

August 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>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 Glenda Womack</p> <p>Get Well Cards Don Alme Anna Dennis Collin Downing Jimmy Smith Joanne Woepfel</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 For information call 940-382-1900.</p>	<p>29 <small>July</small> 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</p>	<p>30 <small>July</small> Cardio Drumming 9:00+11:00a Hand & Foot 9:00a Crochet & Knit 9:30a & 6:00p Guitar Lessons 10:00a & 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 54th Street 4:30p Game Night 6:00—10:00p Origami 6:30—8:30p</p>	<p>31 <small>July</small> 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>1 <small>Aug</small> Cardio Drumming 9:00a Hand & Foot 9:00a Bunco 10:00a - 11:30a Lunch & Learn—12:00pm 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>2 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 NO Fri Chair Volleyball til 8/16 Guitar Lessons 11:00—12:00p</p> <p>Tai Chi to Video 1:00—2:00p Bingo sales 6:00p Game 6:30p</p>	<p>3 Game Day 10:00a—2:00p</p> <p>Crochet 10:00a — 2:00p</p> <p>Garden Club 10:30a—12:30p</p>
	<p>5 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>6 Cardio Drumming 9:00+11:00a Hand & Foot 9:00a Crochet & Knit 9:30a & 6:00p Guitar Lessons 10:00a & 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 Cheddar's 4:30p Game Night 6:00—10:0 Origami 6:30 — 8:30pm</p>	<p>7 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>8 Cardio Drumming 9:00a Hand & Foot 9:00a Bingo card sales at 9:15a Bingo game 10:00a</p> <p>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>9 Hand & Foot 9:00a in Poker Rm Euchre 9:00a in Poker Room AFEP Exercise 9:15at Rec Walk Strong 10:00—10:45a Adv Line Dance 10:00—11:45p NO Fri Chair Volleyball til 8/16 Guitar Lessons 11:00—12:00p Tai Chi to Video 1:00—2:00p</p> <p>Covered Dish 6:00p</p>	<p>10 Game Day 10:00a — 2:00p</p> <p>Crochet 10:00a — 2:00p</p>
	<p>12 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>13 Cardio Drumming 9:00+11:00a Hand & Foot 9:00a Crochet & Knit 9:30a & 6:00p Guitar Lessons 10:00a & 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 Angelina's 4:30p Game Night 6:00—10:00 Origami 6:30—8:30p Photography 7:00—8:00p</p>	<p>14 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 Hello Dolly! - 12:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p>15 Cardio Drumming 9:00a Hand & Foot 9:00a Bunco 10:00a - 11:30a Book Club 10:00—11:00a</p> <p>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>16 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 National Tell A Joke Day 11:45a Guitar Lessons 11:00—12:00p Tai Chi to Video 1:00—2:00p</p> <p>Bingo sales 6:00p Game 6:30p</p>	<p>17 Game Day 10:00a — 2:00p Crochet 10:00a — 2:00p Garden Club 10:30a—12:30p</p>
	<p>19 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>20 Cardio Drumming 9:00+11:00a Hand & Foot 9:00a Crochet & Knit 9:30a & 6:00p BPBS Check 10:00a Benefits Counseling 10:00a Guitar Lessons 10:00a & 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 Shaka Hawaiian BBQ4:30 Game Night 6:00—10:00p</p>	<p>21 AFEP Exercise 9:15—10:00a Time w/ Tail Waggers 10:00 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 Cut Ups/Quilting Group 7:00p</p>	<p>22 Cardio Drumming 9:00a Hand & Foot 9:00a Bingo card sales at 9:15a Bingo 10:00a</p> <p>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>23 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>24 Game Day 10:00a — 2:00p</p> <p>Crochet 10:00a — 2:00p</p>
	<p>26 501(c)3 Board Meeting—9:00a 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>27 Cardio Drumming 9:00+11:00a Hand & Foot 9:00a Crochet & Knit 9:30a & 6:00p Guitar Lessons 10:00a & 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 Chili's 4:30p Game Night 6:00—10:00p Origami 6:30—8:30p</p>	<p>28 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>29 Cardio Drumming 9:00a Hand & Foot 9:00a Bingo card sales at 9:15a Bingo game 10:00a</p> <p>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>30 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—11:30a Chair Volleyball 10:45—11:45a Guitar Lessons 11:00—12:00p Tai Chi to Video 1:00—2:00p</p> <p>Hootenanny 4:30-7:30pm</p>	<p>31 Game Day 10:00a—2:00p</p> <p>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
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
Garden Club	1 & 3 Sat	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

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.		
Ageless Grace	12:45—1:15 pm	Tue & Thu
A fun-filled, brain health and fitness program		
AFEP	9:15—10:00am	M-W-F
Arthritis Foundation Exercise Program is designed to help with arthritis, range of motion & balance.		
Walk Strong-Video	10:00—10:45am	M-W-F
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
Chair Yoga-Video	12:00—12:45pm	Tue & Thu
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 -slow, gentle exercise to improve movement/balance.		
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 September

Sept 13	Friday the 13th Day	11:45am—1:00pm	Fri	Free
Sep 19	Interurban Railway Museum	9:30 — 1:30pm	Thu	\$4
Sep 19	Book Club	10:00 — 11:00am	Thu	Free
	<i>The Alchemist</i> By Paulo Coelho			
Sep 28	Walk to End Alzheimer's	8:00 — 10:00am	Sat	Free



Senior Citizens of The Colony Craft Fair

Saturday, October 12 - 8am—4pm

Vendor registration underway. Last day for vendors to register is Sept 30th. Booth spaces are \$30 each.



The Colony Community/Senior Center

August 2019



Bingo

Friday	Aug 2	6:30pm
Thursday	Aug 8	10:00am
Friday	Aug 16	6:30pm
Thursday	Aug 22	10:00am
Thursday	Aug 29	10:00am

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

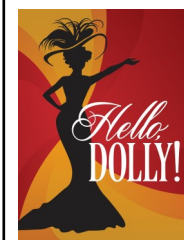


Volunteers of the Month

Alden and Howard

'Dynamic Numismatic Duo'

Howard and Alden are at the Community Center every Wednesday at noon, ready to share their knowledge, expertise and passion of coin and stamp collecting, trading and buying. These gentlemen have had the love and curiosity of coin/stamp collecting for decades and their hope is that others will find that same passion. They will purchase, trade and sell coins and stamps as well as educate others on their collections. Stop by the Community Center any Wednesday at Noon and talk Coins and Stamps with this 'Dynamic Numismatic Duo'!



Hello Dolly!

Wednesday Aug 14

11:15am — 3:00pm \$11

50th Anniversary showing at Studio Movie Grill! Dolly Levi uses her matchmaking skills in New York City to orchestrate the love lives of her friends, all the while trying to get the man she likes to fall for her. This event includes exclusive insight from Turner Classic Movies.

Royal Caribbean Liberty of the Seas

Grand Cayman, Jamaica & Cozumel

Feb 23—Mar 1, 2020

Deposit	\$ 250 + Insurance/person
Inside	\$ 939 Double/person
Ocean View	\$1059 Double/person
Spacious Balcony	\$1359 Double/person

Includes: Cruise, port charges, taxes, round trip shuttle from The Colony, tips for bus driver and baggage handling. Fully refundable until 11/8/19. Currently still have cabins available.

Register soon! Only a few cabins left!



Cardio Drumming Class

Tuesdays, 9:00—10:00am

11:00—11:30am

Thursdays, 9:00—10:00am

New aerobic class will get you moving and drumming to the music. Movements can be modified if desired and class can be done standing or sitting. Drumsticks and buckets are provided. Everyone must BYOB (bring your own ball) to class. Feel the beat and join the fun!

Hootenanny

Friday, Aug 30, 4:30—7:30pm

\$5 Donation appreciated!

Senior Citizens of The Colony 501(c)3 will provide tacos; meat and all the fixins. Please bring a side dish or dessert to go with the tacos. Music will be provided by Steve Gillis and friends from Pickin' & Grinnin'. Join us for an evening of familiar country, folk, blue grass and gospel music. You can fellowship during dinner and sing-a-long with friends.



National Tell A Joke Day

Friday, Aug 16, 11:45am — 1:15pm

Enjoy a light lunch and come prepared to share your favorite **CLEAN** joke. Jokes can make you laugh and laughter may brighten your day and improve your health. Please sign up at the front desk.



Book Club

How Hard Can It Be?

by Allison Pearson

Thursday, August 15

10:00am—11:00am



Walk to End Alzheimer's

Sept 28 at Grandscape

Registration—7:30am

Ceremony—8:30am

Walk—9:00am

The Colony Community Center 'Mind Joggers' are joining with the Alzheimer's Association to help raise awareness and funding to help end Alzheimer's. Sign-up to walk and/or donate at: <http://act.alz.org/goto/tcmindjoggers>.