

PlayTC Seniors!

Lucky to be together

March 2023





On the Cover: One group of seniors made big waves on their cruise trip while the others enjoyed games and the luncheon.

Above: February art class led by Care Patrol

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.



Book Club

First Tuesday of each month at 2pm

March

The Personal Librarian by Marie Benedict, co-authored by Heather Terrell and Victoria Christopher Murray

April

The Magnolia Palace by Fiona Davis

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.

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. Please consider volunteering for the board. Candidates will be introduced during the March 17 luncheon. Voting will go April 3-14. Ballots will be available by registration at the front desk from April 3-14.

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.



Birthday Social, Luncheon, 911 Presentation and Board Meeting



Birthday Ice Cream Social

The 1st Friday of Each Month

Friday, March 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.



What's the number for 911?

Fri, March 3, 1:30pm

Registration requested

Have you ever had an emergency but didn't know if it was a 911 emergency? Or do you know what to expect when you dial 911? Come learn from the experts when and what to expect when you dial 911. Learn how to help them help us.

Following the Birthday social



Sloppy Joe's

Friday, March 17 12pm—1:00pm

Registration Required @ Front Desk

We are celebrating National Sloppy Joe Day a day early. Come get sloppy with us and meet the nominees for the Senior Board.



General Meeting and Nominee Presentation

Fri, March 17 During luncheon

The 501 (c) 3 board will be providing a member update at the general meeting and introducing the seniors nominated to be voted on. There are 2 positions up for election. Come learn about the valuable volunteer board that helps to support our senior center. Also, meet the people willing to add their time and talents to the board.



**HEALTH ONE
PHARMACY**

Our benefits compared to Big Box Retail Pharmacies:

- Free local delivery and Personalized services
- Experienced in botanicals, supplements and prescriptions in prevention and management of diabetes, cardiac issues, and mental health for adults
- Excel in dispensing pediatric medications for our smallest patients
- Dr. Thomas, SIDP certified clinical Pharmacist, assists with prevention and management of infections

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

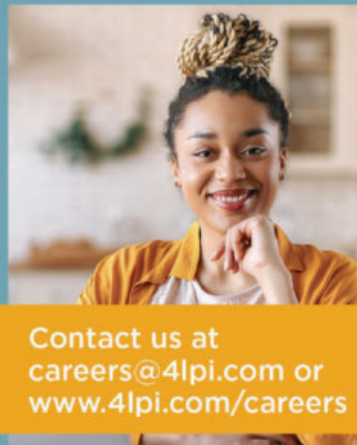


WE'RE HIRING! AD SALES EXECUTIVES



**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 or
www.4lpi.com/careers

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Mike Ward

mward@lpicommunities.com

(800) 950-9952 x2324

**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
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 & encouraged to attend SCOTC.	Come join Bethany Guerra from Baylor, Scott & White Rehab on Wednesday, March 1st as she leads the chair exercise class at 9:15.	1 Pinochle 9:00—11:30a CC AFEP Chair Exercise 9:15—9:55a CC, Z taught by Bethany Guerra 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
6 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 11:45-12:45p CC Mah Jong 12:00— 3:00p CC Tai Chi Video 1:00—2:00p CC	7 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 Book Club 2:00—3:00p CC Amore 4:30p Rest Game Night 6:00—9:00p 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 10:00—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
13 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 11:45-12:45p CC Mah Jong 12:00— 3:00p CC Tai Chi Video 1:00—2:00p CC	14 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 Goodfella's 4:30p Rest Game Night 6:00—9:00p 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 10:00—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 Painting 1:30-2:30p CC Quilt Cut-Ups 7:00—8:30p 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 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 11:45-12:45p CC Mah Jong 12:00— 3:00p CC Tai Chi Video 1:00—2:00p CC	21 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—12:00pCC Chair Yoga 12:00—12:45p CC Pickin & Grinnin 12:00—1:30p CC Texas Roadhouse 4:30p Rest Game Night 6:00—9:00p 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 10:00—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
27 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 Ultra Beginner Line Dance 11:45-12:45p CC Mah Jong 12:00— 3:00p CC Tai Chi Video 1:00—2:00p CC	28 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 Fun Pizza Kitchen 4:30p Rest Game Night 6:00—9:00p CC Bunco 6:30-8:00p 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 10:00—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

March 2023

Thursday			Friday			Saturday		
2	Cardio Drumming	9:00—9:45a CC	3	APEP Chair Exercise	9:15—9:55a CC, Z	4	Garden Club	
	Bingo Card Sale	9:30—10:00a CC		Walk Strong	10:00—10:45a CC		10:30a—12:30p	CC
	Bingo Game	10:00—11:30a CC		Hand & Foot	10:00—2:00p CC		GAME DAY	
	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
	Mah Jong	12:00—3:00p CC		Adv Line Dance	11:00—12:30p CC		Guitar Lessons	12:00—2:00p CC
	Card Making	12:30—3:00p CC		Birthday Ice Cream Social	12:30—1:00p CC			
	Int Line Dance	1:00—2:30p CC		911 Presentation	1:30-2:30p CC			
				Bingo Card Sale	6:00—6:30p CC			
				Bingo Game	6:30—8:00p CC			
9	Cardio Drumming	9:00—9:45a CC	10	APEP Chair Exercise	9:15—9:55a CC, Z	11	GAME DAY	
	Bingo Card Sale	9:30—10:00a CC		Walk Strong	10:00—10:45a CC		10:00—2:00P	CC
	Bingo	10:00—12:00p 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			
	Medicare Plan Review	11:30-2:30p CC		Chair Volleyball	10:30—11:30a Rec			
	Chair Yoga	12:00—12:45p CC		Caregiver Support	10:45—11:45p CC		Daylight Savings Begins	
	Mah Jong	12:00—3:00p CC		Adv Line Dance	11:00—12:30p CC		3/12.	
	Card Making	12:30—3:00p CC		Taste of the Follies	1:00-1:45p CC			
	Int Line Dance	1:00—2:30p CC						
16	Cardio Drumming	9:00—9:45a CC	17	APEP Chair Exercise	9:15—9:55a CC, Z	18	Garden Club	
	Bingo Card Sale	9:30—10:00a CC		Walk Strong	10:00—10:45a CC		10:30a—12:30p	CC
	Bingo Game	10:00—11:30a CC		Hand & Foot	10:00—2:00p CC		GAME DAY	
	Contract Bridge	10:00—2:00p CC		Chair Volleyball	10:30—11:30a Rec		10:00—2:00P	CC
	Chair Yoga	12:00—12:45p CC		Adv Line Dance	11:00—12:30p CC		Hand & Foot	10:00—2:00p CC
	Mah Jong	12:00—3:00p CC		Luncheon /Meeting	12:00-1:00p CC		Guitar Lessons	12:00—2:00p CC
	Card Making	12:30—3:00p CC		Bingo Card Sale	6:00—6:30p CC			
	Int Line Dance	1:00—2:30p CC		Bingo Game	6:30—8:00p CC			
23	Cardio Drumming	9:00—9:45a CC	24	APEP Chair Exercise	9:15—9:55a CC, Z	25	GAME DAY	
	Bingo Card Sale	9:30—10:00a CC		Walk Strong	10:00—10:45a CC		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	12:00—2:00p CC
	Chair Yoga	12:00—12:45p CC		Chair Volleyball	10:30—11:30a Rec			
	Mah Jong	12:00—3:00p CC		Adv Line Dance	11:00—12:30p CC			
	Card Making	12:30—3:00p CC		Tinnitus Seminar	1:00-2:00p CC			
	Int Line Dance	1:00—2:30p CC						
30	Cardio Drumming	9:00—9:45a CC	31	APEP Chair Exercise	9:15—9:55a CC, Z	Location Key Community Center CC Zoom Z Recreation Gym Rec Restaurant Rest		
	Bingo Card Sale	9:30—10:00a CC		Walk Strong	10:00—10:45a CC			
	Bingo Game	10:00—11:30a CC		Hand & Foot	10:00—2:00p CC			
	Contract Bridge	10:00—2:00p CC		Cardio Drumming	10:00—10:45a CC			
	Chair Yoga	12:00—12:45p CC		Chair Volleyball	10:30—11:30a Rec			
	Mah Jong	12:00—3:00p CC		Adv Line Dance	11:00—12:30p CC			
	Card Making	12:30—3:00p CC						
	Int Line Dance	1:00—2:30p CC						



Art and Seminar and 1 On 1



Painting

Wed, March 15
1:30-2:30

RESERVATION REQUIRED @ FRONT DESK **(LIMIT 15)**

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



Tinnitus: Educational Seminar

Fri, March 24
1:00—2:00p

Registration Required @ Front Desk

What is tinnitus and do you have it or know someone who does? Learn from a medical professional about the diagnosis and treatment. Presented by:



March 9
11:30-2:30

Is my Medicare Plan
working out the way
I need it to?

30 minute
plan reviews

1 on1 with Joe Coffee from
Humana Healthcare

Registration Required @
Front Desk

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com

**SUPPORT OUR
ADVERTISERS!**

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

**THRIVE
LOCALLY**



For ad info. call 1-800-950-9952 • www.lpicommunities.com

The Colony Community, The Colony, TX

B 4C 05-1770

Follies show and Bunco

501 (c) 3 Board Sponsored eventsTaste of the Follies
March 10 1:00-1:45 pm

Some of the amazing Senior Performers from the Spectacular Senior Follies will be in person to preform for you!



Registration
Required at
Front Desk

Bunco

March 28 6:30-8:00 pm

Can you roll dice and do simple addition? Do you love to be social? Then this is the game for you! Thanks to the 501(c)3 for sponsoring an evening of fun and inviting the seniors to come and enjoy.



Primary Care Doctors in DFW



- Medicare & Medicare Advantage Accepted
- 15 Locations Across DFW
- 5-star rated Doctors
- Always accepting new patients



Visit **www.HCATHi.com** to schedule an appointment



Healthcare
Associates
of Texas

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.