

# Colley PROGRAMS

## Health & Fitness Programs

- Aerobics
- Line Dancing
- Open Gym
- Walking
- Yoga

## Creative/Artistic Programs

- Accordion
- Ceramics
- Painting
- Pottery
- Quilting
- Recorder
- Sewing
- Stain Glass

## General Programs

- Beginner Computer
- Bridge
- Dominoes
- Educational Bingo
- Table Games
- Travel

# Colley EVENTS

## Mardi Gras Gala



The Mardi Gras Gala is the largest fundraiser for the Colley Senior Complex. The Gala features food and festivities in the New Orleans styled Mardi Gras celebrations, entertainment, and dancing. This charity fundraiser takes place during the Mardi Gras celebration each February.

## Trips & Tours



The Colley Senior Complex schedules various trips and tours throughout the year. Most of the travel is within our great state of Alabama, but we often visit other states such as Georgia and Florida as well. If you are interested in joining us on a trip or tour, contact the Colley Senior Complex.



*Enriching Everyday Lives!*



## J.O. COLLEY SENIOR COMPLEX

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## OUR GOAL

*Continue to make a difference in the quality of life for our senior adults while enhancing their wellness, creativity and independence.*



# About the Colley Senior Complex!



Welcome to the Colley Senior Complex, where our members are involved, active, friendly, fun, and young at heart!

All persons 50 years of age and older are invited to join us for our programs and activities regardless of race, creed, sex, handicap or national origin. We charge no dues or membership fees.

All of our services are supported by suggested donations. We do not turn any person away based on their ability to pay.

The Colley Senior Center is funded by the City of Troy and the Troy Senior Foundation through private donations from members and friends. We are a 501C3 organization.

Our mission is to provide comprehensive, quality programs tailored to meet the needs of adults 50 years of age and older. Through our programs we have seen many lives changed for the better.

We seek to provide an atmosphere where senior adults can live, learn and laugh together.

**HOURS OF OPERATION: Monday–Friday: 8:00 am–4:00 pm**

