

PlayTC Seniors!

Seniors Makin' an Impact!

Nov. 2023



Crocheting
for a cause



Colorado
Crew



On the Cover: Crochet Ladies showing off their donation and Colorado trip pics.



Left: Our annual Health Fair was a Tremendous Success! Thanks to all who participated and helped to make it a great event.



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

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 November—Sign Up Now



The Community Center is working hard to make this year's Silent Auction the BEST one yet!

American Heroes is scheduled for Friday, Nov. 10 & 11, 2023 at the 5 Star Complex. Last year, we raised nearly \$4000 for two Veteran's groups. Our goal is \$5000 this year and we need the support of local businesses to provide fun, appealing and delicious donations to the Silent Auction. If you have a regular restaurant, store or retail outlet you patron, ask them to make a Donation to the Silent Auction! Anything \$100 or more will be a 'Feature Item'! **HELP US REACH OUR GOAL!**

Coming December 1

Following the December Birthday Social we will be presenting our next cruise info. February of 2025 will be here before you know it and cruisers like to start dreaming of the next cruise.



Book Club



Book Club

First Tuesday of each month at 2pm

November 7

A Time for Mercy by John Grisham

December 8 at 1pm

Holiday Party

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.

Birthday Social, Luncheon, & Legal Shield



Birthday Ice Cream Social!

Friday, Nov 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.

**Thanksgiving Lunch presented by
The Senior Citizens of The Colony 501(c)3**

**Featuring live music by
The Way Outs**

**Friday, Nov 17th
Eating 12pm—1:00pm
Registration Required**



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

CATCH ME IF YOU CAN

Monday, Nov. 27th at 1pm



Identity Theft and Fraud are found everywhere. The simple action of opening a link on a text or email can provide access to ALL of your information to a thief. It is often difficult to catch an identity thief.

How can we protect ourselves? Are there indicators we can look for prior to "clicking" the link in the message? If I lose money on the scam, will it be returned to me? How can I best protect myself from such scams?

Deanne Lyles will answer these questions and provide tips on how to protect yourself from some of the most common types of identity theft.

The most active time of the year for identity thieves is the holiday season. Spend a little time with Deanne and receive tips on how to safely navigate this holiday season.

Registration Required

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assists with prevention
and management of infections

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The Colony

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Advertise in our Newsletter!

CONTACT ME
Mike Ward

mward@lpicommunities.com

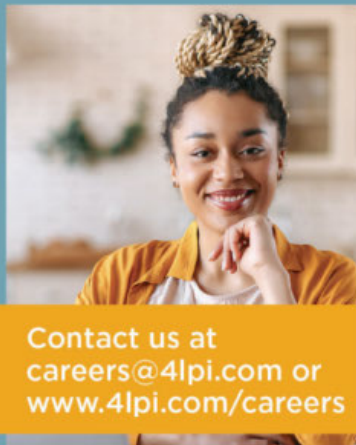
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**SERVING THE COLONY,
FRISCO, CELINA & MCKINNEY**



The Colony Seniors

Monday		Tuesday		Wednesday	
Activities marked with ** are held at the Recreation Center. The Tuesday evening 'Dinner Outs' are held at the restaurant		Coin/Stamp valuations  are offered the 3rd Wednesday of the month 12pm - 1pm . Howard Stimmel will visit with you about your treasures and share his knowledge/insight to their value.		1 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	
6 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 Card Making 12:30—3:00p		7 Cardio Drumming 9:00—9:45a Crochet & Knitting 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 Class 1:00-2:30p Book Club 2:00—3:00p 54th Street 4:30p Game Night 6:00—9:00p		8 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 Humana HMO presentation 1:30-2:30p	
13 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 Card Making 12:30—3:00p Tai Chi Video 1:00—2:00p		14 Cardio Drumming 9:00—9:45a Crochet & Knitting 9:30—11:30a Contract Bridge 10:00—2:00p Emotional Support Group 10:30-11:30a 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 Class 1:00-2:30p Amore's 4:30p Game Night 6:00—9:00p		15 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 Coin/Stamp Collector 12:00—1:00p Mah Jong 12:30—3:00p Painting 1:00 — 2:30p Tai Chi Video 1:00—2:00p TC Cutups Quilters 6:00-7:30p	
20 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 Mah Jong 12:00— 3:00p Card Making 12:30—3:00p Tai Chi Video 1:00—2:00p		21 Cardio Drumming 9:00—9:45a Crochet & Knitting 9:30—11:30a Contract Bridge 10:00—2:00p BP&G 10:00-10:30a 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 Class 1:00-2:30p Portillo's 4:30p Game Night 6:00—9:00p		22 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	
27 SCOTC Meeting 8:30—10:00a Chair Exercise 9:15—9:55a 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 Mah Jong 12:00— 3:00p Card Making 12:30—3:00p Identity Theft 1:00 — 2:00p Tai Chi Video 1:00—2:00p		28 Cardio Drumming 9:00—9:45a Crochet & Knitting 9:30—11:30a Contract Bridge 10:00—2:00p Emotional Support Group 10:30-11:30a 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 Class 1:00-2:30p Hawaiian Grill 4:30p Game Night 6:00—9:00p		29 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	

November 2023

	Thursday	Friday	Saturday
	2 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 Video 12:00—12:45p Imp. Line Dance 1:00—2:30p	3 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** BDay Ice Cream Social 12:30-1:00p Medicare 1on 1 1:00 — 3:00p Roundtable event 1:30-2:30p Bingo Card Sale 6:00—6:30p	4 GAME DAY 10:00—2:00P Hand & Foot 10:00—2:00p Guitar Lessons 12:00—2:00p
	9 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 Video 12:00—12:45p Imp. Line Dance 1:00—2:30p Medicare 1on 1 1:00 — 3:00p	10 CLOSED 	11 CLOSED 
	16 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 Video 12:00—12:45p Imp. Line Dance 1:00—2:30p	17 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** Lunch 12:00-1:00p Medicare 1on 1 1:00 — 3:00p Mah Jong Chinese 12:00-2:00p Bingo Card Sale 6:00—6:30p Bingo Game 6:30—8:00p	18 GAME DAY 10:00—2:00P Hand & Foot 10:00—2:00p Guitar Lessons 12:00—2:00p
23	24		25
<div>Closed -Thanksgiving Break</div>			
30 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 Video 12:00—12:45p Imp. Line Dance 1:00—2:30p	<div>Senior Citizens of The Colony 501 (c)3 Monthly Meeting—4th Mondays, 8:30—10:00a</div> <div>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</div>	<div>Veteran's Day Breakfast Thursday, Nov 9 8am — 9am The Colony High School</div> <div></div> <div>TCHS JROTC invites you to a FREE community breakfast at The Colony High School. RSVP to tchs-jrotcbc@gmail.com</div>	

Painting Class/Roundtable Event

Falling for Painting



**Wednesday,
November 15th
1pm—2:30pm**

**Limited to first 15
to register**

***Supplies, instruction & fun are provided by
Suzanna Baker of Concho Hearts Hospice***

**Preparing for the
Senior Journey
Roundtable Event
Friday, Nov 3rd, 1:30 — 2:30pm**



Join us after the Birthday Social for this roundtable event that will answer your questions on the Senior Journey.

Experts that will be here include CarePatrol, a realtor, an elder law attorney, a financial advisor, and someone representing home health.

Registration Required

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Medicare/ Charity Chair Volleyball

Medicare 1 on 1 with Stacy Callaway

November 3, 9 and 17
30 Minute appointments between 1pm—3 pm.

Reservation required

It's that time of the year again! Stacy will be here answering questions and assisting with Medicare enrollments .

Presentation on Humana Gold Plus HMO
Medicare Advantage Prescription Drug Plan

November 8th from 1:30-2:30pm
Reservation required

Doug Gilreath from Humana will be presenting info on what this particular plan can do for you so you can decide if this is what works best for you. Come listen, learn and ask questions.

**IT'S A CHARITY
CHAIR VOLLEYBALL
GAME**

The Colony Rec Center
on 11/1 at 10:30am!

Admission: New Toys

The Colony Seniors VS The Colony Police

We're collecting
new, unwrapped toys
for the Holiday
season.

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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.

Walk Strong Video

10:00a—10:45pm Mon/Wed/Fri

This video gets your blood pumping while watching and walking.

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 promote 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—3:00pm **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: Begin 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 Mondays

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.

Crochet & Knitting

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 6:00pm—7:30pm 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