

Community Center Upcoming Events & Activities

5151 N Colony Blvd. The Colony, TX 75056

972-624-2246

<i>Ongoing</i>	<u>Chair Volleyball</u>	10:45 - 11:45am	M-W-F	Free
<i>Fitness</i>	<u>AFEP Exercise</u>	9:15 - 10:00am	M-W-F	Free
	<u>Walk Fit 2 Mile Video Exercise</u>	10:00 - 10:45am	M-W-F	Free
	<u>Line Dance</u>	10:00 - 11:30am	Monday	Free
		1:00 - 2:30pm	Thursday	Free
	<u>Yoga with a Chair</u>	12:00 - 12:45pm	Tuesday	Free

Tai Chi for Arthritis:

Beginner Class 12:30 – 1:15pm Mon & Wed Free

Intermediate Class 1:00 – 2:00pm Mon & Wed Free

Designed especially for those with Arthritis, this Tai Chi is slow, gentle movements geared toward improving movement and balance. Any member wishing to improve range of motion and/or balance is welcome to attend.

<i>Ongoing</i>	<u>Pickin' & Grinnin'</u>	1:45pm – 3:00pm	Tuesday	Free
<i>Fun</i>	Bring your guitar, fiddle or “whatever” and join Fred & Lavelle for a little noise makin’ and a lot of fun! Or, just bring yourself, tap your toes and clap your hands as you listen or sing along to some old favorites.			



August **PB&J Food Drive** Entire month of August
 The Senior Citizens of The Colony 501 c (3) is sponsoring this month long drive to help replenish stores of peanut butter and jelly in local food banks. Your donations are appreciated!

Aug 9 **Game Night Time Change** 4:00pm – 8:00pm Tuesday free
 Due to the annual Back to School Bash, which is from 5:00pm – 8:00pm, we are adjusting game night hours to allow for parking for our members.

Aug 23 **Perot Museum** 9:15am – 2:15pm Tuesday \$18
 Inspire your mind through nature and science! The Perot Museum features a special exhibit: “Eye of the Collector”. Visit collections of Dallas Cowboy memorabilia, PEZ dispensers of all kinds, the largest Star Wars collection in the world, gorgeous Ballet Folklorico dresses and more! Bring extra money for lunch and \$7 for a 40 minute, 3D video on Adventures in national Parks)

More activities on other side of page

- Aug 25** **Blood Drive** 9:00am – 2:45pm Thursday
 If you are an eligible donor, please consider donating. A single donation can help save three lives.
- Aug 29** **Laugh a Latte** 12:30 – 1:30pm Monday
 Learn how laughter can make your life better in many ways. Class lead by Ruby Watson Master Wellness Volunteer, Texas A&M Extension Service.
- Sep 17** **Senior Follies** 1:00pm – 5:30pm Saturday \$30
 Reminiscent of the legendary Ziegfeld Follies and performed by talented individuals aged 55 and better, The Senior Follies “Bravo Broadway” production is full of Singing, Dancing, and Glorious Costumes!
- Oct 6th** **State Fair of Texas** 2:00pm – 10:00pm Thursday \$5
 Enjoy every type of fried food imaginable! Seniors 60+ get in free, others may purchase ticket at the gate.
- Oct 8** **Craft Fair** 9:00am – 2:00pm Saturday
 This event is put on by The Colony Seniors 501(c)3. Booth spaces are \$20 each to display your crafts. Booth rental proceeds go to The Colony Seniors 501 (c)3. Browse and find some great deals! For more information, contact Fiona or Lillian at (972) 624-2246. Sign-up sheet is in the book at the front desk.
- Oct 13** **AARP Driver Safety** 12:30pm – 4:30pm Thursday
 Cost is \$15 for AARP members, \$20 for non AARP members. You will learn defensive driving techniques, proven safety strategies and new traffic laws and rules of the road. Check with your insurance company. Successful completion of this class may also reduce your rates.

New activities are added as they become available.