

# PlayTC Seniors!

Celebrating being together

Feb 2023





On the Cover: The Seniors rang in the New Year by celebrating being together.

Above: The Senior Center staff working together and enjoying the day.

### 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.

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

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 meetings on the 4th Mondays, 8:30—10:00a.

### Gift wrapping

While the holidays are over, we know that there are still gifts to be wrapped for birthdays and other special occasions. The 501(c)3 has a volunteer (Jude Cann) that is happy to make it look special with some beautiful wrapping. Donations accepted.



### 501(c)3 Elections

It is time for the board to have elections with 2 positions available. The nominating committee is looking for seniors that are willing to give their time and talents to serving on the board. The committee will have an information table at the February luncheon to answer your questions. Please consider volunteering for the board.

Thank you to all of the wonderful volunteers who help make our center such a wonderful place for all our wonderful seniors.



## Birthday Social, Luncheon, Luncheon & Learn



### Birthday Ice Cream Social

The 1st Friday of Each Month

Friday, Feb. 3, 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.



**Spaghetti Dinner**

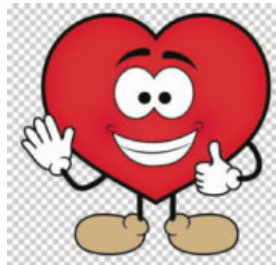
### Spaghetti and Meatballs

Friday, Feb 17 12pm—1:00pm

**Registration Required**

Nothing like a little Italian food to warm the heart. Feel free to sign up to bring a desert. Stay to learn about the wonderful resources at the Public Library.

### Happy Heart Lunch & Learn



**Fri, Feb 24**

**12:00-1:30**

**Registration Required**

February is American Heart Month, a great time to take your health to heart and begin your journey to healthy living. Oakstreet Health will have a health care provider here who will be discussing your heart health and will be available to answer questions. Be heart smart and attend!



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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



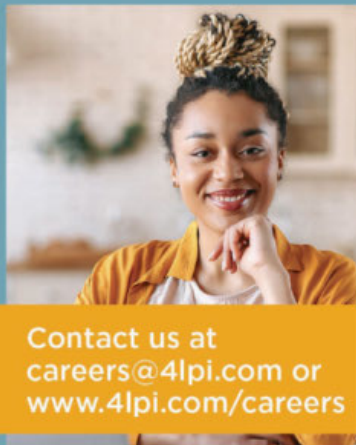
## WE'RE HIRING!

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SERVING THE COLONY,  
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# The Colony Seniors

Monday	Tuesday	Wednesday
		<b>1</b> 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
<b>6</b> 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	<b>7</b> 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 <b>Book Club</b> 2:00—3:00p CC <b>Chili's</b> 4:30p Rest Game Night 6:00—9:00p CC	<b>8</b> 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 <b>Painting</b> 1:30-3:00p CC
<b>13</b> 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	<b>14</b> 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 <b>Fun Pizza Kitchen</b> 4:30p Rest Game Night 6:00—9:00p CC	<b>15</b> 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—11:30pRec Tai Chi Live 11:45--12:30p CC Mah Jong 12:30—3:00p CC Tai Chi Video 1:00—2:00p CC <b>Quilt Cut-Ups</b> 7:00—8:30p CC
<b>20</b> <p style="text-align: center;">CLOSED</p> 	<b>21</b> Cardio Drumming 9:00—9:45a CC Happy Hookers 9:30—11:30a CC <b>BP&amp;G</b> 10:00-10:30a CC Contract Bridge 10:00—2:00p CC Genealogy 11:00—12:00pCC Chair Yoga 12:00—12:45p CC Pickin & Grinnin 12:00—1:30p CC <b>Tony's</b> 4:30p Rest Game Night 6:00—9:00p CC	<b>22</b> 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—11:30pRec Tai Chi Live 11:45-12:30p CC Mah Jong 12:30—3:00p CC <b>Coin/Stamp Collector</b> 12:00—1:00p CC Tai Chi Video 1:00—2:00p CC
<b>27</b> <b>SCOTC Meeting</b> 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	<b>28</b> Cardio Drumming 9:00—9:45a CC Happy Hookers 9:30—11:30a CC Contract Bridge 10:00—2:00p CC Genealogy 11:00—12:00pCC Pickin & Grinnin 12:00—1:30p CC Chair Yoga 12:00—12:45p CC <b>Wasabi</b> 4:30p Rest Game Night 6:00—9:00p CC	<p style="text-align: center;"><b>Senior Citizens of The Colony 501 (c)3</b></p> <p style="text-align: center;">Monthly Meeting—4th Mondays, 8:30—10:00a</p> <p>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.</p>

# February 2023

	Thursday	Friday	Saturday
<b>2</b>	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	<b>3</b> 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 <b>Birthday Ice Cream Social 12:30—1:00p CC</b> <b>Cruise document meeting 1:30-2:30p CC</b> Bingo Card Sale 6:00—6:30p CC Bingo Game 6:30—8:00p CC	<b>4</b> <b>Garden Club</b> 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
<b>9</b>	Cardio Drumming 9:00—9:45a CC Bingo Card Sale 9:30—10:00a CC Bingo 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	<b>10</b> 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 <b>Caregiver Support 10:45—11:45p CC</b> Adv Line Dance 11:00—12:30p CC	<b>11</b>  GAME DAY 10:00—2:00P CC  Hand & Foot 10:00—2:00p CC Guitar Lessons 12:00—2:00p CC
<b>16</b>	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	<b>17</b> 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 <b>Spaghetti Lunch 12:00-1:00p CC</b> <b>Seminar: Library resources 1:30-2:30p CC</b> Bingo Card Sale 6:00—6:30p CC Bingo Game 6:30—8:00p CC	<b>18</b> <b>Garden Club</b> 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
<b>23</b>	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	<b>24</b> 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 <b>Lunch &amp; Learn: Happy Heart 12-1:30p CC</b>	<b>25</b>  GAME DAY 10:00—2:00P CC  Hand & Foot 10:00—2:00p CC Guitar Lessons 12:00—2:00p CC
	<b>Location Key</b>  <b>Community Center CC</b> <b>Zoom Z</b> <b>Recreation Gym Rec</b> <b>Restaurant Rest</b>		



## Art and Line Dance

**Painting****Wed, Feb 8****1:30-2:30**RESERVATION REQUIRED **(LIMIT 15)**

Suzanna Baker with Care Patrol will be providing the materials and expertise to create this amazing experience and personal masterpiece.

**Line Dance Ultra Beginner Class**

8 Mondays starting  
February 27 and ending  
April 24

11:45a—12:45p  
**Registration Required**

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

**NEVER MISS OUR NEWSLETTER!****SUBSCRIBE**

Have our  
newsletter  
emailed  
to you.

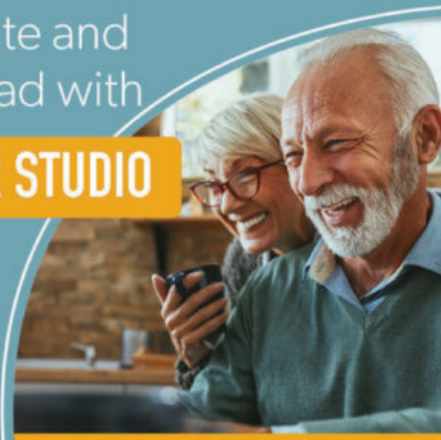


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## Cruising info/ Seminar

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.**



## Seminar Library Resources

**Friday, Feb 17**  
**1:30pm-2:30pm**

*Stick around after the luncheon*

**Registration Requested**

The Colony Library has so many unexpected and amazing services. Please join Megan Charter, The Colony Public Library Director as she guides us through some resources that are sure to delight and surprise you.

# Primary Care Doctors in DFW



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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 that can be 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**

12:00—1:30pm 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**

10:45—11:45am 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. 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.