



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

August 2018

Mon	Tue	Wed	Thu	Fri
<p>KUDO's of the MONTH!</p> <p>Bill Sutter</p>	<p>SAVE THE DATE! *New COA Matter of Balance 8 Week Educational Program beginning September 20</p> <p>*Thank a Vet Social September 19, 12-2 *Karaoke Disco, Thursday, September 27, 1-3</p>	<p>1 Open Billiards 9-4 Pathways to Home 10-12:30 Jewelry Design 9-11:30 Sewing 12:30-3 Bingo 10:30-2:30</p>	<p>2 Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1-2 *NEW Book Club 12:45-2 Plastic Bag Mat 1-4</p>	<p>3 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>6 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>7 Open Billiards 9-4 Stain Glass 9 - Noon Water Color Painting 9-12 Bridge 12-3</p>	<p>8 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</p>	<p>9 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>10 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>13 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>14 Open Billiards 9-4 Stain Glass 9 - Noon Water Color Painting 9-12 Bridge 12-3</p>	<p>15 Open Billiards 9-4 Pathways to Home 10-12:30 Jewelry Design 9-11:30 Sewing 12:30-3</p>	<p>16 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>17 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>20 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>21 Open Billiards 9-4 Stain Glass 9 - Noon Water Color Painting 9-12 Bridge 12-3</p>	<p>22 Open Billiards 9-4 Jewelry Design 9-11:30 Sewing 12:30-3 Bingo 10:30-2:30</p>	<p>23 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>24 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>27 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>28 Open Billiards 9-4 Stain Glass 9 - Noon Water Color Painting 9-12 Blood Pressure Chk 10 Bridge 12-3</p>	<p>29 Open Billiards 9-4 Jewelry Design 9-11:30 Sewing 12:30-3</p>	<p>30 Open Billiards 9-4 Ceramics 9-4 SilverFox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1 -2 Plastic Bag Mat 1-4 Karaoke Disco 1-3</p>	<p>31 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-Winton Woods Boat Tour-11</p>



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

August 2018

Mon	Tue	Wed	Thu	Fri
<p>KUDO's of the MONTH!</p> <p>Judy Shirkey</p>	<p>SAVE THE DATE!</p> <p>*New COA Matter of Balance 8 Week Educational Program Thurs, September 20, 2-4</p> <p>*Thank a Vet Social Wed, September 19, 12-2</p> <p>*Karaoke Disco, Thurs, September 27, 1-3</p>	<p>1</p> <p>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>2</p> <p>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. Book Club 12:45-2 (Held at CSC) Plastic Bag Mat 1-4 (Held at CSC)</p>	<p>3</p> <p>Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 Pickleball 1-4 Line Dancing 5 p.m.</p>
<p>6</p> <p>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>7</p> <p>Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>8</p> <p>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>9</p> <p>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>10</p> <p>Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 Pickleball 1-4 Line Dancing 5 p.m.</p>
<p>13</p> <p>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>14</p> <p>Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>15</p> <p>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>16</p> <p>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>17</p> <p>Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 Pickleball 1-4 Line Dancing 5 p.m.</p>
<p>20</p> <p>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>21</p> <p>Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>22</p> <p>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>23</p> <p>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>24</p> <p>Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 Pickleball 1-4 Line Dancing 5 p.m.</p>
<p>27</p> <p>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>28</p> <p>Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>29</p> <p>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>30</p> <p>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) Karaoke Disco 1-3 (Held at CSC)</p>	<p>31</p> <p>Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 Pickleball 1-4 Line Dancing 5 p.m.</p>



	Monday	Tuesday	Wednesday	Thursday	Friday
BOX			1	2	3
LUNCH	 <p>Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch,</p>		<p>Pork Cutlet w/Gravy - 9003 (ch b) chicken w/gravy ch7008 Green Beans Beets Wheat Bread / Margarine Grape Juice 100% Animal Crackers diet: same</p> <p>I ♥ My Parents</p>	<p>Lemon Pepper Fish w/ Tartar Sauce - 9033 (ch b) chicken tenders ch7009 Brown Rice Scandinavian Veggies (2 servings) Wheat Bread / Margarine Fruit Cocktail diet: same</p>	<p>Chicken Potato Casserole - 9315 (ch b) roast beef & gravy ch7025 Broccoli (2 servings) Wheat Bread (2 slices) Margarine Peaches diet: same</p>
WEEK					
3 BOX	6	7	8	9	10
LUNCH	<p>Swiss Steak - 9088 (ch b) southwestern omelet w/tomatoes, onions, peppers ch7007 O'Brien Potatoes Wheat Bread (2 slices) Margarine Pears diet: same</p> <p>Wiggle Your Toes Day</p>	<p>Broccoli Cheddar Chicken - 9031 (ch b) cheesy beef & broccoli ch7042 Brown Rice Oregon Vegetables Corn Wheat Bread / Margarine Fruit Cocktail diet: same</p>	<p>Summer Salad - 9070 w/ diced Eggs, Shredded Cheese, Grape Tomatoes, Broccoli Floret, Unsalted Saltine Crackers (2 pk) Ranch Dressing (ch b) beef & noodles w/gravy green beans, diced carrots ch7052 Orange Juice 100% Animal Crackers diet: same</p>	<p>Roast Turkey w/Gravy - 9005 (ch b) country fried steak w/gravy ch7054 Mashed Potatoes Vegetable Medley Wheat Bread / Margarine Cranberry Juice Chocolate Elf Grahams diet: same</p> <p>Book Lover's Day</p> 	<p>Hamburger - 9071 (ch b) sliced deli ham ch7005 w/ Swiss American Cheese Baked Beans Broccoli Bun Mustard / Ketchup Apple Juice 100% Chocolate Chip Cookie diet: same</p>
WEEK					
4 BOX	13	14	15	16	17
LUNCH	<p>Smoked Turkey Sausage w/ Sauerkraut - 9055 (ch b) meatloaf w/ gravy ch7016 Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup diet: same</p> <p>Left Handers' Day</p> 	<p>Salisbury Steak w/Gravy - 9029 (ch b) chicken w/gravy ch7008 Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) Margarine Peaches diet: same</p>	<p>Grilled Chicken w/BBQ Sauce - 9049 (ch b) hamburger ch7006 Potato Wedges Cheesy Broccoli Bun Applesauce diet: same</p>	<p>American Pasta Salad - 9086 w/ diced Egg, Broccoli, Grape Tomatoes, Shredded Carrots Rotini Noodles, Ranch Dressing (ch b) turkey tetrazzini w/peas/mushrooms brussel sprouts, baked apples ch7062 Unsalted Saltine Crackers (2 pk) Grape Juice 100% Animal Crackers diet: same</p> <p>Tell a Joke Day</p> 	<p>August Birthday Celebration Spaghetti & Meatballs - 9035 (ch b) cheese ravioli ch7030 w/ Marinara Italian Vegetables Spinach / Vinegar Cranberry Juice Parmesan Cheese Sponge Cake diet: same</p> <p>Happy August Birthday!</p> 
WEEK					
5 BOX	20	21	22	23	24
LUNCH	<p>Cheese Pizza - 9082 (ch b) cheese lasagna w/marinara ch7040 Peas & Onions Carrot Coins Pineapple Orange Juice 100% Animal Crackers diet: same</p>	<p>Turkey Sandwich on Wheat - 9032 (ch b) ham sandwich on wheat ch7044 Creamy Vegetable Soup w/ Crackers(cong only) Potato Salad Coleslaw Peaches Mayo (for Turkey only) Mustard (for ham only) diet: same</p> <p>Senior Citizen's Day!</p> 	<p>Chili w/ Spaghetti - 9064 (ch b) spaghetti w/marinara ch7055 Vegetable Medley (2 servings) shredded Cheddar Cheese Unsalted Saltine Crackers (2 pk) Pears diet: same</p> <p>Be an Angel Day</p> 	<p>Meatloaf w/ Gravy - 9072 (ch b) chicken w/gravy ch7008 Mashed Potatoes diced Carrots Wheat Bread (2 pcs) Margarine Fruit Cocktail diet: same</p>	<p>Baked Chicken w/Gravy - 9075 (ch b) roast turkey w/ gravy ch7003 Herb Dressing Broccoli Cauliflower Wheat Bread / Margarine Strawberry Applesauce diet: same</p> <p>Vesuvius Day - 79 A.D.</p>
WEEK					
6 BOX	27	28	29	30	31
LUNCH	<p>Hawaiian Pineapple Ham - 9094 (ch b) pineapple topped chicken ch7013 Sweet Potato Patties (2) Peas Wheat Bread (2pcs) Margarine Mandarin Oranges diet: same</p> <p>Global Forgiveness Day</p> 	<p>Country Fried Steak w/Gravy - 9063 (ch b) grilled chicken brst ch7026 Potato Wedges Green Beans Dinner Roll / Margarine Apple Juice 100% Chocolate Sponge Cake diet: same</p> 	<p>Ham Sandwich on White - 9125 (ch b) roast beef sandwich on white ch7031 Tomato Soup w/Crackers (cong only) 3 Bean Salad Potato Salad Mandarin Oranges Mustard (for ham only) Horseradish (for roast beef only) diet: same</p> <p>More Herbs, Less Salt Day</p>	<p>BBQ Beef - 9051 (ch b) grilled chicken brst ch7026 Peas & Onions Peach "Cobbler" Coleslaw Bun diet: same</p> <p>Grief Awareness Day</p>	<p>Southwestern c.f. Omelet ch7007 w/ Peppers / Onions / Cheese (ch b) swiss steak - 9088 Stewed Tomatoes O'Brien Potatoes Wheat Bread (2 slices) Margarine Pears diet: same</p>
WEEK					
7 BOX					