

### Senior Citizens of The Colony Raffle

Take a chance on winning one of these fabulous prizes and help The Colony Seniors at the same time. Tickets \$3 each or 2 tickets for \$5. Proceeds will benefit the 501 (c) 3 charitable projects. Tickets available at front desk.

Prizes include:

1. 40" Vizio TV
2. Apple iPad Mini
3. Crystal Eagle
4. Deluxe Poker Set
5. Farberware
6. Metalcraft Texas Star and more



**Please see Bulletin Board for November Birthdays**

### Get Well Cards

Novena Rhee - Joan Tribble

### Sympathy

Tom and Alyce Ruff (Daughter)

**Food Drive:** The area food banks are short many items and have a large demand. Bring your non-perishable items to the Center and leave with the feeling that you helped someone in need get through a rough time in their lives.

**Veterans:** The Denton County Veteran Services Offices are in the Government Building at 6301 Main Street each Friday from 8:00am to 10:00am. All services are free to veterans.

**SPAN:** Call SPAN at 972-624-2247 at least 24 hours in advance for daily lunches at The Colony Community Center or meals delivered to homebound seniors. Must be registered with SPAN.

**Meals on Wheels** needs volunteers to deliver meals to homebound seniors.

Contact Mike Stewart at 972-624-2247.

**Support the Senior Citizens of The Colony Kroger** donates part of your spending for the entire year, to the senior 501(c)(3) organization. [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com). # 82815.

**The Colony Community Center**  
5151 N. Colony Blvd.  
The Colony, TX 75056  
972-624-2246

### Community Center Membership

The Colony Community Center is a membership facility. You must have a Facility Use Pass to participate in Community Center activities.

Resident	\$10
Resident/Fitness 55+	\$15
Non-Resident	\$18
Non-Resident/Fitness 55+	\$25
Non-Member Daily Rate	\$2

### Day Trips and Tours

You must have a current membership pass to register for any trip or tour. Reservations are only confirmed after payment has been received. All reservations are first come, first served.

### Memories in the Making - Free

Friday, Oct 21 — 11:30am — 12:30pm

Join us for a free arts program for individuals with dementia. This program allows individuals to use art as a therapeutic medium, with no previous art experience necessary.

### Memory Care Support Group

Friday, Oct. 21

11:30am — 12:30pm

Running simultaneously with Memories in the Making, this is a support group for the loved ones and caregivers of someone with dementia.

### Board Meeting

Board meetings are held on the 4th Monday of each month at 9:00am. Any member of the Community Center is invited to attend these meetings.

### Tai Chi for Arthritis — Free Intermediate Class

Mondays & Wednesdays 1:00pm — 2:00pm

It is slow, gentle movements designed to improve movement and balance. Anyone wishing to improve range of motion is welcome.

# The Colony Community Center

November 2016



**Community Center Closed**  
**Friday, Nov. 11th - Veterans Day**

**Thursday, Friday and Saturday**  
**November, 24, 25 and 26**  
**Thanksgiving Holidays**

### Bingo

Friday	Nov	4	6:30pm
Thursday	Nov	10	10:00am
Friday	Nov	18	6:30pm

### Home Fire Safety

Learn how you can prepare!

Thursday, November 10, 2016 - 11:45am  
Representatives of the American Red Cross will be here to explain the dangers and advise on how to protect your property.

### Benefits Counseling

Tuesday, Nov. 15— 10:00am — 12:00pm  
Medicare re-enrollment ends Dec 7. If you need assistance, sign up at the front desk.

### Birthday Covered Dish

November 18 - 12:00pm

The Director and Staff of The Colony Community Center are pleased to announce our Volunteer of the Month.

### Congratulations!

**Audie Bennett**

Your dedication and service is greatly appreciated. (see details on the Bulletin Board)

### Photo Book/Gift Seminar

Tuesday, Nov 15 - 12:00—12:45pm

Diana will show how you can go online and create beautiful photo books and gifts with your pictures.

### Grapevine Mills Mall Trip

Tuesday, Nov 29 - 9:30am—3:00pm

Grapevine Mills Mall is filled with outlet stores, perfect for your holiday shopping! If you prefer, you can tour Sea Life Aquarium. (Purchase your tickets online before you go to get the best deal.) Lunch will be on your own at one of the malls many eateries.

### American Heroes

Saturday, November 5

11:45am - 8:30pm



Five Star Complex

Memorial Ceremony at 11:00am

Carnival, Silent Auction, Heroes Hut open at 12:00pm, Car Show, live music starting at 1:00pm

All American Fireworks at 8:00pm.



Don't miss out on a chance to win one of these great prizes. Tickets are \$3 or 2 for \$5.