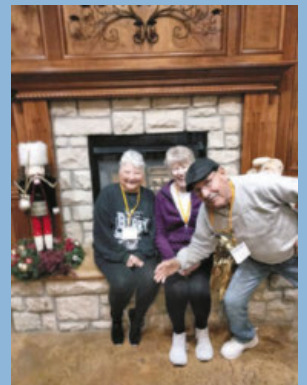


PlayTC Seniors!

“Seniors on the road in Branson!”

Jan 2023





On the Cover: The Seniors had a great time in Branson. Great shows, great shopping and great friends.

Left: A fun group of seniors at the nativity day trip.

Membership info

New Member (resident)	\$10/year
New Member (non-resident)	\$20/year
Day Pass	\$2/day

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.

A note from Annette

Have you resolved to improve your fitness in the new year but life keeps you too busy during the day? Or maybe you want to find a class that one of your working friends or family members can come do with you. The recreation center is offering some fun classes in the evening that you might be interested in. Contact the Rec Center if you have any questions. 972-625-1106

Recreation Center Classes

- Name: **Dallas Swingout**
- Description: Interested in learning the basics of swingout dancing? Join us on Tuesday nights at 6:45pm! We will learn the foundational moves, count, variations and dance etiquette of Swingout.
- Days of the Week: Tuesdays Weekly
- Times: 6:45-8:45pm
- Attire: Preferred - shoes with a felt bottom
- Location: Blue Room (until further notice)
- Class Fee:
 - \$10 for drop ins
 - \$7 per class for monthly registrations (for members) (+ \$5 for non-members monthly)
 - Class Dates:
 - 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/21, 2/28, 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25 (NO CLASS 2/14)
- Name: **Line Dancing Class**
- Description: Join us for Line Dancing on the last Monday of each month!
- Days of the Week: Last Monday of the Month
- Times: 7:45-8:45pm
- Attire: Preferred - shoes with a felt bottom
- Location: Red Room
- Class Fee: Drop in only
 - \$10 for drop ins
 - Class Dates:
 - 1/30, 2/27, 3/27, 4/24

Birthday Social, Luncheon & Seminar



Birthday Ice Cream Social

The 1st Friday of Each Month

Friday, Jan. 6 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.



Soup and Salad

Friday, Jan 20 12pm—1:00pm

Registration Required

Keeping it light for the New Year with soup and salad.

Dessert sign up is also available. Join us for the seminar afterwards for a mental workout.



I can't find my keys seminar

Fri, Jan 20

1:30-2:30

Registration Required

Do you get frustrated when you can't remember everyday details and feel that your memory is not as it once was?

Beverly Fells Jones will share information about proven methods that bring the information you need almost instantly in her talk "I Can't Find My Keys, How to Super Charge Your Memory."



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Health One Pharmacy is a local, family-owned independent pharmacy.
214-469-2244
3800 S Main St, Ste 102, The Colony



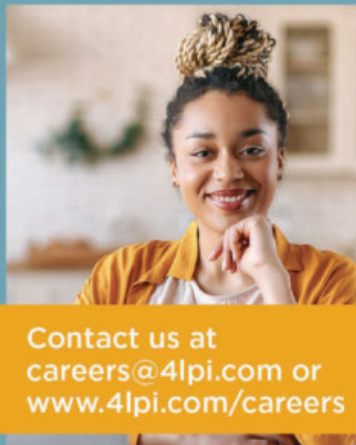
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The Colony Seniors

Monday	Tuesday	Wednesday
2 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 Mah Jong 12:00— 3:00p CC Tai Chi Video 1:00—2:00p CC	3 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 12:00—1:30p CC Book Club 1:00—2:30p CC Shaka Hawaiian BBQ 4:30p Rest Game Night 6:00—9:00p CC Genealogy Lock-in 6:00—9:00p CC	4 Pinochle 9:00—11:30a CC AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC Quilting 10:00—11:30a CC Chair Volleyball 10:30—11:30a Rec Tai Chi Live 11:45-12:30p CC Mah Jong 12:30- 3:00p CC Tai Chi Video 1:00—2:00p CC
9 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 Mah Jong 12:00— 3:00p CC Tai Chi Video 1:00—2:00p CC	10 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 12:00—1:30p CC Bubbass 4:30p Rest Game Night 6:00—9:00p CC	11 Pinochle 9:00—11:30a CC AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC Quilting 10:00—11:30a CC Chair Volleyball 10:30—11:30a Rec Tai Chi Live 11:45-12:30p CC Craft-Quilling 12:00-1:30p CC Mah Jong 12:30- 3:00p CC Tai Chi Video 1:00—2:00p CC
16 <div> </div> <p>CLOSED</p>	17 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 12:00—1:30p CC Cheddars 4:30p Rest Game Night 6:00—9:00p CC	18 Pinochle 9:00—11:30a CC AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC Quilting 10:00—11:30a CC Chair Volleyball 10:30—11:30p Rec Tai Chi Live 11:45--12:30p CC Mah Jong 12:30—3:00p CC Tai Chi Video 1:00—2:00p CC Quilt Cut-Ups 7:00—8:30p CC
23 SCOTC Meeting 8:30—10:00a CC 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 Mah Jong 12:00— 3:00p CC Tai Chi Video 1:00—2:00p CC	24 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 12:00—1:30p CC Rockfish 4:30p Rest Game Night 6:00—9:00p CC	25 Pinochle 9:00—11:30a CC AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC Quilting 10:00—11:30a CC Chair Volleyball 10:30—11:30p Rec Tai Chi Live 11:45-12:30p CC Mah Jong 12:30—3:00p CC Coin/Stamp Collector 12:00—1:00p CC Tai Chi Video 1:00—2:00p CC
30 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 Mah Jong 12:00— 3:00p CC Tai Chi Video 1:00—2:00p CC	31 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 12:00—1:30p CC Chair Yoga 12:00—12:45p CC Texas Roadhouse 4:30p Rest Game Night 6:00—9:00p CC	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.

January 2023

	Thursday	Friday	Saturday
5	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 Chair Yoga 12:00—12:45p CC Mah Jong 12:00—3:00p CC Card Making 12:30—3:00p CC Int Line Dance 1:00—2:30p CC	6 AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC Hand & Foot 10:00—2:00p CC Cardio Drumming 10:00—10:45a CC Chair Volleyball 10:30—11:30a Rec Adv Line Dance 11:00—12:30p CC Birthday Ice Cream Social 12:30—1:00pm CC Bingo Card Sale 6:00—6:30p CC Bingo Game 6:30—8:00p CC	7 Garden Club 10:30a—12:30p CC GAME DAY 10:00—2:00P CC Hand & Foot 10:00—2:00p CC Guitar Lessons 12:00—2:00p CC
12	Cardio Drumming 9:00—9:45a CC Bingo Card Sale 9:30—10:00a CC Bingo Blowout 10:00—12:00p CC Contract Bridge 10:00—2:00p CC Chair Yoga 12:00—12:45p CC Mah Jong 12:00—3:00p CC Card Making 12:30—3:00p CC Int Line Dance 1:00—2:30p CC	13 AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC Hand & Foot 10:00—2:00p CC Cardio Drumming 10:00—10:45a CC Chair Volleyball 10:30—11:30a Rec Caregiver Support 10:30—11:30p CC Adv Line Dance 11:00—12:30p CC Hearing Seminar 12:00-1:30p CC	14 GAME DAY 10:00—2:00P CC Hand & Foot 10:00—2:00p CC Guitar Lessons 12:00—2:00p CC
19	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 Chair Yoga 12:00—12:45p CC Mah Jong 12:00—3:00p CC Card Making 12:30—3:00p CC Int Line Dance 1:00—2:30p CC	20 AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC Hand & Foot 10:00—2:00p CC Chair Volleyball 10:30—11:30a Rec Adv Line Dance 11:00—12:30p CC Soup & Salad Lunch 12:00-1:00p CC Seminar: I Can't Find My Keys 1:30-2:30p CC Bingo Card Sale 6:00—6:30p CC Bingo Game 6:30—8:00p CC	21 Garden Club 10:30a—12:30p CC GAME DAY 10:00—2:00P CC Hand & Foot 10:00—2:00p CC Guitar Lessons 12:00—2:00p CC
26	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 Chair Yoga 12:00—12:45p CC Mah Jong 12:00—3:00p CC Card Making 12:30—3:00p CC Int Line Dance 1:00—2:30p CC	27 AFEP Chair Exercise 9:15—9:55a CC, Z Walk Strong 10:00—10:45a CC Hand & Foot 10:00—2:00p CC Cardio Drumming 10:00—10:45a CC Chair Volleyball 10:30—11:30a Rec Adv Line Dance 11:00—12:30p CC	28 GAME DAY 10:00—2:00P CC Pre-cruise registration 10:00—2:00p CC Hand & Foot 10:00—2:00p CC Guitar Lessons 12:00—2:00p CC
	Location Key Community Center CC Zoom Z Recreation Gym Rec Restaurant Rest		

Craft and Bingo Blowout



Craft

Wed, Jan 11

12:00-1:30

RESERVATION REQUIRED

Quilling is an art form that involves the use of strips of paper that are rolled, shaped, and glued together to create decorative designs. We will be employing the quilling technique to learn how to make some extraordinary valentines to share with family and friends.



Bingo Blowout

Thurs, Jan 12

Bingo Card Sales
9:30—10:00a CC

Bingo Games
10:00—11:30a CC
Registration Required

Let's pump up the fun of Bingo and blow it out. This is our way to showing our bingo people some extra love. We will be having pizza and extra prizes all while enjoying the funnest bingo game in town. You know us, any excuse for a party!

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THRIVE
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Cruising info/ Lunch & Learn

Cruising updates

Jan. 28 **Pre-cruise registration–**
Set up a 30 minutes appointment to get you
registered online for the cruise.

Feb. 3 **Cruise Pre-trip/document
meeting–**

We will be meeting to get all our documents
and get the final info before we set sail.

Feb. 11–19 Cruise–
**It's finally time to hit the High Seas
and enjoy ourselves.**



Lunch & Learn Hearing Loss

Friday, Jan 13
12pm-1:30pm

Registration Required
Registration Closes Jan 12

Dr. Brad Gold will be presenting information on
hearing loss and hearing aid styles. Important in-
formation on how to cope with background noise,
hearing better on cell phones and so much more.
Lunch will be provided so sign up early to make cer-
tain you have a seat at the table.

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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.

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

12:00am—2:00pm 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!

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

Game Days & Time

Mondays

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

Mah Jong, 12:00—3:00pm **American style** Mah Jong using NMJL cards.

Tuesdays

Contract Bridge 10:00—2pm.

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

Wednesdays

Pinochle 9:00-11:30am 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, 12:00—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/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 Tuesday 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

10:00am—11:30am on Wednesdays

TC Cut-Ups Quilt Guild 7:00—8:30 on 3rd Wednesday (**Dec meeting moved to 12/14 at 6pm.**) 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 (**December Meeting moved to 12/19**)

Volunteering to help with projects for seniors and the community.