

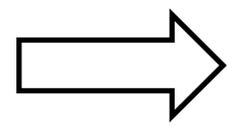


COLERAIN SENIOR CENTER

March & April 2025 Program Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Billiards & Poker 9:00-2:30	Open Billiards & Poker 9:00-2:30	Open Billiards & Poker 9:00-2:30	Open Billiards & Poker 9:00-2:30	Open Billiards & Poker 9:00-2:30	CLOSED
Ceramics 9:30-2:30	Stain Glass 9:00-12:00	Indoor Pickleball 9:00-11:15 Hall A South <i>No PB in April</i>	*NEW Coil Fabric & Crafting 10:00-12:30	Indoor Pickleball 9:00-11:15 Hall A South <i>No PB in April</i>	SUNDAY CLOSED
*NEW Mat Pilates 9:30-10:15 <i>Held in Hall B in April</i>	Open Art & Crafts 12:00-2:30		Open Art & Crafts 9:00-2:30	Open Art & Crafts 9:00-2:30	SAVE THE DATE! Senior Social & "The Important of Vaccines" provided by Kroger Pharmacy Thursday, March 27th from 11:00am-1:00pm
MahJong Lessons & Advanced 10:00-11:30	Mat Yoga 10:15-11:00 Sue <i>Held in Hall B in April</i>	Water Colors 9:00-2:30	Indoor Pickleball 9:00-2:30 Hall A South <i>No PB March 27th thru April</i>	Budget Craft/Knitting Noon-2:30	
500 Cards 10:30-2:30	Indoor Pickleball 11:15-2:30 Hall A South <i>No PB in April</i>	*NEW Pop-Up Walking Class 10:30-11:15 Nora <i>No Walking Class in April</i>	SILVER SNEAKER Strength Progression Seated/Standing 10:30-11:15 <i>Held in Hall B beginning March 27th thru April Sue</i>	Euchre' 10:30am-2:00	SAVE THE DATE! SENIOR HEALTH FAIR Thursday, May 30th from 10am-1pm No Registration
SILVERSNEAKER Classic Seated/Standing *New Time 10:30-11:15 Nora <i>Held in Hall B in April</i>	Core Strength & Stretch Seated 11:15-12:15 Nora <i>Held in Hall B in April</i>	*NEW Open Court Walking 11:30-12:15 <i>No Court Walking in April</i>	*NEW Core Strength & Stretch Seated (1st, 2nd & 3rd Thursday) 11:30-12:15 <i>Held in Hall B beginning March 27th thru April Nora</i>	SilverSneaker Classic Seated/Standing 10:30-11:15 <i>Begins at 11:30 and held at Clippard in April only Angie</i>	
MahJong Advanced 12:00-2:30	Bridge 11:30-2:30	Mahjong 101 10:00-12:00	*NEW Jewelry Making 12:00-2:00 1st & 3rd Thursday Instructor led	Lunch Bunch Trip Outings 11:00-1:00 First and Third Friday	
SilverSneaker Yoga Stretch Seated/Standing *New Time 11:30-12:30 Nora <i>Held in Hall B in April</i>	Line Dancing 12:30-1:15 Tonya <i>Held in Hall B in April</i>	Crochet/Knitting 11:00-2:30	Comfort Quilt (RMH) & Plastic Bag Crochet (M25) 12:00-2:30 <i>Begins at 12:30 in April</i>	SilverSneaker Yoga Stretch Seated/Standing *New Time 11:30-12:30 <i>Begins at 12:30 and held at Clippard in April only Cathy</i>	
Chair Club V-Ball 12:00-2:30	Indoor Pickleball 1:30-2:30 Hall A North <i>No PB in April</i>	Indoor Pickleball 12:30-2:30 Hall A South <i>No PB in April</i>	*NEW Line Dancing 12:30-1:15 <i>Held in Hall B beginning March 27th thru April</i>	*NEW Bridge Lessons 12:00-2:30	
Indoor Pickleball 12:45-2:30 Hall A South & North <i>No PB in April</i>	*NEW Cupcakes and Canvas Painting (2nd Tuesday only) Noon-2:30 (cupcakes provided)			*NEW Mahjong 12:00-2:30	
	*NEW Cultivate Joy Workshop March 18th & 25th 12:30-2:30			Chair Club V-Ball 12:00-2:30	
			Indoor Pickleball 1:30-2:30 Hall A North <i>No PB March 27 thru April</i>	Indoor Pickleball 12:45-2:30 Hall A South & North <i>No PB in April</i>	



CLASS DESCRIPTION, MEMBERSHIP, COA & OPERATION HOURS

SILVER SNEAKERS CLASSIC

SilverSneakers® Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support. Water bottle required.

SILVER SNEAKERS STABILITY

SilverSneakers® Stability Participants are those looking for a skills-based workout. Stability participants must be comfortable exercising in a standing position for a minimum of 30 minutes. Get stronger and improve your balance through exercises that strengthen your body. Often a chair is used for seated exercises or standing support. Water bottle required.

CORE STRENGTH & STRETCH

Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a seated position. Water bottle required.

LINE DANCING

A cardiovascular class consisting of various of movements creating a dynamic workout. Water bottle required.

WALKING AEROBICS

This class is instructor led and designed for adults to improve their physical and mental well-being while increasing social interactions by walking on a regular basis.

SILVERSNEAKER YOGA STRETCH

Class will focus on the basic poses, correct alignment, breath work, and movement with the support of a chair. Water bottle required.

MAT PILATES

Flexibility training improves posture, reduces stress and builds lean muscles. Mat and water bottle required.

YOGA

Basic poses, correct alignment, breath work, and movement. Mat and water bottle required.

Magic of Rhythm Outdoor Patio Group Drumming

Basic drumming with real drums accelerates physical healing, boosts immune system, releases negative feelings, lowers blood pressure and so much more.

(Program offered in Spring/Summer and Summer/Fall)

Pop Up Classes offered throughout the year such as Bootcamp, Cardio-Hit, Outdoor Yoga-latis etc,

CATEGORY COLOR LEGEND

CARDIO/STRENGTH

MIND BODY

SPECIAL EVENTS

SPECIAL MESSAGES

COLERAIN SENIOR CENTER HOURS

MONDAY – FRIDAY 9:00 am - 3:00 pm

SATURDAY/SUNDAY CLOSED

COA CONGREGATE MEAL

MON - FRI Must call one day prior

COA TRANSPORTATION

MON - FRI Pick up and Drop off times vary.
Must call two days prior.
Must live within Colerain Township

MEMBERSHIP INFORMATION 50yrs+ up

Senior Center Membership Covers all programs including meals, transportation & trips.

\$25 a year –inside township

\$35 a year - outside township

SilverSneaker & Renew Active YMCA Membership covers all programs except meals, transportation & trips.

\$0 Power of the Scan.

Must scan in 2 x's a month to receive SilverSneaker or Renew Active otherwise membership is automatically cancelled.

All other paying YMCA membership must join the Colerain Senior Center (see cost above)

CONTACT INFORMATION

Nora Dashley, Transformation Director of Senior Service

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