



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

October 2017

Mon	Tue	Wed	Thu	Fri
<p>2 SilverSneaker Classic 9:30-10:30 Open Billiards 9-4 Open Painting 9—3 500 Cards 10:35-2 Mahjong 12:30-2:30 Open Computer Lab 1-4 *NEW SilverSneaker Boom-Strength 2:30-3</p>	<p>3 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3 Health Rhythms Drumming 1-2 Arts for Life-10:30-11:30</p>	<p>4 Open Billiards 9-4 Bingo 10:30-2:30)</p>	<p>5 Open Billiards 9-4 Ceramics 9-4 Cardio 10-11 Tai Chi 11-Noon Clavinova 2-3 Plastic Bag Mat 1-4 Balance & Strength 1-2</p>	<p>6 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>9 Closed Columbus Day</p>	<p>10 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3 Creative Writing 1-2:30 Health Rhythms Drumming 1-2</p>	<p>11 Open Billiards 9-4 PAH (Stay)10-12:30 Birthday Bingo 10:30-2:30 Sewing 12:30-3</p>	<p>12 Open Billiards 9-4 Ceramics 9-4 Cardio 10-11 Poker 11:30 Tai Chi 11-Noon Clavinova 2-3 Plastic Bag Mat 1-4 Balance & Strength 1-2</p>	<p>13 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>16 SilverSneaker Classic 9:30-10:30 Open Billiards 9-4 Open Painting 9—3 500 Cards 10:35-2 Mahjong 12:30-2:30 Open Computer Lab 1-4 *NEW SilverSneaker Boom-Strength 2:30-3</p>	<p>17 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3 Health Rhythms Drumming 1-2</p>	<p>18 Open Billiards 9-4 PAH (Stay)10-12:30 Bingo 10:30-2:30 Jewelry Design 9-11:30</p>	<p>19 Open Billiards 9-4 Ceramics 9-4 Cardio 10-11 Tai Chi 11-Noon Clavinova 2-3 Balance & Strength 1-2 Comfort Quilt, Crochet & Plastic Bag Mat 1-4</p>	<p>20 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>23 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 *NEW SilverSneaker Boom-Strength 2:30-3</p>	<p>24 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3 Health Rhythms Drumming 1-2</p>	<p>25 Open Billiards 9-4 PAH (Stay)10-12:30 Sewing 12:30-3 NO BINGO TODAY!</p>	<p>26 Open Billiards 9-4 Ceramics 9-4 Cardio 10-11 Poker 11:30 Tai Chi 11-Noon Clavinova 2-3 Plastic Bag Mat 1-4</p>	<p>27 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 Creative Writing 1-2:30 Chair Yoga 2 –3 HALLOWEEN DANCE 6-9</p>
<p>30 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 *NEW SilverSneaker Boom-Strength 2:30-3</p>	<p>31 Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Blood Pressure Chk 10 Bridge 12-3 Health Rhythms Drumming 1-2</p>	<p>Save the Date! Thanksgiving Social November 15, 12-2 Craft Boutique Fair December 2, 8-2 Christmas Social December 20, 12-2</p>	<p>Kudos of the Month Patricia Williams (Plastic Bag Mat & Crochet 4 A Cause Programs)</p>	<p>November 3 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>



October 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

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
<p>2 Active Adult Cardio 8:30-9:15 SilverSneaker Circuit 9:30-10:30 (Held at CSC) AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 SilverSneaker Boom-Muscle 2:30-3:30-(Held at CSC)</p>	<p>3 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 Senior Bowling 1 Bingo 1-3</p>	<p>4 Affordable Care Q-A 10-12 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>5 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) Matter of Balance 1-3</p>	<p>6 UHC Q-A 10-12 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>9 Active Adult Cardio 8:30-9:15 SilverSneaker Circuit 9:30-10:30 (Held at CSC) Chronic Diabetes 10-12;30 (held at Visiting Angels) AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 *NEW SilverSneaker Boom-Muscle 2:30-3:30-(Held at CSC)</p>	<p>10 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 Senior Bowling 1</p>	<p>11 Affordable Care Q-A 10-12 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>12 Anthem Q-A 10-12 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>13 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>16 Hearing Screening 12-3 Active Adult Cardio 8:30-9:15 SilverSneaker Circuit 9:30-10:30 (Held at CSC) Chronic Diabetes 10-12;30 (held at Visiting Angels) AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 *NEW SilverSneaker Boom-Muscle 2:30-3:30-(Held at CSC)</p>	<p>17 MediGold Q-A 10-12 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 Senior Bowling 1</p>	<p>18 Affordable Care Q-A 10-12 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>19 MediGold Seminar 2 pm 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 Quilt/Crochet 4 A Cause 1-4 (Held at CSC)</p>	<p>20 UHC Q-A 10-12 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>23 Active Adult Cardio 8:30-9:15 SilverSneaker Circuit 9:30-10:30 (Held at CSC) Chronic Diabetes 10-12;30 (held at Visiting Angels) AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 *NEW SilverSneaker Boom-Muscle 2:30-3:30-(Held at CSC)</p>	<p>24 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 Senior Bowling 1</p>	<p>25 Affordable Care Q-A 10-12 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>26 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>27 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Tai Chi 11:30-12:30 Y Aqua Arthritis (YAAP) 1-1:55 Pickleball 1-4 Halloween Dance 6-9 pm</p>
<p>30 Anthem Seminar 12 Active Adult Cardio 8:30-9:15 SilverSneaker Circuit 9:30-10:30 (Held at CSC) Chronic Diabetes 10-12;30 (held at Visiting Angels) AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 *NEW SilverSneaker Boom-Muscle 2:30-3:30-(Held at CSC)</p>	<p>31 Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 Senior Bowling 1</p>	<p>Save the Date! Thanksgiving Social November 15, 12-2 Craft Boutique Fair December 2, 8-2 Christmas Social December 20, 12-2</p>	<p>Kudos of the Month Tom Barge (Forever Young & Garden Club)</p>	<p>November 3 Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Tai Chi 11:30-12:30 Y Aqua Arthritis (YAAP) 1-1:55 Pickleball 1-4</p>