



**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

**September 2018**

Mon	Tue	Wed	Thu	Fri
<p><b>3</b> <b>CLOSED</b></p> <p><b>LABOR DAY HOLIDAY</b></p> <p><b>THANK YOU TO THOSE WHO HAVE SERVED AND ARE SERVING OUR GREAT NATION!</b></p>	<p><b>4</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p><b>5</b> Open Billiards 9-4 Pathways to Home 10-12:30 Jewelry Design 9-11:30 Sewing 12:30-3 <b>Bingo</b> <b>10:30-2:30</b></p>	<p><b>6</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</b> 12:45-2 <b>Plastic Bag Mat 1-4</b></p>	<p><b>7</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>10</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>SS Yoga Stretch</b> <b>2:30-3:30</b></p>	<p><b>11</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p><b>12</b> Open Billiards 9-4 Pathways to Home 10-12:30 Jewelry Design 9-11:30 Sewing 12:30-3 <b>Birthday Bingo</b> <b>10:30-2:30</b></p>	<p><b>13</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>14</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>17</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>SS Yoga Stretch</b> <b>2:30-3:30</b></p>	<p><b>18</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p><b>19</b> Open Billiards 9-4 Pathways to Home 10-12:30 Jewelry Design 9-11:30 Sewing 12:30-3  <b>Thank a Vet Social</b> <b>September 19, 12-2</b> <b>(Open to the Community Limited Seating. Registration is Required)</b></p>	<p><b>20</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>21</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>24</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>SS Yoga Stretch</b> <b>2:30-3:30</b></p>	<p><b>25</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>26</b> Open Billiards 9-4 Jewelry Design 9-11:30 Sewing 12:30-3 <b>Bingo 10:30-2:30</b></p>	<p><b>27</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 <b>Karaoke Disco Potluck</b> <b>September 27, 1-3</b> <b>(Y &amp; CSC Members Only)</b></p>	<p><b>28</b> <b>CLOSED</b> <b>RECYCLED DAY</b></p>
<p><b>*NEW CLASS</b></p> <p><b>SS Yoga Stretch Exercise Class held each Monday from 2:30-3:30</b></p>	<p><b>KUDO's of the MONTH!</b></p> <p><b>KEN WOLF</b></p>	<p><b>Like Us on FB</b> <b>Colerain Senior Center-Clippard Family YMCA!</b> <b>Www.Colerain.org</b> <b>www.MyY.org</b></p>	<p><b>*NEW CLASS</b></p> <p><b>Balance and Strength Exercise Class held 2nd Thursday of each month from 1-2</b></p>	<p><b>SAVE THE DATE!</b> <b>Halloween Dance</b> <b>Friday, October 26</b> <b>6-9</b></p>



# September 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><b>3</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 Held at Colerain Senior Center (CSC Members &amp; SS Members Only)</b></p>	<p><b>4</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p><b>5</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>6</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>7</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>10</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 Held at Colerain Senior Center (CSC Members &amp; SS Members Only)</b></p>	<p><b>11</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p><b>12</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>13</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>14</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>
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<p><b>KUDO's OF THE MONTH WILMA KEIFER</b></p>		<p><b>www.Colerain.org</b> <b>www.MyY.org</b></p>	<p><b>Like Us on FB Colerain Senior Center-Clippard Family YMCA!</b></p>	<p><b>SAVE THE DATE! Friday October 26, Halloween Dance 6-9</b></p>

# September 2018 Seniors' CHOICE menu

	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
WEEK 1 BOX		<b>Hamburger - 9071</b> <i>(ch b) sliced deli ham ch7005</i> w/ Swiss American Cheese slice Baked Beans Broccoli Bun Pineapple Mustard / Ketchup diet: same	<b>Pork Cutlet w/Gravy - 9003</b> <i>(ch b) chicken w/gravy ch7008</i> Green Beans Beets Wheat Bread / Margarine Grape Juice 100%  diet: same	<b>Lemon Pepper Fish w/ Tartar Sauce - 9033</b> <i>(ch b) chicken tenders ch7009</i> Brown Rice Scandinavian Veggies (2 servings) Wheat Bread / Margarine Applesauce diet: same 	<b>Broccoli Cheddar Chicken - 9031</b> <i>(ch b) cheesy beef &amp; broccoli - ch7042</i> Brown Rice Oregon Vegetables Corn Wheat Bread / Margarine Fruit Cocktail diet: same
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
WEEK 2 BOX	<b>Roast Turkey w/Gravy - 9005</b> <i>(ch b) country fried steak w/gravy ch7054</i> Mashed Potatoes Vegetable Medley Wheat Bread / Margarine Cranberry Juice Chocolate Elf Grahams diet: same	<b>Chicken Potato Casserole - 9315</b> <i>(ch b) roast beef &amp; gravy ch7025</i> Broccoli (2 servings) Wheat Bread (2 slices) Margarine Peaches diet: same	<b>Swiss Steak - 9088</b> <i>(ch b) southwestern omelet ch7007</i> w/ Tomatoes, Onions, & Peppers Carrots O'Brien Potatoes Wheat Bread (2 slices) / Margarine Pears diet: same	<b>Summer Salad - 9070</b> w/ diced Eggs, Shredded Cheese, Grape Tomatoes, Broccoli Floret, Unsalted Saltine Crackers (2 pk) Ranch Dressing <i>(ch b) beef &amp; noodles w/gravy green beans, diced carrots ch7052</i> Orange Juice 100% Animal Crackers diet: same	<b>Grilled Chicken w/BBQ Sauce-9049</b> <i>(ch b) hamburger ch7006</i> Potato Wedges Cheesy Broccoli Bun Applesauce diet: same 
	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
WEEK 3 BOX	<b>Spaghetti &amp; Meatballs - 9035</b> <i>(ch b) cheese ravioli ch7030</i> w/ Marinara Italian Vegetables Spinach / Vinegar Wheat Bread / Margarine Peaches Parmesan Cheese diet: same	<b>Smoked Turkey Sausage w/ Sauerkraut - 9055</b> <i>(ch b) meatloaf w/ gravy ch7016</i> Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup diet: same	<b>Salisbury Steak w/Gravy - 9029</b> <i>(ch b) chicken w/gravy ch7008</i> Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) Margarine Peaches diet: same	<b>American Pasta Salad - 9086</b> w/ diced Egg, Broccoli, Grape Tomatoes, Shredded Carrots Rotini Noodles, Ranch Dressing <i>(ch b) turkey tetrazzini w/peas/mushrooms brussel sprouts, baked apples ch7062</i> Cranberry Juice Animal Crackers diet: same	<b>Cheese Pizza - 9082</b> <i>(ch b) cheese lasagna w/marinara ch7040</i> Peas & Onions Carrot Coins Apple Juice 100% Chocolate Sponge B'day Cake diet: same
	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
WEEK 4 BOX	<b>Meatloaf w/ Gravy - 9072</b> <i>(ch b) chicken w/gravy ch7008</i> Mashed Potatoes diced Carrots Wheat Bread (2 pcs) Margarine Fruit Cocktail diet: same	<b>Rosemary Chicken - 9039</b> <i>(ch b) pork cutlet w/gravy 7034</i> Potato Wedges Vegetable Medley Wheat Bread (2 slices) Margarine Applesauce diet: same	<b>Chili w/ Spaghetti - 9064</b> <i>(ch b) spaghetti w/marinara ch7055</i> Vegetable Medley (2 servings) shredded Cheddar Cheese Unsalted Saltine Crackers (2 pk) Pears diet: same	<b>Chicken Salad Sandwich on Wheat - 9047</b> <i>(ch b) ham salad sandwich on wheat ch7057</i> Tomato Soup w/Crackers (cong only) Potato Salad Cole Slaw Peaches diet: same	<b>Beef Vegetable Stew - 9001</b> <i>(ch b) chicken stew w/ peas</i> carrots/ red skin potatoes ch7022 Green Beans (2 servings) Dinner Roll / Margarine Pineapple diet: same 
	<b>National Cherries Jubilee Day</b>		<b>Johnny Appleseed Day</b>		<b>National Good Neighbor Day</b>
	 <b>Autumn Begins Saturday September 22nd</b>		<b>September in History</b> 9/2/1945 - President Truman proclaims V-J Day upon the surrender of the Japanese 9/3/1783 - Treaty of Paris signed that ended the American Revolutionary War 9/9/1776 - The U.S.A. came into existence as the Continental Congress changed the name of the new American nation from the United Colonies to the United States. 9/6/1620 - The Mayflower ship departed from Plymouth, England, bound for America with 102 passengers and a small crew.		 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, and 8 oz. Milk (1/2 pint)