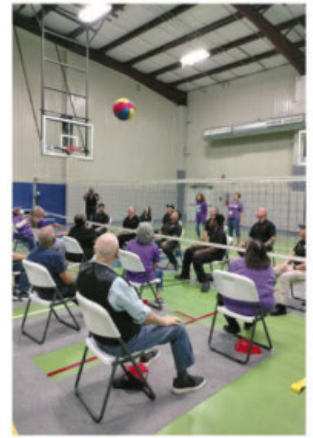


PlayTC Seniors!

Our Seniors Were Blowin' & Goin'!

June 2023





To the left: Members had fun painting rocks that we will be placing outside to beautify the building.

On the Cover: Seniors traveled to Philadelphia on the Heritage of America tour while later in the month our TC Senior Volleys took on the Fire Department in a Charity Chair Volleyball game where we collected fans and donations for fans for seniors in need. Seniors won both games!

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

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

Community Center Leaders

Ron Czarny.....rczarny@thecolonytx.gov

Shirley Johnson.....sjohnson@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)

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.

Fans, Fans Everywhere!

A huge thank you for all of the support that we received on the fan drive. You will make a timely difference in some needy seniors lives this summer. If you or someone you know is in need of a fan, please contact Annette and she will help get you qualified. Feel free to mention this to your groups outside the senior center such as church or other civic organizations. We will be working with Meals on Wheels and the local Fire Department and Police Department to help locate those with the greatest need. Thank you to the 501 (c) 3 for partnering with us to make this such a success. Congratulations to Senior Volleyball players for their big win over the Fire Department.



Book Club



Book Club

First Tuesday of each month at 2pm

June 6th

Of Windmills and War, by Diane Moody

July 11th(change due to holiday)

Seven Husbands of Evelyn Hugo, by Taylor Jenkins Reid

Birthday Social, Luncheon, & New 6-Week Class



Birthday Ice Cream Social

The 1st Friday of Each Month

Friday, June 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.



Monthly Luncheon

Friday, June 16, 12pm—1:00pm

Registration Required

Summer is here and it is time to start eating light. Chicken salad sandwich with a salad and watermelon will help us keep our cool. Please sign up to bring a baked dessert to share if you can.

Reduce Falls - Increase Activity!

6 Week Class Starting

Wednesdays, June 7— July 12 12:30—2

Sign up required and you will be signed up for the full 6 weeks.

Presented by -



FIT
Physical
Therapy

Each Wednesday for 6 weeks, learn to make changes to reduce fall risk, perform exercises to improve stability, and view falls/fear of falling as controllable. Classes are typically 90 minutes with exercise and an educational topic afterwards. Discussions include: Nutrition, Fall Prevention, Osteoporosis, Balance & Vestibular, and more.

REGISTER AT THE FRONT DESK TODAY!



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- Dr. Thomas, **SiDP** certified clinical Pharmacist, assists with prevention and management of infections

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



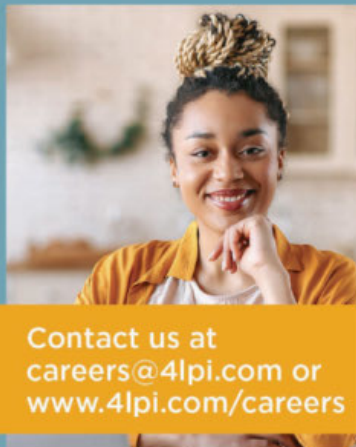
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The Colony Seniors

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.

5

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

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
Mah Jong	12:00— 3:00p	CC
Tai Chi Video	1:00—2:00p	CC

19



26

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

Tuesday

6

Cardio Drumming	9:00—9:45a	CC
Happy Hookers	9:30—11:30a	CC
Contract Bridge	10:00—2:00p	CC
Yoga Live	10:30-11:15a	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 — 3:00	CC
54th Street	4:30p	Rest
Game Night	6:00—9:00p	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	12:00—1:30p	CC
Fun Pizza Kitchen	4:30p	Rest
Game Night	6:00—9:00p	CC
Patriotic Wreath Craft	6:30—8:30p	CC

20

Cardio Drumming	9:00—9:45a	CC
Happy Hookers	9:30—11:30a	CC
BP&G	10:00-10:30a	CC
Yoga Live	10:30-11:15a	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

27

Cardio Drumming	9:00—9:45a	CC
Happy Hookers	9:30—11:30a	CC
Yoga Live	10:30-11:15a	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
Tony's	4:30p	Rest
Game Night	6:00—9:00p	CC

Wednesday

7

Pinochle	9:00—11:30a	CC
AFEP Chair Exercise	9:15—9:55a	CC, Z
Walk Strong	10:00—10:45a	CC
Quilting	10:00—11:30a	CC
Chair Volleyball	10:30—11:30a	Rec
Tai Chi Live	11:45-12:30p	CC
Fall Prevention	12:30-2:00p	CC
Mah Jong	12:30- 3:00p	CC
Tai Chi Video	1:00—2:00p	CC

14

Pinochle	9:00—11:30a	CC
AFEP Chair Exercise	9:15—9:55a	CC, Z
Walk Strong	10:00—10:45a	CC
Quilting	10:00—11:30a	CC
Chair Volleyball	10:30—11:30p	Rec
Tai Chi Live	11:45--12:30p	CC
Fall Prevention	12:30-2:00p	CC
Mah Jong	12:30—3:00p	CC
Tai Chi Video	1:00—2:00p	CC


21

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
Fall Prevention	12:30-2:00p	CC
Mah Jong	12:30—3:00p	CC
Coin/Stamp Collector	12:00—1:00p	CC
Tai Chi Video	1:00—2:00p	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	10:00—11:30a	CC
Chair Volleyball	10:30—11:30a	Rec
Tai Chi Live	11:45-12:30p	CC
Fall Prevention	12:30-2:00p	CC
Mah Jong	12:30- 3:00p	CC
Tai Chi Video	1:00—2:00p	CC

June 2023

				Thursday				Friday				Saturday			
1				Cardio Drumming	9:00—9:45a	CC		2	AFEP Chair Exercise	9:15—9:55a	CC, Z	3	Garden Club	10:30a—12:30p	CC
				Bingo Card Sale	9:30—10:00a	CC		Walk Strong	10:00—10:45a	CC					
				Bingo	10:00—12:00p	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		Adv Line Dance	11:00—12:30p	CC					
				Mah Jong	12:00—3:00p	CC		Mah Jong Chinese	12:00-2:00p	CC					
				Card Making	12:30—3:00p	CC		Birthday Social	12:30—1:00p	CC					
				Int Line Dance	1:00—2:30p	CC		Tuscany Travel	1:30—2:30p	CC					
								Bingo Card Sale	6:00—6:30p	CC					
								Bingo Game	6:30—8:00p	CC					
8				Cardio Drumming	9:00—9:45a	CC		9	AFEP Chair Exercise	9:15—9:55a	CC, Z	10			
				Bingo Card Sale	9:30—10:00a	CC		Walk Strong	10:00—10:45a	CC					
				Bingo	10:00—12:00p	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		Caregiver Support	10:45—11:45p	CC					
				Card Making	12:30—3:00p	CC		Adv Line Dance	11:00—12:30p	CC					
				Int Line Dance	1:00—2:30p	CC		Mah Jong Chinese	12:00-2:00p	CC					
15				Cardio Drumming	9:00—9:45a	CC		16	AFEP Chair Exercise	9:15—9:55a	CC, Z	17			
				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		Adv Line Dance	11:00—12:30p	CC					
				Chair Yoga	12:00—12:45p	CC		Monthly Luncheon	12:00-1:00p	CC					
				Mah Jong	12:00—3:00p	CC		Mah Jong Chinese	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					
22				Cardio Drumming	9:00—9:45a	CC		23	AFEP Chair Exercise	9:15—9:55a	CC, Z	24			
				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		Adv Line Dance	11:00—12:30p	CC					
				Mah Jong	12:00—3:00p	CC		Mah Jong Chinese	12:00-2:00p	CC					
				Card Making	12:30—3:00p	CC		Nutrition Seminar	12:30-1:30	CC					
				Int Line Dance	1:00—2:30p	CC									
29				Cardio Drumming	9:00—9:45a	CC		30	AFEP Chair Exercise	9:15—9:55a	CC, Z	The cut-ups will be having a special sew day on Saturday the 24th from 10am-2pm. Come by and admire their work or help out! 			
				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		Adv Line Dance	11:00—12:30p	CC					
				Mah Jong	12:00—3:00p	CC		Mah Jong Chinese	12:00-2:00p	CC					
				Card Making	12:30—3:00p	CC									
				Int Line Dance	1:00—2:30p	CC									

Art and Travel

Summer Themed Painting**Wed, June 21****1:00-2:00**RESERVATION REQUIRED **(LIMIT 15)**

Suzanna Baker with Concho Hearts Hospice will be providing the materials and expertise to create an amazing experience and personal masterpiece.

**Tuscany Travel Meeting**

Like to travel but don't enjoy the hassle of planning everything yourself? Join The Colony Senior Travel Club. We take care of all the reservations and planning. You just sign-up for the tour, pack your suitcase and away we go.

**FRIDAY, JUNE 2****1:30p—2:30p**

Highlights will include:
Pisa, Lucca, Florence,
wine tours, a Cheese
Farm Tour, cooking
classes & more!

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Nutrition / Craft

**NUTRITION SEMINAR!**

Presented by Joe Coffee
with Humana!

**Friday, June 23rd @
12:30pm**

Join The Colony seniors for a fun afternoon talking and learning about Nutrition!

This fun and interactive session will have you thinking, laughing and learning how nutrition benefits you!

Registration is Required!



PATRIOTIC Wreath Craft

**Tuesday, June 13
6:30-8:30 pm**

**Preregistration
required & \$5 cost to
cover all supplies due at registration.**

***Shirley will be leading this evening
class and will inspire you to make
beautiful wreaths for yourself or as a
gift. You know this class will be
FUN!!!!***

Class limit is 12 so sign up early!!!

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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 M & W (*no Fridays during summer*)

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

11:45-12:30 pm M/W Live Instruction

1:00—2:00 pm M/W Video only

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

Yoga Live-CC

10:30-11:15 am Tuesdays NO yoga June 13

Yoga is an ancient practice that brings together mind and body. It incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress.

Music Activities

Guitar/Ukulele Lessons—CC

12:00pm—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!

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

9:30am—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. Special Saturday work day on Saturday the 24th from 10:00-2:00pm

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.