



**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

**February 2018**

Mon	Tue	Wed	Thu	Fri
<p><b>KUDO's of the MONTH!</b></p> <p><b>Marline Smith-Hall</b></p>	<p><b>SAVE THE DATE!</b></p> <p><b>Spring Gala Dinner and Dance</b> Friday, March 16, 6-9 pm</p>	<p><b>LOOK WHATS NEW!</b></p> <p><b>Karaoke Disco Pot Luck</b> Thursday, March 29, 1-3 pm</p>	<p><b>1</b> Open Billiards 9-4 Ceramics 9-4 SilverFox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1 -2 <b>Plastic Bag Mat 1-4</b> Balance &amp; Strength 1-2</p>	<p><b>2</b> Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 <b>Lunch Bunch 11</b> Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 9-3 Chair Yoga 2 -3</p>
<p><b>5</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>SilverSneaker *NEW</b> <b>Boom-Strength 2:30-3</b></p>	<p><b>6</b> Open Billiards 9-4 Stain Glass 9 - Noon Water Color Painting 9-12 Bridge 12-3</p>	<p><b>7</b> Open Billiards 9-4 Jewelry Design 9-11:30 <b>Bingo 10:30-2:30</b></p>	<p><b>8</b> Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Poker 11:30-3 Tai Chi 11-Noon Clavinova 1-2 Balance &amp; Strength 1-2</p>	<p><b>9</b> 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><b>12</b> SilverSneaker Classic 9:30-10:30 Open Billiards 9-4 Open Painting 9—3 <b>Coffee Crafts 10:30-11:30</b> 500 Cards 10:35-2 Mahjong 12:30-3 Open Computer Lab 1-4 <b>SilverSneaker *NEW</b> <b>Boom-Strength 2:30-3</b></p>	<p><b>13</b> Open Billiards 9-4 Stain Glass 9 - Noon Water Color Painting 9-12 Bridge 12-3</p>	<p><b>14</b> Open Billiards 9-4 PAH (Stay)10-12:30 Jewelry Design 9-11:30 Sewing 12:30-3 <b>BirthDay Bingo 10:30-2:30</b> <b>HAPPY VALENTINES DAY!</b></p> 	<p><b>15</b> Open Billiards 9-4 Ceramics 9-4 Silver Fox Cardio 10:15-11 Tai Chi 11-Noon Clavinova 1-2 <b>Comfort Quilt, Crochet</b> <b>Plastic Bag Mat 1-4</b></p>	<p><b>16</b> Open Art Studio 9-3 SilverSneaker Classic 9:30-10:30 <b>Lunch Bunch 11</b> Euchre 10:35-1:30 Chair Volleyball 11-1:45 Open Billiards 9-3 Chair Yoga 2 -3</p>
<p><b>19</b></p> <p><b>SENIOR CENTER CLOSED due to PRESIDENT DAY!</b></p>	<p><b>20</b> Open Billiards 9-4 Stain Glass 9 - Noon Water Color Painting 9-12 Bridge 12-3</p>	<p><b>21</b> Open Billiards 9-4 Jewelry Design 9-11:30 <b>Valentine Senior Social 12-2</b></p>	<p><b>22</b> Open Billiards 9-4 Ceramics 9-4 SilverFox Cardio 10:15-11 Poker 11:30 Tai Chi 11-Noon Clavinova 1 -2 <b>Plastic Bag Mat 1-4</b> Balance &amp; Strength 1-2</p>	<p><b>23</b> 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 <b>Bus Trip- 9 a.m.</b></p>
<p><b>26</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>SilverSneaker *NEW</b> <b>Boom-Strength 2:30-3</b></p>	<p><b>27</b> Open Billiards 9-4 Stain Glass 9 - Noon Water Color Painting 9-12 <b>Blood Pressure Chk 10</b> Bridge 12-3</p>	<p><b>28</b> Open Billiards 9-4 Jewelry Design 9-11:30 <b>Bingo 10:30-2:30</b> Sewing 12:30-3</p>	<p><b>March 1</b> Open Billiards 9-4 Ceramics 9-4 SilverFox Cardio 10:15-11 Poker 11:30 Tai Chi 11-Noon Clavinova 1 -2 <b>Plastic Bag Mat 1-4</b> Balance &amp; Strength 1-2</p>	<p><b>2</b> 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!

## Programs

Registration is required in advance for most programs, events & wellness.

## Bus Trips

More Information call 513-923-4466

## Contact

Nora A. Dashley  
Program Director  
Colerain Township Senior Center and Clippard Family YMCA  
CSC—513-923-5050  
YMCA- 513-923-4466  
ndashley@MyY.org  
FaceBook: Clippard Y & Colerain Senior Center -Forever Young

## February 2018

Mon	Tue	Wed	Thu	Fri
<p><b>KUDO's of the MONTH! Amy Gajus</b></p>	<p><b>SAVE THE DATE!</b></p> <p>Spring Gala Dinner and Dance Friday, March 16 6-9 pm</p>	<p><b>LOOK WHATS NEW!</b></p> <p><b>NEW SilverSneaker Boom-Strength held each Monday from</b></p>	<p><b>1</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></p>	<p><b>2</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 <b>Book Club 12:45-2</b> Aqua Arthritis 1-1:55 Pickleball 1-4</p>
<p><b>5</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 <b>*NEW Chair Volleyball 12-3</b> <b>*NEW SilverSneaker Boom-Strength 2:30-3 (Located at the CSC)</b></p>	<p><b>6</b> Aqua Stride T-TH 10-10:30 SilverSneaker Circuit 10:30-11:30 SilverSneaker Classic 11:30-12:30</p>	<p><b>7</b> Shallow Water I 11:05-12 SilverSneaker Circuit 11:30-12:30 SilverSneaker Yoga 12:30-1:30 Tai Chi 3:30-4:30 Aqua Arthritis 1-1:55 Pilates 6:15 p.m.-7:10</p>	<p><b>8</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/Comfort Quilts 1-4 (Held at CSC)</b></p>	<p><b>9</b> Active Adult Cardio 8:30-9:15 Shallow Water I 11:05-12 Aqua Arthritis 1-1:55 Pickleball 1-4</p>
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