



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

March 2018

Mon	Tue	Wed	Thu	Fri
<p>KUDO's of the MONTH!</p> <p>Mary Platter (Volunteer Tai Chi Leader-RIP)</p>	<p>SAVE THE DATE!</p> <p>Senior Health Fair Wednesday, May 16 from 9-2 Held at the Clippard Family YMCA</p>	<p>LOOK WHATS NEW!</p> <p>Karaoke Disco & Pot Luck Thursday, March 29 from 1-3 pm</p>	<p>1 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>2 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>5 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>6 Open Billiards 9-4 Stain Glass 9 - Noon Water Color Painting 9-12 Bridge 12-3 HealthRhythms Drumming 1-2</p>	<p>7 Open Billiards 9-4 Jewelry Design 9-11:30 Bingo 10:30-2:30</p>	<p>8 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</p>	<p>9 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>12 SilverSneaker Classic 9:30-10:30 Open Billiards 9-4 Open Painting 9—3 Coffee Crafts 10:30-11:30 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4 SilverSneaker *NEW Boom-Strength 2:30-3</p>	<p>13 Open Billiards 9-4 Stain Glass 9 - Noon Water Color Painting 9-12 Bridge 12-3 HealthRhythms Drumming 1-2</p>	<p>14 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>15 Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1-2 Comfort Quilt, Crochet Plastic Bag Mat 1-4</p>	<p>16 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 Spring Gala Dinner and Dance 6-9</p>
<p>19 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>20 Open Billiards 9-4 Stain Glass 9 - Noon Water Color Painting 9-12 Bridge 12-3 HealthRhythms Drumming 1-2</p>	<p>21 Open Billiards 9-4 Jewelry Design 9-11:30 Bingo 10:30-2:30</p>	<p>22 Open Billiards 9-4 Ceramics 9-4 SilverFox Cardio 10:15-11 Poker 11:30 Tai Chi 11-Noon Clavinova 1 -2 Plastic Bag Mat 1-4 Balance & Strength 1-2</p>	<p>23 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>26 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>27 Open Billiards 9-4 Stain Glass 9 - Noon Water Color Painting 9-12 Blood Pressure Chk 10 Bridge 12-3 HealthRhythms Drumming 1-2</p>	<p>28 Open Billiards 9-4 Jewelry Design 9-11:30 Bingo 10:30-2:30 Sewing 12:30-3</p>	<p>29 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 #NEW Karaoke Disco & Pot Luck 1-3 pm</p>	<p>30 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>



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

MARCH 2018

Mon	Tue	Wed	Thu	Fri
<p>KUDO's of the MONTH!</p> <p>Barbara Burnside (senior social volunteer)</p>	<p>SAVE THE DATE!</p> <p>Senior Health Fair Wednesday, May 16 from 9-2 Held at the Clippard Family YMCA</p>	<p>LOOK WHATS NEW!</p> <p>NEW SilverSneaker Boom-Strength held each Monday from</p>	<p>1 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>2 Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Book Club 12:45-2 Aqua Arthritis 1-1:55 Pickleball 1-4</p>
<p>5 Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 *NEW Chair Volleyball 12-3 *NEW SilverSneaker Boom-Strength 2:30-3 (CSC) Matter of Balance Educational Series 1-3</p>	<p>6 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 BINGO 1-3</p>	<p>7 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>8 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>9 Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 Pickleball 1-4</p>
<p>12 Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 *NEW Chair Volleyball 12-3 *NEW SilverSneaker Boom-Strength 2:30-3 (CSC) Matter of Balance Educational Series 1-3</p>	<p>13 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>14 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>15 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>16 Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 Pickleball 1-4 Spring Gala Dinner/Dance March 16 6-9 pm (Held at CSC)</p>
<p>19 Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 *NEW Chair Volleyball 12-3 *NEW SilverSneaker Boom-Strength 2:30-3 (CSC) Matter of Balance Educational Series 1-3</p>	<p>20 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>21 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>22 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>23 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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