



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

MAY 2017

Mon	Tue	Wed	Thu	Fri
<p>1 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</p>	<p>2 ELECTION DAY CENTER CLOSED!</p>	<p>3 Open Billiards 9-4 Jewelry Design 9-11:30 Birthday Bingo 10:30-2:30 Sewing 12:30-3</p>	<p>4 Walking Rewards 9-10 Open Billiards 9-4 Porcelain, Pottery 9-4 Silver Foxes 10:15-11 Tai Chi 11-Noon Resistance 1-1:45 Clavinova 1-2 Plastic Bag Mat 1-4 3:30</p>	<p>5 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 Lunch Bunch 11</p>
<p>8 SilverSneaker Classic 9:30-10:30 Open Billiards 9-4 Open Painting 9—3 *NEW Coffee & Crafts 10:30-11:30 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4</p>	<p>9 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3</p>	<p>10 Open Billiards 9-4 Jewelry Design 9-11:30 Bingo 10:30-2:30</p>	<p>11 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</p>	<p>12 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</p>
<p>15 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</p>	<p>16 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3 Billiards Tourny 9:30-12</p>	<p>17 Open Billiards 9-4 PAH (Stay)10-12:30 Jewelry Design 9-11:30 Sewing 12:30-3 Senior Health Expo May 17 from 10-2</p>	<p>18 Walking Rewards 9-10 Open Billiards 9-4 Porcelain, Pottery 9-4 Silver Foxes 10:15-11 Tai Chi 11-Noon Resistance 1-1:45 Clavinova 1-2 Comfort Quilt, Crochet & Plastic Bag Mat 1-4</p>	<p>19 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 Lunch Bunch 11</p>
<p>22 SilverSneaker Classic 9:30-10:30 Open Painting 9—3 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4</p>	<p>23 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3 Billiards Tourny 9:30-12</p>	<p>24 Open Billiards 9-4 Bingo 10:30-2:30 PAH (Stay) 10-12:30 Jewelry Design 9-11:30</p>	<p>25 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</p>	<p>26 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</p>
<p>29 MEMORIAL DAY GOD BLESS OUR VETERANS & THEIR FAMILIES! CENTER CLOSED!</p>	<p>30 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3 Billiards Tourny 9:30-12 *NEW Drumming Program 2-3 Blood Pressure Chk 10</p>	<p>31 Open Billiards 9-4 Bingo 10:30-2:30 PAH (Stay) 10-12:30 Jewelry Design 9-11:30</p>	<p>Save the Date Sock Hop Dance Friday, June 17 from 6-9 p.m. Brain Health II Thursday, June 1, 8, 15, 22 & 29 from 6-8 p.m.</p>	<p>Kudos of the Month Sandra Agee (Bingo Volunteer) Coming Soon SilverSneaker-Boom-Strength & Mind</p>



MAY 2017

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

Mon	Tue	Wed	Thu	Fri
1 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55	2 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30	3 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	4 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)	5 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
8 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55	9 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30	10 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	11 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)	12 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
15 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55	16 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30	17 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 Senior Health Fair 10-2	18 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)	19 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
22 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55	23 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30	24 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	25 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)	26 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
29 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 MEMORIAL MONDAY	30 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30	31 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	Save the Dates Sock Hop Dance Friday, June 17 from 6-9 p.m. Brain Health II Thursday, June 1, 8, 15, 22 & 29 from 6-8 p.m.	Kudos of the Month Steven Poppe (Technology Program) Coming Soon SilverSneaker-Boom-Strength & Mind