

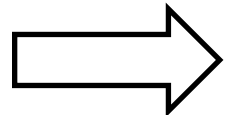


# COLERAIN SENIOR CENTER



## Feb & March 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	<b>*NEW</b> Coil Fabric & Crafting 10:00-12:30	Indoor Pickleball 9:00-11:15 Hall A South	SUNDAY CLOSED
<b>*NEW</b> Mat Pilates 9:30-10:15	Open Art & Crafts 12:00-2:30	Water Colors 9:00-2:30	Open Art & Crafts 9:00-2:30	Open Art & Crafts 9:00-2:30	<b>SAVE THE DATE!</b> Senior Social & "Laughter Medicine" provided by Visiting Angel Thursday, Feb 27th from 11:00am-1:00pm
MahJong Lessons & Advanced 10:00-11:30	Mat Yoga 10:15-11:00 <b>Sue</b>	<b>*NEW Pop-Up</b> Walking Class 10:30-11:15 <b>Holly</b>	Indoor Pickleball 9:00-2:30 Hall A South	<b>*NEW</b> Budget Craft/Knitting Noon-2:30	
500 Cards 10:30-2:30	Indoor Pickleball 11:15-2:30 Hall A South	<b>*NEW</b> Open Court Walking 11:30-12:15	SILVER SNEAKER Strength Progression Seated/Standing 10:30-11:15 (March 27th held at Clippard Gym Ct #1) <b>Sue</b>	Euchre' 10:30am-2:00	<b>SAVE THE DATE!</b> Senior Social & "The Important of Vaccines" provided by Kroger Pharmacy Thursday, March 27th from 11:00am-1:00pm
SILVERSNEAKER Classic Seated/Standing <b>*New Time</b> 10:30-11:15 <b>Nora</b>	Core Strength & Stretch Seated 11:15-12:15 <b>Nora</b>	Mahjong 101 10:00-12:00	<b>*NEW</b> Core Strength & Stretch Seated (1st, 2nd & 3rd Thursday) 11:30-12:15 <b>Nora</b>	SilverSneaker Classic Seated/Standing <b>*New Time</b> 10:30-11:15 <b>Angie</b>	
MahJong Advanced 12:00-2:30	Bridge 11:30-2:30	Bingo 10:00-2:30	<b>*NEW</b> Core Strength & Stretch Seated 11:30-12:15 <b>Nora</b>	Lunch Bunch Trip Outings 11:00-1:00 First and Third Friday	<b>WORKSHOP SERIES!</b> "Cultivate JOY" Hands on Activity Tuesday, March 18th & 25th from 12:30-2:30 Limited Space Registration Required
SilverSneaker Yoga Stretch Seated/Standing <b>*New Time</b> 11:30-12:30 <b>Nora</b>	Line Dancing 12:30-1:15 <b>Tonya</b>	Crochet/Knitting 11:00-2:30	Jewelry Making 12:00-2:00 1st & 3rd Thursday Instructor led	SilverSneaker Yoga Stretch Seated/Standing <b>*New Time</b> 11:30-12:30 <b>Cathy</b>	
Chair Club V-Ball 12:00-2:30	<b>*NEW</b> Cupcakes and Canvas Painting (2nd Tuesday only) Noon-2:30 (cupcakes provided)	Indoor Pickleball 12:30-2:30 Hall A South	Comfort Quilt (RMH) & Plastic Bag Crochet (M25) 12:00-2:30	<b>*NEW</b> Bridge Lessons 12:00-2:30	<b>WORKSHOP SERIES!</b> "Diabetes" Feb 12th-March 19 Limited Space Registration Required
Indoor Pickleball 12:45-2:30 Hall A South & North	<b>*NEW</b> Cultivate Joy Workshop March 18th & 25th 12:30-2:30	<b>*NEW</b> Diabetes Workshop Series Feb 12th - March 19th from 1-3	<b>*NEW</b> Line Dancing 12:30-1:15	Mahjong 12:00-2:30	
			Indoor Pickleball 1:30-2:30 Hall A North	Chair Club V-Ball 12:00-2:30	
				Indoor Pickleball 12:45-2:30 Hall A South & North	



COLORS: MINDFUL CARDIO/STRENGTH SPECIAL EVENTS SPECIAL MESSAGES

\*Special Events require a reservation via MyY app, In Person or at www.MyY.org

Classes are subject to change-please check APP for most updated schedule.

# 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**

This class is designed for adults to improve their physical and mental well-being while increasing social interactions by walking on a regular basis. Walking routes will include campus paths, indoor and outdoor facilities.

## **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**

## **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  
513-923-5050

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513-923-4466

Colerain Senior Center 4300 Springdale Road 45251

**E:** ndashley@MyY.org

**W:** www.MyY.org or www.Colerain.org

**FaceBook:** Colerain Senior Center