

# PlayTC Seniors!

We're happy together

Feb. 2024



**On the Cover:** Quilters, New Year's Eve Party and January Luncheon.

## Book Club



*First Tuesday of each  
month at 2pm*

**February 6**

*The Spoon Stealer* by Lesley Crewe

**March 5**

*Lessons In Chemistry* by Bonnie Garmus

## 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](mailto:acarrico@thecolonytx.gov)

### Programs Leaders

Michelle Tell.....[mtell@thecolonytx.gov](mailto:mtell@thecolonytx.gov)

Amy Brown.....[abrown@thecolonytx.gov](mailto:abrown@thecolonytx.gov)

Luann Yniguez.....[lyniguez@thecolonytx.gov](mailto:lyniguez@thecolonytx.gov)

### Community Center Leaders

Shirley Johnson.....[sjohnson@thecolonytx.gov](mailto:sjohnson@thecolonytx.gov)

Edie Sanford.....[esanford@thecolonytx.gov](mailto: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.



## LIFE INSURANCE 101

**Rescheduled to Friday, Feb 9  
@ 12:30 — 1:30pm**

***Reservation Required***

**Presented by Joe Coffey with Comparison Insurance Agency (A Liberty Mutual Company)**

**Learn what you need to know before you make an insurance decision or if what you currently have is what you want.**

## Senior Citizens of The Colony 501(c)3



**RSVP**

**TRIVIA by the 501(c)3 Friday, Feb 2 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!**



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.

**The 501 ( c ) 3 board has started it's election process and request to amend bylaws. Keep on eye on the 501 ( c ) 3 bulletin board for timelines and updates.**



## Birthday Social/ Luncheon/ AARP Tax Aide



### Birthday Ice Cream Social!

Friday, Feb 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.

### AARP Tax Aide is Back!

Saturdays

February 10—April 13, 10am—2pm



**By Appointment Only**

Intake forms are available at the Community Center. The 'face-to-face method' means that you will meet first with a Tax Counselor who will prepare your return and then with a Quality Reviewer who will review your return, have you sign a form giving AARP permission to file your return, print a copy for you and electronically file your return. You will be expected to remain in the Community Center until your return is complete.

Search for Tax-Aide Site Locator - <https://taxappointment.aarp.org/s/registration?locationId=a1r1N000000Fi2J>.

Scan QR Code for appointment or ask the front desk for help.



### Monthly Luncheon

Friday, Feb 16th

Eating 12pm—1:00pm

Registration Required

Spaghetti w/meatballs and salad  
for a hearty winter lunch and to  
keep you warm in 2024.

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



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- Excels in pediatric medications
- Flexible & affordable cash prices

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assists with prevention  
and management of infections

**214-469-2244**  
3800 S Main St, Ste 102,  
The Colony



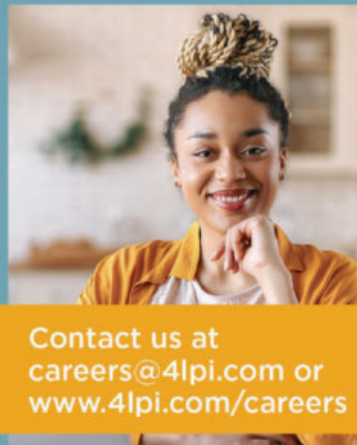
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[www.4lpi.com/careers](http://www.4lpi.com/careers)

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**Mike Ward**

[mward@lpicommunities.com](mailto:mward@lpicommunities.com)

(800) 950-9952 x2324

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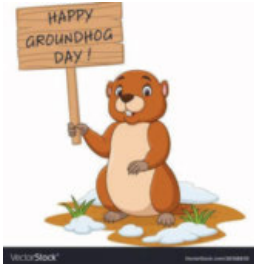

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# The Colony Seniors

Monday		Tuesday		Wednesday	
<div>Senior Citizens of The Colony 501 (c)3</div> <div>Monthly Meeting—4th Mondays,</div> <div>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 encouraged to attend SCOTC.</div>		<div></div>			
5	<div>Chair Exercise9:15—9:55a</div> <div>Walk Strong10:00—10:45a</div> <div>Hand &amp; Foot10:00—2:00p</div> <div>Beg Line Dancing10:00—11:30p</div> <div>Chair Volleyball**10:30—11:30a**</div> <div>Beginner Tai Chi10:45-11:30a</div> <div>Tai Chi Live11:45--12:30p</div> <div>Mah Jong12:00— 3:00p</div> <div>Card Making12:30—3:00p</div> <div>Tai Chi Video1:00—2:00p</div>	6	<div>Cardio Drumming9:00—9:45a</div> <div>Crochet &amp; Knitting9:30—11:30a</div> <div>Contract Bridge10:00-2:00p</div> <div>Yoga Live10:15-11:00a</div> <div>Genealogy11:00—12:00p</div> <div>Chair Yoga Video12:00—12:45p</div> <div>Pickin &amp; Grinnin12:00—1:30p</div> <div>Memoir Writing Class1:00 —2:30p</div> <div>Book Club2:00 — 3:00p</div> <div>Heritage Pizza4:30p</div> <div>Game Night6:00— 9:00p</div>	7	<div>Pinochle9:00—11:30a</div> <div>Chair Exercise9:15—9:55a</div> <div>Walk Strong10:00—10:45a</div> <div>Contract Bridge10:00—2:00p</div> <div>Quilting10:00—11:30a</div> <div>Chair Volleyball**10:30—11:30a**</div> <div>Beginner Tai Chi10:45-11:30a</div> <div>Tai Chi Live11:45--12:30p</div> <div>Mah Jong12:30—3:00p</div> <div>Tai Chi Video1:00—2:00p</div>
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26	<div>SCOTC meeting8:30-9:30a</div> <div>Chair Exercise9:15—9:55a</div> <div>Walk Strong10:00—10:45a</div> <div>Hand &amp; Foot10:00—2:00p</div> <div>Beg Line Dancing10:00—11:30p</div> <div>Chair Volleyball**10:30—11:30a**</div> <div>NO TAI CHI LIVE</div> <div>Mah Jong12:00— 3:00p</div> <div>Card Making12:30—3:00p</div> <div>Tai Chi Video1:00—2:00p</div>	27	<div>Cardio Drumming9:00—9:45a</div> <div>Crochet &amp; Knitting9:30—11:30a</div> <div>Contract Bridge10:00—2:00p</div> <div>Yoga Live10:15-11:00a</div> <div>Genealogy11:00—12:00p</div> <div>Chair Yoga Video12:00—12:45p</div> <div>Pickin &amp; Grinnin12:00—1:30p</div> <div>Abuelos4:30p</div> <div>Game Night6:00—9:00p</div>	28	<div>Pinochle9:00—11:30a</div> <div>Chair Exercise9:15—9:55a</div> <div>Walk Strong10:00—10:45a</div> <div>Contract Bridge10:00—2:00p</div> <div>Quilting10:00—11:30a</div> <div>Chair Volleyball**10:30—11:30a**</div> <div>Beginner Tai Chi10:45-11:30a</div> <div>Tai Chi Live11:45-12:30p</div> <div>Mah Jong12:30—3:00p</div> <div>Tai Chi Video1:00—2:00p</div>

# February 2024

	Thursday	Friday	Saturday
	<b>1</b> Cardio Drumming 9:00—9:45a Bingo Card Sale 9:30—10:00a Bingo 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	<b>2</b> Chair Exercise 9:15—9:55a Hand & Foot 10:00—2:00p Walk Strong 10:00—10:45a Cardio Drumming 10:00—10:45a Chair Volleyball **10:30 11:30a** Mah Jong Chinese 12:00-2:00p <b>BDay Ice Cream Social 12:30-1:00p</b> <b>Trivia 1:30-3:00p</b> Bingo Card Sale 6:00—6:30p Bingo Game 6:30—8:00p	<b>3</b> GAME DAY 10:00—2:00P <b>Garden Club 10:30a—12:30p</b> Hand & Foot 10:00—2:00p Guitar Lessons 12:00—2:00p <b>Sunday</b> <b>4 Day Trip to Eisemann 1-5p</b>
	<b>8</b> Cardio Drumming 9:00—9:45a Bingo Card Sale 9:30—10:00a Bingo 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 <b>Caregiver Support 1:30 — 2:30p</b>	<b>9</b> 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** <b>Life Insurance 101 12:30 — 1:30p</b> Mah Jong Chinese 12:00-2:00p	<b>10</b> <b>TAX AIDE 10:00—2:00p</b> GAME DAY 10:00—2:00P Hand & Foot 10:00—2:00p Guitar Lessons 12:00—2:00p
	<b>15</b> 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	<b>16</b> Chair Exercise 9:15—9:55a Walk Strong 10:00—10:45a Hand & Foot 10:00—2:00p Chair Volleyball **10:30 11:30a** <b>Luncheon 12:00-1:00p</b> <b>Great Trains &amp; Grand Canyon</b> <b>Travel Presentation 1:30-2:00p</b> Mah Jong Chinese 12:00-2:00p Bingo Card Sale 6:00—6:30p Bingo Game 6:30—8:00p	<b>17</b> <b>TAX AIDE 10:00—2:00p</b> GAME DAY 10:00—2:00P <b>Garden Club 10:30a—12:30p</b> Hand & Foot 10:00—2:00p Guitar Lessons 12:00—2:00p
	<b>22</b> 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	<b>23</b> 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** Mah Jong Chinese 12:00-2:00p	<b>24</b> <b>TAX AIDE 10:00—2:00p</b> GAME DAY 10:00—2:00P Hand & Foot 10:00—2:00p Guitar Lessons 12:00—2:00p
	<b>29</b> 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	<b>Activities marked with ** are held at the Recreation Center.</b>  <b>The Tuesday evening 'Dinner Outs' are held at the restaurant indicated.</b>	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. 



## Line Dance/Trip Presentation

Ultra Beginner Line Dance Class

**9 Mondays**  
**March 4 - April 29**

**11:45a—12:45p**

**Registration Required**

Learn new steps and brush up your skills so you can be comfortable moving up to the Beginner Class.

**NEW TRIP PRESENTATION!**

**Friday, Feb 16 @ 1:30**

*Great Trains & Grand Canyons*

*Traveling March 23—29, 2025*

**HIGHLIGHTS**

- \* 2 Rail Journey – Grand Canyon Railway & Verde Canyon Railroad
- \* Grand Canyon National Park & Oak Creek Canyon
  - \* Chapel of the Holy Cross
  - \* Tlaquepaque & Uptown Sedona
  - \* Montezuma Castle & Jerome
  - \* Chuck wagon Supper & Show

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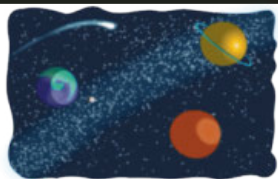
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**THRIVE**  
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## Day Trip



## Day Trip to the Eisemann - 2 Activities in 1 Trip

Sunday February 4, 1-5pm

Cost \$10 Due at Sign-Up! No Refunds! Limit 14



## SENSING DEEP SPACE @ 2PM

Drawing inspiration from the extraordinary Pandora's Cluster, the installation will incorporate cutting-edge technologies to create a multisensory experience! Astronomers have been studying this region for decades, using Hubble, Spitzer, Chandra telescopes and most recently, the James Webb Space telescope. It offers humanity a portal into the inaccessible deep space, allowing the creation of a spellbinding installation that shatters the boundaries of earthly experience, enabling visitors to traverse the un-traversable. Pandora's Cluster, a realm too distant and unfathomable for human feet to tread, is now attainable through the exquisite marriage of artistry and science.



## RICHARDSON COMMUNITY BAND @ 3PM

*Out of This World Eisemann Concert Series*

Enjoy a terrific concert in an amazing concert hall by the talented musicians from the Richardson Community Band! The musicians will keep with the theme that you just experienced, and play some of your favorite out of this world musical pieces.

# NEVER MISS OUR NEWSLETTER!

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VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)

## 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 A trick-taking card game

**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 A trick-taking card game

#### **Fridays**

**Hand & Foot** 10:00—2pm, Canasta style card game.

**Mah Jong**, 12—2pm **Chinese style** Mah Jong game is fun to learn/play.

#### **Saturdays**

**Garden Club** 10:30—12:30pm 1st & 3rd Saturdays

**Gameday** 10:00—2:00pm

### 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.

#### **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