



**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

Mon	Tue	July 2017 Wed	Thu	Fri
<b>3</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>4</b> CENTER CLOSED DUE TO 4th OF JULY HOLIDAY!	<b>5</b> Open Billiards 9-4 Jewelry Design 9-11:30 <b>Bingo 10:30-2:30</b> Sewing 12:30-3	<b>6</b> 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 1-2 <b>Plastic Bag Mat 1-4</b>	<b>7</b> Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 <b>Chair Volleyball 11-1:45</b> Open Billiards 9-3 Chair Yoga 2 -3 <b>Lunch Bunch 11</b>
<b>10</b> SilverSneaker Classic 9:30-10:30 <b>Coffee &amp; Crafts 10:30-11:30</b> Open Billiards 9-4 Open Painting 9—3 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4	<b>11</b> Open Billiards 9-4 Stain Glass 9 - Noon Water Color Painting 9-12 Bridge 12-3 9:30-12	<b>12</b> Open Billiards 9-4 Jewelry Design 9-11:30 <b>Birthday Bingo 10:30-2:30</b> Sewing 12:30-3	<b>13</b> Walking Rewards 9-10 Open Billiards 9-4 Porcelain, Pottery 9-4 Silver Foxes 10:15-11 Poker 11:30 Tai Chi 11-Noon Clavinova 1 -2 <b>Plastic Bag Mat 1-4</b>	<b>14</b> Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 <b>Chair Volleyball 11-1:45</b> Open Billiards 9-3 Chair Yoga 2 -3
<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>18</b> Open Billiards 9-4 Stain Glass 9 - Noon Water Color Painting 9-12 Bridge 12-3 Billiards Tourny 9:30-12	<b>19</b> Open Billiards 9-4 PAH (Stay)10-12:30 <b>Bingo</b> Jewelry Design 9-11:30	<b>20</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>Comfort Quilt, Crochet &amp; Plastic Bag Mat 1-4</b>	<b>21</b> Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 <b>Chair Volleyball 11-1:45</b> Open Billiards 9-3 Chair Yoga 2 -3
<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>25</b> Open Billiards 9-4 Stain Glass 9 - Noon Water Color Painting 9-12 Billiards Tourny Bridge 12-3 <b>Blood Pressure Chk 10</b>	<b>26</b> Open Billiards 9-4 PAH (Stay) 10-12:30 <b>Bingo</b> Jewelry Design 9-11:30 Sewing 12:30-3	<b>27</b> Walking Rewards 9-10 Open Billiards 9-4 Porcelain, Pottery 9-4 Silver Foxes 10:15-11 Poker 11:30 Tai Chi 11-Noon Clavinova 1-2 <b>Plastic Bag Mat 1-4</b>	<b>28</b> Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 <b>Chair Volleyball 11-1:45</b> Open Billiards 9-3 Chair Yoga 2 -3 <b>Lunch Bunch 11</b>
<b>31</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>1</b> <b>Y's Senior Bowling Tuesdays at 1 Held at Colerain Bowl. Registration is Required.</b>	<b>2</b> <b>Save the Date!</b> Wednesday, August 16 12-2 p.m. Summer Social	<b>3</b> <b>Coming in the Fall!</b>  <b>Boom Muscle Thursday 2:30-3 (CSC)</b>	<b>4</b> <b>Kudos of the Month!</b> <b>Nancy Reardon</b>



# July 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

## 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>3</b> Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55	<b>4</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 <b>*NEW-Senior Bowling 1</b>	<b>5</b> AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi <b>3:30-4</b> Y Aqua Arthritis (YAAP) 1-1:55 Pilatis 6:15 p.m.-7	<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>Plastic Bag Mat 1-4 (Held at CSC)</b>	<b>7</b> Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 <b>Book Club</b> 12:45-2 Y Aqua Arthritis (YAAP)1-1:55 Pickleball 1-4
<b>10</b> Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55	<b>11</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 <b>*NEW-Senior Bowling 1</b>	<b>12</b> AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi <b>3:30-4</b> Y Aqua Arthritis (YAAP) 1-1:55 Pilatis 6:15 p.m.-7 p.m.	<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>	<b>14</b> Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 Pickleball 1-4
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