

March 2020

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The Colony Senior/Community Center</p> <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>Please remember to scan your ID card when entering the building.</p> <p>Resident \$10/yr Non-Resident \$20/yr Non-Members \$2/day</p> <p>Sympathy Cards Family of Imogene Kinnear Mason Johnston (Dixie Longo's grandson)</p> <p>Get Well Cards Jim Patsios Inga Sparks</p> <p>Food Drive The local food banks are constantly needing food to fulfill the demand. Please donate non-perishable items.</p> <p>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.</p> <p>SPAN—a Denton County Program</p> <p>Meals Call 24 hours in advance for daily lunches at the Community Center, 972-624-2247.</p> <p>Transportation</p>	<p>2 SCOTC 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</p>	<p>3 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 Angelina's 4:30pm Game Night 6:00—10:00p Origami 6:30 — 8:30pm Card Crafters 6:00 — 8:00pm</p>	<p>4 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>5 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 9 Ball Pool Tourney 12—2:30p Line Dance 1:00—2:30p</p>	<p>6 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 Stayin & Playin 1:00—2:15p Tai Chi to Video 1:00—2:00p Bingo sales 6:00p Game 6:30</p>	<p>7 Game Day 10:00a—2:00p Crochet 10:00a — 2:00p Garden Club 10:30a—12:30p</p>	
		<p>9 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</p>	<p>10 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 54th St 4:30pm Game Night 6:00—10:00p Origami 6:30 — 8:30pm</p>	<p>11 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>12 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</p>	<p>13 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 Stayin & Playin 1:00—2:15p Tai Chi to Video 1:00—2:00p Covered Dish 6:00pm</p>	<p>14 Game Day 10:00a—2:00p Crochet 10:00a — 2:00p</p>
		<p>16 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</p>	<p>17 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 Chili's 4:30pm Game Night 6:00—10:00p</p>	<p>18 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</p>	<p>19 Cardio Drumming 9:00a Hand & Foot 9:00a Bunco 10:00a - 11:30a Book Club 10:00am Yoga in a Chair Yoga in a Chair 12:00—12:45p 42 dominos 12:00—3:00p 9 Ball Pool Tourney 12—2:30p Line Dance 1:00—2:30p</p>	<p>20 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 Going Green Day 11:45—1:00 Stayin & Playin 1:00—2:15p Tai Chi to Video 1:00—2:00p Bingo sales 6:00p Game 6:30p</p>	<p>21 Game Day 10:00a—2:00p Crochet 10:00a — 2:00p Garden Club 10:30a—12:30p</p>
		<p>23 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</p>	<p>24 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 Tony's 4:30pm Game Night 6:00—10:00p Origami 6:30 — 8:30pm</p>	<p>25 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>26 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 Cheddars 5:30pm</p>	<p>27 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 Stayin & Playin 1:00—2:15p Tai Chi to Video 1:00—2:00p</p>	<p>28 Game Day 10:00a — 2:00p Crochet 10:00a — 2:00p</p> <hr/> <p>29 Band Concert Day Trip Meet 1:45p - Depart 2:00p Return 6:00p</p>
		<p>30 SCOTC 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</p>	<p>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 Pickin' & Grinnin' 1:15—2:45p Texas Roadhouse 4:30pm Game Night 6:00—10:00p Origami 6:30 — 8:30pm</p>	<p>Apr 1 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>Apr 2 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 Line Dance 1:00—2:30p</p>	<p>Apr 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 Stayin & Playin 1:00—2:15p Tai Chi to Video 1:00—2:00p Bingo sales 6:00p Game 6:30</p>	<p>Apr 4 Game Day 10:00a—2:00p Crochet 10:00a — 2:00p Garden Club 10:30a—12:30p</p>

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
Pickin' & Grinnin'		
	Tue	1:15pm
Quilters		
	Wed	10:00am
Quilt Guild		
	3rd Wed	7:00pm
Stayin' Playin'		
	Fridays	1:00pm
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.
Cardio Drumming	9:00 — 10:00am 11:00—11:30am	Tue & Thu Tuesday	New aerobic class will get you moving and drumming to the music.
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	10:15—11:30	Thursdays	
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 April

Apr 2 & 16	9 Ball Pool Tourney	12:00 — 2:00pm	Thu	Free
Apr 15	Book Club	10:00am — 11:00am	Thu	Free
	<i>The Last Lecture</i> by Randy Pausch			
Apr 16	Dallas Arboretum	10:00am—4:00pm	Thu	\$18

Coming in May

May 8	Health & Info Fair	9:00am — 12:00pm	Thu	Free
				Be sure and save the date! There will be 25+ vendors with lots of promotional items and great information and don't miss out on the door prizes!



The Colony Community/Senior Center

March 2020


Bingo



Friday	Mar 6	6:30pm
Thursday	Mar 12	10:00am
Friday	Mar 20	6:30pm
Thursday	Mar 26	10:00am


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

Volunteer of the Month
Doris Mills



Doris Mills can tell you some stories about The Colony Seniors. She is one of the founding members of the senior center from 1990. She remembers when the seniors met in a portable building near the fire station prior to the building on Main Street. However, being a member for 30 years has not slowed her down. Doris regularly attends the Quilting Group, Covered Dish and special events. She also has volunteered for years creating the beautiful floral displays on the front lobby table. Be sure and tell Doris "Thanks!" for the beautiful arrangements.

Book Club



The Notebook by Nicholas Sparks

Thursday, March 19
10:00am—11:00am

Two Styles of Music—One Great Place to Hear It!


Pickin' & Grinnin'



Tuesdays, 1:15—2:45pm

Join Fred & Lavelle and the pickers to hear a selection of old style Country, Gospel and Blue Grass. Enjoy the music as you tap your toes and clap your hands.

Stayin' & Playin'



Fridays, 1:00—2:15pm

Join Rodney and the gang after lunch as they stay and play a variety of New Country, Rock, Rhythm & Blues, or just listen to the music. Everyone welcome!

Hear both groups at the Community Center!

Nine Ball Pool Tournament



Thursdays, Mar 5 & 19
12:00 Noon—2:30pm

Calling all pool players. Sign-up for the Nine Ball pool tourney the 1st & 3rd Friday of each month.


Going Green Day



Friday, March 20
11:45am — 1:15pm

Like chips and dip? We will provide the chips, you provide the dip. There will be a taste test to see who makes the best dip. After lunch, enjoy a Recycle Fashion Show. Get those creative juices flowing and decorate a hat, tie, vest or whole outfit! Sign up at the front desk to attend the lunch and sign up if you want to walk the catwalk sporting your trash to treasure recycled fashion design.


Richardson Community Band \$4



Sunday, March 29th
2:00 — 6:00pm

Like band music? The Richardson Community Band is a non-profit band made up of very talented musicians. They play a wide variety of music, but have always concluded their concerts with a Sousa march. They provide a free concert at The Eisemann Center several times a year. Join us for some rousing band music!

Eyes Need Checking?



Tue, March 31, 9:30am—12:30pm


The Carter Eye Center will be here to provide vision and cataract screenings. No pre-registration required.

Cardio Drumming

Tuesdays, 9:00—10:00am & 11:00—11:30am
Thursdays, 9:00—10:00am

A great way to play with friends and get your cardio in. All ability levels are welcome. Come try it out!
Here the music, feel the beat!

Time w/Tail-Waggers



Time To Be Announced

Pets offer health benefits, like lowering cholesterol levels & helping with depression and anxiety. The Colony Animal Services serve the citizens and pets of The Colony! Join us on the back patio to meet their team, and spend a little time with some adorable Tail-Waggers!