

PlayTC Seniors!

What A Year It's Been!

Dec. 2023



On the Cover: A snapshot of just some of the great times we have had together this year.



Left and below: Some of our crafty seniors having fun making wreaths and painting.



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
 Edie Sanford.....esanford@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 purchase.

Senior Citizens of The Colony 501(c)



The Senior Citizens of The Colony 501 (c) donated to the wonderful charity of Wreaths across America.

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.



We bid a well deserved and happy retirement to Ron Czarny!



Welcome Edie! Our new smiling face at the front desk.

Book Club



Book Club

First Tuesday of each month at 2pm(except this month)

December 8 at 1pm

Holiday Party

January 2

The Saints of Swallow Hill
by Donna Everhart

Birthday Social/ Luncheon/ Portraits/ Cruise Meeting



Birthday Ice Cream Social!

Friday, Dec 1, 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.



PORTRAITS – Tues. Dec 5th, 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.



Monthly Luncheon

Friday, Dec 15th

Eating 12pm—1:00pm

Registration Required

Ham to eat and hamming it up with some fun Holiday themed games.

Wear your fun holiday outfits and join in the food and fun.



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



Cruise information meeting

Friday, Dec 1, 1:00 - 2:00pm

Following the December Birthday Social we will be presenting our next cruise info. February 2 of 2025 will be here before you know it. Royal Caribbean Harmony of the Seas to Roatan, Costa Maya and Cozumel.

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assists with prevention
and management of infections

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Mike Ward

mward@lpicommunities.com

(800) 950-9952 x2324

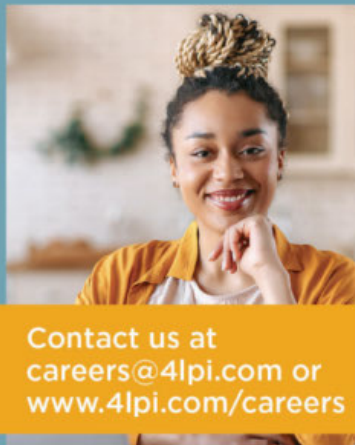
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The Colony Seniors

Monday		Tuesday		Wednesday	
<p>Activities marked with ** are held at the Recreation Center.</p> <p>The Tuesday evening ‘Dinner Outs’ are held at the restaurant indicated.</p>		<p>Coin/Stamp valuations are offered the 3rd Wednesday of the month from 12pm - 1pm . Howard Stimmel will visit with you about your treasures and share his knowledge/insight to their value.</p> 			
4	<p>Chair Exercise 9:15—9:55a</p> <p>Walk Strong 10:00—10:45a</p> <p>Hand & Foot 10:00—2:00p</p> <p>Beg Line Dancing 10:00—11:30p</p> <p>Chair Volleyball **10:30—11:30a**</p> <p>Beginner Tai Chi 10:45-11:30a</p> <p>Tai Chi Live 11:45--12:30p</p> <p>Mah Jong 12:00— 3:00p</p> <p>Card Making 12:30—3:00p</p> <p>Tai Chi Video 1:00—2:00p</p>	5	<p>Cardio Drumming 9:00—9:45a</p> <p>Crochet & Knitting 9:30—11:30a</p> <p>Contract Bridge 10:00-2:00p</p> <p>Yoga Live 10:15-11:00a</p> <p>Genealogy 11:00—12:00p</p> <p>Chair Yoga Video 12:00—12:45p</p> <p>Pickin & Grinnin 12:00—1:30p</p> <p>Portraits by Paul Chance 1:00 — 5:00p</p> <p>Bubba’s 4:30p</p> <p>Game Night 6:00—9:00p</p>	6	<p>Pinochle 9:00—11:30a</p> <p>AFEP Chair Exercise 9:15—9:55a</p> <p>Walk Strong 10:00—10:45a</p> <p>Contract Bridge 10:00—12:00p</p> <p>Quilting 10:00—11:30a</p> <p>Chair Volleyball **10:30—11:30a**</p> <p>Beginner Tai Chi 10:45-11:30a</p> <p>Center Closes at 12:00 noon for Staff Development</p>
11	<p>Chair Exercise 9:15—9:55a</p> <p>Walk Strong 10:00—10:45a</p> <p>Hand & Foot 10:00—2:00p</p> <p>Beg Line Dancing 10:00—11:30p</p> <p>Chair Volleyball **10:30—11:30a**</p> <p>Beginner Tai Chi 10:45-11:30a</p> <p>Tai Chi Live 11:45--12:30p</p> <p>Mah Jong 12:00— 3:00p</p> <p>Card Making 12:30—3:00p</p> <p>Tai Chi Video 1:00—2:00p</p>	12	<p>Cardio Drumming 9:00—9:45a</p> <p>Crochet & Knitting 9:30—11:30a</p> <p>Contract Bridge 10:00—2:00p</p> <p>Yoga Live 10:15-11:00a</p> <p>Genealogy 11:00—12:00p</p> <p>Chair Yoga Video 12:00—12:45p</p> <p>Pickin & Grinnin 12:00—1:30p</p> <p>Hard 8 BBQ 4:30p</p> <p>Ornament Making 6:30p—7:30p</p> <p>Game Night 6:00—9:00p</p>	13	<p>Pinochle 9:00—11:30a</p> <p>Chair Exercise 9:15—9:55a</p> <p>Contract Bridge 10:00—2:00p</p> <p>Quilting 10:00—11:30a</p> <p>Snack ‘n Chat 10:00 — 10:30a</p> <p>Chair Volleyball **10:30—11:30a*</p> <p>Beginner Tai Chi 10:45-11:30a</p> <p>Tai Chi Live 11:45--12:30p</p> <p>Mah Jong 12:30—3:00p</p> <p>Ornament Making 1:30p—2:30p</p> <p>Tai Chi Video 1:00—2:00p</p>
18	<p>Chair Exercise 9:15—9:55a</p> <p>Walk Strong 10:00—10:45a</p> <p>Hand & Foot 10:00—2:00p</p> <p>Beg Line Dancing 10:00—11:30p</p> <p>Chair Volleyball **10:30—11:30a**</p> <p>Beginner Tai Chi 10:45-11:30a</p> <p>Tai Chi Live 11:45--12:30p</p> <p>Mah Jong 12:00— 3:00p</p> <p>Card Making 12:30—3:00p</p> <p>Tai Chi Video 1:00—2:00p</p>	19	<p>Cardio Drumming 9:00—9:45a</p> <p>Crochet & Knitting 9:30—11:30a</p> <p>Contract Bridge 10:00—2:00p</p> <p>BP&G 10:00-10:30a</p> <p>Yoga Live 10:15-11:00a</p> <p>Genealogy 11:00—12:00p</p> <p>Chair Yoga Video 12:00—12:45p</p> <p>Pickin & Grinnin 12:00—1:30p</p> <p>Pei Wei 4:30p</p> <p>Game Night 6:00—9:00p</p>	20	<p>Pinochle 9:00—11:30a</p> <p>AFEP Chair Exercise 9:15—9:55a</p> <p>Walk Strong 10:00—10:45a</p> <p>Contract Bridge 10:00—2:00p</p> <p>Quilting 10:00—11:30a</p> <p>Chair Volleyball **10:30—11:30a**</p> <p>Beginner Tai Chi 10:45-11:30a</p> <p>Tai Chi Live 11:45-12:30p</p> <p>Coin/Stamp Collector 12:00—1:00p</p> <p>Mah Jong 12:30—3:00p</p> <p>Tai Chi Video 1:00—2:00p</p>
25			26		
				27	<p>Pinochle 9:00—11:30a</p> <p>AFEP Chair Exercise 9:15—9:55a</p> <p>Walk Strong 10:00—10:45a</p> <p>Contract Bridge 10:00—2:00p</p> <p>Quilting 10:00—11:30a</p> <p>Chair Volleyball **10:30—11:30a**</p> <p>Beginner Tai Chi 10:45-11:30a</p> <p>Tai Chi Live 11:45-12:30p</p> <p>Mah Jong 12:30—3:00p</p> <p>Tai Chi Video 1:00—2:00p</p>

December 2023

Thursday		Friday		Saturday
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.		1 AFEP Chair Exercise 9:15—9:55a Hand & Foot 10:00—2:00p Cardio Drumming 10:00—10:45a Chair Volleyball **10:30 11:30a** Mah Jong Chinese 12:00-2:00p BDay Ice Cream Social 12:30-1:00p 1 on 1 with Stacey 1:00 — 3:00p Cruise Presentation 1:00—2:00p Bingo Card Sale 6:00—6:30p Bingo Game 6:30—8:00p	2 GAME DAY 10:00—2:00P Hand & Foot 10:00—2:00p Guitar Lessons 12:00—2:00p	
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 Video 12:00—12:45p 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 11:45 — 12:45p Mah Jong Chinese 12:00-2:00p Book Club 1:00 — 2:30p	9 Nativity Day Trip 10:00-2:30p GAME DAY 10:00—2:00P Garden Club 10:30a—12:30p 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 Video 12:00—12:45p 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** Luncheon 12:00-1:00p 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 Guitar Lessons 12:00—2:00p		
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		31 New Year's Party 3p-5p 		

Ornament Making/ New Year's Eve Party

Ornament Making

**Tuesday,
December 12
6:30 pm-7:30 pm**

AND

**Wednesday,
December 13th
1:30 pm—2:30pm**

***Supplies, instruction & fun are provided by
Angelique Faber of Senior Helpers***

**New Year's Eve Party**

December 31

3pm—5pm

**Registration required**

It's midnight somewhere in the world, so we are ringing in the New Year.... Early! Join your friends for appetizers and music starting at 3pm followed by a toast to the New Year! Let's look forward to another wonderful New Year together.

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Medicare/ Home Health/ Day Trip

Medicare 1 on 1 with Stacy Callaway

December 1

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.

Snack & Chat about Home Healthcare

December 13th from 10:00-10:30am

Reservation required

June Kim with Reliant At Home will be here to provide valuable information on what Home Health Services can do for you and what is and isn't covered by insurance.



**Day trip :
Nativity Exhibits
& Lunch**

Saturday, Dec 9

10am-2:30pm

Bus Fee \$5

We will be visiting The Colony & Carrollton to view displays of over 700 Nativities from around the world. We will be enjoying lunch on your own between exhibits. First 14 that sign up and pay get to view this amazing Holiday treat. You must pay to get on the list. Please make your reservation early but carefully because the Bus Fee is nonrefundable.

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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.

Contract Bridge 10:00-2:00pm A trick-taking card game

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 (Special Day this month it's December 8)

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.

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