

The Community Center Upcoming Events

5151 N Colony Blvd. The Colony, TX 75056

942-624-2246

Jan 3	<u>Blood Pressure Check</u>	10:00am	Tuesday	Free
Jan 9	<u>Caregiver Support Group</u>	10:00am	Monday	Free
	Caring for a loved one with chronic illness or Alzheimer's is stressful. Connect with others who understand the challenges you face and get tips on coping and reducing stress. Care giving for your loved one is available during the support group. Sponsored by Silverado At Home			
Jan 10	<u>Chair Volleyball</u>	10:00am	Tuesday	Free
Jan 12	<u>Arthritis and Hearing Loss</u>	Noon	Thursday	Free
	Tips on how to cope from E-Comfort Home Health- presentation with snacks			
Jan 12	<u>Caribbean Cruise Meeting</u>	1:00am-2:30pm	Tue	
	Final payment is due now. Last chance to sign-up for the Caribbean Cruise April 2012.			
Jan 18	<u>Choctaw</u>	8:00am-6:00pm	Wednesday	\$3
Jan 25	<u>AARP Driver Safety Program</u>	12:30-4:30pm	Wednesday	\$12-\$14
Jan 29	<u>Richardson Band Concert</u>	1:00-5:00pm	Sunday	\$9
	Sign up and Pay Before Jan 6			
Feb 7	<u>Blood Pressure Check</u>	10:00am	Tuesday	Free
Feb 12	<u>Room Service</u>	2:00-5:45pm	Sunday	\$16
	Sign up and Pay Before Jan 23			
	1937 setting comedy about a Broadway production			
Mar 13	<u>Laughter: It Can Be The Best Medicine</u>	Noon	Tuesday	Free
	Come find out how to incorporate laughter into your life			
Mar 26-30	<u>Senior Blowout Week</u>		ALL WEEK	Free
	A week full of tournaments, displays, demos, a chili cook-off, bake-off, culminating on Friday with the Fall Picnic and awards ceremony. See notebook at front desk for details.			
Mar 28	<u>AARP Driver Safety Program</u>	12:30-4:30pm	Wednesday	\$12-\$14
Mar 6	<u>Blood Pressure Check</u>	10:00am	Tuesday	Free

New activities are added as they become available!