



**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 Senior Center-  
Clippard Family Y  
CSC-513-923-5050  
YMCA-513-923-4466  
ndashley@MyY.org  
Facebook: Colerain Senior  
Center-Clippard Family Y

**April 2018**

Mon	Tue	Wed	Thu	Fri
<p><b>2</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>SilverSneaker *NEW Boom-Strength 2:30-3</b></p>	<p><b>3</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3 <b>HealthRhythms Drumming 1-2</b></p>	<p><b>4</b> Open Billiards 9-4 Jewelry Design 9-11:30 <b>Bingo 10:30-2:30</b></p>	<p><b>5</b> Open Billiards 9-4 Ceramics 9-4 SilverFox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1 –2 <b>Plastic Bag Mat 1-4</b> Balance &amp; Strength 1-2</p>	<p><b>6</b> Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 <b>Lunch Bunch 11</b> Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 9-3 Chair Yoga 2 –3</p>
<p><b>9</b> SilverSneaker Classic 9:30-10:30 Open Billiards 9-4 Open Painting 9—3 <b>Coffee Crafts 10:30-11:30</b> 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4 <b>SilverSneaker *NEW Boom-Strength 2:30-3</b></p>	<p><b>10</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3 <b>HealthRhythms Drumming 1-2</b></p>	<p><b>11</b> Open Billiards 9-4 PAH (Stay)10-12:30 Jewelry Design 9-11:30 Sewing 12:30-3 <b>Birthday Bingo 10:30-2:30</b></p>	<p><b>12</b> Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Poker 11:30-3 Tai Chi 11-Noon Clavinova 1-2 Balance &amp; Strength 1-2</p>	<p><b>13</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 Chair Yoga 2 –3</p>
<p><b>16</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>SilverSneaker *NEW Boom-Strength 2:30-3</b></p>	<p><b>17</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p><b>18</b> Open Billiards 9-4 Jewelry Design 9-11:30</p>	<p><b>19</b> Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1-2 <b>Comfort Quilt, Crochet Plastic Bag Mat 1-4</b></p>	<p><b>20</b> Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 <b>Lunch Bunch 11</b> Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 9-3 Chair Yoga 2 –3</p>
<p><b>23</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>SilverSneaker *NEW Boom-Strength 2:30-3</b></p>	<p><b>24</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>25</b> Open Billiards 9-4 Jewelry Design 9-11:30 <b>Bingo 10:30-2:30</b> Sewing 12:30-3 Crown Memorial Presentation 12</p>	<p><b>26</b> Open Billiards 9-4 Ceramics 9-4 SilverFox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1 –2 <b>Plastic Bag Mat 1-4</b> Balance &amp; Strength 1-2 <b>#NEW Karaoke Disco &amp; Pot Luck 1-3 pm</b></p>	<p><b>27</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 Chair Yoga 2 –3 <b>Bus Trip 9</b></p>
<p><b>30</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>SilverSneaker *NEW Boom-Strength 2:30-3</b></p>	<p><b>KUDO's of the MONTH!</b>  <b>Lu Kroeger (Chair Volleyball)</b></p>	<p><b>SAVE THE DATE!</b>  <b>Senior Health Fair Wednesday, May 16 from 9-2 Held at the Clippard Family YMCA</b></p>	<p><b>LOOK WHATS NEW!</b>  <b>Karaoke Disco &amp; Pot Luck Thursday, April 26 from 1-3 pm</b></p>	<p><b>Please support our COA Meal Program Today!</b></p>



# April 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>2</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 <b>*NEW Chair Volleyball 12-3</b> <b>*NEW SilverSneaker Boom-Strength 2:30-3 (CSC)</b></p>	<p><b>3</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p><b>4</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</p>	<p><b>5</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>6</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 <b>Book Club 12:45-2</b> Aqua Arthritis 1-1:55 Pickleball 1-4</p>
<p><b>9</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 <b>*NEW Chair Volleyball 12-3</b> <b>*NEW SilverSneaker Boom-Strength 2:30-3 (CSC)</b> <b>Matter of Balance Educational Series 1-3</b></p>	<p><b>10</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p><b>11</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>12</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>13</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 Pickleball 1-4</p>
<p><b>16</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 <b>*NEW Chair Volleyball 12-3</b> <b>*NEW SilverSneaker Boom-Strength 2:30-3 (CSC)</b> <b>Matter of Balance Educational Series 1-3</b></p>	<p><b>17</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p><b>18</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>19</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/Comfort Quilts 1-4 (Held at CSC)</b></p>	<p><b>20</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 Pickleball 1-4</p>
<p><b>23</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 <b>*NEW Chair Volleyball 12-3</b> <b>*NEW SilverSneaker Boom-Strength 2:30-3 (CSC)</b> <b>Matter of Balance Educational Series 1-3</b></p>	<p><b>24</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p><b>25</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 Pilates 6:15 p.m.-7:10</p>	<p><b>26</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>27</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 Pickleball 1-4</p>
<p><b>30</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 <b>*NEW Chair Volleyball 12-3</b> <b>*NEW SilverSneaker Boom-Strength 2:30-3 (CSC)</b> <b>Matter of Balance Educational Series 1-3</b></p>	<p><b>KUDO's of the MONTH!</b>  <b>Tim Houser (Chair Volleyball)</b></p>	<p><b>SAVE THE DATE!</b>  <b>Senior Health Fair Wednesday, May 16 from 9-2 Held at the Clippard Family YMCA</b></p>	<p><b>LOOK WHATS NEW!</b>  <b>Karaoke Disco &amp; Pot Luck Thursday, April 26 from 1-3 pm</b></p>	<p><b>Please support a of our SS classes the Y and CSC!</b></p> <ul style="list-style-type: none"> <li>• SS Boom-Strength</li> <li>• SS Circuit</li> <li>• SS Classic</li> <li>• SS Yoga Stretch</li> </ul>



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**Council on Aging (COA)**

**Meals**

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**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

**May 2018**

Mon	Tue	Wed	Thu	Fri
<b>KUDO's of the MONTH!</b>  <b>Bud Rader (Transportation)</b>	<b>1</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3	<b>2</b> Open Billiards 9-4 Jewelry Design 9-11:30 <b>Bingo 10:30-2:30</b>	<b>3</b> Open Billiards 9-4 Ceramics 9-4 SilverFox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1 –2 <b>Plastic Bag Mat 1-4</b> Balance & Strength 1-2	<b>4</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 Chair Yoga 2 –3
	<b>7</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>8</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3	<b>9</b> Open Billiards 9-4 PAH (Stay)10-12:30 Jewelry Design 9-11:30 Sewing 12:30-3 <b>Birthday Bingo 10:30-2:30</b>	<b>10</b> Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Poker 11:30-3 Tai Chi 11-Noon Clavinova 1-2 Balance & Strength 1-2
<b>14</b> SilverSneaker Classic 9:30-10:30 Open Billiards 9-4 Open Painting 9—3 <b>Coffee Crafts 10:30-11:30</b> 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4	<b>15</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3	<b>16</b> Open Billiards 9-4 Jewelry Design 9-11:30  <b>Senior Health Fair 9-2</b> <b>Held at the Clippard Family Y</b> <b>8920 Cheviot Road</b> <b>No Registration Required</b>	<b>17</b> Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1-2 <b>Comfort Quilt, Crochet Plastic Bag Mat 1-4</b>	<b>18</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 Chair Yoga 2 –3
<b>21</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>22</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3	<b>23</b> Open Billiards 9-4 Jewelry Design 9-11:30 <b>Bingo 10:30-2:30</b> Sewing 12:30-3	<b>24</b> Open Billiards 9-4 Ceramics 9-4 SilverFox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1 –2 <b>Plastic Bag Mat 1-4</b> Balance & Strength 1-2	<b>25</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 Chair Yoga 2 –3 <b>Bus Trip—10</b>
<b>28</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	29 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 <b>Blood Pressure Chk 10</b> Bridge 12-3	30 Open Billiards 9-4 Jewelry Design 9-11:30 <b>Bingo 10:30-2:30</b> Sewing 12:30-3	<b>31</b> Open Billiards 9-4 Ceramics 9-4 SilverFox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1 –2 <b>Plastic Bag Mat 1-4</b> Balance & Strength 1-2	<b>SAVE THE DATE!</b>  <b>June 15, Friday</b> <b>Sock Hop Dance 6-9</b> <b>Registration Required in advance.</b>



**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

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Program Director  
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FaceBook: Clippard Y & Colerain Senior Center –Forever Young

## May 2018

Mon	Tue	Wed	Thu	Fri
<p><b>KUDO's of the MONTH!</b></p> <p><b>Eli Crooms</b></p>	<p><b>1</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p><b>2</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</p>	<p><b>3</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>4</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 <b>Book Club 12:45-2</b> Aqua Arthritis 1-1:55 Pickleball 1-4</p>
<p><b>7</b> Active Adult Cardio 8:30-9:15 <b>Healthy U Diabetes Program 10-12:30</b> Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 <b>*NEW Chair Volleyball 12-3</b></p>	<p><b>8</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p><b>9</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>10</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>11</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 Pickleball 1-4</p>
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