



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

January 2018

Mon	Tue	Wed	Thu	Fri
<p>1 CLOSED HAPPY NEW YEAR!</p>	<p>2 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p>3 Open Billiards 9-4 Jewelry Design 9-11:30 Bingo 10:30-2:30</p>	<p>4 Open Billiards 9-4 Ceramics 9-4 SilverFox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1 -2 Plastic Bag Mat 1-4 Balance & Strength 1-2</p>	<p>5 Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 Lunch Bunch 11 Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 9-3 Chair Yoga 2 -3</p>
<p>8 SilverSneaker Classic 9:30-10:30 Coffee & Crafts 10:30-11:30 Open Billiards 9-4 Open Painting 9—3 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4 SilverSneaker *NEW Boom-Strength 2:30-3</p>	<p>9 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p>10 Open Billiards 9-4 PAH (Stay)10-12:30 Jewelry Design 9-11:30 Sewing 12:30-3 Birthday Bingo 10:30-2:30</p>	<p>11 Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Poker 10:30-3 Tai Chi 11-Noon Clavinova 1-2 Balance & Strength 1-2</p>	<p>12 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>15 CLOSED MARTIN LUTHER KING DAY!</p>	<p>16 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p>17 Open Billiards 9-4 Jewelry Design 9-11:30 Bingo 10:30-2:30</p>	<p>18 Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1-2 Balance & Strength 1-2 Comfort Quilt, Crochet Plastic Bag Mat 1-4</p>	<p>19 Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 Lunch Bunch 11 Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 9-3 Chair Yoga 2 -3</p>
<p>22 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 SilverSneaker *NEW Boom-Strength 2:30-3</p>	<p>23 Billiards Tournament 9-12 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p>24 Open Billiards 9-4 Jewelry Design 9-11:30 Bingo 10:30-2:30</p>	<p>25 Open Billiards 9-4 Ceramics 9-4 Cardio 10-11 Poker 11:30 Tai Chi 11-Noon Clavinova 1 -2 Plastic Bag Mat 1-4 Balance & Strength 1-2</p>	<p>26 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>29 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 SilverSneaker *NEW Boom-Strength 2:30-3</p>	<p>30 Billiards Tournament 9-12 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Blood Pressure Chk 10 Bridge 12-3</p>	<p>31 Open Billiards 9-4 Jewelry Design 9-11:30 Bingo 10:30-2:30</p>	<p>KUDO's of the MONTH! Melvin Warren </p>	<p>SAVE THE DATE! Wednesday, Feb 21 Valentine Luncheon 12-2 Friday, Feb 23 Bus Trip-Rookwood Pottery Tour 9 a.m.</p>



January 2018

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

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>1 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 CHAIR VOLLEYBALL *NEW 12-3</p>	<p>2 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>3 AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi 3:30-4 Y Aqua Arthritis (YAAP) 1-1:55 Pilatis 6:15 p.m.-7 p.m.</p>	<p>4 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. Plastic Bag Mat 1-4 (Held at CSC)</p>	<p>5 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Book Club 12:45-2 Y Aqua Arthritis (YAAP) 1-1:55 Pickleball 1-4</p>
<p>8 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 CHAIR VOLLEYBALL *NEW 12-3</p>	<p>9 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>10 AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi 3:30-4 Y Aqua Arthritis (YAAP) 1-1:55 Pilatis 6:15 p.m.-7</p>	<p>11 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. Plastic Bag Mat/Comfort Quilts 1-4 (Held at CSC)</p>	<p>12 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 Pickleball 1-4</p>
<p>15 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 CHAIR VOLLEYBALL *NEW 12-3</p>	<p>16 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>17 AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi 3:30-4 Y Aqua Arthritis (YAAP)1-1:55 Pilatis 6:15 p.m.-7 CHRISTMAS SENIOR LUNCHEON</p>	<p>18 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. Plastic Bag Mat/Comfort Quilts 1-4 (Held at CSC)</p>	<p>19 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 Pickleball 1-4</p>
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				<p>SAVE THE DATE! Wednesday, February 21 Valentine Senior Luncheon 12-2</p>