

PlayTC Seniors!

“Lovin’ the Second Half of Life!”

August 2021



Inside this Edition:

- Eagle Scout Project Donation
- Calendar Center Spread
- Friday flicks - Mamma Mia! & Grumpy Old Men
- Special Event, Craft Fair and Activity Summary

On the Cover



Hester Moore has been involved behind the scenes in pageants for years. This is her first time to be a participant. Hester also authored “16N68: My Story” — an autobiography on her marching with Rev. Martin Luther King Jr in 1968. In recent years, she worked for TC Parks and Rec and is a member of The Colony Senior/Community Center.

Senior/Community Center Staff

Senior/Community Center Supervisor

Diana Holland.....dholland@thecolonytx.gov

Programs Leaders

Michelle Tell.....mtell@thecolonytx.gov

Amy Brown.....abrown@thecolonytx.gov

Community Center Leaders

Ron Czarny.....rczarny@thecolonytx.gov

Shirley Johnson.....sjohnson@thecolonytx.gov

Beverly Newsome.....bnewsome@thecolonytx.gov

Hours of Operation

Current Hours

Monday—Friday **8:00am—3:00pm**
Tuesday Evenings **6:00pm—9:00pm**
Saturdays **10:00am—2:00pm**

972-624-2246

Pre-registration still required

Masks are optional

Please maintain social distancing

Proof of Covid19 vaccination NOT required

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Back to School Jokes for a Quick Smile

Have you heard about the teacher who was cross-eyed?

She couldn't control her pupils!

What kind of school do surfers go to?*Boarding school.*

Why can't a nose be 12 inches long?

Because then it would be a foot.

Why did the M&M go to school?..*Because he wanted to be Smartie!*

What did the math book say to the history book?

Boy, do I have problems!

Why was the teacher wearing sunglasses to school?

Because she had bright students!

What is the king of all school supplies?.....*The Ruler.*

Why didn't the sun go to college?

Because it already had a million degrees!

Why was the geometry book so adorable?

Because it had acute angles.

Billy comes home from first day of school. Mom asks him, “What did you learn today?” *Not enough, I have to go back tomorrow.*

A man from Los Angeles drove toward New York at 250 mph and a man from New York drove toward Los Angeles at 150 mph. Where do they meet?.....*In traffic school*

“Tommy, can you tell us where the Declaration of Independence was signed?” the teacher asks. *“Yes, ma’am. Right at the bottom.”*

Teacher—Why were the early days of history called the Dark Ages?

Student—*Because there were so many Knights!*

What's a math teacher's favorite dessert?.....*Pi, of course!*

What's the difference between a teacher and a train?

A teacher says, “Spit out that gum!” A train says, “Chew!, Chew!”

Eagle Scout Project in Honor of Former Member



In contemplating his Eagle Scout Project, Chase Meyer (grandson of former member Helen Meyer) chose to honor the memory of his grandmother by creating something useful for The Colony Senior/Community Center. Chase marked the successful completion of his project with a plaque for Helen on each bench. These benches will make a great location for seniors to enjoy a cup of coffee or tea in the mornings.

Thank you Chase for the generous donation from you and your team. The Colony Seniors appreciate it very much!

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The Colony Seniors

Monday	Tuesday	Wednesday
2 Talk & Tails 8:00—9:00a Dog AFEP Chair Exercise 9:15—9:55a CC,Z Walk Strong 10:00—10:45a CC,Z Hand & Foot 10:00—2:00p CC Beg Line Dancing 10:00—11:30p CC Chair Volleyball 11:30—12:30p Rec Billiards 12:30—2:00p CC Am. Mah Jong 12:00—3:00p CC 5-Crowns 1:00—3:00p CC	3 Walk & Talk 8:00—9:00a Rec Cardio Drumming 9:00—9:45a CC Trail Walk Tue 9:00—10:00a SCP Happy Hookers 9:30—11:30a CC Chair Yoga 12:00—12:45p CC Genealogy 11:00—12:00p CC Stayin & Playin 1:00—2:00p CC, Mah Jong 1:00—3:00p CC AMORE'S 4:30p Rest Game Night 6:00p—9:00p CC	4 Talk & Tails 8:00—9:00a Dog AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC Quilting 10:30—12:00p CC, Z Chair Volleyball 11:30—12:30p Rec Coin/Stamp Collector 12:00—1:00p CC Billiards 12:30—2:00p CC Yahtzee 1:00—3:00p CC Book Club 2:00—3:00p CC
9 Talk & Tails 8:00—9:00a Dog AFEP Chair Exercise 9:15—9:55a CC,Z Walk Strong 10:00—10:45a CC,Z Hand & Foot 10:00—2:00p CC Beg Line Dancing 10:00—11:30p CC Chair Volleyball 11:30—12:30p Rec Billiards 12:30—2:00p CC Am. Mah Jong 12:00—3:00p CC 5-Crowns 1:00—3:00p CC	10 Walk & Talk 8:00—9:00a Rec Cardio Drumming 9:00—9:45a CC Trail Walk Tue 9:00—10:00a SCP Happy Hookers 9:30—11:30a CC Chair Yoga 12:00—12:45p CC Genealogy 11:00—12:00p CC Pickin & Grinnin 1:00—2:00p CC, Mah Jong 1:00—3:00p CC ANGELINA'S 4:30p Rest Game Night 6:00p—9:00p CC	11 Talk & Tails 8:00—9:00a Dog AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC Quilting 10:30—12:00p CC, Z Chair Volleyball 11:30—12:30p Rec Coin/Stamp Collector 12:00—1:00p CC Benefits Counseling 1:00—3:00p CC Billiards 12:30—2:00p CC Yahtzee 1:00—3:00p CC
16 Talk & Tails 8:00—9:00a Dog AFEP Chair Exercise 9:15—9:55a CC,Z Walk Strong 10:00—10:45a CC,Z Hand & Foot 10:00—2:00p CC Beg Line Dancing 10:00—11:30p CC Chair Volleyball 11:30—12:30p Rec Billiards 12:30—2:00p CC Am. Mah Jong 12:00—3:00p CC 5-Crowns 1:00—3:00p CC	17 Walk & Talk 8:00—9:00a Rec Cardio Drumming 9:00—9:45a CC Trail Walk Tue 9:00—10:00a SCP Happy Hookers 9:30—11:30a CC BP&G 10:00—10:30a CC Chair Yoga 12:00—12:45p CC Genealogy 11:00—12:00p CC Stayin & Playin 1:00—2:00p CC, Mah Jong 1:00—3:00p CC CHEDDAR'S 4:30p Rest Game Night 6:00p—9:00p CC	18 Talk & Tails 8:00—9:00a Dog AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC Quilting 10:30—12:00p CC, Z Chair Volleyball 11:30—12:30p Rec Coin/Stamp Collector 12:00—1:00p CC Billiards 12:30—2:00p CC Yahtzee 1:00—3:00p CC The Colony Cut-Ups 7:00—8:30p CC
23 Talk & Tails 8:00—9:00a Dog AFEP Chair Exercise 9:15—9:55a CC,Z Walk Strong 10:00—10:45a CC,Z Hand & Foot 10:00—2:00p CC Beg Line Dancing 10:00—11:30p CC Chair Volleyball 11:30—12:30p Rec Billiards 12:30—2:00p CC Am. Mah Jong 12:00—3:00p CC 5-Crowns 1:00—3:00p CC SCOTC Meeting 1:00 0 2:00 CC	24 Walk & Talk 8:00—9:00a Rec Cardio Drumming 9:00—9:45a CC Trail Walk Tue 9:00—10:00a SCP Happy Hookers 9:30—11:30a CC Chair Yoga 12:00—12:45p CC Genealogy 11:00—12:00p CC Pickin & Grinnin 1:00—2:00p CC, Mah Jong 1:00—3:00p CC Talk & Tails 4:00—5:00p Dog CHILI'S 4:30p Rest Game Night 6:00p—9:00p CC	25 Talk & Tails 8:00—9:00a Dog AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC Quilting 10:30—12:00p CC, Z Chair Volleyball 11:30—12:30p Rec Coin/Stamp Collector 12:00—1:00p CC Billiards 12:30—2:00p CC Yahtzee 1:00—3:00p CC
30 Talk & Tails 8:00—9:00a Dog AFEP Chair Exercise 9:15—9:55a CC,Z Walk Strong 10:00—10:45a CC,Z Hand & Foot 10:00—2:00p CC Beg Line Dancing 10:00—11:30p CC Chair Volleyball 11:30—12:30p Rec Billiards 12:30—2:00p CC Am. Mah Jong 12:00—3:00p CC 5-Crowns 1:00—3:00p CC	31 Walk & Talk 8:00—9:00a Rec Cardio Drumming 9:00—9:45a CC Trail Walk Tue 9:00—10:00a SCP Happy Hookers 9:30—11:30a CC Chair Yoga 12:00—12:45p CC Genealogy 11:00—12:00p CC Stayin & Playin 1:00—2:00p CC, Mah Jong 1:00—3:00p CC GOODFELLA'S 4:30p Rest Game Night 6:00p—9:00p CC	Senior Citizens of The Colony 501 (c)3 Monthly Meeting—4th Mondays Monday, Aug 23rd, 1:00—2:00pm SCOTC is the charitable branch of The Colony Seniors. They raise funds and support the senior center and the community. Senior center members are welcome and encouraged to join SCOTC.

AUGUST 2021

	Thursday	Friday	Saturday
5	Walk & Talk 8:00—9:00a Rec Cardio Drumming 9:00—9:45a CC Bingo 10:00—11:30a CC Chair Yoga 12:00—12:45p CC Int Line Dance 1:00—2:30p CC Chicken Foot 1:00—3:00p CC Talk & Tails 4:00—5:00p Dog	6 Talk & Tails 8:00—9:00a Dog AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC, Z Adv Line Dance 10:30—12:00p CC Guitar Jam 11:00—1:00p CC 9-Ball Tourney 12:00—2:30p CC Rummikub 1:00—3:00p CC Bingo Card Sale 6:00 CC Bingo Game 6:30—8:00p CC	7 Garden Club 10:30a—12:30p CC GAME DAY 10:00—2:00P CC
12	Walk & Talk 8:00—9:00a Rec Cardio Drumming 9:00—9:45a CC Bingo 10:00—11:30a CC Chair Yoga 12:00—12:45p CC Int Line Dance 1:00—2:30p CC Chicken Foot 1:00—3:00p CC Talk & Tails 4:00—5:00p Dog	13 Talk & Tails 8:00—9:00a Dog AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC, Z Adv Line Dance 10:30—12:00p CC Guitar Jam 11:00—1:00p CC Rummikub 1:00—3:00p CC Friday Flicks 2:00—5:00p Galaxy	14 GAME DAY 10:00—2:00P CC
19	Walk & Talk 8:00—9:00a Rec Cardio Drumming 9:00—9:45a CC Bingo 10:00—11:30a CC Chair Yoga 12:00—12:45p CC Int Line Dance 1:00—2:30p CC Chicken Foot 1:00—3:00p CC Talk & Tails 4:00—5:00p Dog	20 Talk & Tails 8:00—9:00a Dog AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC, Z Adv Line Dance 10:30—12:00p CC Caregiver Support 11:00—12:00p CC Guitar Jam 11:00—1:00p CC 9-Ball Tourney 12:00—2:30p CC Rummikub 1:00—3:00p CC Arts & Crafts 1:00—2:00p CC Bingo Card Sales 6:00 CC Bingo Game 6:30—8:00p CC	21 Garden Club 10:30a—12:30p CC GAME DAY 10:00—2:00P CC
26	Walk & Talk 8:00—9:00a Rec Cardio Drumming 9:00—9:45a CC Bingo 10:00—11:30a CC Chair Yoga 12:00—12:45p CC Int Line Dance 1:00—2:30p CC Chicken Foot 1:00—3:00p CC Talk & Tails 4:00—5:00p Dog	27 Talk & Tails 8:00—9:00a Dog AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC, Z Adv Line Dance 10:30—12:00p CC Guitar Jam 11:00—1:00p CC Rummikub 1:00—3:00p CC Friday Flicks 2:00—5:00p Galaxy	28 GAME DAY 10:00—2:00P CC
		Pre-Registration Required While we would love for everyone to come to everything, we currently are operating at a reduced capacity. To be fair to everyone, pre-registration is currently required. You may register for an activity up to one week in advance by calling 972-624-2246 or email your request to seniors@thecolonytx.gov.	Location Key Community Center CC Zoom Z Recreation Gym Rec TC Dog Park Dog Stewart Creek Park SCP Galaxy Theatre Galaxy Restaurant Rest

Mamma Mia - TC Seniors Friday Flicks - Grumpy Old Men



It is the story of Sophie (Amanda Seyfried) a young woman living on a picturesque Greek island with her mother, Donna (Meryl Streep.) Together, Donna and Sophie run a ramshackle island inn, and they are in the midst of preparing for Sophie's wedding. As the wedding approaches, Sophie becomes troubled by the fact that she has never known her father.

Friday, Aug 13

Mamma Mia

Friday, Aug 27

Grumpy Old Men

2:00—5:00pm

Galaxy Theatres

Registration required

Wed prior at Noon—\$3/person

2:00pm—Doors Open

Concessions Available

2:00pm—Music or Trivia

2:45—Movie

To Register, call

972-624-2246



John and Max are two curmudgeonly neighbors who have been at each other's throats for years. The rivalry of the former friends intensifies when Ariel comes along and provides a love interest for both of them. When Max finds out that John is experiencing family troubles, financial ruin, and health problems he steps in to help make the ultimate sacrifice for his friend.

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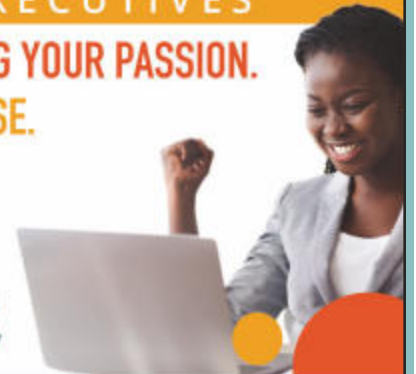


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Special Events at the Senior Center—Registration Required!



Let's
Getaway...
Through Art!

Wed, Aug 4
1:00-2:00pm

Envision the Caribbean cruise we all wish we could have taken this summer, and put it on paper with the help of our guest art instructor, John! All supplies are provided. Just bring your creativity and talent!

Register by calling 972-624-2246 or email request to seniors@thecolonytx.gov. "Sea" you there!

Interested?...Booths are Still Available!



Saturday, Oct 2nd
8am to 4pm

One Booth space is \$35
Two Booths for \$70

Fee due by Friday, Sept 17, 2021

Booth rental proceeds go to The Colony Seniors 501 (c)3, the Community Center charitable organization. Contact Fiona if you have questions or call 972-624-2246. Craft Fair is free to attendees. Plan to start your holiday shopping here at the Community Center on Oct 2nd!



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The Colony Seniors Activities

Fitness Activities

Cardio Drumming—CC

9:00—9:45am on Tue/Thu

Cardio drumming is a cardio workout done to music using drumsticks and an exercise ball for the drum. Feel the rhythm, tap the beat, increase the motion with your feet.

Chair Exercise—CC & Z

9:15 - 9:55am on Mon/Wed/Fri

Fun class is done sitting and standing with bands or 1-2 lb weights. Benefits may include: reduced pain and stiffness, restored/maintained range of motion, improved balance and coordination and decreased fatigue/increased endurance.

Chair Yoga—CC

12:00 - 12:45 on Tue/Thu at CC

This gently stretch and strengthen video class is done in a chair or standing. Note that in-person and online are at different times.

Line Dance-Beginner —CC

10:30—12:00pm on Mondays

This fast growing class focuses on basic dances and is a great form of aerobic exercise. Some experience required.

Line Dance-Intermediate—CC

1:00—2:30pm on Thursdays

This class is open to beginners also, however, the emphasis is on more intricate line dances.

Line Dance-Advanced—CC

10:30—12:00pm on Fridays

Experienced dancers take on the challenge of intricate dances.

Walk Strong Exercise—CC, MWF & Zoom M&F

10:00 - 10:45 am

This low impact video class for beginning to intermediate level aerobic activity is equivalent to walking two miles.

Game Activities

Bingo—CC & FB

Thursdays—9:30 card sales, \$3; 10:00am Bingo

1st & 3rd Fridays—6:00pm card sales, \$3; 6:30pm Bingo

Chair Volleyball—Rec Gym

11:30am - 12:30pm on Mondays & Wednesdays

Chair Volleyball is the most fun you ever had sitting in a chair. Chair Volleyball is a great way to get in a little exercise and have fun with friends.

Billiards

12:30—2:00pm, Mondays and Wednesdays

Enjoy a friendly game with other seniors every Monday and Wednesday afternoon. Open play during business hours

9 Ball Pool Tournament

1st and 3rd Fridays 12:00—2:30pm Sign-up at front desk.

Monday—Friday Game Time 1:00—3:00pm

Each weekday, a different game is available to play. Join in!

Mondays

Five Crowns is a five-suited rummy style card game for 3 to 7 players.

Tuesdays

This **Chinese style** Mah Jong game is easy to learn to play.

Wednesdays

Yahtzee, a classic shake, score and shout game is fun for everyone.

Thursdays

Chickenfoot is a lot of fun and an easy to learn domino game for 2+ players.

Fridays

Rummikub is a fast moving, rummy style tile game for 2—5 players.

Groups & Activities

Senior Citizens of The Colony 501 (c)3—CC

1:00—2:00pm on 4th Monday

Volunteering to help with projects for seniors and the community.

Caregiver Support Group—CC & Z

11:00am—12:00pm on Third Fridays

This small group meets together to share experiences and gain insights and support in providing care. Call at 972-624-2246 for info & sign-up

Computer Lab/Pool Table Usage—CC

The computer lab/pool table is now partially open with five computers available. To make a reservation, call 972-624-2246.

Happy Hookers Crochet—CC

9:30—11:30am on Tuesdays

Bring your own supplies and visit with friends while crocheting.

Quilters—CC, Z

10:30am—12pm on Wednesdays

TC Cut-Ups Quilt Guild 7:00—8:30 on 3rd Wednesday

Share quilting tips and other experiences with friends as you work.

Music Activities

Guitar Jam—CC

11:00am—1:00pm on Fridays

Meet with other guitar players for a guitar jam session. Share your songs and experiences with each other. Some experience preferred.

Pickin' & Grinnin' - CC, F

1:00—2:00pm on 2nd & 4th Tuesdays

Join Fred, Lavelle and the group for a little noise makin' and a whole lot of fun! Sit back and enjoy some old country, gospel and bluegrass music.

Stayin' & Playin' - CC, F

1:00—2:00pm on 1st, 3rd & 5th Tuesdays

Stayin' & Playin' plays a selection of newer country, classic rock and the occasional original.