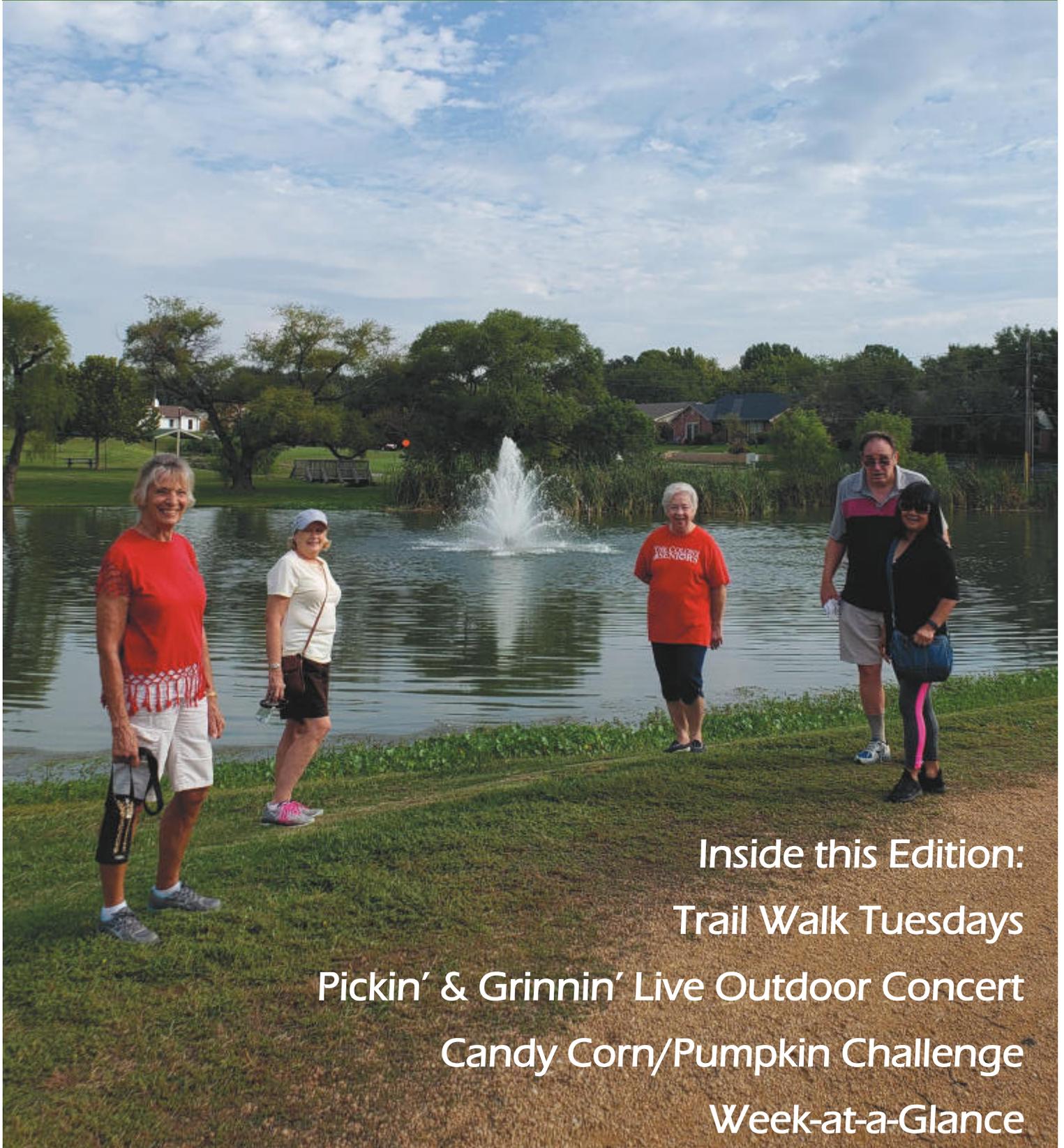


PlayTC Seniors!

“Lovin’ the Second Half of Life!”

October 2020



Inside this Edition:

Trail Walk Tuesdays

Pickin' & Grinnin' Live Outdoor Concert

Candy Corn/Pumpkin Challenge

Week-at-a-Glance

On the Cover



Congratulations to the 5 seniors who were lucky enough to be part of the very first face-to-face activity the senior center has hosted since March. They saw it in the newsletter and registered to meet at the Stewart Creek Park Trailhead Parking lot for a two mile stroll by the lake. See page 3

for information about how you can join them for regular Trail Walk Tuesdays at 9:00am starting on October 6.

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Hours of Operation

Telephone Hours

Monday—Friday 9am—12pm

972-624-2246

If no answer, please leave a message anytime.

Messages are forwarded to staff email and will be returned as soon as possible.

While the center is not open for activities, be sure to check out the outdoor activities that are currently being offered in this edition of the newsletter! We hope that you will join us for one or more of these activities and safely visit with friends outside.

Please remember to keep making phone calls to each other, exercising and join in the virtual senior center activities at www.thecolonytx.gov/Seniors.

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A Message from Staff

Cooler weather is finally here! It really felt like it was Summer forever and now suddenly Fall is upon us.

We hope that you find a few new things in this edition of the monthly newsletter to help you creatively utilize all of this time on your hands for some healthy, positive results. One way to stay healthier is to join the Trail Walk Tuesday group mentioned on page 3. Everyone meets up in the parking lot of SCP Trail Head and then breaks into small groups to walk at your own pace. This will give you a quick chance to say hello to everyone before starting the walk. Remember to wear masks at the meet-up, stay 6 feet apart and keep the group spread out. There should never be more than 10 congregating together to meet state guidelines.

The results of the Pet Photo Contest are on page 4. Congratulations to all that entered. It was very easy to see that everyone enjoyed taking a cute picture of their pet. Also on page 4, find some short jokes to keep you smiling.

To keep everyday from feeling like a repeat of the day before, we have some interesting ideas for you on page 5. There are 10 activities that will help you welcome the Fall season. You can choose to do one or all of them. If you choose to dress in Candy Corn colors or socks, you don't have to do it for the whole day, (but hey, why not?) However, you need to do it long enough to snap a picture to send in for the E-Newsletter, so get snappin'!

Tuesday, October 13, Pickers and Gridders will present a live concert in the Community Center parking lot. Check out page 6 for the details of how to enjoy a live concert of Country, Blue Grass and Gospel music. Ya'll come!

Missing you for now,

Diana, Michelle, Amy, Ron, Shirley, Beverly & Kay

Trail Walk Tuesdays



Trail Walk Tuesdays

Every Tuesday at 9:00am

Stewart Creek Park Trail Head Parking Lot

Get outside and enjoy the cooler weather! There is no requirement to pre-register, just show up at 9:00am. Meet in the grassy area near the Sundial. Walkers are will break into small groups of 2—4 persons that walk at a similar pace. Wear a mask when you are closer than 6 feet apart. Those that want to walk faster and further are encouraged to do so, as are those wanting to walk slower. It is time to get out, get active and get healthier!



Bring in Your Prescription and **SAVE**

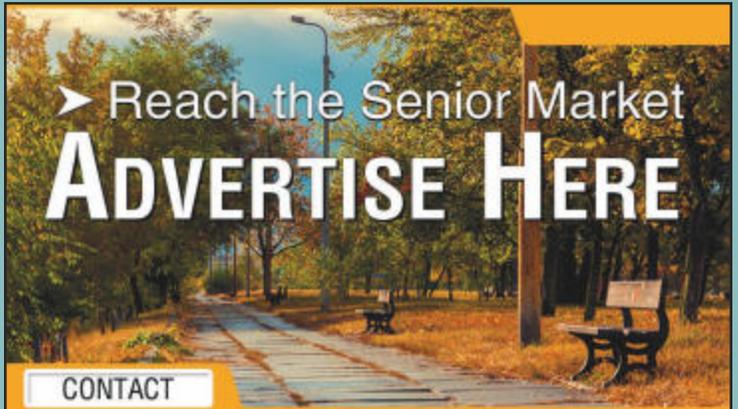
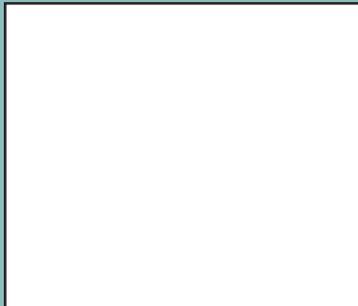


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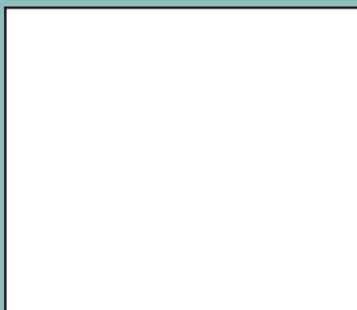
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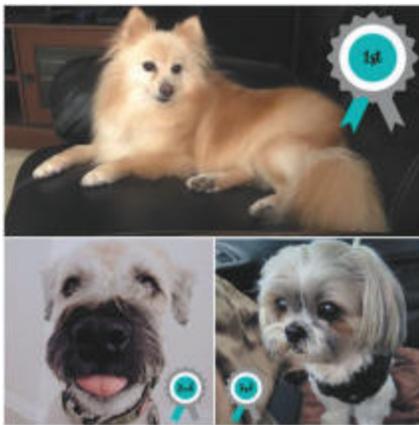
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My Best Friend Pet Photo Contest Results

On thing for sure, not only do your pets love you, but you love your pets! Just look at these winning entries. We received many more great pictures, and wish we could publish them all. Thanks to all who participated in the first My Best Friend Pet Photo contest. We loved seeing your favorite companions during 2020.

Best Dog



Best Pet (Non Dog/Cat)



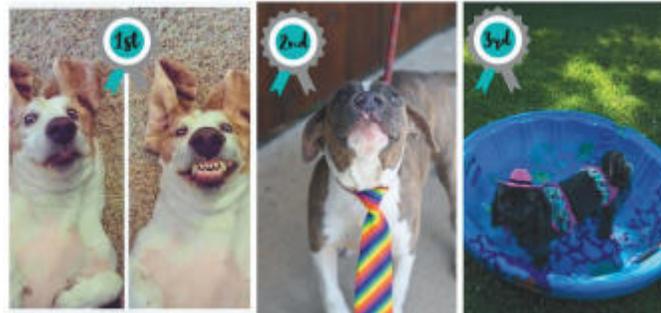
Best Cat



Best Dressed



Funniest Pet



Makes you go Awww...



Short Jokes for a Quick Smile

Q: What goes tick-tock, bow-wow, tick-tock, bow-wow?
A: A watch dog.

Q: How does a dog stop a video?
A: He presses the paws button.

Q: What is a cat's favorite movie?
A: The Sound of Mew-sic!

Q: How does a mouse feel after it takes a shower?
A: Squeaky clean!

Q: What does an octopus wear when it gets cold?
A: A Coat of Arms.

Q: How is a dog like a telephone?
A: It has a collar I.D.

Q: What time is it when 5 dogs chase 1 cat?
A: Five after one.

Q: What do you call a mommy cow that just had a calf?
A: De-calf-inated!

QuaranTheme Week—Candy Corn/Pumpkin Challenge

Introducing Quaran-Theme Week Challenges

Welcome to our first QuaranTheme Week Challenge. Each month, we will be presenting a theme and ideas to celebrate that theme. Snap a picture of your finished product and email it to seniors@thecolonytx.gov ASAP, preferably that day. Candy Corn pictures will be featured in the Oct 27 and Pumpkin pics in the Nov 3 weekly E-Newsletter. We hope you choose to do all the activities, but you may pick and choose just your favorites. Let the fun begin!

Candy Corn/Pumpkin Challenge

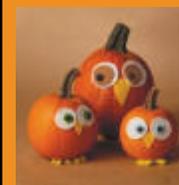
- ◆ Choose as many activities as you wish to do
- ◆ Complete an activity and snap a picture
- ◆ Email pictures to seniors@thecolonytx.gov
- ◆ Candy Corn entries due by Friday, Oct 23 at Noon
- ◆ Pumpkin entries due by Friday, Oct 30 at Noon
- ◆ Pictures will be featured in Oct 27 & Nov 3 E-Newsletters



Wear Crazy Candy Corn Socks

If you don't have any, decorate your own, or wear yellow and orange socks. Get Funky! Mix-n-Match!

Week 1—#1



Little Pumpkin Decorations

Use any or all - paint, markers, material, etc. to decorate small pumpkins for a table top decoration.

Week 2—#1



Guess the Number of Candy Corn in Jar

Take your best guess as to how many candy corn are in this mason jar. Closest guess will win the jar.

Week 1—#2



Fall Pumpkin Craft

Decorate an empty bottle or food jar (pickle, applesauce, jam, etc.) with a fall pumpkin theme

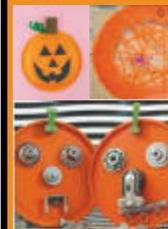
Week 2—#2



Make a Delicious Candy Corn Treat

It could be cookies, cake, or pie. It could even be whatever you have for desert with a candy corn topper.

Week 1—#3



Junk Drawer Paper Plate Pumpkins

Use any found item for decoration... items from junk drawer, screws, scraps of twine, yarn, material, ribbon.

Week 2—#3



Play TC Senior Bingo and use

Candy Corn for the markers! Go to www.thecolonytx.gov/seniors for info on how to play.

Week 1—#4



Carve a Pumpkin

Put your pumpkin carving skills to work. But save those pumpkin seeds for tomorrow!

Week 2—#4



Dress Up in Candy Corn Colors

Choose one: candy corn color nails, hair, hat, shirt, scarf/tie, or a complete outfit. Get creative! Then snap a selfie and send it to: seniors@thecolonytx.gov.

Week 1—#5



Roasted Pumpkin Seeds - Wash seeds, remove pulp, dry overnight. Toss seeds in 2 t oil. Spread on baking sheet. Sprinkle with choice of salt, garlic salt, brown sugar, chili or cayenne. Bake at 325 for 15 — 20 min.

Week 2—#5

Pickin' & Grinnin' Live Outdoor Concert - Senior Center Parking Lot



The last time you were able to see some of the Pickers' & Grinners' live was at the Memorial Day Drive Thru Parade, see above picture. At that time, you only heard part of one song as you drove by. On Tuesday, October 13th you are invited to enjoy an entire concert. The concert will be on the side parking lot in-between the senior center and the playground. You may bring your own chair, or folding chairs will be provided. It is recommended that you also bring something to drink, a snack, and a hat or umbrella for shade in case it gets sunny. Pre-registration is required so we know how much of the parking lot to block off and how many chairs are needed. See you there to enjoy some great Country, Blue Grass and Gospel music!

Pickin' & Grinnin'
Live Outdoor Concert
Tuesday, October 13
1:00—2:00pm

Pre-register by sending email to
seniors@thecolonytx.gov
 or call 972-624-2246

We will need your name, how many in your group, and if you need chairs. Bring your own drinks and/or snacks.

Hope to see you there!
 If needed, Rain date will be Tuesday, Oct 20

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Virtual Classes with New & Old Friends

Chair Exercise Program

Monday, Wednesday & Friday from 9:15 - 9:55am

Prerequisite: You must be willing to have fun while you get in shape!

Benefits may include: reduced pain and stiffness, restored/ maintained range of motion, improved balance and coordination, and decreased fatigue/increased endurance.

Walk Strong Exercise

Monday & Friday from 10:00 - 10:45am

This low impact class for beginning to intermediate level aerobic activity is equivalent to walking two miles

Chair Yoga

Tuesday & Thursday from 12:00 - 1:00pm

This gentle stretch and strengthen class is done in a chair or standing. Helps relieve stiffness/increase range of motion

Lunch Bunch

Monday from 12:00 - 2:00pm

Spend your lunchtime visiting with other seniors

Join these classes using info on page 8—Zoom Meetings Live

Happy Hookers Crochet

Tuesday from 10:00 - 11:30am

Bring your handwork, show it off, and visit with friends

Quilters Group

Wednesday from 10:00 - 11:30am

Catch up with friends and share your latest quilting project

Book Club

Alternate Wednesday from 2:00 - 3:00pm

This book club meets every other Wednesday. Send email to seniors@thecolonytx.gov for the current book title.

Caregiver Support Group

3rd Friday from 11:00 - 12:00pm

This group offers a listening ear for caregivers, especially those caring for loved ones with dementia

Garden Exchange

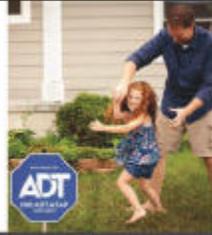
1st & 3rd Saturday from 10:30am - 12:00pm

Moderated group exchanging gardening ideas and tips

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Week-at-a-Glance

Monday

9:15 – 9:55am **Chair Exercise Live**
 10:00am – 10:45pm **Walk Strong**
 12:00 – 2:00pm **Lunch Bunch**

Tuesday

9:00am **Trail Walk Tuesdays**
NEW Fitness Program!
 Details on page 3
 10:00 – 11:30am **Happy Hookers**
 12:00pm - 1:00pm **Chair Yoga**
 1:00 – 2:00pm **Pickin' & Grinnin'**
LIVE! on Facebook
 Check Email **E-Newsletter**

Wednesday

9:15 – 10:00am **Chair Exercise Live**
 10:00am – 12:00pm **Quilter's Group**
 12:00 – 2:00pm **Woolly Wednesday**
Spinners
 2:00 – 3:00pm **Book Club,**
Oct 7 & 21 only
 7:00 – 8:30pm **The Colony Cut-Ups**
Oct 21 only

Candy Corn/Pumpkin Challenge

Check out Page 5 for fun ways to celebrate Fall. Submit to be in the E-Newsletter. We can't wait to see your pics!

Thursday

10:00 – 11:15am **Bingo LIVE! /Facebook**
 12:00pm - 1:00pm **Chair Yoga**
 12:00—1:00pm **Stayin & Playin**
LIVE! on Facebook

Friday

9:15 – 10:00am **Chair Exercise Live**
 10:00am – 10:45pm **Walk Strong**
 11:00a – 12:00pm **Caregiver Support**
Group, Oct 16 only
 Check Email **"What Not's" with**
Fun Pages/Updates

Saturday

10:30 – 12:00noon **Garden Exchange**

Zoom Meetings Live

Unless otherwise noted, all Week-at-a-Glance offerings are through Zoom meetings. If you would like to join one of the Zoom meetings, contact Michelle. Send your name, email and the class or group you wish to join to seniors@thecolonytx.gov. This is to keep our Zoom meetings safe by controlling who is invited. Also, when you join a Zoom meeting, you will go to a waiting room and then to the activity as a safety measure.

Facebook LIVE! Broadcasts

Bingo LIVE!, Pickin' & Grinnin', and Stayin' & Playin' are offered through Facebook Live. To log on to any of these activities, go to: <https://www.facebook.com/TCPARD/live/> 10 minutes before start time.

Bingo cards may be generated at:
<https://bingobaker.com/play/2986497>

Safely visit face to face with your friends this week! Join The Colony Seniors virtual program activities!