

November 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Recurring Events</p> <p>Daily: 8:00am Coffee Hour</p> <p>Weekly: Monday 9:15am AFEP exercise 10:00am Line Dance 10:00am Walk Strong 10:45am Chair Volleyball 12:30pm Texas Hold'em</p> <p>Tuesday 9:30am Crochet & Knitting 12:00pm Yoga With a Chair 1:45pm Front Porch Pickers 6:00pm Game Night 6-10pm</p> <p>Wednesday 9:00am Computer Club 9:15am AFEP exercise 10:00am Walk Strong 10:00am Sewing/Quilting Group 10:45am Chair Volleyball 10:45am Texas Twisters</p> <p>Thursday 12:00pm 42 with dominos 1:00pm Line Dance</p> <p>Friday 9:15am AFEP exercise 10:00am Walk Strong 10:45am Chair Volleyball</p> <p>Monthly: Covered Dish Dinner 6:30pm - 2nd Friday Memories in the Making 11:30am - 3rd Friday Covered Dish Birthday New Member Lunch 12:00pm – Last Friday of month</p> <p>Hours of Operation Monday 8:00am - 3:00pm Tuesday 8:00am – 3:00pm 6:00pm – 10:00pm Wed 8:00am – 3:00pm Thursday 8:00am – 3:00pm Friday 8:00am – 3:00pm Saturday 10:00am – 2:00pm</p>	<p>501(c)(3) Meetings First Tuesday of: Feb., May, Aug. and Nov. at 12:30pm</p> <p>Board Meetings are the fourth Monday of each month at 9:00am</p>	<p>1</p> <p>BPBS Check 10:00am Crochet & Knit 9:30am Five Crowns 10:00am Yoga With A Chair 12:00pm 501(c)(3) Meeting 12:30 Front Porch Pickers 1:30pm Chili's 4:30pm Game Night 6:00 – 10:00pm</p>	<p>2 Mah Jongg 9 -11am AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Quilting Group 10:00am Chair Volleyball 10:45am Coin/Stamp Collectors 12:00 Bridge 12:00 pm – 3:00pm Tai Chi Beginner 12:30pm Tai Chi Intermediate 1 – 1:45</p>	<p>3</p> <p>Bunco 10:00am 42 with dominos 12 -3pm</p> <p>Line Dance 1 – 2:30pm</p>	<p>4</p> <p>AFEP Exercise:9:15 -10:00 Walk Strong Exercise 10:00 Advanced Line Dancing 10:00 – 12:00 Chair Volleyball 10:45am</p> <p>Bingo card sales at 6:00pm, first game 6:30pm</p>	<p>5</p> <p>Game Day 10:00am – 2:00pm</p> <p>Sewing Group 10:00am – 2:00pm</p>
	<p>7</p> <p>AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Line Dance 10 –11:30am Chair Volleyball 10:45am Texas Hold'em 12:30pm Tai Chi Beginner 12:30pm Tai Chi Intermediate 1 - 1:45p</p>	<p>8</p> <p>Crochet & Knit 9:30am Five Crowns 10:00am</p> <p>Yoga With A Chair 12:00pm Front Porch Pickers 1:30pm Cheddar's 4:30pm Game Night 6:00 – 10:00pm</p>	<p>9 Mah Jongg 9 -11am AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Quilting Group 10:00am Chair Volleyball 10:45am Coin/Stamp Collectors 12:00 Bridge 12:00 pm – 3:00pm Tai Chi Beginner 12:30pm Tai Chi Intermediate 1 – 1:45</p>	<p>10 Bingo card sales at 9:30am First game at 10:00am Seminar: Home Fire Safety 11:45am</p> <p>42 with dominos 12 -3pm Line Dance 1 – 2:30pm</p>	<p>11</p> <p>Community Center Closed Veterans Day</p>	<p>12</p> <p>Game Day 10:00am – 2:00pm</p> <p>Sewing Group 10:00am – 2:00pm</p>
	<p>14</p> <p>AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Line Dance 10 –11:30am Chair Volleyball 10:45am</p> <p>Texas Hold'em 12:30pm Tai Chi Beginner 12:30pm Tai Chi Intermediate 1 - 1:45pm</p>	<p>15</p> <p>Crochet & Knit 9:30am Five Crowns 10:00am Yoga With A Chair 12:00pm Photo Book Seminar 12:00pm - 12:45pm Front Porch Pickers 1:30pm Abuelo's 4:30pm Game Night 6:00 – 10:00pm</p>	<p>16 Mah Jongg 9 -11 AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Quilting Group 10:00am Chair Volleyball 10:45am Coin/Stamp Collectors 12:00 Bridge 12:00 pm – 3:00pm Tai Chi Beginner 12:30pm Tai Chi / Intermediate 1 – 1:45 Colony Cut-Ups 7:00pm</p>	<p>17</p> <p>Bunco 10:00am 42 with dominos 12 -3pm Line Dance 1 – 2:30pm Cruise Document Meeting 1:00pm Dinner Out Texas Road House 5:30pm</p>	<p>18 AFEP Exercise:9:15 -10:00 Walk Strong Exercise 10:00 Advanced Line Dancing 10:00 – 12:00 Chair Volleyball 10:45am Birthday Cover Dish 12:00p Bingo card sales at 6:00pm, first game 6:30pm</p>	<p>19</p> <p>Game Day 10:00am – 2:00pm</p> <p>Sewing Group 10:00am – 2:00pm</p>
	<p>21</p> <p>AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Line Dance 10 –11:30am Chair Volleyball 10:45am Texas Hold'em 12:30pm Tai Chi Beginner 12:30pm Tai Chi Intermediate 1 - 1:45p</p>	<p>22 Crochet & Knit 9:30am Benefits Counseling 10:00 Five Crowns 10:00am</p> <p>Yoga With A Chair 12:00pm Front Porch Pickers 1:30pm Wasabi 4:30pm Game Night 6:00 – 10:00pm</p>	<p>23 Mah Jongg 9 -11 AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Quilting Group 10:00am Chair Volleyball 10:45am Coin/Stamp Collectors 12:00 Bridge 12:00 pm – 3:00pm Tai Chi Beginner 12:30pm Tai Chi / Intermediate 1 – 1:45</p>	<p>24</p> <p>Community Center Closed Thanksgiving</p> 	<p>25</p> <p>Community Center Closed</p>	<p>26</p> <p>Community Center Closed</p>
	<p>28 AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Line Dance 10 –11:30am Chair Volleyball 10:45am</p> <p>Texas Hold'em 12:30pm Tai Chi Beginner 12:30pm Tai Chi Intermediate 1 - 1:45pm</p>	<p>29 Crochet & Knit 9:30am Five Crowns 10:00am Yoga With A Chair 12:00pm Grapevine Mills Mall 9:30am - 3:00pm Front Porch Pickers 1:30pm Tony's 4:30pm Game Night 6:00 – 10:00pm</p>	<p>30 Mah Jongg 9 -11 AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Quilting Group 10:00am Chair Volleyball 10:45am Coin/Stamp Collectors 12:00 Bridge 12:00 pm – 3:00pm Tai Chi Beginner 12:30pm Tai Chi / Intermediate 1 – 1:45</p>	<p>Benefits Counseling</p> <p>North Texas Area Agency on Aging Tuesday, Nov. 15 Appointments 10:00 – 12:00 Sign-up required</p>	<p>Grapevine Mills Shopping Tuesday, November 29 Break open the piggy banks, bring your Christmas cash and join us on a shopping trip or just browse one of the largest discount malls in our area.</p>	<p>Tai Chi for Arthritis Mon. & Wed. Beginner 12:30 – 1:00pm Intermediate 1:00 - 1:45pm Especially designed for those with arthritis. Slow gentle movements designed to improve movement and balance</p>

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