

PlayTC Seniors!

Senior Fun - For Fun Seniors!

Sept. 2023





Left: We had a lot of fun last year on Splash Day and we are doing it again this September 1.



On the Cover: We had a big crowd at the lunch to enjoy some fresh grilled hamburgers. The game at the luncheon was a lot of fun. Vision-works did a free screening for the seniors.

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.

Coming in September—Sign Up Now

Line Dance Ultra Beginner Class

8 Mondays starting
Sept. 11 - Nov. 13
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.

Better Brain Series



4 Mondays
Sept. 11 – Oct. 2
1p—2:30p

Reservation Required

Plan on coming to all 4 lessons to learn the 4 pillars of better brain health and what you can do to keep your brain healthy.

Coin & Stamp Collectors

Coin/Stamp valuations

Wednesday, August 20th

12pm - 1pm

Every 3rd Wednesday

the month Howard Stimmel will visit with you about your treasures and share his knowledge/insight to their value.



Book Club



Book Club

**First Tuesday of each
month at 2pm**

This month at 2:30 pm

September 5

Lady Tan's Circle of Women

By Lisa See

October 3

The Diamond Eye by Kate Quinn

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.

Portraits, Luncheon, & Birthday Splash Party



PORTRAITS – Tues. Sep 19th, 1-5pm

When is the last time you had a nice picture taken that you can share with loved ones? Schedule an appointment to get your portrait updated. You will receive an 8x10 portrait and a digital copy. A suggested donation of \$10 to the photographer would be helpful to cover costs.



Lunch & Live Music Part 2

Friday, Sep 15
Eating 12pm—1:00pm

In honor of 'National Eat A Hoagie Day', we are serving hoagies and sides. Sign-up to enjoy lunch. Come early to listen to *The Alley Katz* play between 11:45a-12:15p.

Please sign up to bring a baked dessert to share if you can.



Birthday Ice Cream Social at the Splash Pad!

Friday, Sep 1, 11:45 - 1:00pm

It's a BIRTHDAY PARTY! Join us for cake & frozen treats as we celebrate monthly birthdays. Visit with friends, enjoy the treats and make some noise singing happy birthday to all.

EXTRA SPECIAL SPLASH SOCIAL! BE READY TO HAVE EXTRA FUN!

**With summer coming to an end,
let's celebrate and have some
frozen treats & fun because we are
truly just very experienced kids.**



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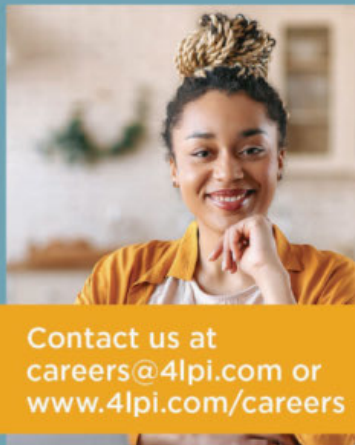


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The Colony Seniors

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.

Activities marked with ** are held at the Recreation Center.

The Tuesday evening 'Dinner Outs' are held at the restaurant indicated.

4 CLOSED



5 Cardio Drumming 9:00—9:45a
Happy Hookers 9:30—11:30a
Yoga Live 10:15-11:00a
Emotional Support Group 10:30-11:30a
Genealogy 11:00—12:00p
Chair Yoga Video 12:00—12:45p
Pickin & Grinnin 12:00—1:30p
Memoir Writing 1:00-2:30p
Book Club 2:30p
Wasabi & Wok 4:30p
Game Night 6:00—9:00p

6 Pinochle 9:00—11:30a
AFEP Chair Exercise 9:15—9:55a
Walk Strong 10:00—10:45a
Quilting 10:00—11:30a
Chair Volleyball **10:30—11:30a**
Beginner Tai Chi 10:45-11:30a
Tai Chi Live 11:45-12:30p
Mah Jong 12:30-3:00p
Tai Chi Video 1:00—2:00p

11 AFEP Chair Exercise 9:15—9:55a
Walk Strong 10:00—10:45a
Hand & Foot 10:00—2:00p
Beg Line Dancing 10:00—11:30p
Chair Volleyball **10:30—11:30a**
Beginner Tai Chi 10:45-11:30a
Ultra Beg. Line Dance 11:45—12:45p
Tai Chi Live 11:45--12:30p
Mah Jong 12:00— 3:00p
Tai Chi Video 1:00—2:00p
Better Brain 1:00 — 2:30p

12 Cardio Drumming 9:00—9:45a
Happy Hookers 9:30—11:30a
Contract Bridge 10:00—2:00p
Yoga Live 10:15-11:00a
Genealogy 11:00—12:00p
Chair Yoga Video 12:00—12:45p
Pickin & Grinnin 12:00—1:30p
Memoir Writing 1:00-2:30p
Trivia 1:30—3p
Rosa's 4:30p
Game Night 6:00—9:00p

13 Pinochle 9:00—11:30a
AFEP Chair Exercise 9:15—9:55a
Quilting 10:00—11:30a
Chair Volleyball **10:30—11:30a**
Beginner Tai Chi 10:45-11:30a
Tai Chi Live 11:45--12:30p
Mah Jong 12:30—3:00p
Tai Chi Video 1:00—2:00p

18 AFEP Chair Exercise 9:15—9:55a
Walk Strong 10:00—10:45a
Hand & Foot 10:00—2:00p
Beg Line Dancing 10:00—11:30p
Chair Volleyball **10:30—11:30a**
Beginner Tai Chi 10:45-11:30a
Tai Chi Live 11:45--12:30p
Ultra Beg. Line Dance 11:45—12:45p
Mah Jong 12:00— 3:00p
Tai Chi Video 1:00—2:00p
Better Brain 1:00 — 2:30p

19 Cardio Drumming 9:00—9:45a
Happy Hookers 9:30—11:30a
Contract Bridge 10:00—2:00p
BP&G 10:00-10:30a
Yoga Live 10:15-11:00a
Emotional Support Group 10:30-11:30a
Genealogy 11:00—12:00p
Chair Yoga Video 12:00—12:45p
Pickin & Grinnin 12:00—1:30p
Portraits 1:00-5:00p
Memoir Writing 1:00-2:30p
Tony's 4:30p
Game Night 6:00—9:00p




20 Pinochle 9:00—11:30a
AFEP Chair Exercise 9:15—9:55a
Walk Strong 10:00—10:45a
Quilting 10:00—11:30a
Chair Volleyball **10:30—11:30a**
Beginner Tai Chi 10:45-11:30a
Tai Chi Live 11:45-12:30p
Coin/Stamp Collector 12:00—1:00p
Mah Jong 12:30—3:00p
Tai Chi Video 1:00—2:00p

25 SCOTC Meeting 8:30—10:00a
AFEP Chair Exercise 9:15—9:55a
Walk Strong 10:00—10:45a
Hand & Foot 10:00—2:00p
Beg Line Dancing 10:00—11:30p
Chair Volleyball **10:30—11:30a**
Beginner Tai Chi 10:45-11:30a
Ultra Beg. Line Dance 11:45—12:45p
Tai Chi Live 11:45--12:30p
Better Brain 1:00 — 2:30p
Tai Chi Video 1:00—2:00p

26 Cardio Drumming 9:00—9:45a
Happy Hookers 9:30—11:30a
Contract Bridge 10:00—2:00p
Yoga Live 10:15-11:00a
Genealogy 11:00—12:00p
Chair Yoga Video 12:00—12:45p
Pickin & Grinnin 12:00—1:30p
Memoir Writing 1:00-2:30p
Rock 'N Brews 4:30p
Game Night 6:00—9:00p

27 Pinochle 9:00—11:30a
AFEP Chair Exercise 9:15—9:55a
Quilting 10:00—11:30a
Chair Volleyball **10:30—11:30a**
Beginner Tai Chi 10:45-11:30a
Tai Chi Live 11:45--12:30p
Mah Jong 12:30—3:00p
Tai Chi Video 1:00—2:00p

September 2023

Thursday			Friday		Saturday
SPLASH DAY SEPTEMBER 1  11:45 			1 AFEP Chair Exercise 9:15—9:55a Walk Strong 10:00—10:45a Hand & Foot 10:00—2:00p Cardio Drumming 10:00—10:45a Chair Volleyball **10:30 11:30a** Adv Line Dance 11:00—12:30p BDay Splash Party 12:30-1:00p Bingo Card Sale 6:00—6:30p Bingo Game 6:30—8:00p		2 
7 Cardio Drumming 9:00—9:45a Bingo Card Sale 9:30—10:00a Bingo 10:00—12:00p Contract Bridge 10:00—2:00p Yoga Live 10:15-11:00a Chair Yoga 12:00—12:45p Card Making 12:30—3:00p Imp. Line Dance 1:00—2:30p			8 AFEP Chair Exercise 9:15—9:55a Walk Strong 10:00—10:45a Hand & Foot 10:00—2:00p Cardio Drumming 10:00—10:45a Chair Volleyball **10:30 11:30a** Caregiver Support 10:45—11:45p Adv Line Dance 11:00—12:30p Mah Jong Chinese 12:00-2:00p Ribbon Making 12:00-1:30p		9 GAME DAY 10:00—2:00P Hand & Foot 10:00—2:00p Guitar Lessons 12:00—2:00p
14 Cardio Drumming 9:00—9:45a Bingo Card Sale 9:30—10:00a Bingo Game 10:00—11:30a Contract Bridge 10:00—2:00p Yoga Live 10:15-11:00a Chair Yoga 12:00—12:45p Card Making 12:30—3:00p Imp. Line Dance 1:00—2:30p			15 AFEP Chair Exercise 9:15—9:55a Walk Strong 10:00—10:45a Hand & Foot 10:00—2:00p Chair Volleyball **10:30 11:30a** Adv Line Dance 11:00—12:30p Monthly Luncheon 12:00-1:00p Colorado Pre-trip Meeting 1:30p Mah Jong Chinese 12:00-2:00p Bingo Card Sale 6:00—6:30p Bingo Game 6:30—8:00p		16 GAME DAY 10:00—2:00P Hand & Foot 10:00—2:00p Garden Club 10:30a—2:30p Guitar Lessons 12:00—2:00p
21 Cardio Drumming 9:00—9:45a Bingo Card Sale 9:30—10:00a Bingo Game 10:00—11:30a Contract Bridge 10:00—2:00p Yoga Live 10:15-11:00a Chair Yoga 12:00—12:45p Card Making 12:30—3:00p Imp. Line Dance 1:00—2:30p			22 Health & Info Fair 9:00—12:00p Walk Strong 10:00—10:45a Hand & Foot 10:00—2:00p Chair Volleyball **10:30 11:30a** Adv Line Dance 11:00—12:30p Mah Jong Chinese 12:00-2:00p Travel Presentation For Smokey Mountains 1:30—2:30p		23 GAME DAY 10:00—2:00P Hand & Foot 10:00—2:00p Guitar Lessons 12:00—2:00p
28 Cardio Drumming (video) 9:00—9:45a Bingo Card Sale 9:30—10:00a Bingo Game 10:00—11:30a Contract Bridge 10:00—2:00p Yoga Live 10:15-11:00a Chair Yoga 12:00—12:45p Card Making 12:30—3:00p Imp. Line Dance 1:00—2:30p			29 AFEP Chair Exercise 9:15—9:55a Walk Strong 10:00—10:45a Hand & Foot 10:00—2:00p Cardio Drumming 10:00—10:45a Chair Volleyball **10:30 11:30a** Adv Line Dance 11:00—12:30p Medicare & Meatballs 11:45—1:00p Mah Jong Chinese 12:00-2:00p		30 GAME DAY 10:00—2:00P Hand & Foot 10:00—2:00p Guitar Lessons 12:00—2:00p

Ribbon Making / Trivia / Health & Info Fair

Ribbon Making with Barbara Pennington Friday, Sept 8, 12:00—1:30p

Here come the Autumn & Christmas Seasons! Be prepared by adding beautiful bows to that floral wreath. We'll be making two styles to take home. Bring your own ribbon, use what we have or bring ribbon & fabric scissors to share! Ribbon donations welcomed.



Class limited to 12, so sign up today!

TRIVIA by the 501(c)3 Tuesday, Sep 12th 1:30-3p

It is your time to shine with all those fun and funny facts that you store in your brain. Answer questions! Have fun! And possibly... win a prize!



Health and Information Fair

Sept 22

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 industries plus a number of non-profit businesses. There will also be a good cross section of Medicare professionals on hand to get you ready for Medicare sign up.

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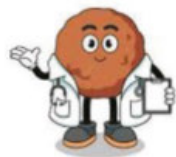
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Snack & Learn/ Yoga LIVE/Travel Presentation



Medicare & Meatballs

Friday, Sept 29th @ 11:45am

Enjoy meatballs while learning about upcoming changes to Medicare plans! Stacey Callo-way will be here to explain all the ins-n-outs and answer your benefit related questions.

Registration required.



Tuesdays & Thursdays

10:15—11a

Bring a mat if you have one.

Kevin Albury is back and will once again, be leading this yoga class! Find out what yoga can do for you.

Travel Presentation

Pigeon Forge & Smoky Mountains Show Trip

Friday, Sept 22nd @ 1:30pm

6 Shows and a guided tour of the Great Smoky Mountains National Park. This Diamond Tours bus trip will be an amazing opportunity to see that part of the country with the fall colors while making new friends and memories. Sign up begins after the meeting. This trip will go



October 20-26, 2024.

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The Colony Seniors Activities

Fitness Activities

AFEP Chair Exercise

9:15—9:55am on Mon/Wed/Fri

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.

Cardio Drumming

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 Mon/Wed/Fri

Chair Volleyball is a great way to get in a little exercise and have fun.

Line Dance-Beginner

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

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

11:00a—12:30pm Fridays

Experienced dancers take on the challenge of intricate dances.

Tai Chi

10:45-11:30pm M/W Live instruction class beginning at first of each month to introduce new students to the benefits of Tai Chi.

11:45-12:30 pm M/W Live Instruction for those passing beginners.

1:00—2:00 pm M/W Video only

Designed to promotes relief from arthritis while improving balance.

Yoga Live

10:15-11:00am Tuesdays & Thursdays

Yoga is an ancient practice that brings together mind and body. It incorporates breathing exercises, meditation and poses.

Yoga Video

12:00—12:45 on Tue/Thu

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

Music Activities

Guitar/Ukulele Lessons

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'

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

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

10-10:30am on 3rd Tue TCFD drops by to offer free BP & Glucose checks.

Bingo

Thursdays—10:00am and 1st & 3rd Fridays—6:30pm

Card Sales: Began 30 minutes before game starts at \$3 per tablet.

Book Club

2:00-3:00 on the first Tuesday of the month

Card Makers

12:30—3:00pm on Thursdays

Bring your own supplies and enjoy visiting with fellow card makers.

Caregiver Support Group

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.

Computer Lab/Pool Table Usage

Computer Lab and Pool Table are available during regular hours.

Emotional Support Group

10:30—11:30am on Second & Fourth Tuesdays

A safe place for those dealing with anxiety & depression. Facilitated by a Mayhill Hospital Counselor. Call at 972-624-2246 for info.

Genealogy

11:00am—12:00pm on Tuesdays

Learn how to trace your family history utilizing computer programs.

Happy Hookers Crochet

9:30am—11:30am on Tuesdays

Bring your own supplies and visit with friends while crocheting.

Quilters

10:00am—11:30am on Wednesdays

TC Cut-Ups Quilt Guild 7:00pm—8:30pm on 3rd Wednesday. Share quilting tips, other experiences w/friends as you work. Special Saturday work day on Saturday the 24th from 10:00am-2:00pm