



November 2019

The Colony Senior/Community Center	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5151 N Colony Blvd The Colony, TX 75056 972-624-2246</p> <p>Hours of Operation</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>Sympathy Cards</p> <p>Alyce Rufi (for her sister) Family of Keith Griffith Family of Ethyl Patrick Family of Ginger Clement</p> <p>Get Well Cards</p> <p>Faytie Watson Art Herrera Lyle Licht</p> <p>Food Drive</p> <p>The local food banks are constantly needing food to fulfill the demand. Please donate non-perishable items.</p> <p>Veterans Services</p> <p>Denton County Veteran Services Office 5533 FM 423, Suite 801, Frisco, TX Free veterans services available on Fridays. Appointment is required. Call 940-349-2950.</p> <p>SPAN—a Denton County Program</p> <p>Meals</p> <p>Call 24 hours in advance for daily lunches at the Community Center, 972-624-2247.</p> <p>Transportation</p> <p>For information call 940-382-1900.</p>	<p>Oct 28</p> <p>Hand & Foot 9:00a AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Line Dance 10:00—11:30a Yahtzee 10:00—11:30a Chair Volleyball 10:45—11:45a</p> <p>Texas Hold'em 12:00—3:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p>Oct 29</p> <p>Cardio Drumming 9:00+11:00a Hand & Foot 9:00a Crochet & Knit 9:30a & 6:00p Guitar Lessons 6:30p Yoga in a Chair 12:00—12:45p Genealogy 12:15—1:15p Ageless Grace Exercise 12:45p Pickin' & Grinnin' 1:15—2:45p Roma's 4:30p Game Night 6:00—10:00p Origami 6:30 — 8:30pm</p>	<p>Oct 30</p> <p>AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Quilting Group 10:00a-12:00p Chair Volleyball 10:45—11:45a</p> <p>Wooly Wed Spinners 11:00a Coin & Stamp Collectors-12:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p>Oct 31</p> <p>Cardio Drumming 9:00a Hand & Foot 9:00a Bunco 10:00a - 11:30a Yoga in a Chair 12:00—12:45p 42 dominos 12:00—3:00p Ageless Grace Exercise 12:45p Line Dance 1:00—2:30p</p>	<p>1</p> <p>Hand & Foot 9:00a Euchre 9:00a—Noon AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Adv Line Dance 10:00—11:45p Chair Volleyball 10:45-11:45a Guitar Lessons 11:00—12:00p Tai Chi to Video 1:00—2:00p Bingo sales 6:00p Game 6:30p</p>	<p>2</p> <p>Game Day 10:00a—2:00p</p> <p>Crochet 10:00a — 2:00p</p> <p>Garden Club 10:30a—12:30p</p>
	<p>4</p> <p>Hand & Foot 9:00a AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Line Dance 10:00—11:30a Yahtzee 10:00—11:30a Chair Volleyball 10:45—11:45a</p> <p>Texas Hold'em 12:00—3:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p>5</p> <p>Cardio Drumming 9:00+11:00a Hand & Foot 9:00a Crochet & Knit 9:30a & 6:00p Guitar Lessons 6:30p Yoga in a Chair 12:00—12:45p Genealogy 12:15—1:15p Ageless Grace Exercise 12:45p Pickin' & Grinnin' 1:15—2:45p Casa Mia 4:30p Game Night 6:00—10:00p Origami 6:30 — 8:30pm</p>	<p>6</p> <p>AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Quilting Group 10:00a-12:00p Chair Volleyball 10:45—11:45a</p> <p>Wooly Wed Spinners 11:00a Coin & Stamp Collectors-12:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p>7</p> <p>Cardio Drumming 9:00a Hand & Foot 9:00a Bingo card sales at 9:15a Bingo game 10:00a 9 Ball Pool Tournament 12—2 Yoga in a Chair 12:00—12:45p 42 dominos 12:00—3:00p Ageless Grace Exercise 12:45p Line Dance 1:00—2:30p</p>	<p>8</p> <p>Hand & Foot 9:00a Euchre 9:00a—Noon AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Adv Line Dance 10:00—11:30p Chair Volleyball 10:45—11:45a Guitar Lessons 11:00—12:00p 9 Ball Pool Tournament 12—2 Tai Chi to Video 1:00—2:00p</p> <p>Covered Dish 6:00pm</p>	<p>9</p> <p>Game Day 10:00a—2:00p</p> <p>Crochet 10:00a — 2:00p</p>
	<p>11</p> 	<p>12</p> <p>Cardio Drumming 9:00+11:00a Hand & Foot 9:00a Crochet & Knit 9:30a & 6:00p Guitar Lessons 6:30p Yoga in a Chair 12:00—12:45p Genealogy 12:15—1:15p Ageless Grace Exercise 12:45p Pickin' & Grinnin' 1:15—2:45p Fun Time Pizza 4:30p Game Night 6:00—10:00p Origami 6:30 — 8:30pm</p>	<p>13</p> <p>AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Quilting Group 10:00a-12:00p Chair Volleyball 10:45—11:45a Wooly Wed Spinners 11:00a Coin & Stamp Collectors-12:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p>14</p> <p>Cardio Drumming 9:00a Hand & Foot 9:00a Bunco 10:00a - 11:30a Yoga in a Chair 12:00—12:45p 42 dominos 12:00—3:00p Charleston/Savannah Document Meeting 1:00pm Santa Fe Preview 1:45pm Ageless Grace Exercise 12:45p Line Dance 1:00—2:30p</p>	<p>15</p> <p>Hand & Foot 9:00a Euchre 9:00a—Noon AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Adv Line Dance 10:00—11:30p Holiday Card Craft—10:00a Caregiver Support Group 10:15a Chair Volleyball 10:45—11:45a Guitar Lessons 11:00—12:00p Luncheon—11:45a Tai Chi to Video 1:00—2:00p Bingo sales 6:00p Game 6:30p</p>	<p>16</p> <p>Game Day 10:00a — 2:00p</p> <p>Crochet 10:00a — 2:00p</p> <p>Garden Club 10:30a—12:30p</p>
	<p>18</p> <p>Hand & Foot 9:00a AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Line Dance 10:00—11:30a Yahtzee 10:00—11:30a Chair Volleyball 10:45—11:45a</p> <p>Texas Hold'em 12:00—3:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p>19</p> <p>Cardio Drumming 9:00+11:00a Hand & Foot 9:00a Crochet & Knit 9:30a & 6:00p Guitar Lessons 6:30p BPBS Checks 10:00a Benefits Counseling 10:00am Yoga in a Chair 12:00—12:45p Genealogy 12:15—1:15p Ageless Grace Exercise 12:45p Pickin' & Grinnin' 1:15—2:45p Tony's 4:30 Game Night 6:00—10:00p Origami 6:30-8:30p</p>	<p>20</p> <p>AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Quilting Group 10:00a-12:00p Chair Volleyball 10:45—11:45a Wooly Wed Spinners 11:00a Coin & Stamp Collectors-12:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p> <p>The Colony Cut-Ups 7:00pm</p>	<p>21</p> <p>Cardio Drumming 9:00a Hand & Foot 9:00a Bingo card sales at 9:15a Bingo 10:00a Book Club 10:00—11:00a Yoga in a Chair 12:00—12:45p 42 dominos 12:00—3:00p Ageless Grace Exercise 12:45p Line Dance 1:00—2:30p Dinner Out Chili's 5:30p</p>	<p>22</p> <p>Hand & Foot 9:00a Euchre 9:00a—Noon AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Adv Line Dance 10:00—11:45p Chair Volleyball 10:45—11:45a Guitar Lessons 11:00—12:00p Birthday Covered Dish 12:00p</p> <p>Tai Chi to Video 1:00—2:00p</p>	<p>23</p> <p>Game Day 10:00a — 2:00p Crochet 10:00a — 2:00p</p>
	<p>501(c)3 Board Meeting—9:00a</p> <p>25</p> <p>Hand & Foot 9:00a AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Line Dance 10:00—11:30a Yahtzee 10:00—11:30a Chair Volleyball 10:45—11:45a</p> <p>Texas Hold'em 12:00—3:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p>26</p> <p>Cardio Drumming 9:00+11:00a Hand & Foot 9:00a Crochet & Knit 9:30a & 6:00p Guitar Lessons 6:30p Yoga in a Chair 12:00—12:45p Genealogy 12:15—1:15p Ageless Grace Exercise 12:45p Pickin' & Grinnin' 1:15—2:45p Texas Roadhouse 4:30p Game Night 6:00—10:00p Origami 6:30—8:30p</p>	<p>27</p> <p>AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Quilting Group 10:00a-11:30a Chair Volleyball 10:45—11:45a</p> <p>Wooly Wed Spinners 11:00a Coin & Stamp Collectors-12:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p>28</p> 	<p>29</p>	<p>30</p> <p>Game Day 10:00a—2:00p Crochet 10:00a — 2:00p</p>

Clubs & Groups

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

Fitness Activities

AFEP	9:15—10:00am	M-W-F	Arthritis Foundation Exercise Program is designed to help with arthritis, range of motion & balance.
Ageless Grace	12:45—1:15 pm	Tue & Thu	A fun-filled, brain health and fitness program
Cardio Drumming	9:00 — 10:00am	Tue & Thu	New aerobic class will get you moving and drumming to the music.
	11:00—11:30am	Tuesday	
Chair Yoga-Video	12:00—12:45pm	Tue & Thu	
Chair Volleyball	10:45—11:45am	M-W-F	
Line Dance			
Beginner	10:00—11:30am	Monday	
Intermediate	1:00—2:30pm	Thursday	
Advanced	10:00—11:45am	Friday	
Tai Chi for Arthritis			
Beginner	12:30—1:15pm	Mon & Wed	
Intermediate	1:00—2:00pm	Mon & Wed	
Video Class	1:00—2:00pm	Fridays	Tai Chi is slow, gentle exercise to improve movement/balance.
Tai Chi for Arthritis/24	Resumes in January		
Walk Strong-Video	10:00—10:45am	M-W-F	
Fitness Center	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 December

Dec 6	Nativity Tour	10:00am—3:00pm	Fri	\$4
Dec 5-6	9 Ball Pool Tourn.	12:00n — 2:00pm	Thur-Fri	Free
Dec 13	Cookie Exchange	12:00n — 1:00pm	Fri	Free
Dec 24 & 25	Center CLOSED for Christmas Eve and Christmas Day			

Holiday Gift Wrap Fundraiser

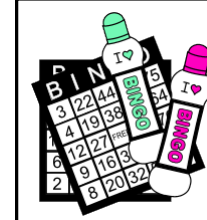


Mondays, Dec 2, 9, & 16
10:00a—2:00p
Jude Cann beautifully wraps your gifts for the holiday season as a fundraiser for the Senior Citizens of The Colony 501 (c)3.



The Colony Community/Senior Center

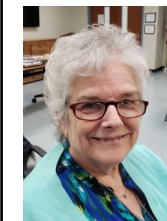
November 2019



Bingo

Friday	Nov 1	6:30pm
Thursday	Nov 7	10:00am
Friday	Nov 15	6:30pm
Thursday	Nov 21	10:00am

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



Volunteer of the Month Fiona Cottle

Fiona has been a member since April, 2013. She serves as Treasurer of The Senior Citizens of The Colony 501(c)3. Fiona also chairs the annual Craft Fair, which raises money for The Senior Citizens of The Colony 501(c)3. She worked very hard to make it a success again this year. Please take a moment to thank Fiona for all that she does.

Nine Ball Pool Tournament

Thursday, Nov 7 & Friday, Nov 8
12:00 Noon—2:30pm

Like to shoot pool and visit with friends? Sign-up for the Nine Ball pool tournament that will be happening the first Thursday and Friday of each month.



Plano Teen Harmony

Monday, Nov 25 11:45a—12:45p



Incredibly talented teens will present an orchestra concert during the lunch hour.

Luncheon and Holiday Card Craft

Friday, Nov 15th
Craft—10:00a Luncheon—11:45a
Get a head start on home-made holiday gift cards and tags. Please sign-up at the front desk.

Spooky Quilt Raffle

Drawing Nov 20, 2019

**Tickets: 1 Ticket for \$1
6 Tickets for \$5**

Benefitting Community Center Projects



The Center is CLOSED for:
Veteran's Day
Monday, November 11

Thanksgiving
Thursday & Friday, Nov 28-29



Spotlight on Santa Fe Tour Sept 13—18, 2020

Travel Presentation Meeting
Thursday, November 14 @ 1:45pm

Experience all Santa Fe has to offer: Walking Tour of Santa Fe Plaza, Open-Air Tram Tour, Loretto Chapel, Santa Fe School of Cooking, Turquoise Trail, Allan Houser Sculpture Garden, Bandelier National Monument, El Santuario de Chimayo, and choice of additional tour. Come find out all about it at the travel presentation meeting.

Lunch and Learn's

Thursday, November 7 - 11:45am
Medicare Options

Paul Wright and Manny Rodriguez

Thursday, November 21 - 11:45am

Benefits of Hospice
Nora Weiderman



Book Club

"The Woman in the Window"
by A.J. Finn

Thursday, November 21
10:00am—11:00am

Grapevine Mills Shopping Trip

Wednesday, Nov 20th—10:00a -3:00p



Shop til you drop at the outlet stores. Lunch is on your own at one of the mall's many eateries. This popular trip fills up fast!

The first 28 to register and pay are on the trip.

Nativity Tour

Friday, December 6th—10:00a -3:00p

We will visit a beautiful Nativity Exhibit and stop for lunch. This is a time to remember the true meaning of Christmas and share these memories with our community and friends. Sign-up and pay to reserve your spot on the bus.

