




# December 2018

| The Colony Community/Senior Center   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  |
|--|---|---|--|--|---|---|
| <p>5151 N Colony Blvd<br/>The Colony, TX 75056<br/>972-624-2246</p> <p><b>Hours of Operation</b></p> <p>Monday 8:00a—3:00p<br/>Tuesday 8:00a—3:00p<br/>6:00p—10:00p<br/>Wednesday 8:00a—3:00p<br/>Thursday 8:00a—3:00p<br/>Friday 8:00a—3:00p<br/>Saturday 10:00a—2:00p</p> <p>The Colony Community Center is a membership facility. The first visit is free. After the first visit, you must join to attend the Community /Senior Center.</p> <p><i>Please remember to scan your ID card when entering the building.</i></p> <p>Resident \$10/yr<br/>Non-Resident \$20/yr<br/>Non-Members \$2/day</p> <p><b>Get Well Cards</b><br/>Ed Shank — Fred La Vallee<br/>Barbara Austin</p> <p><b>Sympathy</b><br/>Marcella Clay Johnson (Daughter)</p> <p><b>Food Drive</b><br/>The local food banks are constantly needing food to fulfill the demand. Please donate non-perishable items.</p> <p><b>Veterans Services</b><br/>Denton County Veteran Services Office<br/>5533 FM 423, Suite 801, Frisco, TX<br/>Free veterans services are available each Friday from 8:00am to 10:00am.</p> <p><b>SPAN—a Denton County Program</b></p> <p><b>Meals</b><br/>Call 24 hours in advance for daily lunches at the Community Center, 972-624-2247.</p> <p><b>Transportation</b><br/>For information call 940-382-1900.</p> | <p><b>31</b> <b><u>New Year's Party</u></b><br/>6:30p—10:00p<br/>Singer, Debbie Perrone will be entertaining from 7:30p - 8:30p<br/> \$5.00 per person plus bring a covered dish.</p>  | <p><b><u>Pickin' &amp; Grinnin'</u></b><br/>Tuesdays from 1:15 – 2:45<br/>Do you like country, blue grass and gospel music? If the answer is yes, then come on down. Bring your guitar or just listen to the music and tap your toes.</p>   | <p><b><u>SCOTC 501(c)3</u></b><br/><b>General Meetings</b><br/>Fourth Monday of:<br/>Feb., May, Aug. and Nov.<br/>at 9:00am<br/><b>Board Meetings</b><br/>are the fourth Monday of each month at 9:00am</p>  | <p><b><u>Ageless Grace Exercise</u></b><br/>Tuesdays 12:45p<br/>Thursdays 12:15p<br/><br/>This fun filled program provides exercise for both brain and body.</p>   | <p><b><u>Tai Chi for Arthritis</u></b><br/>Mon. &amp; Wed. w/Instructor<br/>Friday to Video<br/>1:00 - 2:00pm<br/>Especially designed for those with arthritis. Slow gentle movements designed to improve movement and balance.</p>   | <p><b>1</b> <b>Game Day</b> 10:0a—2:00p<br/><b>Crochet</b> 10:00a — 2:00p<br/><b>Garden Club</b><br/>10:30a—12:30p<br/><b>Band Jam</b> 12:00p</p> |
|  | <p><b>3</b> <b>Hand &amp; Foot</b> 9:00a<br/><b>AFEP Exercise</b> 9:15—10:00a<br/><b>Walk Strong</b>—10:00—10:45a<br/><b>Line Dance</b> 10:00—11:30a<br/><b>Yahtzee</b> 10:00—11:30a<br/><b>Chair Volleyball</b> 10:45—11:45a<br/><br/><b>Texas Hold'em</b> 12:00—3:00p<br/><b>Tai Chi Beginner</b> 12:30—1:15p<br/><b>Tai Chi</b> 1:00—2:00p</p>                                     | <p><b>4</b> <b>Crochet &amp; Knit</b> 9:30a &amp; 6:00p<br/><b>Hand &amp; Foot</b> 9:00a<br/><b>Guitar Lessons</b> 10:00—11:30a<br/><b>Gift Wrapping</b> 10a—2p<br/><b>BP Check, Dr Agarwal</b> 11:30a<br/><b>Yoga in a Chair</b> 12:00—12:45p<br/><b>Genealogy</b> 12:15—1:15p<br/><b>Ageless Grace Exercise</b> 12:45p<br/><b>Pickin' &amp; Grinnin'</b> 1:15—2:45p<br/><b>Cheddars</b> 4:30p<br/><b>Game Night</b> 6:00—10:00p<br/><b>Origami</b> 6:30—8:30p</p> | <p><b>5</b> <b>Computer Club</b> 9:00—10:00a<br/><b>Hand &amp; Foot</b> 9:00a<br/><b>AFEP Exercise</b> 9:15—10:00a<br/><b>Walk Strong</b>—10:00—10:45a<br/><b>Quilting Group</b> 10:00a-12:00p<br/><b>Chair Volleyball</b> 10:45—11:45a<br/><b>Wooly Wed Spinners</b> 11:00a<br/><b>Coin &amp; Stamp Collectors</b>-12:00p<br/><b>Tai Chi Beginner</b> 12:30—1:15p<br/><b>Tai Chi</b> 1:00—2:00p</p>   | <p><b>6</b> <b>Bunco</b> 10:00a - 11:30a<br/><b>Hand &amp; Foot</b> 9:00a<br/><b>TAMU Healthier You Class</b><br/>10:30 - 11:30a<br/>Fresh Start To a Healthier You<br/><br/><b>42 dominos</b> 12:00—3:00p<br/><b>Ageless Grace Exercise</b> 12:15p<br/><b>Line Dance</b> 1:00—2:30p</p>                                   | <p><b>7</b> <b>Euchre</b> 9:00a—Noon<br/><b>AFEP Exercise</b> 9:15—10:00a<br/><b>Grapevine Mills</b> 10:00a—3:00p<br/><b>Walk Strong</b>—10:00—10:45a<br/><b>Adv Line Dance</b> 10:00—10:30p<br/><b>Chair Volleyball</b> 10:45—11:45a<br/><b>Guitar Lessons</b> 11:00—12:00p<br/><b>Sing-along</b> 12:15—1:00p<br/><b>Tai Chi to Video</b> 1:00—2:00p<br/><b>Bingo sales</b> 6:00p <b>Game</b> 6:30p</p>  | <p><b>8</b> <b>Game Day</b> 10:00a — 2:00p<br/><b>Crochet</b> 10:00a — 2:00p<br/><b>Band Jam</b> 12:00p</p>                                       |
|  | <p><b>10</b> <b>Hand &amp; Foot</b> 9:00a<br/><b>AFEP Exercise</b> 9:15—10:00a<br/><b>Walk Strong</b>—10:00—10:45a<br/><b>Line Dance</b> 10:00—11:30a<br/><b>Yahtzee</b> 10:00—11:30a<br/><b>Chair Volleyball</b> 10:45—11:45a<br/><br/><b>Texas Hold'em</b> 12:00—3:00p<br/><b>Tai Chi Beginner</b> 12:30—1:15p<br/><b>Tai Chi</b> 1:00—2:00p</p>                                    | <p><b>11</b> <b>Crochet &amp; Knit</b> 9:30a &amp; 6:00p<br/><b>Hand &amp; Foot</b> 9:00a<br/><b>Guitar Lessons</b> 10:00—11:30a<br/><b>Gift Wrapping</b> 10a—2p<br/><b>Yoga in a Chair</b> 12:00—12:45p<br/><b>Genealogy</b> 12:15—1:15p<br/><b>Ageless Grace Exercise</b> 12:45p<br/><b>Pickin' &amp; Grinnin'</b> 1:15—2:45p<br/><b>Abuelo's</b> 4:30—5:45p<br/><b>Game Night</b> 6:00—10:00p<br/><b>Origami</b> 6:30-8:30p</p>                                  | <p><b>12</b> <b>Computer Club</b> 9:00—10:00a<br/><b>Hand &amp; Foot</b> 9:00a<br/><b>AFEP Exercise</b> 9:15—10:00a<br/><b>Walk Strong</b>—10:00—10:45a<br/><b>Quilting Group</b> 10:00a-12:00p<br/><b>Chair Volleyball</b> 10:45—11:45a<br/><b>Wooly Wed Spinners</b> 11:00a<br/><b>Coin &amp; Stamp Collectors</b>-12:00p<br/><b>Tai Chi Beginner</b> 12:30—1:15p<br/><b>Tai Chi</b> 1:00—2:00p<br/><b>Gift of Christmas</b> 6:15—10:00p</p> | <p><b>13</b> <b>Hand &amp; Foot</b> 9:00a<br/><b>Bingo card sales</b> at 9:15a<br/><b>Bingo game</b> 10:00a<br/><br/><b>42 dominos</b> 12:00—3:00p<br/><b>Ageless Grace Exercise</b> 12:15p<br/><b>Line Dance</b> 1:00—2:30p</p>   | <p><b>14</b> <b>Hand &amp; Foot</b> 9:00a<br/><b>Euchre</b> 9:00a—Noon<br/><b>AFEP Exercise</b> 9:15—10:00a<br/><b>Walk Strong</b>—10:00—10:45a<br/><b>Adv Line Dance</b> 10:00—11:45p<br/><b>Chair Volleyball</b> 10:45—11:45a<br/><b>Cookie Exchange</b> 12:00noon<br/><b>Guitar Lessons</b> 11:00—12:00p<br/><b>Sing-along</b> 12:15—1:00p<br/><b>Tai Chi to Video</b> 1:00—2:00p<br/><b>Covered Dish</b> 6:30p</p>                            | <p><b>15</b> <b>Game Day</b> 10:00a — 2:00p<br/><b>Crochet</b> 10:00a — 2:00p<br/><b>Band Jam</b> 12:00p</p>                                      |
|  | <p><b>17</b> <b>501 (c)3 Board Meeting</b>—9:00a<br/><b>Hand &amp; Foot</b> 9:00a<br/><b>AFEP Exercise</b> 9:15—10:00a<br/><b>Walk Strong</b>—10:00—10:45a<br/><b>Line Dance</b> 10:00—11:30a<br/><b>Yahtzee</b> 10:00—11:30a<br/><b>Chair Volleyball</b> 10:45—11:45a<br/><b>Texas Hold'em</b> 12:00—3:00p<br/><b>Tai Chi Beginner</b> 12:30—1:15p<br/><b>Tai Chi</b> 1:00—2:00p</p> | <p><b>18</b> <b>Crochet &amp; Knit</b> 9:30a &amp; 6:00p<br/><b>BPBS Check</b> 10:00a<br/><b>Benefits Counseling</b> 10:00a<br/><b>Gift Wrapping</b> 10a—2p<br/><b>Guitar Lessons</b> 10:00—11:30a<br/><b>Yoga in a Chair</b> 12:00—12:45p<br/><b>Genealogy</b> 12:15—1:15p<br/><b>Ageless Grace Exercise</b> 12:45p<br/><b>Pickin' &amp; Grinnin'</b> 1:15—2:45p<br/><b>Tony's</b> 4:30p<br/><b>Game Night</b> 6:00—10:00<br/><b>Origami</b> 6:30-8:30p</p>        | <p><b>19</b> <b>Computer Club</b> 9:00—10:00a<br/><b>AFEP Exercise</b> 9:15—10:00a<br/><b>Walk Strong</b>—10:00—10:45a<br/><b>Quilting Group</b> 10:00a-12:00p<br/><b>Chair Volleyball</b> 10:45—11:45a<br/><b>Wooly Wed Spinners</b> 11:00a<br/><b>Coin &amp; Stamp Collectors</b>-12:00p<br/><b>Tai Chi Beginner</b> 12:30—1:15p<br/><b>Tai Chi</b> 1:00—2:00p<br/><b>Quilters/"Cut-ups"</b> 7:00p</p>                                       | <p><b>20</b> <b>Hand &amp; Foot</b> 9:00a<br/><b>Bunco</b> 10:00a - 11:30a<br/><b>Book Club Party</b> 10:00a<br/><b>TAMU Healthier You Class</b><br/>10:30 - 11:30a<br/><br/><b>42 dominos</b> 12:00—3:00p<br/><b>Ageless Grace Exercise</b> 12:15p<br/><b>Line Dance</b> 1:00—2:30p<br/><b>Dinner Out Amore</b> 5:30p</p> | <p><b>21</b> <b>Euchre</b> 9:00a—Noon<br/><b>AFEP Exercise</b> 9:15—10:00a<br/><b>Walk Strong</b>—10:00—10:45a<br/><b>Adv Line Dance</b> 10:00—11:45a<br/><b>Support Group</b> 10:15—11:15a<br/><b>Chair Volleyball</b> 10:45—11:45a<br/><b>Guitar Lessons</b> 11:00—12:00p<br/><b>Christmas Card Making</b> 10:30a<br/><b>Cov Dish BD Lunch</b> 12:00p<br/><b>Tai Chi to Video</b> 1:00—2:00p<br/><b>Bingo sales</b> 6:00p <b>Game</b> 6:30p</p> | <p><b>22</b> <b>Game Day</b> 10:00a — 2:00p<br/><b>Crochet</b> 10:00a — 2:00p<br/><b>Band Jam</b> 12:00p</p>                                      |
|  | <p><b>24</b> <b>Community Center Closed</b><br/><b>Christmas Eve</b><br/></p>  | <p><b>25</b> <b>Community Center Closed</b><br/></p>   | <p><b>26</b> <b>Computer Club</b> 9:00—10:00a<br/><b>Hand &amp; Foot</b> 9:00a<br/><b>AFEP Exercise</b> 9:15—10:00a<br/><b>Walk Strong</b>—10:00—10:45a<br/><b>Quilting Group</b> 10:00a-11:30a<br/><b>Chair Volleyball</b> 10:45—11:45a<br/><b>Wooly Wed Spinners</b> 11:00a<br/><b>Coin &amp; Stamp Collectors</b>-12:00p<br/><b>Tai Chi Beginner</b> 12:30—1:15p<br/><b>Tai Chi</b> 1:00—2:00p</p>  | <p><b>27</b> <b>Hand &amp; Foot</b> 9:00a<br/><b>Bingo card sales</b> at 9:15a<br/><b>Bingo game</b> 10:00a<br/><br/><b>42 dominos</b> 12:00—3:00p<br/><b>Ageless Grace Exercise</b> 12:15p<br/><b>Line Dance</b> 1:00—2:30p</p>   | <p><b>28</b> <b>Euchre</b> 9:00a—Noon<br/><b>AFEP Exercise</b> 9:15—10:00a<br/><b>Walk Strong</b>—10:00—10:45a<br/><b>Adv Line Dance</b> 10:00—11:45p<br/><b>Chair Volleyball</b> 10:45—11:45a<br/><b>Guitar Lessons</b> 11:00—12:00p<br/><b>Sing-along</b> 12:15—1:00p<br/><b>Tai Chi to Video</b> 1:00—2:00p</p>  | <p><b>29</b> <b>Game Day</b> 10:00a — 2:00p<br/><b>Crochet</b> 10:00a — 2:00p<br/><b>Band Jam</b> 12:00p</p>                                      |

## Clubs & Groups

|                                  |               |         |
|----------------------------------|---------------|---------|
| <b>Guitar</b>                    | Tue           | 10:00am |
|                                  | Fri           | 11:00am |
| <b>Crochet/Knit</b>              | Tue           | 9:30am  |
|                                  | Tue           | 6:00pm  |
|                                  | Sat           | 10:00am |
| <b>Pickin' &amp; Grinnin'</b>    |               |         |
|                                  | Tue           | 1:15pm  |
| <b>Origami</b>                   | Tue           | 6:30pm  |
| <b>Photography</b>               | 2nd Tue       | 7:00pm  |
| <b>Computer Club</b>             | Wed           | 9:00am  |
| <b>Quilters</b>                  | Wed           | 10:00am |
| <b>Quilt Guild</b>               | 3rd Wed       | 7:00pm  |
| <b>Wooly Wednesdays Spinners</b> |               |         |
|                                  | Wed           | 11:00am |
| <b>Coin/Stamp Collectors</b>     |               |         |
|                                  | Wed           | 12:00pm |
| <b>Book Club</b>                 | 3rd Thu       | 10:00am |
| <b>Sing-along</b>                | Fri           | 12:15pm |
| <b>Caregiver Support Group</b>   |               |         |
|                                  | 3rd Fri       | 10:15am |
| <b>Garden Club</b>               | 1st & 3rd Sat | 10:30am |

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

Meetings: 4th Monday of Feb, May, Aug and Nov at 9:00am  
 SCOTC is a non-profit group for the Community/Senior Center. Activities include food drives, crochet donations to Red Cross and hospice, wreaths for veterans, winter and summer dance and educational scholarships.

## Fitness Activities

|  |               |   |
|--|---------------|---|
| <b>Ageless Grace</b>   | 12:45—1:15 pm | Tuesday   |
|  | 12:15—12:45pm | Thursday  |
| A fun-filled, brain health and fitness program   |               |   |
| <b>AFEP</b>  | 9:15—10:00am  | M-W-F   |
| Arthritis Foundation Exercise Program is designed to help with arthritis, range of motion & balance. |               |   |
| <b>Walk Strong-Video</b>   | 10:00—10:45am | M-W-F   |
| <b>Chair Volleyball</b>  | 10:45—11:45am | M-W-F   |
| <b>Line Dance</b>  |               |   |
| <b>Beginner</b>  | 10:00—11:30am | Monday  |
| <b>Intermediate</b>  | 1:00—2:30pm   | Thursday  |
| <b>Advanced</b>  | 10:00—11:30am | Friday  |
| <b>Chair Yoga-Video</b>  | 12:00—12:45pm | Tuesday   |
| <b>Tai Chi for Arthritis</b>   |               |   |
| <b>Beginner</b>  | 12:30—1:15pm  | Mon & Wed   |
| <b>Intermediate</b>  | 1:00—2:00pm   | Mon & Wed   |
| <b>Video Class</b>   | 1:00—2:00pm   | Fridays   |
| Tai Chi -slow, gentle exercise to improve movement /balance.   |               |   |
| <b>Fitness Center</b>  |               |   |
| Located inside the Recreation Center, the Fitness Center open to all Community Center members.       |               |   |
| Hours: Monday—Friday   | 6:30am—9:00pm |  |
| Saturday   | 8:30am—6:00pm |   |

### Coming in January

Jan. 5, 19 Garden Club meets 1st and 3rd Saturday 10:30a— 12:30p  
 Jan. 26 AARP Safe Driving Class 9:00a - 1:00p  
 Jan. 10 Bingo Blowout— Card Sales 9:30a, game 10:00a — \$3 (Bingo Card)  
 Extra prizes and lunch included.  
 Jan. 17 BookClub will be discussing The Magic Strings of Frankie Presto.  
 Jan. 18 Trivia Day 11:45a—1:15p



# The Colony Community/Senior Center

## December 2018

### Bingo

|   |          |         |         |
|---|----------|---------|---------|
|  | Friday   | Dec. 7  | 6:30pm  |
|   | Thursday | Dec. 13 | 10:00am |
|   | Friday   | Dec. 21 | 6:30pm  |
|   | Thursday | Dec. 27 | 10:00am |
| Card sales start 30 minutes prior to game. Tablet of 10, 3-up cards—\$3.            |          |         |         |

### Community Center is CLOSED

Monday, Dec. 24 and  
 Tuesday, Dec. 25  
*Merry Christmas*  
 Tuesday, Jan. 1  
*Happy New Year*



### Volunteer of the Month

**Stephanie Bankes**  
 December 2018



Stephanie can most often be found at Friday night Bingo. She helps with passing out the candy and putting tables and chairs away. When needed, Stephanie can also help with technological problems. Lately, along with Dixie Longo, she has also started editing the newsletter. Stephanie has even been caught repairing a toilet in the ladies room!!! When you next see her, please tell Stephanie thank you for all she does for us.

### Quilt Donation

#### Wednesday Quilting Group



The Wednesday Quilting groups at the Community Center make an annual donation of quilts to those in need. This year, they donated 8 kids quilts for The Colony Police Department to give to children in distress. They also donated 16 lap quilt to a dialysis center. Thanks to the quilters for their community service donation!

### Tangled Roots

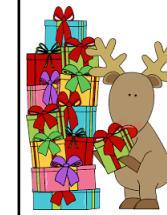
#### Genealogy Class

Every Tuesday 12:15pm - 1:15pm



### Gift Wrapping Fundraiser

Tuesdays, Dec 4, 11, & 18  
 10:00am—2:00pm



Got gifts that need wrapping? Jude Cann will be wrapping gifts for a donation to The Senior Citizens of The Colony 501(c)3.

### Grapevine Mills Mall Trip

Friday, December 7  
 Bus leaves at 10:00a m  
 Returns approximately 3:00pm

### The Gift of Christmas

Wednesday, December 12  
 Bus leaves at 6:15p m  
 Returns approximately 10:30pm



### The Senior Center's Annual Cookie Exchange

Friday, December 14th - 12:00noon



Participants need to bring cookies pre-packaged in 4 count pkgs. Number of packages required will be announced on Dec. 10.  
 Sign-up deadline is Friday, Dec. 7th in order to receive a cookbook. Recipes turned in later will not be included. Luncheon is for cookie exchange participants only. Sign up at front desk.

### Christmas Card Making Craft

Friday, December 21  
 11:00a m—Noon  
 Join Amy in a holiday card making creative craft.



### Book Club

#### Holiday Party

Thursday, December 20th at 10:00am



Selection for January 17 at 10:00am  
The Magic Strings of Frankie Presto  
 by: Mitch Albom

