


# May 2019

The Colony Community/Senior Center	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5151 N Colony Blvd The Colony, TX 75056 972-624-2246</p> <p><b>Hours of Operation</b></p> <p>Monday 8:00a—3:00p Tuesday 8:00a—3:00p 6:00p—10:00p Wednesday 8:00a—3:00p Thursday 8:00a—3:00p Friday 8:00a—3:00p 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 Non-Resident \$20/yr Non-Members \$2/day</p> <p><b>Sympathy Cards</b> Donna Moore—Mother</p> <p><b>Get Well Cards</b> Kathy Lawson Johnny Marin</p> <p><b>Food Drive</b> The local food banks are constantly needing food to fulfill the demand. Please donate non-perishable items.</p> <p><b>Veterans Services</b> Denton County Veteran Services Office 5533 FM 423, Suite 801, Frisco, TX 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> Call 24 hours in advance for daily lunches at the Community Center, 972-624-2247.</p> <p><b>Transportation</b> For information call 940-382-1900.</p>	<p>29 <b>Hand &amp; Foot</b> 9:00a <b>AFEP Exercise</b> 9:15—10:00a <b>Walk Strong</b> 10:00—10:45a <b>Line Dance</b> 10:00—11:30a <b>Yahtzee</b> 10:00—11:30a <b>Chair Volleyball</b> 10:45—11:45a</p> <p><b>Texas Hold'em</b> 12:00—3:00p <b>Tai Chi Beginner</b> 12:30—1:15p <b>Tai Chi</b> 1:00—2:00p</p>	<p>30 <b>42 Dominoes</b> 9:00—Noon <b>Hand &amp; Foot</b> 9:00a <b>Crochet &amp; Knit</b> 9:30a &amp; 6:00p <b>Guitar Lessons</b> 10:00a &amp; 6:30p <b>Yoga in a Chair</b> 12:00—12:45p <b>Genealogy</b> 12:15—1:15p <b>Ageless Grace Exercise</b> 12:45p <b>Pickin' &amp; Grinnin'</b> 1:15—2:45p <b>Rockfish</b> 4:30p <b>Game Night</b> 6:00—10:00p <b>Origami</b> 6:30—8:30p</p>	<p>1 <b>AFEP Exercise</b> 9:15—10:00a <b>Walk Strong</b> 10:00—10:45a <b>Quilting Group</b> 10:00a-12:00p <b>Chair Volleyball</b> 10:45—11:45a</p> <p><b>Wooly Wed Spinners</b> 11:00a <b>Coin &amp; Stamp Collectors</b>-12:00p <b>Tai Chi Beginner</b> 12:30—1:15p <b>Tai Chi</b> 1:00—2:00p</p>	<p>2 <b>Hand &amp; Foot</b> 9:00a 10:00am—4:00pm <b>Bunco</b> 10:00a - 11:30a <b>Yoga in a Chair</b> 11:15a-12:00p</p> <p><b>42 dominos</b> 12:00—3:00p <b>Ageless Grace Exercise</b> 12:15p <b>Line Dance</b> 1:00—2:30p</p>	<p>3 <b>Hand &amp; Foot</b> 9:00a <b>Euchre</b> 9:00a—Noon <b>AFEP Exercise</b> 9:15—10:00a <b>Walk Strong</b> 10:00—10:45a <b>Adv Line Dance</b> 10:00—11:45p <b>Chair Volleyball</b> 10:45—11:45a <b>Guitar Lessons</b> 11:00—12:00p <b>Hester Moore Presents</b> 12:00p <b>Tai Chi to Video</b> 1:00—2:00p <b>Bingo sales</b> 6:00p <b>Game</b> 6:30p</p>	<p>4 <b>Game Day</b> 10:00a—2:00p</p> <p><b>Crochet</b> 10:00a — 2:00p</p> <p><b>Garden Club</b> 10:30a—12:30p</p> <p><b>Band Jam</b> 12:00p</p>
	<p>6 <b>Hand &amp; Foot</b> 9:00a <b>AFEP Exercise</b> 9:15—10:00a <b>Walk Strong</b> 10:00—10:45a <b>Line Dance</b> 10:00—11:30a <b>Yahtzee</b> 10:00—11:30a <b>Chair Volleyball</b> 10:45—11:45a</p> <p><b>Texas Hold'em</b> 12:00—3:00p <b>Tai Chi Beginner</b> 12:30—1:15p <b>Tai Chi</b> 1:00—2:00p <b>RoughRiders</b> 6:00—11:30p</p>	<p>7 <b>42 Dominoes</b> 9:00—Noon <b>Hand &amp; Foot</b> 9:00a <b>Crochet &amp; Knit</b> 9:30a &amp; 6:00p <b>Guitar Lessons</b> 10:00a &amp; 6:30p <b>Yoga in a Chair</b> 12:00—12:45p <b>Genealogy</b> 12:15—1:15p <b>Ageless Grace Exercise</b> 12:45p <b>Pickin' &amp; Grinnin'</b> 1:15—2:45p <b>Angelina's</b> 4:30p <b>Game Night</b> 6:00—10:00p <b>Origami</b> 6:30—8:30p</p>	<p>8 <b>AFEP Exercise</b> 9:15—10:00a <b>Walk Strong</b> 10:00—10:45a <b>Quilting Group</b> 10:00a-12:00p <b>Chair Volleyball</b> 10:45—11:45a</p> <p><b>Wooly Wed Spinners</b> 11:00a <b>Coin &amp; Stamp Collectors</b>-12:00p <b>Tai Chi Beginner</b> 12:30—1:15p <b>Tai Chi</b> 1:00—2:00p</p>	<p>9 <b>Hand &amp; Foot</b> 9:00a <b>Bingo card sales</b> at 9:15a <b>Bingo game</b> 10:00a <b>Yoga in a Chair</b> 11:15a-12:00p</p> <p><b>42 dominos</b> 12:00—3:00p <b>Ageless Grace Exercise</b> 12:15p <b>Line Dance</b> 1:00—2:30p</p>	<p>10 <b>Health &amp; Info Fair 9 – Noon in the Large Activity Room</b> <b>Hand &amp; Foot</b> 9:00a in Poker Rm <b>Euchre</b> 9:00a in Poker Room <b>AFEP Exercise</b> 9:15at Rec <b>Walk Strong</b> 10:00—10:45a <b>Adv Line Dance</b> 10:00—11:45p <b>Support Group</b> 10:15—11:15a <b>Chair Volleyball</b> 10:45—11:45a <b>Guitar Lessons</b> 11:00—12:00p <b>Tai Chi to Video</b> 1:00—2:00p</p>	<p>11 <b>Game Day</b> 10:00a — 2:00p</p> <p><b>Crochet</b> 10:00a — 2:00p</p> <p><b>Band Jam</b> 12:00p</p>
	<p>13 <b>Hand &amp; Foot</b> 9:00a <b>AFEP Exercise</b> 9:15—10:00a <b>Walk Strong</b> 10:00—10:45a <b>Line Dance</b> 10:00—11:30a <b>Yahtzee</b> 10:00—11:30a <b>Chair Volleyball</b> 10:45—11:45a</p> <p><b>Texas Hold'em</b> 12:00—3:00p <b>Tai Chi Beginner</b> 12:30—1:15p <b>Tai Chi</b> 1:00—2:00p</p>	<p>14 <b>42 Dominoes</b> 9:00—Noon <b>Hand &amp; Foot</b> 9:00a <b>Crochet &amp; Knit</b> 9:30a &amp; 6:00p <b>Guitar Lessons</b> 10:00a &amp; 6:30p <b>BPBS Check</b> 10:00a <b>Benefits Counseling</b> 10:00a <b>Yoga in a Chair</b> 12:00—12:45p <b>Genealogy</b> 12:15—1:15p <b>Ageless Grace Exercise</b> 12:45p <b>Pickin' &amp; Grinnin'</b> 1:15—2:45p <b>Chilie's</b> 4:30p <b>Game Night</b> 6:00—10:00 <b>Origami</b> 6:30—8:30p</p>	<p>15 <b>AFEP Exercise</b> 9:15—10:00a <b>Walk Strong</b> 10:00—10:45a <b>Quilting Group</b> 10:00a-12:00p <b>Chair Volleyball</b> 10:45—11:45a</p> <p><b>Wooly Wed Spinners</b> 11:00a <b>Coin &amp; Stamp Collectors</b>-12:00p <b>Tai Chi Beginner</b> 12:30—1:15p <b>Tai Chi</b> 1:00—2:00p</p> <p><b>Cut Ups/Quilting Group</b> 7:00p</p>	<p>16 <b>Hand &amp; Foot</b> 9:00a <b>Bunco</b> 10:00a - 11:30a <b>Book Club</b> 10:00—11:00a <b>Yoga in a Chair</b> 11:15a-12:00p</p> <p><b>42 dominos</b> 12:00—3:00p <b>Ageless Grace Exercise</b> 12:15p <b>Line Dance</b> 1:00—2:30p</p>	<p>17 <b>Hand &amp; Foot</b> 9:00a <b>Euchre</b> 9:00a—Noon <b>AFEP Exercise</b> 9:15—10:00a <b>Walk Strong</b> 10:00—10:45a <b>Adv Line Dance</b> 10:00—11:30p <b>Caregiver Support Group</b> 10:15a <b>Chair Volleyball</b> 10:45—11:45a <b>Guitar Lessons</b> 11:00—12:00p</p> <p><b>Tai Chi to Video</b> 1:00—2:00p <b>Bingo sales</b> 6:00p <b>Game</b> 6:30p</p>	<p>18 <b>Game Day</b> 10:00a — 2:00p</p> <p><b>Crochet</b> 10:00a — 2:00p</p> <p><b>Garden Club</b> 10:30a—12:30p</p> <p><b>Band Jam</b> 12:00p</p>
	<p>20 <b>501(c)3 Board Meeting</b>—9:00a <b>Hand &amp; Foot</b> 9:00a <b>AFEP Exercise</b> 9:15—10:00a <b>Walk Strong</b> 10:00—10:45a <b>Line Dance</b> 10:00—11:30a <b>Yahtzee</b> 10:00—11:30a <b>Chair Volleyball</b> 10:45—11:45a</p> <p><b>Texas Hold'em</b> 12:00—3:00p <b>Tai Chi Beginner</b> 12:30—1:15p <b>Tai Chi</b> 1:00—2:00p</p>	<p>21 <b>42 Dominoes</b> 9:00—Noon <b>Hand &amp; Foot</b> 9:00a <b>Crochet &amp; Knit</b> 9:30a &amp; 6:00p <b>Guitar Lessons</b> 10:00a &amp; 6:30p <b>Yoga in a Chair</b> 12:00—12:45p <b>Genealogy</b> 12:15—1:15p <b>Ageless Grace Exercise</b> 12:45p <b>Pickin' &amp; Grinnin'</b> 1:15—2:45p <b>Tony's</b> 4:30—5:45p <b>Game Night</b> 6:00—10:00p <b>Origami</b> 6:30-8:30p</p>	<p>22 <b>AFEP Exercise</b> 9:15—10:00a <b>Walk Strong</b> 10:00—10:45a <b>Quilting Group</b> 10:00a-12:00p <b>Chair Volleyball</b> 10:45—11:45a</p> <p><b>Wooly Wed Spinners</b> 11:00a <b>Coin &amp; Stamp Collectors</b>-12:00p <b>Tai Chi Beginner</b> 12:30—1:15p <b>Tai Chi</b> 1:00—2:00p</p>	<p>23 <b>Hand &amp; Foot</b> 9:00a <b>Bingo card sales</b> at 9:15a <b>Bingo game</b> 10:00a <b>Yoga in a Chair</b> 11:15a-12:00p</p> <p><b>42 dominos</b> 12:00—3:00p <b>Ageless Grace Exercise</b> 12:15p <b>Line Dance</b> 1:00—2:30p</p>	<p>24 <b>Hand &amp; Foot</b> 9:00a <b>Euchre</b> 9:00a—Noon <b>AFEP Exercise</b> 9:15—10:00a <b>Walk Strong</b> 10:00—10:45a <b>Adv Line Dance</b> 10:00—11:45p <b>Chair Volleyball</b> 10:45—11:45a <b>Guitar Lessons</b> 11:00—12:00p <b>Memorial Day BBQ</b> 11:45a—1:00p <b>Sign-up at Front Desk</b> <b>Tai Chi to Video</b> 1:00—2:00p</p>	<p>25 <b>AARP Driver Safety Class</b> 10:00am—2:00pm</p> <p><b>Game Day</b> 10:00a — 2:00p</p> <p><b>Crochet</b> 10:00a — 2:00p</p> <p><b>Band Jam</b> 12:00p</p>
	<p>27</p> <div data-bbox="559 1632 932 1935" style="text-align: center;"> <p><b>CLOSED FOR MEMORIAL DAY</b></p>  </div>	<p>28 <b>42 Dominoes</b> 9:00—Noon <b>Hand &amp; Foot</b> 9:00a <b>Crochet &amp; Knit</b> 9:30a &amp; 6:00p <b>Guitar Lessons</b> 10:00a &amp; 6:30p <b>Yoga in a Chair</b> 12:00—12:45p <b>Genealogy</b> 12:15—1:15p <b>Ageless Grace Exercise</b> 12:45p <b>Pickin' &amp; Grinnin'</b> 1:15—2:45p <b>Wasabi &amp; Wok</b> 4:30p <b>Game Night</b> 6:00—10:00p <b>Origami</b> 6:30—8:30p</p>	<p>29 <b>AFEP Exercise</b> 9:15—10:00a <b>Walk Strong</b> 10:00—10:45a <b>Quilting Group</b> 10:00a-11:30a <b>Chair Volleyball</b> 10:45—11:45a</p> <p><b>Wooly Wed Spinners</b> 11:00a <b>Coin &amp; Stamp Collectors</b>-12:00p <b>Tai Chi Beginner</b> 12:30—1:15p <b>Tai Chi</b> 1:00—2:00p</p>	<p>30 <b>Hand &amp; Foot</b> 9:00a <b>Bingo card sales</b> at 9:15a <b>Bingo game</b> 10:00a <b>Yoga in a Chair</b> 11:15a-12:00p</p> <p><b>42 dominos</b> 12:00—3:00p <b>Ageless Grace Exercise</b> 12:15p <b>Line Dance</b> 1:00—2:30p</p>	<p>31 <b>Hand &amp; Foot</b> 9:00a <b>Euchre</b> 9:00a—Noon <b>AFEP Exercise</b> 9:15—10:00a <b>Walk Strong</b> 10:00—10:45a <b>Adv Line Dance</b> 10:00—11:30a <b>Chair Volleyball</b> 10:45—11:45a <b>Guitar Lessons</b> 11:00—12:00p <b>Birthday Covered Dish</b> 12:00p <b>Tai Chi to Video</b> 1:00—2:00p</p>	<p>June 1 <b>Game Day</b> 10:00a—2:00p</p> <p><b>Crochet</b> 10:00a — 2:00p</p> <p><b>Band Jam</b> 12:00p</p> <p><b>Garden Club</b> 10:30a—12:30p</p>

## Clubs & Groups

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

## 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—11:45am	Friday
<b>Chair Yoga-Video</b>	12:00—12:45pm	Tuesday
	11:15am—12pm	Thursday
<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 is open to all Community Center members.		
Hours: Monday—Friday	6:30am—9:00pm	
Saturday	8:30am—6:00pm	

### Coming in May

May 6	<b>Frisco Roughriders</b>	6:00pm—10:00pm	Mon	\$28
May 10	<b>Annual Health &amp; Info Fair</b>	9:00am—Noon	Fri	Free
May 16	<b>Book Club</b>	10:00—11:00am	Thu	Free
May 24	<b>Memorial Day BBQ</b>	11:45am—1:00pm	Sat	Free
Veterans, please bring a picture in uniform for us to make a copy and display for the event! Submissions accepted from now to May 20.				

### We Love Our Volunteers!

Thanks to ALL of the volunteers that make the Community/Senior Center such a great place. We appreciate you all!



# The Colony Community/Senior Center

May 2019



### Bingo

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

Card sales start 30 minutes prior to game—\$3.

**Community Center**  
**CLOSED**  
**Monday, May 27**  
**Memorial Day**



### Volunteer of the Month

**Anita Tsai**



Anita and her husband relocated from Taiwan when her husband was recruited by a company in the United States. She has been line dancing in the US for 10+ years. Her preference is advanced line dance and we are very lucky to

have her teaching the advanced line dance at the Community Center. Anita has also done fashion design. In addition to line dance, her great passion now is gardening in her back yard where she grows leeks, herbs, long beans and other vegetables that she occasionally shares at the center.

### Hester Moore Presentation "My Story"

Friday, May 3rd, 12pm—1pm

Hester will share her story of growing up during a tumultuous time. Come hear this inspiring story that made Hester into the vibrant, active, happy person she is today.



### Frisco RoughRiders \$28

Monday, May 6  
6:00—10:30pm

Only a limited number of tickets left!  
Registration includes game ticket, burger basket and transportation.

### Health & Info Fair

Friday, May 10  
9:00am—12:00pm

Spend the morning gathering great information for seniors 50+. Over 25 vendors will have information beneficial for seniors. The fair includes screenings, door prizes, handouts and promotional items. The event is open community wide to all seniors and their families.



### Lovepacs Annual Food Drive

Starts May 6!

We are accepting donations for our annual drive to help feed hungry school age children during the summer. Pick-up a list of the non-perishable items needed at the front desk.

### Bunco

Thursday  
May 2 & 16  
10:00am



Bunco is fun and easy to learn. Come play with us!  
**\$10 gift card prizes from Mustang Creek Estates**



### Book Club

*It Ends With Us*  
by Colleen Hoover  
Thursday, May 16  
10:00am—11:00am

**Follow us on Facebook!**  
The Colony Parks & Recreation Department Facebook page is now featuring some of our senior activities. Amy will be posting something each week about upcoming events. Follow us to see events and activities happening at the center you may enjoy every week!

### Benefits Counseling

Third Tuesday of each Month  
by North Central Texas Area Agency on Aging  
Call 972-624-2246 for appointment.