



# COLERAIN SENIOR CENTER



## MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Billiards 10-3	Open Billiards 10-3	Open Billiards 10-3	Open Billiards 1-3	Open Billiards 10-3	Pop Up SilverSneaker
Jewelry, Art/Craft 10-12	Stain Glass 10-12	Open Art/Craft 10-3	Ceramics 10-3	Open Art/Craft 10-3	Stability 10:00 May 8 <sup>th</sup>
500 Cards 10:30	Open Art/Craft 12-3	Bingo 10:30-2:30	Senior Talk Thursday 11:15 <a href="#">Click Here to Facebook Page</a>	SilverSneaker Classic 11:30 (Seated/Standing)	Pop Up SilverSneaker
SilverSneaker Classic 11:30 (Seated/Standing)	Water Colors 10-12	Line Dancing 11-12:30 (Begins May 12 <sup>th</sup> )	Poker 10 - 2:30	Euchre' 10:30-2:30	Yoga 11:00 May 8 <sup>th</sup>
MahJong 12-2	Bridge 12-3		Mother's Day & Health Fitness Day 10-2 (3 <sup>rd</sup> Thur-May 20 <sup>th</sup> )  <a href="#">Click Here to Register</a>	Lunch Brunch 11:30 Krimmers (1 <sup>st</sup> Friday-May 7 <sup>th</sup> ) <a href="#">Click Here to Register</a>	<b>COA Congregate Meal M-F 11:30 Colerain Senior Center 4300 Springdale Road, Cincinnati, Ohio 45251 513-923-5050</b>  Nora Dashley Senior Program Director <a href="mailto:ndashley@myy.org">ndashley@myy.org</a>
SilverSneaker Stability 12:30 (Standing)	SilverSneaker Yoga 12:30 (Seated/Standing)			Colerain Chair V-Ball 12-3	
YMCA Chair V-Ball 12-3	Balance/Strength 1:30 (Seated/Standing)		Tai Chi (DVD) 11 (Seated/Standing)	SilverSneaker Yoga 12:30 (Seated/Standing)	
Exploring Nature & Crafting with Ginger 1:30-2:30	Virtual Power Hour "Living Wills & Life Choices" Part I 3:00 pm (Tuesday, May 11 <sup>th</sup> )  <a href="#">Click Here to Register</a>		Project M25-Mats & Pathways to Home 12-3 Project RMDH-Quilts (3 <sup>rd</sup> Thur-May 20 <sup>th</sup> )	Virtual Healthy U Chronic Diabetes 6 week series begins May 21 12:30-3  <a href="#">Click Here to Register</a>	
			Book Club 12:45 (1 <sup>st</sup> Thur-May 6 <sup>th</sup> ) In Person	Magic of Rhythm 1:00 (May 14 <sup>th</sup> - June 25 <sup>th</sup> )	

Colerain Senior Center Programs open to Colerain Senior Center and SilverSneaker Members Only!

CERAMICS, ART, CRAFT, STAINGLASS	ACTIVE OLDER ADULT GROUP EXERCISE	EDUCATIONAL, BOOK CLUB, VIRTUAL	SOCIAL EVENTS (Registration Required) Registration System	CARDS, SPORTS, GAMES (Begins the second week of May 10 <sup>th</sup> )	VOLUNTEER PROJECT OPPORTUNITY
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# CLIPPARD YMCA GROUP EXPROGRAMS



## MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 5:30-Cindy/Gerry		Cycle 8:30-Rich/Andrea	Barre' 5:30 Cindy/Gerri	Cycle 5:30-Cindy/Gerry	Cycle 8:00-Rich/Andrea
Pilates 8:30-Nora	SilverSneaker Circuit 9:00-Toni	Shallow Water II 9:00-Toni	SilverSneaker Circuit 9:00-Mike	Shallow Water II 9:00-Toni	Strength Train Together 9:00-Rich/Andrea
Shallow Water II 9:00-Kelly	SilverSneaker Strength 10:00-Toni	Strength Train Together 9:30a-Rich/Andrea	SilverSneaker Yoga 10:00-Cathv	Boot Camp 9:30-Keith	Shallow Water II 9:00-Nancy
Boot Camp 9:30-Keith	Shallow Water II 10:00-Alice	Pilates 10:45-Gerri	Shallow Water II 10:00-Alice	Shallow Water I 10:00-Toni	Pilates 10:15-Lori
TRX 10:30-Keith	Arthritis 11:00-Alice	SilverSneaker Circuit 12:00p-Mike	Arthritis 11:00-Alice	TRX 10:30-Keith	Step 11:15-Carla
		Pickleball 12-3 (Open to members)		Pickleball 12-3 (Open to members)	
	Boot Camp 5:30-Lori	SilverSneaker Yoga 1:00-Cathy	Defend Together Kick Boxing 5:30-Katie		Pop Up
Strength Train Together 6:00 Rich/Andrea	Gentle Yoga 6:30-Janice	Step 5:30-Carla	Gentle Yoga 6:30-Cathy	Strength Train Together 6:00-Rich/Andrea	Sunday, May 16 <sup>th</sup> Chair Yoga @ 12 Mat Yoga @
Cycle 7:15-Andrea	Shallow Water II 7:00-Nancy	Pilates 6:30p-Cindy/Gerry  Barre' 7:15 Cindy/Gerri	Shallow Water II 7:00-Nancy		

Clippard Family YMCA Open to YMCA Members Only! Registration Required [www.cincinnatiymca.motionvibe.com](http://www.cincinnatiymca.motionvibe.com)

AQUATICS	ACTIVE OLDER ADULT	COLRAIN SENIOR CENTER PROGRAMS ON BACK	CARDIO & STRENGTH	MIND & BODY	CYCLE
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