

PlayTC Seniors!

“Lovin’ the Second Half of Life!”

September 2021



Inside this Edition:

- New Times for Chair Volleyball, Yahtzee & Bunco
- Calendar Center Spread, Free Art & Craft Classes
- Friday Flicks - The Rookie & Queen Bees

On the Cover



Officers Lee and De La Cruz were guest callers at the Bingo Blow-Out. Fran was the winner of the Jailhouse Game and won a pen and flashlight keyring.

Senior/Community Center Staff

Senior/Community Center Supervisor

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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 for Bingo & Special Events

Masks are recommended, but optional

Please maintain social distancing

Proof of Covid19 vaccination NOT required

Inside This Edition

Staff - New Hours - On the Cover - Jokes.....	2
Activities with New Date & Time.....	3
Monthly Calendar of Activities.....	4 & 5
Friday Flicks — <i>The Rookie & Queen Bees</i>	6
Art & Craft Classes Info.....	7
Senior Activity Descriptions.....	8

Short Jokes for a Quick Smile

Did you hear about the silk worm race? **It ended in a tie**

I got fired from the calendar factory, just for **taking a day off.**

The best thing about Switzerland? **Well, the flag is a big plus.**

I wanted to learn how to drive a stick shift, **but I couldn't find a manual.**

Napoleon may not have designed his coat, **but he had a hand in it.**

Shopping centers, you've seen one, **you've seen the mall.**

I love whiteboards. **They're re-markable**

I went to a new mechanic. **They came highly wreck-a-mended.**

What's the difference between a hippo and a Zippo? **A hippo is really heavy, and a Zippo is a little lighter.**

Yesterday a clown held the door open for me. **It was such a nice jester.**

Becoming a vegetarian is a big **missed steak.**

What's the best time on a clock? **6:30, hands down.**

What does C.S. Lewis keep in his wardrobe? **Narnia business.**

Having sex in an elevator is wrong on **so many levels.**

I put all my cash into an origami business. **It folded.**

I suffer from kleptomania. **But I take something for it.**

Acupuncture is a **jab well done.**

You can't trust atoms, **they make up everything.**

Why do cows have bells? **Because their horns don't work.**

I met my wife on a dating site. **We just clicked.**

Why did the monk refuse Novocain when he had his tooth pulled? **He wanted to transcend dental medication.**

Love these short jokes. **They're so pun-y!**

New Date & Time Game Info

BUNCO

2nd & 4th Wednesdays

1:00—2:30pm

Each player will have their own dice, pencil, scorecard and tray to minimize touching.

Wearing a mask is encouraged.

4th Wed - Prizes sponsored by: Oak Street Health



Chair Volleyball

New Days and Times

Mon—Wed—Fri

10:30—11:30pm

Please Note: Chair Volleyball set-up can NOT begin prior to 10:00am.

Please do not go to Rec prior to 10:00am!



New Day!

Mondays

1:00—3:00pm

Join in the fun!

Bring in Your Prescription and SAVE



You join our Health One Pharmacy Family supporting us

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- Personal Care

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The Colony Seniors

Monday

Senior Citizens of The Colony 501 (c)3

Monthly Meeting—4th Mondays

4th Monday, 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.

Tuesday

Pre-Registration Required

Pre-registration is currently required for a few classes:

Bingo—Limited to 50, the waitlisted

Special Events—To prepare effectively

To register, call 972-624-2246 or email your request to: seniors@thecolonytx.gov.

Wednesday

1

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	10:30—11:30p	Rec
Coin/Stamp Collector	12:00—1:00p	CC
Billiards	12:30—2:00p	CC
Tai Chi Video	1:00—2:00p	CC
Book Club	2:00—3:00p	CC

6



7

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
ABUELO'S	4:30p	Rest
Game Night	6:00p—9:00p	CC

8

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	10:30—11:30p	Rec
Coin/Stamp Collector	12:00—1:00p	CC
Benefits Counseling	1:00—3:00p	CC
Billiards	12:30—2:00p	CC
Tai Chi Video	1:00—2:00p	CC
Bunco	1:00—3:00p	CC

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
Hand & Foot	10:00—2:00p	CC
Beg Line Dancing	10:00—11:30p	CC
Chair Volleyball	10:30—11:30p	Rec
Billiards	12:30—2:00p	CC
Am. Mah Jong	12:00—3:00p	CC
Tai Chi Video	1:00—2:00p	CC
Yahtzee	1:00—3:00p	CC

14

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
ROMA'S	4:30p	Rest
Game Night	6:00p—9:00p	CC

15

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	10:30—11:30p	Rec
Coin/Stamp Collector	12:00—1:00p	CC
Billiards	12:30—2:00p	CC
Tai Chi Video	1:00—2:00p	CC
The Colony Cut-Ups	7:00—8:30p	CC

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
Hand & Foot	10:00—2:00p	CC
Beg Line Dancing	10:00—11:30p	CC
Chair Volleyball	10:30—11:30p	Rec
Billiards	12:30—2:00p	CC
Am. Mah Jong	12:00—3:00p	CC
Tai Chi Video	1:00—2:00p	CC
Yahtzee	1:00—3:00p	CC

21

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
54TH STREET	4:30p	Rest
Game Night	6:00p—9:00p	CC

22

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	10:30—11:30p	Rec
Coin/Stamp Collector	12:00—1:00p	CC
Billiards	12:30—2:00p	CC
Tai Chi Video	1:00—2:00p	CC
Bunco	1:00—3:00p	CC

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
Hand & Foot	10:00—2:00p	CC
Beg Line Dancing	10:00—11:30p	CC
Chair Volleyball	10:30—11:30p	Rec
Billiards	12:30—2:00p	CC
Am. Mah Jong	12:00—3:00p	CC
Tai Chi Video	1:00—2:00p	CC
Yahtzee	1:00—3:00p	CC
SCOTC Meeting	1:00—2:00	CC


28

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
TEXAS ROADHOUSE	4:30p	Rest
Game Night	6:00p—9:00p	CC

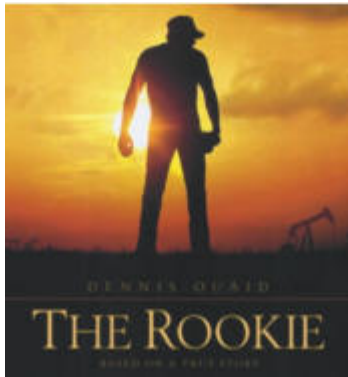
29

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	10:30—11:30p	Rec
Coin/Stamp Collector	12:00—1:00p	CC
Billiards	12:30—2:00p	CC
Tai Chi Video	1:00—2:00p	CC

SEPTEMBER 2021

	Thursday	Friday	Saturday
2	<p>Walk & Talk 8:00—9:00a Rec</p> <p>Cardio Drumming 9:00—9:45a CC</p> <p>Bingo 10:00—11:30a CC</p> <p>Chair Yoga 12:00—12:45p CC</p> <p>Int Line Dance 1:00—2:30p CC</p> <p>Chicken Foot 1:00—3:00p CC</p> <p>Talk & Tails 4:00—5:00p Dog</p>	<p>3</p> <p>Talk & Tails 8:00—9:00a Dog</p> <p>AFEP Chair Exercise 9:15—9:55a CC, Z</p> <p>Walk Strong 10:00—10:45a CC, Z</p> <p>Chair Volleyball 10:30—11:30p Rec</p> <p>Guitar Jam 11:00—1:00p CC</p> <p>9-Ball Tourney 12:00—2:30p CC</p> <p>Rummikub 1:00—3:00p CC</p> <p>Bingo Card Sale 6:00 CC</p> <p>Bingo Game 6:30—8:00p CC</p>	<p>4</p> <p>No Garden Club due to Labor Day Weekend</p> <p>GAME DAY 10:00—2:00P CC</p>
9	<p>Walk & Talk 8:00—9:00a Rec</p> <p>Cardio Drumming 9:00—9:45a CC</p> <p>Bingo 10:00—11:30a CC</p> <p>Chair Yoga 12:00—12:45p CC</p> <p>Int Line Dance 1:00—2:30p CC</p> <p>Chicken Foot 1:00—3:00p CC</p> <p>Talk & Tails 4:00—5:00p Dog</p>	<p>10</p> <p>Talk & Tails 8:00—9:00a Dog</p> <p>AFEP Chair Exercise 9:15—9:55a CC, Z</p> <p>Walk Strong 10:00—10:45a CC, Z</p> <p>Chair Volleyball 10:30—11:30p Rec</p> <p>Guitar Jam 11:00—1:00p CC</p> <p>Rummikub 1:00—3:00p CC</p> <p>Friday Flicks 2:00—5:00p Galaxy</p>	<p>11</p> <p>GAME DAY 10:00—2:00P CC</p>
16	<p>Walk & Talk 8:00—9:00a Rec</p> <p>Cardio Drumming 9:00—9:45a CC</p> <p>Bingo 10:00—11:30a CC</p> <p>Chair Yoga 12:00—12:45p CC</p> <p>Int Line Dance 1:00—2:30p CC</p> <p>Chicken Foot 1:00—3:00p CC</p> <p>Talk & Tails 4:00—5:00p Dog</p>	<p>17</p> <p>Talk & Tails 8:00—9:00a Dog</p> <p>AFEP Chair Exercise 9:15—9:55a CC, Z</p> <p>Walk Strong 10:00—10:45a CC, Z</p> <p>Chair Volleyball 10:30—11:30p Rec</p> <p>Caregiver Support 11:00—12:00p CC</p> <p>Guitar Jam 11:00—1:00p CC</p> <p>9-Ball Tourney 12:00—2:30p CC</p> <p>Rummikub 1:00—3:00p CC</p> <p>Art Class 1:00—2:00p CC</p> <p>Bingo 6:00—8:00p CC</p>	<p>18</p> <p>Garden Club 10:30a—12:30p CC</p> <p>GAME DAY 10:00—2:00P CC</p>
23	<p>Walk & Talk 8:00—9:00a Rec</p> <p>Cardio Drumming 9:00—9:45a CC</p> <p>Bingo 10:00—11:30a CC</p> <p>Chair Yoga 12:00—12:45p CC</p> <p>Int Line Dance 1:00—2:30p CC</p> <p>Chicken Foot 1:00—3:00p CC</p> <p>Talk & Tails 4:00—5:00p Dog</p>	<p>24</p> <p>Talk & Tails 8:00—9:00a Dog</p> <p>AFEP Chair Exercise 9:15—9:55a CC, Z</p> <p>Walk Strong 10:00—10:45a CC, Z</p> <p>Guitar Jam 11:00—1:00p CC</p> <p>Rummikub 1:00—3:00p CC</p> <p>Friday Flicks 2:00—5:00p Galaxy</p>	<p>25</p> <p>GAME DAY 10:00—2:00P CC</p>
30	<p>Walk & Talk 8:00—9:00a Rec</p> <p>Cardio Drumming 9:00—9:45a CC</p> <p>Bingo 10:00—11:30a CC</p> <p>Chair Yoga 12:00—12:45p CC</p> <p>Int Line Dance 1:00—2:30p CC</p> <p>Chicken Foot 1:00—3:00p CC</p> <p>Talk & Tails 4:00—5:00p Dog</p>	 <p>Saturday, Oct 2nd 8am to 4pm</p> <p>This is a great time to do all of your holiday shopping. Ya'll come!</p>	<p>Location Key</p> <p>Community Center CC</p> <p>Zoom Z</p> <p>Recreation Gym Rec</p> <p>TC Dog Park Dog</p> <p>Stewart Creek Park SCP</p> <p>Galaxy Theatre Galaxy</p> <p>Restaurant Rest</p>

The Rookie - TC Seniors Friday Flicks - Queen Bees



The **true story** of a high school coach from West Texas who discovers that it's never too late for dreams to come true. Jim Morris (Dennis Quaid) didn't make it out of the minor leagues before a shoulder injury ended his pitching career twelve years ago. Now married-with-children, Jim's team makes a deal with him: if they win the district championship, Jim will try out with a major-league organization.

Friday, Sept 10

The Rookie

Friday, Sept 24

Queen Bees

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



While her house undergoes repairs, a fiercely independent widow (Ellen Burstyn) stays at the nearby retirement community and realizes it is like high school all over again: full of flirting, mean girls, and maybe another chance at love in this comedy about second chances and staying young at heart.
Released in 2021

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Free Art/Craft Classes—Registration Required!



Rodster Art Free Paint Class

Friday, Sept 17

1:00pm

Registration required
by Wed, Sept 15
at 3:00pm

Acrylic paint and paper
provided

Step by step
instruction provided by
Rodney Winder

Take home your own
masterpiece!

Paper Flower Craft—Free

Wed, Sept 1 at 1:00pm

Intricate to look at, simple to make. Make cuts along a piece of folded paper, add adhesive and roll strip around a pencil. Fall color paper provided. Register at 972-624-2246 or seniors@thecolonytx.gov.



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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.

Tai Chi to Video—CC

1:00—2:00pm Mon-Wed

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

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

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

Chair Volleyball—Rec Gym

10:30am - 11:30pm on MWF

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

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

Tuesdays

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

Wednesdays—2nd & 4th

Bunco, is an exciting game that is easy to learn. You just need to be able to roll the dice and count to 21.

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

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

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

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