



**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

**October 2018**

Mon	Tue	Wed	Thu	Fri
<p><b>1</b> 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 <b>NEW * SS Yoga Stretch 2:30-3:30</b></p>	<p><b>2</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p><b>3</b> Open Billiards 9-4 Pathways to Home 10-12:30 Jewelry Design 9-11:30 Sewing 12:30-3 <b>Bingo 10:30-2:30</b></p>	<p><b>4</b> Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1-2 <b>*NEW Book Club 12:45-2</b> <b>Plastic Bag Mat 1-4</b></p>	<p><b>5</b> Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 <b>Lunch Bunch 10:45</b> Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 9-3 Yoga Stretch 2 –3</p>
<p><b>8</b> <b>Senior Center CLOSED due to Columbus Day!</b></p>	<p><b>9</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p><b>10</b> Open Billiards 9-4 Pathways to Home 10-12:30  Sewing 12:30-3 <b>Birthday Bingo 10:30-2:30</b></p>	<p><b>11</b> Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Tai Chi 11-Noon Poker 12:30-3 Clavinova 1-2 <b>Plastic Bag Mat 1-4</b></p>	<p><b>12</b> 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 Yoga Stretch 2 –3</p>
<p><b>15</b> 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 <b>New *SS Yoga Stretch 2:30-3:30</b></p>	<p><b>16</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p><b>17</b> Open Billiards 9-4 Pathways to Home 10-12:30 Jewelry Design 9-11:30 Sewing 12:30-3</p>	<p><b>18</b> Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1-2 <b>Plastic Bag Mat and Comfort Quilt, Crochet 1-4</b></p>	<p><b>19</b> Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 <b>Lunch Bunch 10:45</b> Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 9-3 Yoga Stretch 2 –3</p>
<p><b>22</b> 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 <b>New *SS Yoga Stretch 2:30-3:30</b></p>	<p><b>23</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p><b>24</b> Open Billiards 9-4 Sewing 12:30-3 <b>Bingo 10:30-2:30</b></p>	<p><b>25</b> Open Billiards 9-4 Ceramics 9-4 SilverFox Cardio 10:15-11 Tai Chi 11-Noon Poker 12:30-3 Clavinova 1 –2 Plastic Bag Mat 1-4</p>	<p><b>26</b> 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 Yoga Stretch 2 –3 <b>HALLOWEEN DANCE 6-9</b></p>
<p><b>29</b> 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 <b>NEW *SS Yoga Stretch 2:30-3:30</b></p>	<p><b>30</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 <b>Blood Pressure Chk 10</b> Bridge 12-3</p>	<p><b>31</b> Open Billiards 9-4 Sewing 12:30-3</p>	<p><b>*NEW CLASS</b>  <b>Balance and Strength Exercise Class held 2nd Thursday of each month from 1-2</b></p>	<p><b>SAVE THE DATE!</b> <b>Thanksgiving-Christmas Social</b> <b>November 14, 12-2</b> <b>KUDO's of the MONTH!</b> <b>Marie McCann!</b> <b>(Turned in 500 quilts to Ronald McDonald House)</b></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

# October 2018

Mon	Tue	Wed	Thu	Fri
<p><b>1</b> Active Adult Cardio 8:30-9:15 Shallow Water 1 11:05-12 Aqua Arthritis 1-1:55 <b>Chair Volleyball 12-3</b> <b>*NEW SilverSneaker Yoga</b> <b>Stretch 2:30-3:30 (CSC)</b></p>	<p><b>2</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p><b>3</b> 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><b>4</b> 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. <b>Book Club 12:45-2 (Held at CSC)</b> <b>Plastic Bag Mat 1-4 (Held at CSC)</b></p>	<p><b>5</b> 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><b>8</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 <b>Chair Volleyball 12-3</b> <b>*NEW SilverSneaker Yoga</b> <b>Stretch 2:30-3:30 (CSC)</b></p>	<p><b>9</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p><b>10</b> 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><b>11</b> 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. <b>Plastic Bag Mat 1-4 (Held at CSC)</b></p>	<p><b>12</b> 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><b>15</b> Active Adult Cardio 8:30-9:30 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 <b>Chair Volleyball 12-3</b> <b>*NEW SilverSneaker Yoga</b> <b>Stretch 2:30-3:30 (CSC)</b></p>	<p><b>16</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p><b>17</b> 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><b>18</b> 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. <b>Plastic Bag Mat &amp; Comfort Quilts 1-4 (Held at CSC)</b></p>	<p><b>19</b> 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><b>22</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 <b>Chair Volleyball 12-3</b> <b>*NEW SilverSneaker Yoga</b> <b>Stretch 2:30-3:30 (CSC)</b></p>	<p><b>23</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p><b>24</b> Shallow Water I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi <b>3:30-4:30</b></p>	<p><b>25</b> 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><b>26</b>Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 Pickleball 1-4 <b>HALLOWEEN DANCE 6-9</b></p>
<p><b>29</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 <b>Chair Volleyball 12-3</b> <b>*NEW SilverSneaker Yoga</b> <b>Stretch 2:30-3:30 (CSC)</b></p>	<p><b>30</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p><b>31</b> Shallow Water I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi <b>3:30-4:30</b> Aqua Arthritis 1-1:55  HAPPY HALLOWEEN!</p>	<p><b>KUDO's OF THE MONTH</b>  <b>Edward (Casey Texler)</b> <b>Garden Club</b></p>	<p><b>SAVE THE DATE!</b>  <b>Friday October 26,</b> <b>Halloween Dance 6-9</b> <b>Thanksgiving AND</b> <b>Christmas Social</b> <b>November 14,</b> <b>12-2</b></p>