

## WEEKLY ACTIVITIES

### Hours:

Closed Saturday-Monday

### Tuesday

8:00 a.m.-2:00 p.m.  
& 5:00-9:00 p.m.

### Wednesday-Friday

8:00 a.m.-2:00 p.m.

### Holiday Closings

Check class information for  
specific closure dates.

New Year's Day Jan. 2

Good Friday Apr. 14

### Tuesday

1:00 p.m. ACBL Sanctioned  
Duplicate Bridge

5:00 p.m. "42"

5:00 p.m. Euchre

5:00 p.m. Supper and Social

### Wednesday

9:30 a.m. Social Bridge

2:00 p.m. Choralaires

### Thursday

1:00 p.m. ACBL Sanctioned  
Duplicate Bridge

### Friday

9:00 a.m. "84"

9:30 a.m. "42"

9:30 a.m. Social Bridge

9:30 a.m. Mah Jong



## SENIOR CENTER MEMBERSHIP

Memberships are available to those ages 50+. Memberships are required for anyone participating in any senior class, program, or activity, or for anyone using the fitness facility.

Resident membership: No annual fee; Non-resident membership: \$10 per year.

Colleyville Senior Center  
2512 Glade Road  
Colleyville, Texas 76034



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COLLEYVILLE

# Active Adult

NEWS FOR COLLEYVILLE'S ACTIVE SENIOR ADULTS

JANUARY - APRIL 2017



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Colleyville Senior Center  
2512 Glade Road  
817.503.1195  
Colleyville.com



## Fitness Classes

### Strength 45

This is a 45-minute strength class using weights and exercise resistance bands. Exercises improve balance and flexibility. Fee is for four sessions; start at any time. For details and to register call 817.676.3300.

**Day/Time:** Wed., 8:30-9:15 a.m.

**Dates:** Jan. 4-25, Feb. 1-22, Mar. 1-22, Apr. 5-26

**Fees:** \$15 (Drop-in \$5/class)

**Location:** Senior Center-Lone Star Room

**Instructor:** Maureen Utzinger

### Jazzercise Lite

This class combines moderate aerobics with exercises that improve strength, balance, and flexibility. Strength 45 class is included with registration. Start at any time with prorated fees. New students receive the first two classes free. For details and to register call 817.676.3300.

**Day/Time:** Tue. & Thu., 9:00-10:00 a.m.

**Dates:** Jan. 3-26, Feb. 2-28, Mar. 7-30, Apr. 4-27

**Fees:** \$32 (Drop-in \$10/class)

**Location:** Senior Center-Lone Star Room

**Instructor:** Maureen Utzinger

### Tai Chi – Yang Style

Tai Chi is a great way to reduce stress and improve concentration, balance, strength, and flexibility through gentle movements. Registration required.

**Day/Time:** Thu., Noon-1:00 p.m.

**Dates:** Jan. 5-26, Feb. 2-23, Mar. 2-23, Apr. 6-27

**Fees:** \$27 (Drop-in \$13/class)

**Location:** Senior Center-Texas Room

**Instructor:** Annette Briggs

### Tai Chi for Arthritis

This class is designed for those who have joint and/or muscle problems. Taught by certified Arthritis Foundation instructors. Registration required.

**Day/Time:** Tue., 9:00-10:00 a.m.

**Dates:** Jan. 3-24, Feb. 7-28, Mar. 7-28, Apr. 4-25

**Fees:** \$27 (Drop-in \$13/class)

**Location:** Senior Center-Texas Room

**Instructor:** Annette Briggs

### Yoga Flow Basics

Each month, the class begins by teaching basic alignment of selected poses, breath work, and meditation. As the class progresses, new poses are added creating a flow using these poses and synchronizing them with proper breathing. Each class utilizes warm-up poses to allow deeper stretching and cool-down poses to release the muscles and allow for complete relaxation. No experience necessary. The class is designed to provide options for all levels.

**Day/Time:** Tue. & Thu., 11:00 a.m.-Noon

**Dates:** Jan. 5-31, Feb. 2-28, Mar. 2-28, Apr. 4-27

**Fees:** \$40 (Drop-in \$10/class)

**Location:** Senior Center-Lone Star Room

**Instructor:** Lynne Clem

### Gentle Stretch Yoga

This gentle class, practiced to soothing music, combines Level 1 poses, breath work, and meditation. It is geared toward students who wish to move at a slower pace, as well as those that desire a more gentle practice between their more vigorous activities. Props are used for gentle relaxation and deepening the restorative benefits of the poses.

**Day/Time:** Sat., 9:45-10:45 a.m.

**Dates:** Jan. 7-28, Feb. 4-25, Mar. 4-25, Apr. 1-22

**Fees:** Residents \$30; Non-residents \$35 (Drop-in \$10/class)

**Location:** Senior Center-Texas Room

**Instructor:** Lynne Clem

### New Year Restorative, Yin & Yoga Nidra

Gently stretch, restore, and be guided through visualizations that create the life and adventures you desire in your new year. Relax, release, and heal as you linger in passive poses with comfort enhancing props. Gentle poses increase flexibility and rehab joints and muscles. Achieve complete physical, mental, and emotional relaxation from powerful guided meditation which allows you to overcome old habits and create new healthy ones. Thirty minutes of Yoga Nidra equals four hours of deep restorative sleep.

**Day/Time:** Sun., 2:00-4:15 p.m.

**Dates:** Jan. 22

**Fees:** \$25 if registered by Jan. 17 (After 5 p.m. on Jan. 17: \$30)

**Location:** Senior Center-Lone Star Room

**Instructor:** Lynne Clem

## Special Interest

### AARP Smart Driver Course

Improve driving skills and be more aware of other drivers to ensure greater safety on the road. This course may be used to qualify for insurance discounts; however, it cannot be used for dismissal of a ticket. Registration required. Pay fees at time of class.

**Day/Time:** Mon., 9:30 a.m.-2:00 p.m.

**Dates:** Jan. 9, Mar. 20

**Fees:** AARP Member \$15; Non-AARP member \$20

**Location:** Senior Center-Rio Grande Room

**Instructor:** John Chreno

### AARP Tax Help

Free tax assistance provided by AARP. Appointments are required and reservations can be made through the Senior Center.

**Day/Time:** Tue., 8:30 a.m.-12:30 p.m.

**Dates:** Feb. 14-April 18

**Location:** Senior Center-Rio Grande Room

### Vision & Cataract Screenings

A mobile unit from the Carter Eye Center will be on-site to perform complimentary screenings.

**Day/Time:** Wed., 10:00a.m.-1:00 p.m.

**Dates:** Jan. 11

**Location:** Senior Center

**Instructor:** Carter Eye Center

### Heartfulness Meditation

Heartfulness is a simple and effective way to integrate meditation into our daily life. The heartfulness technique shows us to gently turn our attention towards our heart and experience that inner presence for ourselves. The course consists of a description of the technique, followed by a guided relaxation session, followed by a meditation session. The courses are for people seeking relaxation, individual meditation practice, or to develop the deepest connection to one's inner being.

**Day/Time:** Tue., 5:30-6:30 p.m.

**Dates:** Jan. 3-31, Feb. 7-28, Mar. 7-28, Apr. 4-25

**Location:** Senior Center-Texas Room

**Instructor:** Rufus Moses

### Lunch & Learns

Come for a complimentary meal and stay for an educational presentation from a local organization. Contact the Senior Center for a current list of presenters. Registration required.

**Day/Time:** Fri., 11:30 a.m.-1:00 p.m.

**Dates:** Jan. 13, Jan. 27, Feb. 24, Mar. 10, Mar. 24, Mar. 31, Apr. 28

**Location:** Senior Center-Lone Star Room

### Making Sense Out of Social Security

The rules of social security are different for singles, couples, widows/widowers, divorcées, and disabled dependents. Even a seemingly small decision can add many dollars to the checks you'll receive over your lifetime. Early benefits are sometimes beneficial - but they could be a huge mistake! How do you know what will work best for you? Social security is key in your retirement. It's a once in a lifetime decision! Make sure you know all of your options - sign up for a class today.

**Day/Time:** Tue., 7:00-8:30 p.m.

**Dates:** Jan. 10, Mar. 7

**Location:** Senior Center-Texas Room

**Instructor:** The Foundation for Financial Education

## Socials

### Valentine's Day Celebration

Help us spread the love this year at the Valentine's Day Celebration. Canned good donations will be accepted to benefit the GRACE Food Pantry. Door prize drawings will follow a social featuring a buffet of sweets. Each attendee will receive two tickets to be used in the door prize drawings and one additional ticket per donated canned good. Donations are not required to attend.

**Day/Time:** Fri., Noon

**Dates:** Feb. 10

**Location:** Senior Center-Lone Star Room

### Annual Senior Prom

Enjoy a night of dancing, games, food, and fun at the senior prom. The prom is presented by the Colleyville Heritage High School Leadership Class in conjunction with the Senior Center.

**Day/Time:** Fri., 6:00-8:00 p.m.

**Dates:** April-exact date TBA

**Location:** TBA

## Monthly Activities

### Jam Session

All instruments and experience levels welcome.

**Day/Time:** Tue., 10:00 a.m.-1:30 p.m.

**Dates:** Jan. 3, Jan. 17, Feb. 7, Feb. 21,  
Mar. 7, Mar. 21, Apr. 4, Apr. 18

**Location:** Senior Center-Texas Room

### Genealogy Group

Topics include: Find A Grave, cemetery research beyond Find A Grave, Sons of the American Revolution, Daughters of the American Revolution.

**Day/Time:** Wed., 10:00 a.m.

**Dates:** Jan. 4, Feb. 1, Mar. 1, Apr. 5

**Location:** Senior Center-Rio Grande Room

### Breakfast-in-a-Bag

We've got breakfast literally...in the bag. Join us for an assortment of omelets with all your favorite add-ins...prepared in a bag.

**Day/Time:** Wed., 9:30 a.m.

**Dates:** Jan. 18, Feb. 15, Mar. 15, Apr. 19

**Location:** Senior Center-Lounge

### Scrapbooking

Join this come-and-go scrapbooking group. Both digital and traditional scrapbooking welcome.

**Day/Time:** Thu., 9:00 a.m.

**Dates:** Jan. 5, Jan. 19, Feb. 2, Feb. 16,  
Mar. 2, Mar. 16, Apr. 6, Apr. 20

**Location:** Senior Center-Oklahoma Room

### Metroport Meals on Wheels

Enjoy coffee, treats, and games in the morning. Bingo begins after lunch. Those 90+ eat for free. No reservations required.

**Day/Time:** Fri., Noon

**Dates:** Jan. 6, Jan. 20, Feb. 3, Feb. 17,  
Mar. 3, Mar. 17, Apr. 7, Apr. 21

**Fees:** \$4

**Location:** Senior Center-Lone Star Room

## Dance

### Line Dancing

Learn the basic steps of line dancing and have fun practicing to a variety of music. Discounted rates are available by registering for both classes in the same month. Registration required.

#### Beginner

**Day/Time:** Wed., Noon-1:00 p.m.

#### Improver/Intermediate

**Day/Time:** Wed., 1:00-2:00 p.m.

**Dates:** Jan. 4-25, Feb. 1-22, Mar. 1-22,  
Apr. 5-26

**Fees:** \$16 (Drop-in \$5/class)

**Location:** Senior Center-Texas Room

**Instructor:** Judy Sides

### Tap Dancing

Learn to tap dance. No dance experience required and all fitness levels welcome. Registration required.

**Day/Time:** Wed., 10:30-11:30 a.m.

**Dates:** Jan. 4-25, Feb. 1-22, Mar. 1-22,  
Apr. 5-26

**Fees:** \$27 (Drop-in \$11/class)

**Location:** Senior Center-Texas Room

**Instructor:** Michele Burger

### Social Dance

Strap on your dancing shoes and make plans to attend the Social Dance. Listen and dance to a variety of great music.

**Day/Time:** Wed., 7:00-9:15 p.m.

**Dates:** Mar. 15

**Fees:** \$5

**Location:** Senior Center-Lone Star Room

### Ballroom Dance

Learn different ballroom dances that will enable you to dance at that upcoming wedding, office party, or beginner competition, while providing hours of enjoyment.

**Day/Time:** Thu., 7:00-8:30 p.m.

**Dates:** Jan. 5-26, Feb. 2-23, Mar. 2-23,  
Apr. 6-27

**Fees:** Residents \$54; Non-residents \$59

**Location:** Senior Center-Lone Star Room

**Instructor:** Barry Gazaway

## Trips

### Trip Information

Join the fun as Senior Center members visit various locations, both near and far. Venues will vary from sports and education to entertainment and special interest. Transportation is provided and will depart from the Senior Center. Payment is non-refundable and is due at the time of registration.



### Winstar World Casino

Transportation leaves from the Senior Center. A free breakfast is offered at the casino.

**Day/Time:** Wed., 8:00 a.m.

**Dates:** Jan. 25, Feb. 22, Mar. 22, Apr. 26

**Fees:** \$5

**Location:** Thackerville, Oklahoma

### Senior Community Tours

Enjoy a complimentary tour of a local senior living community followed by lunch. Transportation is provided and leaves from the Senior Center. Registration required.

#### The Lodge at Bear Creek-Grapevine

Mon., Jan. 30, 11:00 a.m.

#### Meadowood at the Vineyards-Grapevine

Mon., Feb. 13, 11:00 a.m.

#### Keller Oaks Healthcare Center-Keller

Mon., Mar. 27, 11:00 a.m.



### Magnolia Market at the Silos & Czech Stop

There's a little something for everyone at Magnolia Market at the Silos. Shopping, games, the garden and even a bite to eat. The Market is staged and set up with one goal in mind: to inspire you to own the space you're in. The market is owned by Chip and Joanna Gaines of the HGTV show Fixer Upper. We will visit the famous Czech Stop for lunch and dessert on the drive back.

**Day/Time:** Mon., 8:30 a.m.

**Dates:** Jan. 16

**Fees:** \$5

**Location:** Waco, Texas

### Top O' Hill Terrace Tour

Tour this Texas Historic Landmark known as "Vegas before Vegas." The facilities feature a casino, an escape tunnel and a secret room for hiding the gambling paraphernalia during raids.

**Day/Time:** Mon., 12:15 p.m.

**Dates:** Feb. 20

**Fees:** \$15

**Location:** Arlington, Texas

### Canton 1st Monday Trade Days

The oldest, largest continually operating outdoor flea market in the United States, with spots for more than 6,000 vendors.

**Day/Time:** Thu., 8:00 a.m.

**Dates:** March 30

**Fees:** \$5

**Location:** Canton, Texas

### Texas Civil War Museum

The largest Civil War museum west of the Mississippi River features weapons, uniforms, artifacts and civilian clothing from the Civil War. Its 75-seat theater shows videos about Texas's involvement in the Civil War. Don't miss the Judy Richey Victorian Dress Collection, which features more than 200 dresses. The Magnolia Mercantile gift shop showcases specialty items related to the Civil War and Victorian era.

**Day/Time:** Thu., 10:00 a.m.

**Dates:** April 20

**Fees:** \$10

**Location:** Fort Worth, Texas