



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 Township Senior Center-Clippard Family Y
CSC-513-923-5050
YMCA-513-923-4466
ndashley@MyY.org
Facebook: Colerain Senior Center-Forever Young & Clippard Y

APRIL 2017

Mon	Tue	Wed	Thu	Fri
CENTER CLOSING DAYS	KUDO'S OF THE MONTH	SAVE THE DATE	SAVE THE DATE	SAVE THE DATE
Monday May 2nd-Election Day	Regina Robinson (Welcome Center)	Senior Health and Fitness Expo	Brain Health Series Part II	Sock Hop Dance
Monday May 29-Memorial Day		Wednesday, May 17 from 10 a.m. -2 p.m.	Thursday, June 1, 8,15,22 & 29 from 6 p.m. -8 p.m.	Friday, June 16, 2017 from 6 p.m.-9 p.m.
3 SilverSneaker Classic 9:30-10:30 Open Billiards 9-4 Open Painting 9—3 10:30-11:30 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4	4 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 *NEW Arts for Life Lecture 10:30-11:30 Bridge 12-3	5 Open Billiards 9-4 Jewelry Design 9-11:30 Bingo 10:30-2:30	6 Walking Rewards 9-10 Open Billiards 9-4 Porcelain, Pottery 9-4 Fall Prevention 10-12 Silver Foxes 10:15-11 Tai Chi 11-Noon Clavinova 1 –2 Plastic Bag Mat 1-4	7 Open Art Studio 9-4 SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 Chair Volleyball 11-1:45 Lunch Bunch 11 Open Billiards 1-3 Chair Yoga 2 –3
10 SilverSneaker Classic 9:30-10:30 Open Billiards 9-4 Open Painting 9—3 *NEW Coffee & Crafts 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4	11 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3	12 Open Billiards 9-4 PAH (Stay)10-12:30 Jewelry Design 9-11:30 Birthday Bingo 10:30-2:30 Sewing 12:30-3	13 Walking Rewards 9-10 Open Billiards 9-4 Porcelain, Pottery 9-4 Silver Foxes 10:15-11 Tai Chi 11-Noon Poker 11:30 Resistance 1-1:45 Clavinova 1-2 Comfort Quilt, Crochet & Plastic Bag Mat 1-4	14 Open Art Studio 9-4 SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 1-3 Chair Yoga 2 –3
17 SilverSneaker Classic 9:30-10:30 Open Painting 9—3 Open Billiards 9-4 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4	18 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3 Billiards Tourny 9:30-12	19 NO SOCIAL & NO BINGO THIS MONTH! Open Billiards 9-4 PAH (Stay) 10-12:30 Jewelry Design 9-11:30	20 Walking Rewards 9-10 Open Billiards 9-4 Porcelain, Pottery 9-4 Silver Foxes 10:15-11 Tai Chi 11-Noon Clavinova 1-2 Plastic Bag Mat 1-4	21 Open Art Studio 9-4 SilverSneaker Classic 9:30-10:30 Bus Trip– 10-2 Euchre 10:35-1:30 Chair Volleyball 11-1:45 Lunch Bunch 11 Open Billiards 1-3 Chair Yoga 2 –3
24 SilverSneaker Classic 9:30-10:30 Open Painting 9—3 Open Billiards 9-4 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4	25 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3 Billiards Tourny 9:30-12 Drumming Program 2-3 Blood Pressure Chk 10	26 Open Billiards 9-4 PAH (Stay)10-12:30 Jewelry Design 9-11:30 Bingo 10:30-2:30 Sewing 12:30-3	27 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 Plastic Bag Mat 1-4	28 Open Art Studio 9-4 SilverSneaker Classic 9:30-10:30 Bus Trip– 10-2 Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 1-3 Chair Yoga 2 –3



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 Welcome Center and www.MyY.org

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

APRIL 2017

Mon	Tue	Wed	Thu	Fri
<p>Kudo's of the Month</p> <p>Wilma Keifer</p> <p>We LOVE Our Volunteers!!</p>	<p>Coming Soon</p> <p>SilverSneaker BOOM-Strength and SilverSneaker BOOM-Mind</p> <p>More info coming soon</p>	<p>Save the Date</p> <p>Senior Health and Fitness Expo</p> <p>Wednesday, May 17, 2017 from 10 a.m. 2 p.m.</p>	<p>Save the Date</p> <p>Brain Health Series Part II</p> <p>Thursday, June 1, 8, 15, 22 & 29 from 6-8 p.m.</p>	<p>Save the Date</p> <p>Sock Hop Dance</p> <p>Friday, June 17 from 6-9 p.m.</p>
<p>3</p> <p>Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55</p>	<p>4</p> <p>Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 IPad Training 101 1-2</p>	<p>5</p> <p>AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Y Aqua Arthritis (YAAP) 1-1:55 Pilatis 6:15 p.m.-7</p>	<p>6</p> <p>Aqua Stride T-TH 10-10:30 Fall Prevention (CSC)10-12 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>7</p> <p>Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 *NEW Tai Chi 11:30-12:30 Book Club 12:45-2 Y Aqua Arthritis (YAAP) 1-1:55 Pickleball 1-4</p>
<p>10</p> <p>Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55</p>	<p>11</p> <p>Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 IPad Training 101 1-2</p>	<p>12</p> <p>AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Y Aqua Arthritis (YAAP) 1-1:55 Pilatis 6:15 p.m.-7</p>	<p>13</p> <p>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>14</p> <p>Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 *NEW Tai Chi 11:30-12:30 Y Aqua Arthritis (YAAP) 1-1:55 Pickleball 1-4</p>
<p>17</p> <p>Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55</p>	<p>18</p> <p>Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 IPad Training 101 1-2</p>	<p>19 NO SOCIAL</p> <p>AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Y Aqua Arthritis (YAAP) 1-1:55 Pilatis 6:15 p.m.-7</p>	<p>20</p> <p>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. Comfort Quilt, Crochet & Plastic Bag Mat 1-4 (Held at CSC)</p>	<p>21</p> <p>Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 *NEW Tai Chi 11:30-12:30 Y Aqua Arthritis (YAAP) 1-1:55 Pickleball 1-4</p>
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