

PlayTC Seniors!

“Lovin’ the Second Half of Life!”

June 2022



Inside this Edition:

- Arts/Craft
- Activity Descriptions
- Calendar Center Spread
- Birthday Ice cream Social
- Trip meeting—New Activities
- Luncheon with fun activities

Special Notice:
Closed June 20
for Juneteenth

On the Cover



Many “Thanks!” to Senior Citizens of The Colony (SCOTC) for providing the Cinco de Mayo Fiesta luncheon in May. They not only provided the food, but also did all the work to plan the meal and the games. The group on the front cover helped serve the meal. We appreciate all the contributions the SCOTC makes to the senior center.

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Hours of Operation

Hours

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

972-624-2246

Pre-registration is currently required for Special Events and activities requiring food and supplies purchased.

Masks and social distancing are optional

Inside This Edition

Staff - Hours - Note from Annette..... 2
Birthday/ Ice Cream Social & Travel Meeting3
Monthly Calendar of Activities.....4 & 5
Toss a Ball Luncheon and Activities 6
Blackboard Bottle & Hedgehog Book.....7
Senior Activity Descriptions..... 8

Message from Annette

Every year near the start of summer, people around the country celebrate [Juneteenth](#). The holiday is far from new—and it commemorates an event that happened more than 155 years ago—but awareness and interest in Juneteenth has steadily increased over the years.

With that awareness and interest comes an opportunity to learn more about the past and present of Black life in America. Here’s the important history behind June 19, as well as how it’s commonly celebrated.

What is Juneteenth?

Juneteenth commemorates June 19, 1865, which is when enslaved Black people in Texas were told that slavery had been abolished. They were informed more than two years after they were freed under President Abraham Lincoln’s Emancipation Proclamation on January 1, 1863. The proclamation freed enslaved people in Confederate states—including Texas. Still, this wasn’t the end of slavery across the US. Enslaved people in states like Kentucky and Delaware weren’t freed until the Thirteenth Amendment was ratified in December 1865, thereby making slavery unconstitutional.

That day in history is commemorated every year on *Juneteenth*. The word is a blended shortening of June 19th. The first recorded use of the name goes back to 1890 when a local Galveston newspaper wrote about a celebration, though gatherings were happening years before.



Birthday Ice Cream Social

New! - The 1st Friday of Each Month

Friday, June 3

12:30 - 1:00pm

It's a BIRTHDAY PARTY!!! Join us for cake & ice cream as we celebrate monthly birthdays with a new event. Visit with friends, enjoy the treats and make some noise singing happy birthday to all.



Travel Meeting

Friday, June 3

1:30 p.m.

Like to travel but the planning not so much? Join us for a meeting about our new group travel program for seniors. We make all the reservations and you just register, pack your suitcase and go on vacation. Several new trips will be announced so don't miss this opportunity to be one of the first to sign up for these new and exciting adventures.

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The Colony Seniors

Monday

Senior Citizens of The Colony 501 (c)3

Monthly Meeting—4th Mondays,
9:00—10:00a

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

Wednesday

6

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
Pool Players 12:00—2:00p CC
Am. Mah Jong 12:00—3:00p CC
Tai Chi Video 1:00—2:00p CC

13

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
Pool Players 12:00—2:00p CC
Am. Mah Jong 12:00—3:00p CC
Tai Chi Video 1:00—2:00p CC

20 Closed for Juneteenth



27

SCOTC Meeting 9:00—10:00a CC

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
Pool Players 12:00—2:00p CC
Am. Mah Jong 12:00—3:00p CC

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
Genealogy 11:00—12:00p CC
Chair Yoga 12:00—12:45p CC
Pickin & Grinnin 1:00—2:00p CC
Talk & Tails 4:00—5:00p Dog
Fun Pizza Kitchen 4:30p Rest
Game Night 6:00p—9:00p 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
Genealogy 11:00—12:00p CC
Chair Yoga 12:00—12:45p CC
Pickin & Grinnin 1:00—2:00p CC
Talk & Tails 4:00—5:00p Dog
Goodfella's 4:30p Rest
Game Night 6:00p—9:00p 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
BP&G 10:00—10:30a CC
Genealogy 11:00—12:00p CC
Chair Yoga 12:00—12:45p CC
Pickin & Grinnin 1:00—2:00p CC
Talk & Tails 4:00—5:00p Dog
54th Street 4:30p Rest
Game Night 6:00p—9:00p 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
Genealogy 11:00—12:00p CC
Chair Yoga 12:00—12:45p CC
Pickin & Grinnin 1:00—2:00p CC
Talk & Tails 4:00—5:00p Dog
Tony's 4:30p Rest
Game Night 6:00p—9:00p CC

1

Pinochle 9:00—11:30a CC
AFEP Chair Exercise 9:15—9:55a CC, Z
Walk Strong 10:00—10:45a CC
Quilting 10:30—12:00p CC
Chair Volleyball 10:30—11:30p Rec
Pool Players 12:00—2:00p CC
Tai Chi 1:00—2:00p CC
Book Club 2:00—3:00p CC

8

Pinochle 9:00—11:30a CC
AFEP Chair Exercise 9:15—9:55a CC, Z
Walk Strong 10:00—10:45a CC
Quilting 10:30—12:00p CC
Chair Volleyball 10:30—11:30p Rec
Hedgehog Book Craft 12:00—1:00p CC
Coin/Stamp Collector 12:00—1:00p CC
Pool Players 12:00—2:00p CC
Tai Chi 1:00—2:00p CC
Benefits Counseling 1:00—3:00p CC

15

Pinochle 9:00—11:30a CC
AFEP Chair Exercise 9:15—9:55a CC, Z
Walk Strong 10:00—10:45a CC
Quilting 10:30—12:00p CC
Chair Volleyball 10:30—11:30p Rec
Pool Players 12:00—2:00p CC
Tai Chi 1:00—2:00p CC
Quilt Cut-Ups 7:00—8:30p CC

22

Pinochle 9:00—11:30a CC
AFEP Chair Exercise 9:15—9:55a CC, Z
Walk Strong 10:00—10:45a CC
Quilting 10:30—12:00p CC
Chair Volleyball 10:30—11:30p Rec
Blackboard Bottles 12:00—1:30p CC
Pool Players 12:00—2:00p CC
Tai Chi 1:00—2:00p CC

29

Pinochle 9:00—11:30a CC
AFEP Chair Exercise 9:15—9:55a CC, Z
Walk Strong 10:00—10:45a CC
Quilting 10:30—12:00p CC
Chair Volleyball 10:30—11:30p Rec
Pool Players 12:00—2:00p CC
Tai Chi 1:00—2:00p CC

June 2022

	Thursday	Friday	Saturday
2	Walk & Talk 8:00—9:00a Rec Cardio Drumming 9:00—9:45a CC Bingo Card Sale 9:30—10:00a CC Bingo Game 10:00—11:30a CC Chair Yoga 12:00—12:45p CC Card Making 12:30—3:00p CC Int Line Dance 1:00—2:30p CC Talk & Tails 4:00—5:00p Dog	3 AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC, Z Hand & Foot 10:00—2:00p CC Adv Line Dance 10:30—12:00p CC Pool Players 12:00—2:00p CC Mah Jong 12:00—2:00p CC Bday Ice Cream Social 12:30-1p CC Trip Meeting 1:30-2:30p CC Bingo Card Sale 6:00—6:30p CC Bingo Game 6:30—8:00p CC	4 Garden Club 10:30a—12:30p CC GAME DAY 10:00—2:00P CC Hand & Foot 10:00—2:00p CC Guitar Lessons 11:00—1:00p CC
9	Walk & Talk 8:00—9:00a Rec Cardio Drumming 9:00—9:45a CC Bingo Card Sale 9:30—10:00a CC Bingo Game 10:00—11:30a CC Chair Yoga 12:00—12:45p CC Card Making 12:30—3:00p CC Int Line Dance 1:00—2:30p CC Talk & Tails 4:00—5:00p Dog	10 AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC, Z Hand & Foot 10:00—2:00p CC Adv Line Dance 10:30—12:00p CC Pool Players 12:00—2:00p CC Mah Jong 12:00—2:00p CC Rummikub 1:00—3:00p CC	11 GAME DAY 10:00—2:00P CC Hand & Foot 10:00—2:00p CC Guitar Lessons 11:00—1:00p CC
16	Walk & Talk 8:00—9:00a Rec Cardio Drumming 9:00—9:45a CC Bingo Card Sale 9:30—10:00a CC Bingo Game 10:00—11:30a CC Chair Yoga 12:00—12:45p CC Card Making 12:30—3:00p CC Int Line Dance 1:00—2:30p CC Talk & Tails 4:00—5:00p Dog	17 AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC, Z Hand & Foot 10:00—2:00p CC Adv Line Dance 10:30—12:00p CC Caregiver Support 11:00—12:00p CC Pool players 12:00—2:00p CC Mah Jong 12:00—2:00p CC Toss a Ball Day Lunch/Games 12:00p CC Bingo 6:00—6:30p CC Bingo Game 6:30—8:00p CC	18 Garden Club 10:30a—12:30p CC GAME DAY 10:00—2:00P CC Hand & Foot 10:00—2:00p CC Guitar Lessons 11:00—1:00p CC
23	Walk & Talk 8:00—9:00a Rec Cardio Drumming 9:00—9:45a CC Bingo Card Sale 9:30—10:00a CC Bingo Game 10:00—11:30a CC Chair Yoga 12:00—12:45p CC Card Making 12:30—3:00p CC Int Line Dance 1:00—2:30p CC Talk & Tails 4:00—5:00p Dog	24 AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC, Z Hand & Foot 10:00—2:00p CC Adv Line Dance 10:30—12:00p CC Pool Players 12:00—2:00p CC Mah Jong 12:00—2:00p CC	25 GAME DAY 10:00—2:00P CC Hand & Foot 10:00—2:00p CC Guitar Lessons 11:00—1:00p CC
30	Walk & Talk 8:00—9:00a Rec Cardio Drumming 9:00—9:45a CC Bingo Card Sale 9:30—10:00a CC Bingo Game 10:00—11:30a CC Chair Yoga 12:00—12:45p CC Card Making 12:30—3:00p CC Int Line Dance 1:00—2:30p CC Talk & Tails 4:00—5:00p Dog	Important Notice! NO CHAIR VOLLEYBALL ON FRIDAYS Until school resumes in August	
		Location Key Community Center CC Zoom Z Recreation Gym Rec TC Dog Park Dog Stewart Creek Park SCP Restaurant Rest	

Luncheon & Raffle



Toss a Ball Luncheon & Games

**Friday, June 17
12pm—1:00pm**

**Registration Required
Registration Closes June 15**

Call 972-624-2246

Celebrate Toss a Ball Day with a luncheon of hotdogs and trimmings. After lunch there will be games for all senior ages and abilities to enjoy. Of course all games will relate to tossing a ball somehow. So sign-up soon so you can enjoy lunch and stay and play with us.



**The Colony Cut-Ups
Quilt Raffle**

\$1 -1 Ticket

\$5 - 6 Tickets

Drawing held July 20, 2022

Tickets available from The Colony Cut-Ups Quilters
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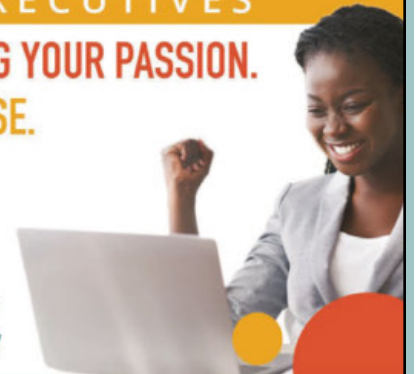


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Art & Craft Activities



Blackboard Bottles

Wed, June 25
12—1:30pm
Free

Registration Required
Register at desk
or call 972-624-2246

Sad that your wine bottle is empty? Make it and you happy by creating chalkboard art bottles. Bring your own *already empty* wine bottle or choose from the ones we have here. Chalk board paint and chalk provided. Take home a bottle ready to be filled with your favorite flavored oil, vinegar or seasoned salt. Easily change the label whenever you refill it.



Hedgehog Book Art

Wed, June 11
12—1:30pm
Free

Registration Required
Register at desk
or call 972-624-2246

Make this cute little hedgehog to decorate your bookshelf or table. All it takes is repeating three simple folds on each page and you can watch your book magically turn into a cute little hedgehog. We provide the books, and decorations, you do the folding. Learn how here and then teach your grandkids at home. Folding this prickly creature will keep them entertained and busy for hours.



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The Colony Seniors Activities

Fitness Activities

BP&G-CC

10:00-10:30am on 3rd Tue each month

TCFD drops by to offer free Blood Pressure and Glucose checks.

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 or standing. Benefits may include: reduced pain and stiffness, restored/maintained range of motion, improved balance and coordination and decreased fatigue/increased endurance.

Chair Volleyball—Rec Gym

10:30am—11:30pm on MW

Chair Volleyball is a great way to get in a little exercise and have fun.

Chair Yoga—CC

12:00—12:45 on Tue/Thu at CC

This gentle stretch and strengthen video class is done in a chair or standing.

Line Dance-Beginner —CC

10:00—11:30pm on Mondays

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

Line Dance-Improver—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

10:30a—12:00pm Fridays

Experienced dancers take on the challenge of intricate dances.

Tai Chi —CC

1:00—1:45pm Mon/Wed

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

10:00 —10:45 am

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

Game Activities

Bingo—CC

Thursdays—10:00am and 1st & 3rd Fridays—6:30pm

Card Sales: Began 30 minutes before game starts at \$3 per tablet.

Pool Players

12:00—2:00pm, Mon-Wed-Fri

Also available for open play during regular business hours.

Game Days & Time

Mondays

Pool Players 12:00—2pm, Join in for a friendly game of pool

Wednesdays

Pinochle 9:00am New players are encouraged to attend.

Pool Players 12:00—2pm, Join in for a friendly game of pool

Fridays

Mah Jong, 12—2pm **Chinese style** Mah Jong game is easy to learn to play.

Pool Players 12:00—2pm, Join in for a friendly game of pool

Groups & Activities

Card Makers—CC

12:30—3:00pm on Thursdays

Bring your own supplies and enjoy visiting with fellow card makers.

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

Computer Lab and Pool Table are available during regular hours.

Genealogy—CC

11:00am—12:00pm on Tuesdays

Learn how to trace your family history utilizing computer programs.

Happy Hookers Crochet—CC

9:30—11:30am on Tuesdays

Bring your own supplies and visit with friends while crocheting.

Quilters—CC

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.

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

9:00—10:00am on 4th Monday

Volunteering to help with projects for seniors and the community.

Music Activities

Guitar/Ukulele Lessons—CC

11:00am—1:00pm on Saturdays

If you have a guitar or ukulele and would like to learn to play better, Rodney will give lessons on Saturday mornings. Register at 972-624-2246.

Pickin' & Grinnin'—CC

1:00—2:00pm on Tuesdays

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

Community Center = CC Zoom = Z