



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 Melissa Shrimplin
513-923-5050

Contact

Nora A. Dashley
Program Director
Colerain Township Senior Center-Clippard Family Y
CSC-513-923-5050

February 2017

Mon	Tue	Wed	Thu	Fri
<p>Kudos of the Month Delores Ungerbruler "Senior Social Volunteer"</p>	<p>Save the Date Marti Gras Dance Friday, March 3, 2017 6 p.m.– 9 p.m. No Admission. Please bring canned goods supporting local charities.</p>	<p>1 Open Billiards 9-4 Bingo 10:30-2:30 PAH (Stay) 10-12:30 Jewelry Design 9-11:30</p>	<p>2 Walking Rewards 9-10 Open Billiards 9-4 Porcelain, Pottery 9-4 Silver Foxes 10:15-11 Tai Chi 11-Noon Clavinova Connection 1-2 Resistance 1-1:45</p>	<p>3 Open Art Studio 9-4 SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 1-3 Chair Yoga 2 -3 Lunch Bunch 11</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 *NEW Arts for Life Lecture 10:30-11:30 Bridge 12-3</p>	<p>8 Open Billiards 9-4 Birthday Bingo 10:30-2:30 Jewelry Design 9-11:30 *NEW DAY Blood Pressure Checks 9:30-10:30 Sewing 12:30-3</p>	<p>9 Walking Rewards 9-10 Open Billiards 9-4 Porcelain, Pottery 9-4 Silver Foxes 10:15-11 Tai Chi 11-Noon Poker Tourn 11:30 Resistance 1-1:45 Clavinova Connection 1-2</p>	<p>10 Open Art Studio 9-4 SilverSneaker Classic 9:30-10:30 BUS TRIP 10-2 Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 1-3 Chair Yoga 2 -3</p>
<p>13 SilverSneaker Classic 9:30-10:30 Open Billiards 9-4 Open Painting 9—3 *NEW Coffee & Crafts 10:30-11:30 500 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 Jewelry Design 9-11:30 VALENTINE SENIOR SOCIAL FEBRUARY 15, 12-2</p>	<p>16 Walking Rewards 9-10 Open Billiards 9-4 Porcelain, Pottery 9-4 Silver Foxes 10:15-11 Tai Chi 11-Noon Clavinova Connection 1-2 *NEW Comfort Quilt & Crochet 1-4</p>	<p>17 Open Art Studio 9-4 SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 1-3 Chair Yoga 2 -3 Lunch Bunch 11</p>
<p>20 CENTER CLOSED! for Presidents Day</p>	<p>21 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3 Billiards Tourny 9:30-12</p>	<p>22 Open Billiards 9-4 Bingo 10:30-2:30 PAH 10-12:30 Jewelry Design 9-11:30</p>	<p>23 Walking Rewards 9-10 Open Billiards 9-4 Porcelain, Pottery 9-4 Silver Foxes 10:15-11 Tai Chi 11-Noon Poker Tourn 11:30 Resistance 1-1:45 Clavinova Connection 1-2</p>	<p>24 Open Art Studio 9-4 SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 1-3 Chair Yoga 2 -3</p>
<p>27 SilverSneaker Classic 9:30-10:30 Open Painting 9—3 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4</p>	<p>28 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3 Billiards Tourny 9:30-12 *NEW Drumming Program 2-3</p>	<p>1-March Open Billiards 9-4 Bingo 10:30-2:30 PAH (Stay) 10-12:30 Jewelry Design 9-11:30</p>	<p>2-March Walking Rewards 9-10 Open Billiards 9-4 Porcelain, Pottery 9-4 Silver Foxes 10:15-11 Tai Chi 11-Noon Resistance 1-1:45 Clavinova Connection 1-2</p>	<p>3-March Open Art Studio 9-4 SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 1-3 Chair Yoga 2 -3 Lunch Bunch 11 Marti Gras Dance Friday, March 3, 2017 6 p.m.– 9 p.m.</p>



Cole-Senior

February 2017

rain

Mon	Tue	Wed	Thu	Fri
<p>Kudo's of the Month Florence Goetz (Welcome Center Volunteer)</p>	<p>SAVE THE DATE Marti Gras Dance Friday, March 3 6pm-9pm FREE Admission. Please bring canned goods supporting local food pantries.</p>	<p>1 AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Y Aqua Arthritis (YAAP) 1-1:55 Pilatis 6:15 p.m.-7</p>	<p>2 Aqua Stride -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>3 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Book Club 12:45-2 *NEW Tai Chi 11:30-12:30 Y Aqua Arthritis (YAAP) 1-1:55</p>
<p>6 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55</p>	<p>7 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>8 AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Y Aqua Arthritis (YAAP) 1-1:55 Pilatis 6:15 p.m.-7</p>	<p>9 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>10 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 *NEW Tai Chi 11:30-12:30 Y Aqua Arthritis (YAAP) 1-1:55</p>
<p>13 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55</p>	<p>14 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>15 FY SOCIAL 12-2 AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Y Aqua Arthritis (YAAP) 1-1:55 Pilatis 6:15 p.m.-7</p>	<p>16 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 Comfort Quilts 1-4 (CSCC) Zumba - 5:15-6:15 Hatha Yoga—7:30-8:25 p.m.</p>	<p>17 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 *NEW Tai Chi 11:30-12:30 Y Aqua Arthritis (YAAP) 1-1:55</p>
<p>20 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55</p>	<p>21 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>22 AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Y Aqua Arthritis (YAAP) 1-1:55 Pilatis 6:15 p.m.-7</p>	<p>23 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>24 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 *NEW Tai Chi 11:30-12:30 Y Aqua Arthritis (YAAP) 1-1:55</p>
<p>27 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55</p>	<p>28 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>1 March AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Y Aqua Arthritis (YAAP) 1-1:55 Pilatis 6:15 p.m.-7</p>	<p>2 March Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 Zumba - 5:15-6:15</p>	<p>3 March Active Adult Cardio 8:30-9:15 AquaCardio Strength I - 11:05-12 *NEW Tai Chi 11:30-12:30 Y Aqua Arthritis (YAAP) 1-1:55 Book Club 12:45-2 Marti Gras Dance 6-9pm</p>

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

Free Programs

Registration is required for most programs, events & wellness. Program flyer located at Welcome Center and www.MyY.org

Bus Trips

More Information call 513-923-4466

Contact

Nora A. Dashley
Program Director

Colerain Township Senior & Community Center and Clippard Family YMCA

CSCC—513-923-5050
YMCA- 513-923-4466

ndashley@MyY.org