



**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

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

# March 2017

Mon	Tue	Wed	Thu	Fri
<p><b>Kudos of the Month</b>  <b>Bill-"Billiards Guy"</b>  <b>"Senior Social Volunteer"</b></p>	<p><b>Save the Date</b>  <b>Marti Gras Dance</b>  <b>Friday, March 3, 2017</b>  <b>6 p.m.- 9 p.m.</b>  <b>No Admission. Please bring canned goods supporting local charities.</b></p>	<p><b>1</b>            Open Billiards 9-4            Jewelry Design 9-11:30            PAH (Stay) 10-12:30  <b>Bingo 10:30-2:30</b></p>	<p><b>2</b>            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><b>3 Marti Gras Dance 6-9</b>            Open Art Studio 9-4            SilverSneaker Classic 9:30-10:30            Euchre 10:35-1:30  <b>Chair Volleyball 11-1:45</b>            Open Billiards 1-3            Chair Yoga 2 -3  <b>Lunch Bunch 11</b></p>
<p><b>6</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</p>	<p><b>7</b>            Open Billiards 9-4            Stain Glass 9 – Noon            Water Color Painting 9-12  <b>*NEW</b>  <b>Arts for Life Lecture 10:30-11:30</b>            Bridge 12-3</p>	<p><b>8</b>            Open Billiards 9-4            Jewelry Design 9-11:30  <b>*NEW DAY</b>  <b>Blood Pressure Checks 9:30-10:30</b>  <b>Birthday Bingo 10:30-2:30</b>            Sewing 12:30-3</p>	<p><b>9</b>            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><b>10</b>            Open Art Studio 9-4            SilverSneaker Classic 9:30-10:30            Euchre 10:35-1:30  <b>Chair Volleyball 11-1:45</b>            Open Billiards 1-3            Chair Yoga 2 -3</p>
<p><b>13</b>            SilverSneaker Classic 9:30-10:30            Open Billiards 9-4            Open Painting 9—3  <b>*NEW Coffee &amp; Crafts 10:30-11:30</b>            500 Cards 10:35-2            Mahjong 12:30-3            Open Computer Lab 1-4</p>	<p><b>14</b>            Open Billiards 9-4            Stain Glass 9 – Noon            Water Color Painting 9-12            Bridge 12-3</p>	<p><b>15</b>            Open Billiards 9-4            Jewelry Design 9-11:30  <b>Bingo 10:30-2:30</b>   <b>NO SOCIAL</b></p>	<p><b>16</b>            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  <b>*NEW Comfort Quilt &amp; Crochet 1-4</b></p>	<p><b>17</b>            Open Art Studio 9-4            SilverSneaker Classic 9:30-10:30            Euchre 10:35-1:30  <b>Chair Volleyball 11-1:45</b>            Open Billiards 1-3            Chair Yoga 2 -3  <b>Lunch Bunch 11</b></p>
<p><b>20</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</p>	<p><b>21</b>            Open Billiards 9-4            Stain Glass 9 – Noon            Water Color Painting 9-12            Bridge 12-3            Billiards Tourny 9:30-12</p>	<p><b>22</b>            Open Billiards 9-4  <b>Bingo 10:30-2:30</b>            PAH (Stay)10-12:30            Jewelry Design 9-11:30            Sewing 12:30-3</p>	<p><b>23</b>            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 1-2</p>	<p><b>24</b>            Open Art Studio 9-4            SilverSneaker Classic 9:30-10:30  <b>Bus Trip- 10-2</b>            Euchre 10:35-1:30  <b>Chair Volleyball 11-1:45</b>            Open Billiards 1-3            Chair Yoga 2 -3</p>
<p><b>27</b>            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><b>28</b>            Stain Glass 9 – Noon            Water Color Painting 9-12            Bridge 12-3            Billiards Tourny 9:30-12  <b>*NEW</b>  <b>Drumming Program 2-3</b></p>	<p><b>29</b>            Open Billiards 9-4  <b>Bingo 10:30-2:30</b>            PAH (Stay) 10-12:30            Jewelry Design 9-11:30</p>	<p><b>30</b>            Walking Rewards 9-10            Open Billiards 9-4            Porcelain, Pottery 9-4            Silver Foxes 10:15-11            Tai Chi 11-Noon            Clavinova 1-2  <b>Movie Matinee-1-3</b></p>	<p><b>31</b>            Open Art Studio 9-4            SilverSneaker Classic 9:30-10:30            Euchre 10:35-1:30  <b>Chair Volleyball 11-1:45</b>            Open Billiards 1-3            Chair Yoga 2 -3</p>



# March 2017

**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](http://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  
 FaceBook: Clippard Y & Colerain Senior Center –Forever Young

Mon	Tue	Wed	Thu	Fri
<b>Kudo's of the Month Marie(Toni) Schulte (Welcome Center Volunteer)</b>	<b>SAVE THE DATE Marti Gras Dance Friday, March 3 6pm-9pm FREE Admission. Please bring canned goods supporting local food pantries.</b>	<b>1</b> 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	<b>2</b> 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.	<b>3 Marti Gras Dance 6-9 pm</b> Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 <b>Book Club 12:45-2</b> * <b>NEW</b> Tai Chi 11:30-12:30 Y Aqua Arthritis (YAAP) 1-1:55
<b>6</b> Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55	<b>7</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30	<b>8</b> 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	<b>9</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>10</b> Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 * <b>NEW</b> Tai Chi 11:30-12:30 Y Aqua Arthritis (YAAP) 1-1:55
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