



**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

**September 2017**

Mon	Tue	Wed	Thu	Fri
<b>Coming in Fall...</b> Boom Strength Matter of Balance Total Brain Health "Memory" Chronic Diabetes Program Hearing Seminar/Screenings Dental Seminar HealthRhythm Empowerment Creative Writing Pre-Planning Seminar	<b>Kudos of the Month!</b>  <b>Jim McNanny</b>	<b>Save the Date!</b>  <b>Halloween Dine &amp; Dance</b> <b>Friday, October 27</b> <b>from 6 –9 (please bring canned goods supporting local pantry)</b>	<b>*NEW</b>  <b>SilverSneaker Boom-Strength held on Mondays from 3-3:30</b>	<b>1</b> Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 <b>Lunch Bunch 11</b> <b>Chair Volleyball 11-1:45</b> Open Billiards 9-3 Chair Yoga 2 -3
<b>4</b> CLOSED FOR HOLIDAY	<b>5</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3	<b>6</b> Open Billiards 9-4 Jewelry Design 9-11:30 <b>Bingo 10:30-2:30</b>	<b>7</b> Open Billiards 9-4 Porcelain, Pottery 9-4 Cardio 10-11 Poker 11:30 Tai Chi 11-Noon Clavinova 1 -2 <b>Plastic Bag Mat 1-4</b> Balance & Strength 1-2	<b>8</b> Open Art Studio 9-3 <b>Bus Trip 9:30</b> SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 <b>Chair Volleyball 11-1:45</b> Open Billiards 9-3 Chair Yoga 2 -3
<b>11</b> SilverSneaker Classic 9:30-10:30 <b>Coffee &amp; Crafts 10:30-11:30</b> Open Billiards 9-4 Open Painting 9—3 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4 <b>*NEW SilverSneaker Boom-Strength 2:30-3</b>	<b>12</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12 Bridge 12-3	<b>13</b> Open Billiards 9-4 PAH (Stay)10-12:30 Jewelry Design 9-11:30 <b>Birthday Bingo 10:30-2:30</b> Sewing 12:30-3	<b>14</b> Open Billiards 9-4 Porcelain, Pottery 9-4 Cardio 10-11 Tai Chi 11-Noon Clavinova 1-2 Balance & Strength 1-2 <b>Plastic Bag Mat 1-4</b>	<b>15</b> Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 <b>Lunch Bunch 11</b> <b>Chair Volleyball 11-1:45</b> Open Billiards 9-3 Chair Yoga 2 -3
<b>18</b> 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 <b>*NEW SilverSneaker Boom-Strength 2:30-3</b>	<b>19</b> Open Billiards 9-4 Stain Glass 9 – Noon Water Color Painting 9-12	<b>20</b> Open Billiards 9-4 <b>Veteran Luncheon Noon-2</b> Jewelry Design 9-11:30	<b>21</b> Open Billiards 9-4 Porcelain, Pottery 9-4 Cardio 10-11 Poker 11:30 Tai Chi 11-Noon Clavinova 1-2 <b>Comfort Quilt, Crochet &amp; Plastic Bag Mat 1-4</b>	<b>22</b> Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 Euchre 10:35-1:30 <b>Chair Volleyball 11-1:45</b> Open Billiards 9-3 Chair Yoga 2 -3
<b>25</b> 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 <b>*NEW SilverSneaker Boom-Strength 2:30-3</b>	<b>26</b> 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	<b>27</b> Open Billiards 9-4 <b>Bingo 10:30-2:30</b> PAH (Stay) 10-12:30 Jewelry Design 9-11:30 Sewing 12:30-3	<b>28</b> Open Billiards 9-4 Porcelain, Pottery 9-4 Cardio 10-11 Poker 11:30 Tai Chi 11-Noon <b>*NEW Creative Writing Workshop 12-2</b> Clavinova 1-2 <b>Plastic Bag Mat 1-4</b> Balance & Strength 1-2	<b>29</b> CLOSED FOR RECYCLE DAY



**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

**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

**September 2017**

Mon	Tue	Wed	Thu	Fri
<p><b>It's Here!</b> Boom Strength Matter of Balance Total Brain Health "Memory" Chronic Diabetes Program Hearing Seminar/Screenings Dental Seminar Health Care Information Creative Writing Chair Volley Ball Pre-Planning Seminar</p>	<p><b>Kudos of the Month!</b>  <b>Gerald Allen (Candy Man)</b></p>	<p><b>Save the Date!</b>  <b>Halloween Dine &amp; Dance</b> Friday, October 27 from 6 –9 (please bring canned goods supporting local food pantry)</p>	<p><b>*NEW</b>  <b>SilverSneaker Boom-Strength</b> held on Mondays from 3-3:30 at the Colerain Senior Center (Free to SilverSneaker &amp; CSC members only)</p>	<p><b>1</b> Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 <b>Book Club</b> 12:45-2 Y Aqua Arthritis (YAAP) 1-1:55 Pickleball 1-4</p>
<p><b>4</b> Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55</p>	<p><b>5</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 <b>*NEW-Senior Bowling 2</b></p>	<p><b>6</b> AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi <b>3:30-4</b> Y Aqua Arthritis (YAAP) 1-1:55 Pilatis 6:15 p.m.-7 p.m.</p>	<p><b>7</b> 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. <b>Plastic Bag Mat 1-4 (Held at CSC)</b> <b>*NEW Matter of Balance 1-3</b></p>	<p><b>8</b> Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 Pickleball 1-4</p>
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<p><b>18</b> Active Adult Cardio 8:30-9:15 AquaCardio Strength I 11:05-12 Y Aqua Arthritis (YAAP) 1-1:55 <b>*NEW Lunch-N- Learn "How Do You Know You Have A Hearing Prob?" 1-1-1</b></p>	<p><b>19</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30 <b>*NEW-Senior Bowling 2</b></p>	<p><b>20</b> AquaCardio Strength I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi <b>3:30-4</b> Y Aqua Arthritis (YAAP)1-1:55 Pilatis 6:15 p.m.-7</p>	<p><b>21</b> 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. <b>Comfort Quilt, Crochet &amp; Plastic Bag Mat 1-4 (Held at CSC)</b> <b>*NEW Matter of Balance 1-3</b></p>	<p><b>22</b> 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>
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