



The Colerain Senior Center offer programs that meet the needs of all members regardless of age.

**Operation Hours
Membership, Bus Trips
& Program Info**

Hours & Fees
M-Th 9 a.m.- 4 p.m.
F 9 a.m. -3 p.m,
\$20 1 year residence
\$30 1 year non residence
513-923-5050

Shopping Tuesday

9:30 a.m.—1:00 p.m.
Register by 11 a.m. the day prior 513-923-5050

Council on Aging (COA)

Meals

Served at the Senior Center M—F at Noon.
Register by 11 a.m. day prior. Suggested Donation \$2.50

Contact CSC
513-923-5050

Nora A. Dashley
Program Director
Colerain Senior Center-
Clippard Family Y
CSC-513-923-5050
YMCA-513-923-4466
ndashley@MyY.org
Facebook: Colerain Senior
Center-Clippard Family Y

July 2018

Mon	Tue	Wed	Thu	Fri
<p>2 SilverSneaker Classic 9:30-10:30 Open Billiards 9-4 Open Painting 9—3 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4</p>	<p>3 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p>4 CENTER CLOSED HAPPY 4TH OF JULY! (Please note we will be offering Bingo on each Wednesday of this month due to holiday closing July 4th)</p>	<p>5 Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1-2 Plastic Bag Mat 1-4</p>	<p>6 Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 Lunch Bunch 10:45 Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 9-3 Chair Yoga 2 –3</p>
<p>9 SilverSneaker Classic 9:30-10:30 Open Billiards 9-4 Open Painting 9—3 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4</p>	<p>10 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p>11 Open Billiards 9-4 Pathways to Home 10-12:30 Jewelry Design 9-11:30 Sewing 12:30-3 BirthDay Bingo 10:30-2:30 Hoxworth Blood Drive @ the Clippard Family Y 1-2:15 and 3:30-7</p>	<p>12 Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1-2 Plastic Bag Mat 1-4</p>	<p>13 Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 9-3 Chair Yoga 2 –3</p>
<p>16 SilverSneaker Classic 9:30-10:30 Open Billiards 9-4 Open Painting 9—3 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4</p>	<p>17 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p>18 Open Billiards 9-4 Pathways to Home 10-12:30 Jewelry Design 9-11:30 Sewing 12:30-3 Bingo 10:30-2:30 (please note we are having Bingo on this day due to off on July 4th)</p>	<p>19 Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Tai Chi 11-Noon Poker 11:30-3 Clavinova 1-2 Plastic Bag Mat and Comfort Quilt, Crochet 1-4</p>	<p>20 Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 Lunch Bunch 10:45 Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 9-3 Chair Yoga 2 –3</p>
<p>23 SilverSneaker Classic 9:30-10:30 Open Billiards 9-4 Open Painting 9—3 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4</p>	<p>24 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p>25 Open Billiards 9-4 Jewelry Design 9-11:30 Sewing 12:30-3 Bingo 10:30-2:30</p>	<p>26 Open Billiards 9-4 Ceramics 9-4 SilverFox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1 –2 Plastic Bag Mat 1-4</p>	<p>27 Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 9-3 Chair Yoga 2 –3 BUS TRIP-Arlington-Lunch</p>
<p>30 SilverSneaker Classic 9:30-10:30 Open Billiards 9-4 Open Painting 9—3 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4</p>	<p>31 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Blood Pressure Chk 10 Bridge 12-3</p>	<p>KUDO's of the MONTH! Margaret (Marge) Schamer</p>	<p>SAVE THE DATE! August 30, 1-3 Karaoke Disco & September 19 Thank a Vet Social 12-2</p>	<p>SAVE THE DATE! Wednesday July 11 Hoxworth Blood Drive @ the Clippard Family Y 1-2:15 and 3:30-7</p>



July 2018

The Clippard Family Y Senior Program titled "Forever Young" reminds us that the Y has programs FOR ALL!

Programs

Registration is required in advance for most programs, events & wellness.

Bus Trips

More Information call 513-923-4466

Contact

Nora A. Dashley
Program Director
Colerain Township Senior Center and Clippard Family YMCA
CSC—513-923-5050
YMCA- 513-923-4466
ndashley@MyY.org
FaceBook: Clippard Y & Colerain Senior Center –Forever Young

Mon	Tue	Wed	Thu	Fri
<p>2 Active Adult Cardio 8:30-9:15 Shallow Water 1 11:05-12 Aqua Arthritis 1-1:55 *NEW Chair Volleyball 12-3</p>	<p>3 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>4 Shallow Water I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi 3:30-4:30 Aqua Arthritis 1-1:55</p>	<p>5 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 Zumba - 5:15-6:15 Hatha Yoga—7:30-8:25 p.m.</p>	<p>6 Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Book Club 12:45-2 Aqua Arthritis 1-1:55 Pickleball 1-4</p>
<p>9 Active Adult Cardio 8:30-9:15 Shallow Water 1 11:05-12 Aqua Arthritis 1-1:55 *NEW Chair Volleyball 12-3</p>	<p>10 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>11 Shallow Water I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi 3:30-4:30 Aqua Arthritis 1-1:55 Pilates 6:15 p.m.-7:10</p>	<p>12 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 Zumba - 5:15-6:15 Hatha Yoga—7:30-8:25 p.m. Plastic Bag Mat 1-4 (Held at CSC)</p>	<p>13 Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 Pickleball 1-4</p>
<p>16 Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 *NEW Chair Volleyball 12-3</p>	<p>17 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>18 Shallow Water I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi 3:30-4:30 Aqua Arthritis 1-1:55 Pilates 6:15 p.m.-7:10</p>	<p>19 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 Zumba - 5:15-6:15 Hatha Yoga—7:30-8:25 p.m. Plastic Bag Mat & Comfort Quilts 1-4 (Held at CSC)</p>	<p>20 Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 Pickleball 1-4</p>
<p>23 Active Adult Cardio 8:30-9:30 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 *NEW Chair Volleyball 12-3</p>	<p>24 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>25 Shallow Water I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi 3:30-4:30 Aqua Arthritis 1-1:55 Pilates 6:15 p.m.-7:10</p>	<p>26 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 Zumba - 5:15-6:15 Hatha Yoga—7:30-8:25 p.m. Plastic Bag Mat 1-4 (Held at CSC)</p>	<p>27 Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 Pickleball 1-4</p>
<p>30 Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 *NEW Chair Volleyball 12-3</p>	<p>31 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>KUDO's of the MONTH! Larry Speeg</p>	<p>SAVE THE DATE! August 30, 1-3 Karaoke Disco & September 19 Thank a Vet Social 12-2</p>	<p>SAVE THE DATE! Wednesday, July 11 Hoxworth Blood Drive @ the Clippard Family Y 1-2:15 and 3:30-7</p>