

# PlayTC Seniors!

“Lovin’ the Second Half of Life!”

Sep 2022



## Inside this Edition:

- Trip Presentation
- Food Drive
- Cookout & Splash Fun
- Health & Info Fair
- Craft Fair
- Painting Class
- Dance Classes
- Shot Clinic
- Birthday Social
- Activity Descriptions
- Calendar Center Spread



On the cover the seniors enjoyed a game of giant Kerplunk after the luncheon.

Above, congratulations to Connie Charters, the winner of the quilt raffle!

## Senior/Community Center Staff

### Senior/Community Center Supervisor

Annette Carrico.....acarrico@thecolonytx.gov

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### Community Center Leaders

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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

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## A note from Annette

**OOOOPS..... I programmed too much to fit in one newsletter**  
**September 2 @ 1:30-Trip Presentation**



collette



Our Collette rep will be here to give us details for our exciting & historical spring trip to the North East. We will also be polling travelers as to where you want to go next.

**September 5—Closed for Labor Day**

**September 13—Genealogy Lock in 6-9pm**

**September 21—Coin/Stamp Collector**

**12:00—1:00p** Come by and check in with the experts

**Month long Food Drive lead by The Colony Seniors 501 (c)3**

The 501 (c)3 knows that there are a number of people struggling with food insecurity right now, and we are asking for your help in providing items to fill the Food Bank shelves. Pick up a list of most needed items at the front desk and drop off any items that you can spare to help others.





## Birthday Social, Cookout & Health and Info Fair



### Birthday Ice Cream Social

The 1st Friday of Each Month

Friday, Sept 2, 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.

### Health and Information Fair

**Sept 30**

**9am-noon**



**PRIZES**

You've got questions and we have answers. This will be a great opportunity to meet representatives in the healthcare, insurance and housing business plus a number of non-profit businesses. There will be a good cross section of Medicare professionals on hand to get you ready for Medicare sign up.

### End of Summer Cookout & Splash

Friday, Sept 16 12pm—1:00pm

**Registration Required**



With summer coming to an end, let's celebrate and have some food & fun. We are having a cookout and cool down while we check out the new splash pad right beside the Senior Center. We are truly just very experienced kids.

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# The Colony Seniors

## Monday

### Senior Citizens of The Colony 501 (c)3

Monthly Meeting—4th Mondays,

8:30—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 attend SCOTC.

## Tuesday

### Location Key

**Community Center**

**CC**

**Zoom**

**Z**

**Recreation Gym**

**Rec**

**Restaurant**

**Rest**

## Wednesday

**5**

**CLOSED**

**Happy Labor Day!**



**6**

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	11:30-12:45p	CC
Intro to Basic Latin Steps	1:00—2:00 p	CC
<b>54th Street</b>	<b>4:30p</b>	<b>Rest</b>
Game Night	6:00—9:00p	CC

**7**

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	11:45 -12:30p	CC
Am. Mah Jong	12:30— 3:00p	CC
Tai Chi Video	1:00—2:00p	CC
Book Club	2:00—300p	CC

**12**

AFEP Chair Exercise	9:15—9:55a	CC,Z
Walk Strong	10:00—10:45a	CC
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	11:45 -12:30p	CC
Ultra Beginner Line Dance	11:45-12:45	CC
Am Mah Jongg	12:00— 3:00p	CC
Tai Chi Video	1:00—2:00p	CC

**13**

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	11:30-12:45p	CC
Intro to Basic Latin Steps	1:00—2:00 p	CC
<b>Fun Pizza Kitchen</b>	<b>4:30p</b>	<b>Rest</b>
Game Night	6:00—9:00p	CC
<b>Genealogy Lock in</b>	<b>6:00-9:00p</b>	<b>CC</b>

**14**

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	11:45 -12:30p	CC
Am. Mah Jong	12:30— 3:00p	CC
Tai Chi Video	1:00—2:00p	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
Beg Line Dancing	10:00—11:30p	CC
Chair Volleyball	10:30—11:30p	Rec
Tai Chi Live	11:45 -12:30p	CC
Ultra Beginner Line Dance	11:45-12:45	CC
Am Mah Jongg	12:00— 3:00p	CC
Tai Chi Video	1:00—2:00p	CC

**20**

Cardio Drumming	9:00—9:45a	CC
Happy Hookers	9:30—11:30a	CC
<b>BP&amp;G</b>	<b>10:00-10:30a</b>	<b>CC</b>
Contract Bridge	10:00—2:00p	CC
Genealogy	11:00—12:00p	CC
Chair Yoga	12:00—12:45p	CC
Pickin & Grinnin	11:30-12:45p	CC
Intro to Basic Latin Steps	1:00—2:00 p	CC
<b>Tony's</b>	<b>4:30p</b>	<b>Rest</b>
Game Night	6:00—9:00p	CC

**21**

Pinochle	9:00—11:30a	CC
AFEP Chair Exercise	9:15—9:55a	CC,
Walk Strong	10:00—10:45a	CC
<b>Coin/Stamp Collector</b>	<b>12:00—1:00p</b>	<b>CC</b>
Quilting	10:30—12:00p	CC
Chair Volleyball	10:30—11:30p	Rec
Tai Chi Live	11:45-12:30p	CC
<b>Painting Class</b>	<b>12-1:30 p</b>	<b>CC</b>
Am. Mah Jong	12:30— 3:00p	CC
Tai Chi Video	1:00—2:00p	CC
<b>Quilt Cut-Ups</b>	<b>7:00—8:30p</b>	<b>CC</b>

**26**

**SCOTC Meeting** **8:30—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	11:45—12:30p	CC
Ultra Beginner Line Dance	11:45-12:45	CC
Am Mah Jongg	12:00— 3:00p	CC
Tai Chi Video	1:00—2:00p	CC

**27**

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
Pickin & Grinnin	11:30-12:45p	CC
Chair Yoga	12:00—12:45p	CC
Intro to Basic Latin Steps	1:00—2:00 p	CC
<b>Wasabi &amp; Wok</b>	<b>4:30p</b>	<b>Rest</b>
Game Night	6:00—9:00p	CC

**28**

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	11:45 -12:30p	CC
Am. Mah Jong	12:30— 3:00p	CC
Tai Chi Video	1:00—2:00p	CC

# September 2022

Thursday				Friday				Saturday			
<b>1</b>				<b>2</b>				<b>3</b>			
Cardio Drumming 9:00—9:45a CC				AFEP Chair Exercise 9:15—9:55a CC, Z				<b>Garden Club</b>			
Bingo Card Sale 9:30—10:00a CC				Walk Strong 10:00—10:45a CC,				<b>10:30a—12:30p</b> CC			
Bingo Game 10:00—11:30a CC				Hand & Foot 10:00—2:00p CC				<b>GAME DAY</b>			
Contract Bridge 10:00—2:00p CC				Cardio Drumming 10:00—10:45a CC				10:00—2:00P CC			
Chair Yoga 12:00—12:45p CC				Chair Volleyball 10:30—11:30a Rec				Hand & Foot 10:00—2:00p CC			
Am. Mah Jong 12:00— 3:00p CC				Adv Line Dance 11:00—12:30p CC				Guitar Lessons 11:00—1:00p CC			
Card Making 12:30—3:00p CC				Mah Jongg 12:00—2:00p CC							
Int Line Dance 1:00—2:30p CC				<b>Bday Ice Cream Social 12:30-1p CC</b>							
				<b>Presentation on trip 1:30-2:30p CC</b>							
				<b>Heritage of America</b>							
				Bingo Card Sale 6:00—6:30p CC							
				Bingo Game 6:30—8:00p CC							
<b>8</b>				<b>9</b>				<b>10</b>			
Cardio Drumming 9:00—9:45a CC				AFEP Chair Exercise 9:15—9:55a CC, Z				<b>GAME DAY</b>			
Bingo Card Sale 9:30—10:00a CC				<b>Shot Clinic 10:00-11:30p CC</b>				10:00—2:00P CC			
Bingo Game 10:00—11:30a CC				Walk Strong 10:00—10:45a CC				Hand & Foot 10:00—2:00p CC			
Contract Bridge 10:00—2:00p CC				Hand & Foot 10:00—2:00p CC				Guitar Lessons 11:00—1:00p CC			
Chair Yoga 12:00—12:45p CC				Cardio Drumming 10:00—10:45a CC							
Am. Mah Jong 12:00— 3:00p CC				<b>Caregiver Support 10:30—11:30p CC</b>							
Card Making 12:30—3:00p CC				Chair Volleyball 10:30—11:30a Rec							
Int Line Dance 1:00—2:30p CC				Adv Line Dance 11:00—12:30p CC							
				Mah Jongg 12:00—2:00p CC							
				<b>Intro to Annual Enrollment</b>							
<b>15</b>				<b>16</b>				<b>17</b>			
Cardio Drumming 9:00—9:45a CC				AFEP Chair Exercise 9:15—9:55a CC, Z				<b>Garden Club</b>			
Bingo Card Sale 9:30—10:00a CC				Walk Strong 10:00—10:45a CC				<b>10:30a—12:30p</b> CC			
Bingo Game 10:00—11:30a CC				Hand & Foot 10:00—2:00p CC				<b>GAME DAY</b>			
Contract Bridge 10:00—2:00p CC				Cardio Drumming 10:00—10:45a CC				10:00—2:00P CC			
Chair Yoga 12:00—12:45p CC				Chair Volleyball 10:30—11:30a Rec				Hand & Foot 10:00—2:00p CC			
Am. Mah Jong 12:00— 3:00p CC				Adv Line Dance 11:00—12:30p CC				Guitar Lessons 11:00—1:00p CC			
Card Making 12:30—3:00p CC				Mah Jongg 12:00—2:00p CC							
Int Line Dance 1:00—2:30p CC				<b>Cookout &amp; Splash 12:00p CC</b>							
				Bingo Card Sale 6:00—6:30p CC							
				Bingo Game 6:30—8:00p CC							
<b>22</b>				<b>23</b>				<b>24</b>			
Cardio Drumming 9:00—9:45a CC				AFEP Chair Exercise 9:15—9:55a CC, Z				<b>GAME DAY</b>			
Bingo Card Sale 9:30—10:00a CC				Walk Strong 10:00—10:45a CC, Z				10:00—2:00P CC			
Bingo Game 10:00—11:30a CC				Hand & Foot 10:00—2:00p CC				Hand & Foot 10:00—2:00p CC			
Contract Bridge 10:00—2:00p CC				Cardio Drumming 10:00—10:45a CC				Guitar Lessons 11:00—1:00p CC			
Chair Yoga 12:00—12:45p CC				Chair Volleyball 10:30—11:30a Rec							
Am. Mah Jong 12:00— 3:00p CC				Adv Line Dance 11:00—12:30p CC							
Card Making 12:30—3:00p CC				Mah Jongg 12:00—2:00p CC							
<b>Veteran's Benefits 12:30-2p CC</b>											
Int Line Dance 1:00—2:30p CC											
<b>29</b>				<b>30</b>				<b>October 1</b>			
Cardio Drumming 9:00—9:45a CC				<b>HEALTH AND INFO FAIR 9:00-12:00p CC</b>				<b>CRAFT FAIR 8:00-4:00 p CC</b>			
Bingo Card Sale 9:30—10:00a CC				AFEP Chair Exercise 9:15—9:55a Rec							
Bingo Game 10:00—11:30a CC				Chair Volleyball 10:30—11:30a Rec							
Contract Bridge 10:00—2:00p CC				Mah Jongg 12:00—2:00p CC							
Chair Yoga 12:00—12:45p CC											
Am. Mah Jong 12:00— 3:00p CC											
Card Making 12:30—3:00p CC											
Int Line Dance 1:00—2:30p CC											



## Seminars and Craft Fair

**Seminars****Intro to Annual Enrollment****Sept. 9 at 1:00pm****Registration required**

Stacy Calloway from UnitedHealthcare will educate on how to get ready for annual Medicare enrollment no matter who your insurance carrier is. Don't wait until it is time to sign up to figure out what you need.

**Veteran's Benefits for Veterans or their Surviving Spouse****Thursday, September 22 12:30****Registration required.**

Patti Shattil from Preferred Senior Resources will present information to help our Veteran's and their beneficiary get help with ongoing home health care. If you are a Veteran or know one that could benefit from this information, you are encouraged to take advantage of this informational seminar.

**Saturday, Oct 1****8am — 4pm**

The Colony Seniors 501(c)3 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.

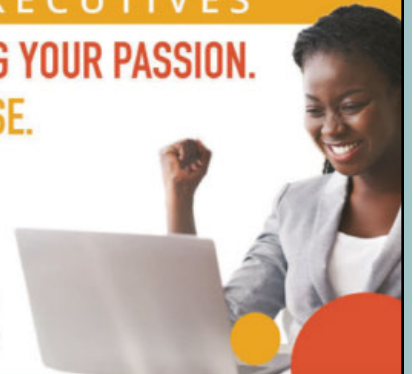
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## Art Activities & Bunco



### Tree painting

Wed, Sept. 21,  
12—1:30pm

**Free**

Registration Required

Laura Arnold with RehabTrust will teach a painting class with a beautiful tree as the subject. Supplies provided.



### Shot clinic

**Presented by Kroger Pharmacy**  
**Friday, Sept. 9 10-11:30 am**

Kroger is making it convenient to get your flu shot, Covid shot or a Pneumonia vaccine. Don't forget to bring your Medicare card.

### *Introduction to Basic Latin Steps*

***Tuesdays at 1 pm***

***Registration Required***



Introduction to Salsa is has expanded to include other Basic Latin Dances. Add a little spice to your routine, while getting your heart rate up, working your balance and your brain.



### **Line Dance Ultra Beginner Class**

**8 Mondays September 12th**

**11:45a—12:45p**

Learn new steps and brush up your skills so you can be comfortable moving up to the Beginner Line Dance Class.

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## The Colony Seniors Activities

### Fitness Activities

#### **AFEP Chair Exercise—CC & Z**

9:15—9:55am on Mon/Wed/Fri

Arthritis Foundation Exercise Class is a 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.

#### **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 Volleyball—Rec Gym**

10:30am—11:30pm on MWF

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

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

#### **Intro to Basic Latin Dance 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**

11:45-12:30M/W 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**

10:00 —10:45 am MWF

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**

11:30—12:45pm 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 Jongg**, 12:00—3:00pm **American style** Mah Jongg using NMJL cards.

#### **Tuesdays**

**Contract Bridge** 10:00—2pm.

**Game Night** 6:00-9pm Enjoy an evening of varied games.

#### **Wednesdays**

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

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

#### **Thursdays**

**Contract Bridge** 10:00—2pm,

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

#### **Fridays**

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

**Mah Jongg**, 12—2pm **Chinese style** Mah Jongg game is fun to learn/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**

8:30—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**