

January 2020

The Colony Senior/Community Center

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

Hours of Operation

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

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.

Please remember to scan your ID card when entering the building.

Resident \$10/yr
Non-Resident \$20/yr
Non-Members \$2/day

Sympathy Cards

Family of Clyde Ding
Dixie Longo (brother)
Linda Raney (brother)

Get Well Cards

Laura Kruse
Inge Sparks
Linda Raney

Food Drive

The local food banks are constantly needing food to fulfill the demand. Please donate non-perishable items.



Veterans Services

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.

SPAN—a Denton County Program

Meals

Call 24 hours in advance for daily lunches at the Community Center, 972-624-2247.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 30	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 Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p	Dec 31 Cardio Drumming 9:00+11:00a Hand & Foot 9:00a Crochet & Knit 9:30a & 6:00p Yoga in a Chair 12:00—12:45p Genealogy 12:15—1:15p Game Night 6:00—10:00p Origami 6:30 — 8:30pm New Year's Eve Party 6:30—10:00p \$5/person	1 	2 Cardio Drumming 9:00a Hand & Foot 9:00a Bunco 10:00a - 11:30a 9 Ball Pool Tournament 12-2p Yoga in a Chair 12:00—12:45p 42 dominos 12:00—3:00p Line Dance 1:00—2:30p	3 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 9 Ball Pool Tournament 12—2p Tai Chi to Video 1:00—2:00p Bingo sales 6:00p Game 6:30p	4 Game Day 10:00a—2:00p Crochet 10:00a — 2:00p Garden Club 10:30a—12:30p
6	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 Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p	7 Cardio Drumming 9:00+11:00a Hand & Foot 9:00a Crochet & Knit 9:30a & 6:00p Yoga in a Chair 12:00—12:45p Genealogy 12:15—1:15p Pickin' & Grinnin' 1:15—2:45p Cheddar's 4:30p Game Night 6:00—10:00p Origami 6:30 — 8:30pm Card Crafters 6:00 — 8:00pm	8 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	9 Cardio Drumming 9:00a Hand & Foot 9:00a Bingo card sales at 9:15a Bingo game 10:00a Yoga in a Chair 12:00—12:45p 42 dominos 12:00—3:00p Line Dance 1:00—2:30p	10 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 Tai Chi to Video 1:00—2:00p Covered Dish 6:00pm	11 Game Day 10:00a—2:00p Crochet 10:00a — 2:00p
13	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 Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p	14 Cardio Drumming 9:00+11:00a Hand & Foot 9:00a Crochet & Knit 9:30a & 6:00p Yoga in a Chair 12:00—12:45p Genealogy 12:15—1:15p Pickin' & Grinnin' 1:15—2:45p Stan's Taphouse 4:30pm Game Night 6:00—10:00p Origami 6:30 — 8:30pm	15 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 The Colony Cut-Ups 7:00p	16 Cardio Drumming 9:00a Hand & Foot 9:00a Olden Year Museum 10:am Bunco 10:00a - 11:30a Book Club 10:00am Yoga in a Chair 12:00—12:45p 42 dominos 12:00—3:00p Line Dance 1:00—2:30p Dinner Out Popeye's 5:30p	17 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 Caregiver Support Group 10:15a 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	18 Game Day 10:00a — 2:00p Crochet 10:00a — 2:00p Garden Club 10:30a—12:30p
20		21 Cardio Drumming 9:00+11:00a Hand & Foot 9:00a Crochet & Knit 9:30a & 6:00p BPBS Checks 10:00a Benefit Counseling 10:00a Yoga in a Chair 12:00—12:45p Genealogy 12:15—1:15p Pickin' & Grinnin' 1:15—2:45p Burgers & Bones 4:30p Game Night 6:00—10:00p Origami 6:30 — 8:30pm	22 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	23 Cardio Drumming 9:00a Hand & Foot 9:00a Bingo card sales at 9:15a Bingo 10:00a Yoga in a Chair 12:00—12:45p 42 dominos 12:00—3:00p Line Dance 1:00—2:30p	24 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 Tai Chi to Video 1:00—2:00p	25 Game Day 10:00a — 2:00p Crochet 10:00a — 2:00p
27	TSCOTC 501(c)3 Board Meeting 9:00am 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 Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p	28 Cardio Drumming 9:00+11:00a Hand & Foot 9:00a Crochet & Knit 9:30a & 6:00p Yoga in a Chair 12:00—12:45p Genealogy 12:15—1:15p Pickin' & Grinnin' 1:15—2:45p Wasabi Wok 4:30p Game Night 6:00—10:00p	29 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	30 Cardio Drumming 9:00a Hand & Foot 9:00a Bingo card sales at 9:15a Bingo 10:00a Yoga in a Chair 12:00—12:45p 42 dominos 12:00—3:00p Line Dance 1:00—2:30p	31 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 Super Bowl Lunch Party 11:45p Tai Chi to Video 1:00—2:00p	Feb 1 Game Day 10:00a—2:00p Crochet 10:00a — 2:00p Garden Club 10:30am — 12:30p

Clubs & Groups

Band Jam	Sat	12:00pm
Book Club	3rd Thu	10:00am
Bridge	Wed	10:00am
Card Crafting Club	1st Tue	6:00pm
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
Genealogy	Tue	12:15pm
Guitar	Fri	11:00am
Origami	Tue	6:30pm
Picking' & Grinning'	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.
No 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 February

Feb 4	Holly Riddle Post 21 presents—The Four Chaplains Ceremony	12:45—1:15p	Tues.	Free
Feb 6-7	9 Ball Pool Tourn.	12:00 — 2:00pm	Thur-Fri	Free
Feb 9	Richardson Community Band	2:00pm — 6:00pm	Sun	\$4
Feb 14	Celebrate the Senior Citizens of The Colony!	11:45am — 1:15pm	Fri	Free
Jan 31	Super Bowl Party	11:45am—1:15pm	Friday	Free
Feb 20	Book Club	10:00am — 11:00am	Thurs	Free
	<i>The Girls of Atomic City: The Untold Story of the Women Who Helped Win World War II</i> by Denise Kiernan			



The Colony Community/Senior Center

January 2020



Bingo

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

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

Volunteer of the Month Jude Cann

Jude's special gift to the center is to raise funds for the Food Bank and senior center by wrapping gifts for the Christmas holidays. You can find her merrily surrounded by paper, ribbon and bows, and beautifully wrapped gifts. In the past, Jude has also volunteered to pick up Kroger & Tom Thumb bread. She has also serviced on TSCOTC 501(c)3 Board. Thanks Jude!



Bridge is Back!

Wednesdays
10:00am



Super Bowl Party

Friday, January 31
11:45am — 1:15pm

Wear your favorite jersey from any sport and join us for a fun lunch with "Super Bowl Food". Sign up at the front desk to reserve your spot.

Community Center CLOSED



New Year's Day
Wed, Jan 1

MLK Day
Mon, Jan 20



Olden Year Museum

Thursday, January 16th
10:00n — 3:00p



Olden Year Museum houses a rare collection of over 500 musical instruments that took almost 4 decades to assemble. This vintage collection showcases music boxes, hurdy-gurdy organs, classic phonographs, and more! The fee for this trip includes transportation and admission into the museum. Lunch is on your own.



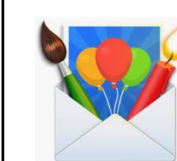
Book Club

Waking Lions
by Ayelet Gundar-Goshen
Thursday, January 16
10:00am—11:00am

Bingo BlowOut!

January 23
10:00am

Get excited and make some noise when you call "BINGO!" Bingo BlowOut will feature extra prizes and Pizza. Please sign-up at front desk.



New! Card Crafting Club

1st Tuesday of each month
beginning January 7th.
6:00—8:00pm

Nine Ball Pool Tournament

Thursday, Jan 2 & Friday, Jan 3
12:00 Noon—2:30pm

Calling all pool players. Sign-up for the Nine Ball pool tournament that will be happening the first Thursday and Friday of each month.

