Denton Senior Center and every Tuesday and Thursday, from Noon to 3 p.m. at North Lakes Rec Center.

Schedule subject to change based on facility rentals and programs.

**Check out our newly lined outdoor courts at Nette Schultz Park!**



## Chair Volleyball

### League Play

Want to join the fun? Registration for the next season of chair volleyball begins Aug. 1.

Tournament play begins Oct. 10. Come watch and cheer on your friends each Thursday at 1 p.m. in the multi-purpose room.

### Free Play

Join us for free play, every Monday from 8:30 to 10:30 a.m. beginning in September.



## Games & Tournaments

### 2019 Summer Tournaments

Join the fun competition! Tuesdays, free with a rec pass. Registration closes four days before each tournament date.

**Pinochle** | July 16, 10 a.m.

**Hand & Foot** | July 26, 1 p.m.

**Indoor Bowling** | Aug. 13, 1 p.m.

**Checkers** | Aug. 27, 10 a.m.

**Shuffleboard** | Sept. 10, 10 a.m.

**Frizbee Golf** | Sept. 24, 10 a.m.

**The senior center putting green is open year round!**



# Karaoke, Bands, Dance Lessons, & More

## Tap, Belly Dancing, Guitar Lessons, Rumba, and More!

Partners are not required for dance classes and leather soled shoes are preferred, excluding tap.



### Various Dance Lessons

#### Middle Eastern Dance AKA, Belly Dancing

Mondays, 7:15-8:15 p.m.

Sept. 9-Oct. 14

\$30 per session

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.

#### Line Dance

Wednesdays, 4:30-5:30 p.m.

June 26-July 31; Sept. 4-Oct. 9

\$30 per month

#### Social Dance

Wednesdays | \$36 per class

#### Basic Cha Cha %

July 10-31, 6:30-7:30 p.m.

#### Basic Night Club 2 Step %

July 10-31, 7:35-8:55 p.m.

#### Intermediate Cha Cha %

Aug. 7-28, 6:30-7:30 p.m.

#### Intermediate Night Club 2 Step %

Aug. 7-28, 7:35-8:35 p.m.

#### Basic Jitterbug %

Sept. 4-25, 6:50-7:50 p.m.

#### Basic 3-Step %

Sept. 4-25, 7:55-8:55 p.m.

### Tap & Guitar Lessons

#### Beginning Tap Dance

Fridays, 8:30-9:30 a.m.

Sept.6-Oct.11

\$30 per month

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

#### Intermediate/Advanced Tap Dance

Fridays, 9:30-10:30 a.m.

Sept.6-Oct.11

\$30 per month

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

#### Evening Tap Dance

Wednesdays, 5:45-6:45 p.m.

Sept. 4-Oct.9

\$30 per session

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

#### Small Group Guitar Lessons

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

Wed. | Continuing, 10 a.m.

July 10-31; Aug.7-28; Sept. 4-25

\$35 per one-hour session

Class ratio 4:1

#### Small Group Ukulele Lessons

Wed. | 2 p.m.

July 10-31; Aug.7-28; Sept. 4-25

\$35 per one-hour session

Class ratio 4:1

### Karaoke, Chorus, etc.

#### Karaoke @ The Blue Suede Café

Aug. 20

6-8 p.m.

Be the rock star of the center! Join us for a fun sing-a-long with the group or grab a microphone, choose a song from our list of titles, and take center stage.

#### Senior Center Chorus

Rehearsals are Sept. through May on most first Mondays from 1 to 3 p.m. Perform in the Denton area. Performance schedules are available at the front desk.

#### New Horizons Band

Beginners Rehearsal

Mondays, 2:45 p.m.

Intermediate Rehearsal

Mondays, 3:45 p.m.

For more info, email [debbie.rohwer@unt.edu](mailto:debbie.rohwer@unt.edu).

#### The Young at Heart Band

Rehearsals on Tuesdays,

8:30-10:15 a.m.

The band plays for dances and community events and has open positions for talented trombone, guitar, and saxophone players. Contact C.A. Bell for audition information. (940) 391-0841.

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



# Art, Ceramics, Group Connect, & Much More



## GROUP CONNECT

Great opportunities to meet new people

### Ceramics & Pottery

Mondays, 9 a.m.-noon  
Thursdays, 10 a.m.-2 p.m.  
\$40 per person, per month

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.



### Painting Workshop

Mondays, 1-4 p.m.

There will be no instructor June-Aug. Drop in with your supplies and paint for free!

Sept. 9-30; \$30 per person  
Learn to paint with Cathy Cox or simply continue to grow your talent with oils, acrylics, and/or watercolor painting.



### Drop-in Activities @ DSC

**Cross Timbers Wood Carvers Group**  
Tuesdays, 3-5:00 p.m.

**Needlework Group** | Tuesdays, 9-11:30 a.m.  
Share needlework and craft ideas; new members are welcome. Proficiency not required.

**Quilting Group** | Tuesdays, 1-4 p.m.

**Literary Critique Group** | Thursdays, 9 a.m.  
Let the published and unpublished authors in the group help you improve your writing.

**Fridays w/ Friends** | Fridays, 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!

**Duplicate Bridge**  
Wednesdays, 12:30 p.m.  
2nd & 4th Tuesdays, noon

**Party Bridge** | Thursdays & Fridays, 12:30 p.m.

**Hand and Foot Canasta** | Fridays, 9 a.m.

**Pinochle** | Wednesdays and Thursdays, 9:30 a.m.

To schedule a spot in a card game, please call (940) 349-8720 to be put in touch with the volunteer coordinator for each group.

### Drop-in Activities @ ALH

**Sewing** | Monday-Friday, 10 a.m.-noon

**Bingo** | Tuesdays & Thursdays, 10:30-11:30 a.m.

**Domino Tournaments** | Thursdays, 6-10 p.m.

## Do you have a special skill to share?

We are always looking for new program ideas and instructors. Please inquire with one of our program coordinators or view the contractor guide and program proposal form online at [www.dentonparks.com](http://www.dentonparks.com).

Register at [www.dentonparks.com](http://www.dentonparks.com)



# Outdoor Adventures, Senior Trips, & Trip Perspectives

## GREAT ESCAPES

DSC | Denton Senior Center  
DRC | Denia Rec Center  
MLK | MLK Jr. Rec Center

**African American Museum | MLK**  
Wed., July 17 | 9 a.m.-4 p.m.  
\$10 per person

**Nebraska Furniture Mart | DSC**  
Thurs., Aug. 29 | 9 a.m.-3 p.m.  
\$16 per person

**George W. Bush Library | DSC**  
Thurs., Sept. 12 | 9 a.m.-3 p.m.,  
\$29 per person

**Liberty Crossing: Gainesville | DSC**  
Sat., Sept. 21 | 10 a.m.-5 p.m.  
\$16 per person

**Kiowa Casino | DSC**  
Thurs., Sept. 26 | 9 a.m.-6:30 p.m.  
\$20 per person

## Trip Reminders

- Trips depart and return to Denton Senior Center unless otherwise posted. Please park north of the Civic Center Pool.
- Please check in 20 to 30 minutes early to avoid departure delays.
- Trips may or may not experience excess walking, stairs, and/or inclement weather.
- Trip participants must be able to function independently, or be accompanied by a caregiver.
- Trips are nonrefundable. If there is an active waiting list your ticket may be transferred to another person provided the registration deadline has not passed. Both parties must confirm agreement of the transfer.
- Please be considerate of those who have sensitivities and limit fragrances.



Please complete the attached survey for future overnight trips and return to the front desk.  
Select all that apply.

What types of trips appeal to you?  Bus Tour  River Cruise  Sea Cruise  International

Social/Leisure  Historical/Educational  Active/Adventure

What length of trip do you prefer?  Overnight (2 days)  Long weekend (3-4 days)  5-7 days  8+ days

How often do you like to travel?  Once per year  Twice per year  Three or more times per year

Please share some destinations you would enjoy visiting. \_\_\_\_\_

Comments/Suggestions: \_\_\_\_\_

## Traveler's Perspectives

**Carole Johnston**  
**50+ Kayaking | May 27**

What a wonderful day, May 27 - the weather was perfect, and the experience was delightful! Tracy and Robin are attentive instructors and always helpful with senior citizens. I have been Kayaking with the Senior Center for 5 yrs. I also have introduced the program to other friends at Robson Ranch.



Great Escapes

# Center Highlights, Dances, and Good Times!

## 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 '50s and '60s 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

July 12: Bale Jumpers Band

July 26: Ryan Glenn Band

Aug. 9: Danny Romo Band

Aug. 23: High Caliber

Sept. 13: Montana Band

Sept. 27: Renegade

Oct. 11: Young at Heart

Oct. 25: Pete-N-Patti



thank you

**Special thanks to our sponsors who make our daily coffee service, birthday bingo, Friday community dance, and special events possible!**

Optimal Solutions Counseling & Care Management  
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Willow Bend Assisted Living & Memory Care  
Gail's Globetrotters Travel Club  
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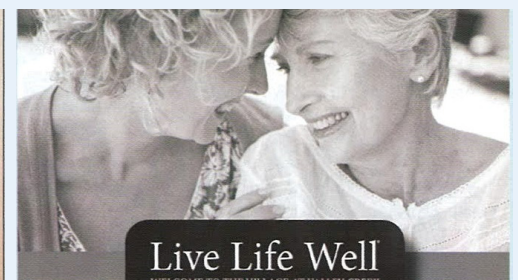


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# Senior Community Health Fair



**Friday, Sept. 27**

**9 a.m.-1 p.m. • Denton Civic Center**

Hosted by The Denton Senior Center in partnership with Denton County Public Health, Good Samaritan Villages, Medical City Denton, Texas Health Resources, Area Agency on Aging, and Seniors in Motion.

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

An annual rec pass is required to use the senior centers for non-fee based activities; \$10 per year for Denton residents and \$15 per year for nonresidents. Fees listed are per person, per resident, unless otherwise stated. Participants who live outside of Denton's City limits pay an additional \$5 nonresident fee.