



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

DECEMBER 2017

Mon	Tue	Wed	Thu	Fri
<p>WHAT'S NEW! SilverSneaker Boom-Strength held each Monday from 2:30-3</p>	<p>KUDO's of the MONTH! Jeanette Gleisinger (Front Desk Volunteer)</p>	<p>SAVE THE DATE! Saturday, DECEMBER 2 29th Annual Holiday Craft and Boutique Fair from 9-2 (open to the community)</p>	<p>WE LOVE OUR MEMBERS,STAFF AND VOLUNTEERS! </p>	<p>1 CLOSED Craft Boutique Fair Set-Up</p>
<p>4 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>5 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p>6 Open Billiards 9-4 Jewelry Design 9-11:30 Bingo 10:30-2:30</p>	<p>7 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>8 Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 Bus Trip-Movie Matinee 10 Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 9-3 Chair Yoga 2 -3</p>
<p>11 SilverSneaker Classic 9:30-10:30 Coffee & Crafts 10:30-11:30 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>12 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p>13 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>14 Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Poker 10:30-3 Tai Chi 11-Noon Clavinova 1-2 Balance & Strength 1-2</p>	<p>15 Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 Lunch Bunch 11 Chair Volleyball 11-1:45 Open Billiards 9-3 Chair Yoga 2 -3</p>
<p>18 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>19 Billiards Tournament 9-12 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p>20 Open Billiards 9-4 Jewelry Design 9-11:30 CHRISTMAS SENIOR LUNCHEON 12-2</p>	<p>21 Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1-2 Balance & Strength 1-2 Comfort Quilt, Crochet Plastic Bag Mat 1-4</p>	<p>22 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>25 CLOSED MERRY CHRISTMAS! </p>	<p>26 CLOSED MERRY CHRISTMAS </p>	<p>27 Open Billiards 9-4 Jewelry Design 9-11:30 Bingo 10:30-2:30</p>	<p>28 Open Billiards 9-4 Ceramics 9-4 Cardio 10-11 Poker 11:30 Tai Chi 11-Noon Clavinova 1 -2 Plastic Bag Mat 1-4 Balance & Strength 1-2</p>	<p>29 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!

Free Programs

Registration is required for most programs, events & wellness. Program flyer located at


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

DECEMBER 2017

Mon	Tue	Wed	Thu	Fri
<p>WHAT'S NEW!</p> <p>SilverSneaker *NEW Boom-Strength held at CSC each Monday 2:30-3</p> <p>CHAIR VOLLEYBALL *NEW 12-3</p>	<p>KUDO's of the MONTH!</p> <p>Kenneth Hays (Veteran-Chair Volleyball)</p>	<p>SAVE THE DATE!</p> <p>29th Annual Holiday Craft & Boutique Fair Saturday, December 2 from 9-2 Held at the Colerain Senior Center</p>	<p>WE LOVE OUR MEMBERS AND VOLUNTEERS! THANK YOU FOR SUPPORTING THE Y WITH YOUR MEMBERSHIP!</p> 	<p>1</p> <p>Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Book Club 12:45-2 Y Aqua Arthritis (YAAP) 1-1:55 Pickleball 1-4</p>
<p>4</p> <p>Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 CHAIR VOLLEYBALL *NEW 12-3</p>	<p>5</p> <p>Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>6</p> <p>AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi 3:30-4 Y Aqua Arthritis (YAAP) 1-1:55 Pilatis 6:15 p.m.-7 p.m.</p>	<p>7</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>8</p> <p>Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 Pickleball 1-4</p>
<p>11</p> <p>Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 CHAIR VOLLEYBALL *NEW 12-3</p>	<p>12</p> <p>Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>13</p> <p>AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi 3:30-4 Y Aqua Arthritis (YAAP) 1-1:55 Pilatis 6:15 p.m.-7</p>	<p>14</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/Comfort Quilts 1-4 (Held at CSC)</p>	<p>15</p> <p>Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 Pickleball 1-4</p>
<p>18</p> <p>Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 CHAIR VOLLEYBALL *NEW 12-3</p>	<p>19</p> <p>Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>20</p> <p>AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi 3:30-4 Y Aqua Arthritis (YAAP) 1-1:55 CHRISTMAS SENIOR LUNCHEON 12-2 (Held at CSC)</p>	<p>21</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/Comfort Quilts 1-4 (Held at CSC)</p>	<p>22</p> <p>Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 Pickleball 1-4</p>
<p>25</p> <p>CLOSED!</p> <p>MERRY CHRISTMAS!</p>	<p>26</p> <p>Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p>27</p> <p>AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi 3:30-4 Y Aqua Arthritis (YAAP) 1-1:55</p>	<p>28</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>29</p> <p>Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 Pickleball 1-4</p>