



A lot of action for our members that attended Las Vegas night at the Community Center. Plenty to do including Black Jack, Craps, Roulette, and Slot machines

Please see Bulletin Board for September Birthdays

Get Well Cards
Ed Shank

September Covered Dish Committee
Dixie Irwin

Food Drive: The area food banks are short many items and have a large demand. Bring your non-perishable items to the Center and leave with the feeling that you helped someone in need get through a rough time in their lives.

Veterans: The Denton County Veteran Services Offices are in the Government Building at 6301 Main Street each Friday from 8:00am to 10:00am. All services are free to Veterans.

SPAN: Call SPAN at 972-624-2247 at least 24 hours in advance for daily lunches at The Colony Community Center or meals delivered to home-bound seniors. Must be registered with SPAN.

Meals on Wheels needs volunteers to deliver meals to home bound seniors. Contact Kemi Browning at the Community Center or call 972-624-2247.

The Colony Community Center
5151 N. Colony Blvd.
The Colony, TX 75056
972-624-2246

Community Center Membership

The Colony Community Center is a membership facility. You must have a Facility Use Pass to participate in Community Center activities.

Resident	\$10
Resident/Fitness 55+	\$15
Non-Resident	\$18
Non-Resident/Fitness 55+	\$25
Non-Member Daily Rate	\$2

Intergenerational Activities

The Colony Community Center

The Colony Community Center is committed to offering programs and activities that “enhance the quality of life, respond to diverse needs and interests, support independence, and encourage involvement within the Center and community to promote active and healthy aging.”

One way to do this is to offer programs that can be adapted to include intergenerational activities. Bingo and Covered Dish Dinners are two examples of activities where seniors have an opportunity to interact and provide a good role model to grandchildren and great-grandchildren.

Members may bring grandchildren and great-grandchildren age 18 and under several times a year to Bingo and/or Covered Dish. Members may purchase bingo cards for children to play or bring a dish for them to Covered Dish. As guests, the children are requested to sit with the member at tables not usually occupied by or displacing a member. Extra tables can always be set up to accommodate their needs. Also, as guests, children are expected to follow the game rules and not disrupt the game and/or dinner.

The goal is to provide a positive experience for members, grandparents, and children alike.

The Colony Community Center

September 2010

The Community Center will be CLOSED
Monday, Sept 6 for Labor Day

Bingo

Friday	Sept 3	6:30pm
Thursday	Sept 9	10:00am
Friday	Sept 17	6:30pm
Thursday	Sept 23	10:00am

Choctaw Casino Trip—\$3
Wednesday, Sept 15, 8:00am—6:00pm
Registration Fee due by Wed, Sept 8

Facebook Class—Free
Thursday, Sept 2 at 10:00am
This computer class will teach you the latest way to stay in touch with your children and friends.

The Colony Fire Department
Free Blood Pressure and Glucose Testing
Tuesday, Sept. 7, at 10:00am

Lunch and Learn
Thursday, Sept. 23 at Noon
Presented by Erin Smith, Integra Hospital Plano

Flu & Shingle Shots
Tuesday, Sept. 28, 9:00am— Noon
Kroger Pharmacy will be at the center with Flu and Shingle vaccine. Flu covered by most insurance. Shingle covered by some insurance.

Sign-up Now For Our October 7 trip to The State Fair of Texas
Senior Day Thursday, October 7, 2:00 - 10pm
\$5 bus ride. Seniors 60+ get free admission.

AARP Driver Safety Program
Wednesday, Sept. 29, 12:30 – 4:30pm
Cost is \$12 for AARP members and \$14 for non-members payable at the class.

Hawaii Cruise Meeting
Wednesday, September 1, 2010—12:30
Pride of America - Hawaii Cruise April 2011
Fly to Honolulu and spend 1 night in Honolulu and 7 nights aboard ship. For prices, information and availability, call Diana at 972-624-2246.

Free Hearing Testing
Wed. Sept 1, 10:00am - Noon
American Hearing Labs - Appointments every 20 minutes. Sign up at front desk.

Matter of Balance Exercise — Free
Monday - Wednesday - Friday 9:30—10:00am
Get back in shape after taking the summer off! This gentle stretch and strengthen class is good for all.

Branson Show Extravaganza
Nov. 29 - Dec. 3, 2010
\$479/person—double \$599/person—single
\$75 deposit/person due at sign-up
Enjoy 5 days, 4 nights, 7 shows, 4 breakfasts and 4 dinners. Final payment due by September 23.



Welcome Troy Powell
Our new city manager will be at the Sept. 10 cover dish dinner. Mr. Powell has been City Manager for the City of Claremore, Ok. from Dec. 2005 to May 2010. He has a Master of Political Science from the University of Central Oklahoma and was named one of the top 40 professionals in the state.

