

PlayTC Seniors!

“Lovin’ the Second Half of Life!”

Aug 2022



Inside this Edition:

- Craft
- Activity Descriptions
- Calendar Center Spread
- Bunco
- Luncheon with fun activities
- Book Club
- Birthday Social
- Day Trip



In July, some patriotic TC Seniors, led by Rodney Winder, painted a beautiful American Flag in the night sky.

Check out page 7 for August’s craft class info. Thank you to Stacey Calloway of United Health Care for sponsoring this months craft.

Senior/Community Center Staff

Senior/Community Center Supervisor

Annette Carrico.....acarrico@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

Luann Yniguez.....lyniguez@thecolonytx.gov

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 - Upcoming events	2
Ice Cream Social, Luncheon & Book Club	3
Monthly Calendar of Activities	4 & 5
Day Trip & Craft Fair	6
Craft Activity and Bunco	7
Senior Activity Descriptions	8

Upcoming Events

We have a lot of exciting things to look forward to next month and this is a sneak preview.

September 2-Trip Presentation by Collette

Our Collette rep will be here to give us details for our exciting and historical spring trip to the North East. We might even be able to discuss what else is coming up for trips.

September 5—Closed for Labor Day

September 12– October 31 Monday Ultra Beginner Line Dance classes

For those ready to dip their toe into line dance but not familiar with all the line dance steps, this class is a must. Learn at a beginners pace and get the basics down before you move on to more challenging dances.

September 30– Senior Health and Information Fair

Get introduced to some of the professionals in Senior health, insurance and other senior needs. We will have a variety of people for you to meet and get your questions answered. Kroger will be here to do flu shots.

October 1– Craft Fair

The Colony Seniors 501c3 are sponsoring a community wide craft fair at the Community Center. Lots of crafts will be available for you to browse and find some great deals! Get a jump on your Holiday shopping.



Birthday Ice Cream Social

The 1st Friday of Each Month

Friday, Aug 5, 12:30 - 1:00pm

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



Sloppy Joes & Good Clean Fun

Friday, Aug 19 12pm—1:00pm

Registration Required

Back to school means longing for those great cafeteria meals. We will be serving up sloppy joes and providing some of your favorite sides. After lunch there will be games for all senior ages and abilities to enjoy. So sign-up soon so you can enjoy lunch and stay and play with us.



Book Club

1st Wed of each month

2:00 — 3:00pm

August 3rd

A Walk To Remember

by Nicholas Sparks

Sep 7th

The Silent Patient

by Alex Michaelides

Bring in Your Prescription and **SAVE**



You join our Health One Pharmacy Family supporting us

- Free Home Delivery
- Lower Cost
- Competitive Cash Prices
- Personal Care

214-469-2244

3800 S Main St, Ste 102, The Colony

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

GROW YOUR BUSINESS BY PLACING AN AD HERE!

CONTACT US!

Contact Alex McDowell to place an ad today!
amcdowell@lpicommunities.com
 or (800) 477-4574 x6677



TURRENTINE JACKSON MORROW
 RIDGEVIEW MEMORIAL PARK

SERVING THE COLONY,
 FRISCO, CELINA & MCKINNEY

Family Owned Since 1945
 Funeral Homes
 Memorial Parks
 Florist
 Crematory
972-335-2444



The Colony Seniors

Monday	Tuesday	Wednesday
1 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 Tai Chi Live 11:30-12:15p CC Am. Mah Jong 12:00— 3:00p CC Tai Chi Video 1:00—2:00p CC	2 Cardio Drumming 9:00—9:45a CC Happy Hookers 9:30—11:30a CC Contract Bridge 10:00—2:00p CC Genealogy 11:00—12:00p CC Chair Yoga 12:00—12:45p CC Pickin & Grinnin 1:00—2:00p CC Intro to Basic Salsa 1:00—2:00 p CC Shaka Hawaiian BBQ 4:30p Rest Game Night 6:00—9:00p CC	3 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 Tai Chi Live 11:30-12:15p CC Am. Mah Jong 12:30— 3:00p CC Tai Chi Video 1:00—2:00p CC Book Club 2:00—3:00p CC
8 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 Tai Chi Live 11:30-12:15p CC Am. Mah Jong 12:00— 3:00p CC Tai Chi Video 1:00—2:00p CC	9 Cardio Drumming 9:00—9:45a CC Happy Hookers 9:30—11:30a CC Contract Bridge 10:00—2:00p CC Genealogy 11:00—12:00p CC Chair Yoga 12:00—12:45p CC Pickin & Grinnin 1:00—2:00p CC Intro to Basic Salsa 1:00—2:00 p CC Bubba's 4:30p Rest Game Night 6:00—9:00p CC	10 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 Tai Chi Live 11:30-12:15p CC Q-tip Flower 12--1:30p CC Am. Mah Jong 12:30— 3:00p CC Tai Chi Video 1:00—2:00p CC
15 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 Tai Chi Live 11:30-12:15p CC Am. Mah Jong 12:00— 3:00p CC Tai Chi Video 1:00—2:00p CC	16 Walk & Talk 8:00—9:00a Rec Cardio Drumming 9:00—9:45a CC Happy Hookers 9:30—11:30a CC BP&G 10:00—10:30a CC Contract Bridge 10:00—2:00p CC Genealogy 11:00—12:00p CC Chair Yoga 12:00—12:45p CC Pickin & Grinnin 1:00—2:00p CC Intro to Basic Salsa 1:00—2:00 p CC Chili's 4:30p Rest	17 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 Tai Chi Live 11:30-12:15p CC Am. Mah Jong 12:30— 3:00p CC Tai Chi Video 1:00—2:00p CC Quilt Cut-Ups 7:00—8:30p CC
22 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 Tai Chi Live 11:30-12:15p CC Am. Mah Jong 12:00— 3:00p CC Tai Chi Video 1:00—2:00p CC	23 Cardio Drumming 9:00—9:45a CC Happy Hookers 9:30—11:30a CC Contract Bridge 10:00—2:00p CC Genealogy 11:00—12:00p CC Chair Yoga 12:00—12:45p CC Pickin & Grinnin 1:00—2:00p CC Intro to Basic Salsa 1:00—2:00 p CC Rockfish 4:30p Rest Game Night 6:00—9:00p CC Bunco 6:30-8:30p CC	24 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 Tai Chi Live 11:30-12:15p CC Am. Mah Jong 12:30— 3:00p CC Tai Chi Video 1:00—2:00p CC
29 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 Tai Chi Live 11:30-12:15p CC Pool Players 12:00—2:00p CC Am. Mah Jong 12:00— 3:00p CC Tai Chi Video 1:00—2:00p CC	30 Cardio Drumming 9:00—9:45a CC Happy Hookers 9:30—11:30a CC Contract Bridge 10:00—2:00p CC Genealogy 11:00—12:00p CC Chair Yoga 12:00—12:45p CC Intro to Basic Salsa 1:00—2:00 p CC Pickin & Grinnin 1:00—2:00p CC Roma's 4:30p Rest Game Night 6:00—9:00p CC	31 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 Tai Chi Live 11:30-12:15p CC Am. Mah Jong 12:30— 3:00p CC Tai Chi Video 1:00—2:00p CC

August 2022

	Thursday	Friday	Saturday
4	Cardio Drumming 9:00—9:45a CC Bingo Card Sale 9:30—10:00a CC Bingo Game 10:00—11:30a CC Contract Bridge 10:00—2:00p CC Am. Mah Jong 12:00— 3:00p CC Card Making 12:30—3:00p CC Int Line Dance 1:00—2:30p CC	5 AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC, Z Hand & Foot 10:00—2:00p CC Cardio Drumming 10:00—10:45a CC Adv Line Dance 11:00—12:30p CC Mah Jong 12:00—2:00p CC Bday Ice Cream Social 12:30-1p CC Bingo Card Sale 6:00—6:30p CC Bingo Game 6:30—8:00p CC	6 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
11	Cardio Drumming 9:00—9:45a CC Bingo Card Sale 9:30—10:00a CC Bingo Game 10:00—11:30a CC Contract Bridge 10:00—2:00p CC Am. Mah Jong 12:00— 3:00p CC Card Making 12:30—3:00p CC Int Line Dance 1:00—2:30p CC	12 AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC, Z Hand & Foot 10:00—2:00p CC Cardio Drumming 10:00—10:45a CC Caregiver Support 10:30—11:30p CC Chair Volleyball 10:30—11:30a CC Adv Line Dance 11:00—12:30p CC Mah Jong 12:00—2:00p CC	13 GAME DAY 10:00—2:00P CC Hand & Foot 10:00—2:00p CC Guitar Lessons 11:00—1:00p CC
18	Cardio Drumming 9:00—9:45a CC Bingo Card Sale 9:30—10:00a CC Bingo Game 10:00—11:30a CC Contract Bridge 10:00—2:00p CC Day Trip-Discovery Village 11:00-2:00p Am. Mah Jong 12:00— 3:00p CC Card Making 12:30—3:00p CC Int Line Dance 1:00—2:30p CC	19 AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC, Z Hand & Foot 10:00—2:00p CC Cardio Drumming 10:00—10:45a CC Chair Volleyball 10:30—11:30a CC Adv Line Dance 11—12:30p CC Mah Jong 12:00—2:00p CC Sloppy Joe's/Games 12:00p CC Bingo Card Sale 6:00—6:30p CC Bingo Game 6:30—8:00p CC	20 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
25	Cardio Drumming 9:00—9:45a CC Bingo Card Sale 9:30—10:00a CC Bingo Game & Blowout 10:00—11:30a CC Contract Bridge 10:00—2:00p CC Am. Mah Jong 12:00— 3:00p CC Card Making 12:30—3:00p CC Int Line Dance 1:00—2:30p CC	26 AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC, Z Hand & Foot 10:00—2:00p CC Cardio Drumming 10:00—10:45a CC Chair Volleyball 10:30—11:30a CC Adv Line Dance 11:00—12:30p CC Mah Jong 12:00—2:00p CC	27 GAME DAY 10:00—2:00P CC Hand & Foot 10:00—2:00p CC Guitar Lessons 11:00—1:00p CC
	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.	Location Key Community Center CC Zoom Z Recreation Gym Rec Restaurant Rest	Important Notice! NO CHAIR VOLLEYBALL ON FRIDAYS/SPECIAL CARDIO DRUMMING IN ITS PLACE.

Day Trip and Craft Fair

Day Trip to:

Discovery Village Senior Living

Thursday, August 18 @ 11 am

Ever wonder about what is meant by senior living? Want to tour a senior living alternative and try out the lunch that they serve their residence? All for free! The first 14 to sign up will get an opportunity to get out and gain some knowledge and get lunch. Sign up is required.



Saturday, Oct 1

8am — 4pm

The Colony Seniors 501c3 are sponsoring a community wide craft fair at the Community Center. Lots of crafts will be available for you to browse and find some great deals! Get a jump on your Holiday shopping.

STAND OUT

with a PREMIUM DIGITAL AD on MYCOMMUNITYONLINE.COM



CONTACT US AT 800-950-9952

SUPPORT OUR ADVERTISERS!

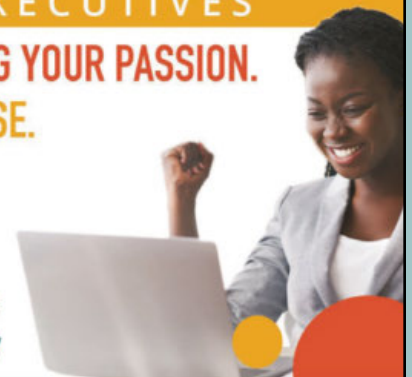


WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

Thrive
Locally



Art Activities & Bunco



Whimsical
Q-tip Flowers
 Wed, August 10,
 12—1:30pm
Free
 Registration Required

Try making your own pretty blooms. By crafting your flowers, you save yourself the sneezing and wilting of real ones.

Supplies are being donated by Stacy Calloway with United Health Care.



Tuesday evening, August 23

6:30-8:30pm

Registration required

Can you roll dice and do simple addition? Do love to be social? Then this is the game for you! Thanks to the 501C3 for sponsoring an evening of fun and inviting the seniors to come and enjoy.

ADT-Monitored Home Security

Get 24-Hour Protection
 From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider SafeStreets

833-287-3502

ADVERTISE HERE to reach your community



Call (800) 950-9952

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



The Colony Seniors Activities

Fitness Activities

Cardio Drumming—CC

9:00—9:45am on Tue/Thu & 10:00-10:45am Fri

Cardio drumming is a cardio workout done to music using drumsticks and an exercise ball for the drum.

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 (and Fridays beginning 8/12)

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

Chair Yoga—CC

12:00—12:45 on Tue at CC

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

Intro to Basic Salsa Steps — CC

1-2pm on Tuesdays

Spice up your routine with some fun dance moves.

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

11:00a—12:30pm Fridays

Experienced dancers take on the challenge of intricate dances.

Tai Chi —CC

11:30-12:15 M/F Live instruction

1:00—2:00 pm Mon/Wed video

This martial arts class designed for Seniors promotes relief from mental stress and arthritis while improving balance and range of motion.

Walk Strong Exercise—CC, MWF

10:00 —10:45 am

This is a impact video class for beginning to intermediate level.

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!

Game Days & Time

Mondays

Hand & Foot 10:00—2pm, Canasta style card game.

Mah Jong, 12:30—2:30pm **American style** Mah Jong using NMJL cards.

Tuesdays

Contract Bridge 10:00—2pm,

Wednesdays

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

Mah Jong, 12:30—2:30pm **American style** Mah Jong using NMJL cards.

Thursdays

Contract Bridge 10:00—2pm,

Mah Jong, 12:30—2:30pm **American style** Mah Jong using NMJL cards .

Fridays

Hand & Foot 10:00—2pm, Canasta style card game.

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

Groups & Activities

BP&G-CC

10-10:30am on 3rd Tue TCFD drops by to offer free BP & Glucose checks.

Bingo—CC

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

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

Book Club — CC

2:00-3:00 on the first Wednesday of the month

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

10:30—11:30am on Second 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.

Community Center = CC Zoom = Z Rec Center Gym = Rec Gym