

# FIT FOR 50+

Come

PLAY

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

## UPCOMING EVENTS

DSC | Denton Senior Center

**Labor Day Holiday | Senior Centers Closed**  
Monday, Sept. 3

**Senior Health Fair | DSC**  
Thursday, Oct. 24 | 10 a.m. - 1 p.m.

**Veteran's Day Program | DSC**  
Friday, Nov. 9 | 1 p.m.

**Blue Ribbon Bazaar | DSC**  
Saturday, Nov. 17 | 9 a.m. - 3 p.m.

**Thanksgiving Holiday | Senior Centers Closed**  
Thursday & Friday, Nov. 22-23

**Library Book Sale | DSC**  
Dec. 3-14

**Holiday Tea | DSC**  
Thursday, Dec. 6 | 1 p.m.

**Christmas Holiday | Senior Centers Closed**  
Monday & Tuesday, Dec. 24-25

**New Year Holiday | Senior Centers Closed**  
Tuesday, Jan. 1

**Open House | DSC**  
Saturday, Jan. 5 | 9 a.m.-1 p.m.



## Meet Instructors Ming and Tim

### BRINGING VARIETY TO CLASSES

Ming Schrader brings fun and fitness together in Classically Fit and Zumba Gold® A.M. classes. With years of experience in various class formats, Ming shows students in Classically Fit how to build strength, coordination, and how to incorporate fitness into daily activities. She even teaches a little bit of the Chinese language! In Zumba Gold®, Ming wakes the class up with a variety of Latin music with invigorating dance steps.

Tim Courtney shares his gift of music by teaching guitar. As a previous instructor at El Centro College and a current instructor with Denton Childbloom, Tim excels at teaching beginner students with no knowledge to the advanced student. Classes are kept small with a maximum of four students per hour in order to provide detailed instruction and practice.



## Looking ahead...

**Horseback Riding at  
Black Mustang Ranch  
Friday, Oct. 19 | \$55  
Ages 50+ only**



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



**DONATIONS ARE WELCOMED**

## FREE MOVIE NIGHTS

Enjoy a variety of box office hits, classics, comedies, dramas, & more!

Join us every 1st and 3rd Friday at 6 p.m.  
We'll bring the popcorn.

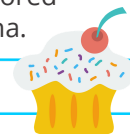
Don't miss it!



### 1st & 3rd Fridays | 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**



### 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 [mjbell522@msn.com](mailto:mjbell522@msn.com) or (940) 390-8230 to register.

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

## WORLD TOUR

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

### Upcoming Tour Dates:

- Thursday, Sept. 26: Mozambique
- Thursday, Oct. 24: India
- Thursday, Nov. 28: China
- Thursday, Dec. 28: Australia

*adventure*  
-AWAITS-



# BE ACTIVE AND FEEL AGELESS!

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



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

No classes Nov. 22-23.

### **Fitness Equipment Orientation**

Every 3rd Thursday, 2-3 p.m.  
Sept. 20, Oct. 18, Nov. 15, Dec. 20

Join certified 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 Wednesday, 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 Tuesday & Thursday  
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.

### **Stretch n' Tone**

Every Monday, Wednesday, Friday  
11-11:45 a.m.  
This FREE class will help increase muscle strength, improve mobility, posture, and coordination.

### **DRUMBA Club %**

Tuesdays, 6-7 p.m.  
Sept. 4 -25, Oct. 2-23  
Nov. 6-27, Dec. 4-18  
\$20 per month

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 %**

Fridays, 1:30-2:30 p.m.  
Sept. 7-28, Oct. 5-26,  
Nov. 2-30, Dec. 7-28  
\$20 per month

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!

### **Tai Chi %**

Tuesdays, 4-5 p.m.  
Sept. 4-Oct. 9, Oct. 16-Nov. 27  
Thursdays, 4-5 p.m.  
Sept. 6-Oct. 11, Oct. 18-Nov. 29  
\$30 per session

### **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**

Every Monday, 6-7 p.m.  
\$20 per month

Every Thursday, 5:30 - 6:30 p.m.  
\$20 per month

### **Zumba® Gold | Morning**

Thursdays, 9-10 a.m.  
Sept. 6-27, Oct. 4-25,  
Nov. 1-29, Dec. 6-27  
\$20 per month

### **Yoga Flow**

Thursdays, 6-7 p.m.  
Sept. 6-27, Oct. 4-25,  
Nov. 1-29, Dec. 6-27  
\$20 per month

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

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

# FUN COMPETITION

Leagues, Free Play,  
and Tournaments!



## Chair Volleyball League

Chair Volleyball Leagues have taken Denton Senior Center by storm in the last few years. The game is played two courts measured out by chair volleyball standards and participants play in chairs. Rules are like real volleyball with each person serving the beach ball (in place of a real volleyball) with teams of six players rotating positions with calls made in, out, or on the line!

Bobbie Ferrell was recruited one season during Free Play and has been competing non-stop. When asked why she keeps playing, she said "It is amazing how much you are benefiting from the activity aerobically even though you are sitting in a chair. You move and focus on the beach ball. The most important thing is it is great fun. You meet new people. We laugh and have fun. We cheer each other on. It is so exciting when you make a point. I never played sports while in school. I was encouraged to take a chair one day and the excitement began from then. Sure we all miss the ball at times, but it is okay. We continue on and score the next time."

### Chair Volleyball | Fall League

Registration is Sept. 4-26.  
\$19 per participant,  
includes team T-shirt.  
Come watch tournament  
style games every Thursday,  
1 p.m. beginning Oct. 11.  
Championship game is Nov. 15.

### Chair Volleyball | Free Play

Every Monday  
September-November  
8:30-10:30 a.m.

### Pickleball | Free Play

Every Saturdays, 9-11 a.m.

### Games & Tournaments

Join the fun competition!  
Tuesdays, free with a rec pass.

Registration closes four days  
before each tournament date.

**Putting Golf** | Sept. 11, 10 a.m.  
**Shuffleboard** | Sept. 25, 9 a.m.

**Washer Toss** | Oct. 9, 10 a.m.  
**Bean Bag Toss** | Oct. 23, 10 a.m.

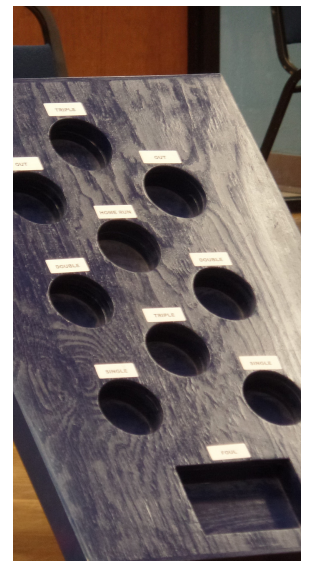
**8 Ball Pool** | Nov. 13, 10 a.m.

**Pinochle** | Dec. 11, 10 a.m.

## Bean Bag Baseball

Bean Bag Toss Baseball is a league many active adults compete in during Chair Volleyball offseason. The game is played on a board stand with bean bags. Rules are similar to real baseball with each person throwing continuously until someone gets out or on base. An inning is over when each team has three outs or six runs.

Barbara Anderson is usually the first person to sign up for Bean Bag Baseball every season. When asked why she enjoys this game so much, she said "It is a people thing. I like it because we have a great time playing it. No one takes it seriously and we just have a great, great time. It is challenging to toss the bean bag into the holes on the board. It is not as easy as it looks but we keep trying. It is so much fun playing on a team. We have so much fun. I would love to see more people involved."



# 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)

Mondays, 7:15-8:15 p.m.  
Sept. 10-Oct. 15, Oct 29-Dec. 3  
\$30 per month

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.

#### Social Dance

Wednesdays | \$36 per class

#### Basic Three-Step %

Sept. 5-26, 6:50-7:50 p.m.

#### Basic Slow Dance

Sept. 5-26, 7:55-8:55 p.m.

#### Intermediate Three-Step %

Oct. 3-24, 6:50-7:50 p.m.

#### Intermediate Slow Dance

Oct. 3-24, 7:55-8:55 p.m.

#### Basic/Int. Cha-Cha %

Nov. 7-28, 6:50-7:50 p.m.

#### Basic/Int. West Coast Swing

Nov. 7-28, 7:55-8:55 p.m.

#### Line Dance

Wednesdays, 4-5 p.m.  
\$30 per month  
Sept 5-26, Oct 3-24  
Nov. 7-28, Dec. 5-19

### TAP CLASSES

#### Beginning Tap Dance

Fridays, 8:30-9:30 a.m.  
Sept. 7-Oct. 12, Oct 26-Dec. 7  
\$30 per month

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

#### Intermediate/Advance Tap Dance

Fridays, 8:30-9:30 a.m.  
Sept. 7-Oct. 12, Oct 26-Dec.7  
\$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. 5-Oct. 10, Oct 24-Dec.5  
\$30 per month

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. or 2 p.m.  
Sept 5-26, Oct 3-24, Nov. 7-28, Dec. 5-19  
\$35 per person, per one-hour session.  
Class ratio 4:1; no class Nov. 21 or Dec. 26.

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

### MUSIC AND SINGING

#### Karaoke @ The Blue Suede Café

Sept. 18 & Oct. 16 | 6-8 p.m.  
Nov. 13 & Dec. 11 | 1:30-2:30 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 on first Mondays 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

Beginners Rehearsal  
Mondays, 2:45 p.m.

Intermediate Rehearsal  
Mondays, 3:45 p.m.  
For more info, email  
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 instrumentalists.  
Contact C.A. Bell for audition information. (940) 391-0841

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

# ART CLASSES & GROUP CONNECT



## Watercolor

Every Monday beginning  
Sept.17, 1-3 p.m.  
\$30 per person

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.  
\$40 per person

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.



## Kumihimo Braiding

10 a.m. - noon  
\$10 per person  
Supplies are included.

Learn the ancient art of Japanese braiding in the following intro classes.:

Introduction-Key Chain, Sept.5  
Introduction-Necklace, Sept.19

Intermediate-Necklace, Oct. 3  
Intermediate-Bracelet, Oct. 17

**Creative projects help you broaden your scope of attention and help retain abstract concepts more easily.**

## GROUP CONNECT

Great opportunities to meet new people.

### Reminiscence Writing Group

Second and fourth Wednesdays | 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 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.

## VOLUNTEER OPPORTUNITIES



The library committee is looking for volunteers. If interested please email Denise Kisinger at [dkisi54@yahoo.com](mailto:dkisi54@yahoo.com).



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



# TRIPS, HIGHLIGHTS, & MORE

**DSC** | Denton Senior Center  
**ALH** | American Legion Hall

**Kayak Pecan Creek | DSC**  
Sat., Sept. 8 | 10 a.m.-3 p.m.  
\$20 per person

**Biblical Arts Museum | DSC**  
Wed., Sept. 19 | 9 a.m.-4 p.m.  
\$23 per person

**Arboretum | DSC**  
Thurs., Sept. 27 | 9 a.m.-4 p.m.  
\$29 per person

**State Fair | DSC & ALH**  
Thurs., Oct. 4 | 9 a.m.-4 p.m.  
\$22 per person

**Nokona Glove Factory | DSC**  
Thurs., Oct. 22 | 9 a.m.-4 p.m.  
\$28 per person

**Clear Creek Area Hike | DSC**  
Fri., Nov. 9 | 1-3 p.m.  
\$3 per person

**Tanger Outlets | DSC**  
Mon., Oct. 30 | 10 a.m.-3 p.m.  
\$19 per person

**Grapevine Shopping | DSC**  
Wed., Nov. 14 | 10 a.m.-4 p.m.  
\$20 per person

**Firehouse Theater | DSC**  
*White Christmas*  
Sat., Dec. 1 | 10 a.m.-6 p.m.  
\$30 per person

**Kimball Art Museum | DSC**  
Tues., Dec. 4 | 9 a.m.-3 p.m.  
\$30 per person

## Traveler's Perspectives

### Magnolia Market by Judy Klein

In May, I invited a new friend to go with me on Senior Center's day trip to Magnolia Market in Waco. It was a wonderful way to get better acquainted. Thanks to wise planning by our leader, our bus made a pit stop at a delightful, fairly new rest area before we got to Waco. There were plenty of facilities, plus a mini-museum of early farming days. Very interesting.

It was a cloudy day, but just right for browsing and shopping at Chip and Joanna's Market, touring the gardens, and taking a free trolley ride to try to decide which eatery to visit for lunch. We chose a German sandwich shop with delicious homemade breads. We could have hopped on the trolley back to Magnolia Market, but we chose to walk the few blocks instead. We didn't make it to the bakery, the line was too long, but that was okay-- we weren't hungry then anyway. Another pit stop at the same rest stop and we were back at the Senior Center right on time. What a fun day!

### Kiowa Casino by Kathleen Young

I truly enjoyed this trip. Our bus driver and tour guide were both very knowledgeable about their tasks, and the weather was cool and dry. Kiowa Casino was very clean. Popcorn and soft drinks were available, which made for a nice surprise! Roast chicken and catfish topped the buffet menu as well as several other options along with vegetables and sides. The salad counter had a nice variety, and the area was kept very clean. Our server was accommodating and made our meal enjoyable.

My whole day was everything I'd hoped for. the only thing that would have made it more fun would have been them letting me win, but I guess, that's the gamble! Thank you, Marlene, for planning a lovely trip.

## 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.
- Please be considerate of those who have sensitivities and limit fragrances.

# CENTER HIGHLIGHTS, DANCES & MORE

## 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

Sept. 14: The Montana Band  
Sept. 28: The Danny Romo Band  
Oct. 12: Pete-N-Patti  
Oct. 26: High Caliber  
Nov. 9: Renegade  
Dec. 7: The Danny Romo Band



## BARABARA'S *Words of Wisdom*

" One's life has value so long as one attributes value to the life of others, by means of love, friendship, imagination and compassion."

## CLASS HIGHLIGHT

### Matter of Balance

Starts Tuesday, Sept. 11; 1- 4:30 p.m.

Class meets for eight weeks.

Register by Sept. 5.

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





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

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 DENTON, TEXAS  
 PERMIT NO. 453

## Kickstart the fall season by learning something new!



Tai Chi and Dance Classes  
 Learn more on pages 3 & 5.

Art and Jewelry classes  
 Learn more on page 6.

Games and Tournaments  
 Learn more on page 7.

### 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.**