

THE CENTER NEWS

OCTOBER, 2006

Colerain Township Senior and Community Center
 A Nationally Accredited Senior Center
 4300 Springdale Road, Colerain Township, OH 45251

513-741-8802

www.coleraintwp.org

513-741-9048 (fax)



DIRECTOR'S CORNER:

Consider this your official welcome to Fall! Bright leaves, clear blue skies and cool, crisp breezes signal the move toward the year's end. What are your plans for this autumn? As you've come to expect, your Center is ready to entice you with new offerings that will educate, challenge and engross your interest, time and energies.

Art for Life is a program with the Cincinnati Art Museum that brings the Art Museum to us! If you missed "Breakfast with the Arts" in September, join us in October! Start your day with coffee, donuts and the arts! We'll discover the Cincinnati Art Museum's permanent collection through interactive lectures, discussions, and hands-on workshops led by local artists. All programs are free and take place from 9:30 - 11:30 a.m. October's first session will emphasize Floral Oil painting and the Dutch masters with an artist's demonstration. The second session will be the Art of Dance and Movement . . . how exciting! Sign up in the Upcoming Events book at the reception desk.

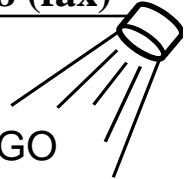
Here's some more great news! We have a YogaFit instructor! Carol Hapanowicz will be offering free, yes - FREE, classes called YogaFit! This class will focus on relieving stress, breathing to energize as well as gentle, standing fluid movement to vocal cues to help you strengthen and maintain balance and flexibility. Each yoga student will be encouraged to progress slowly and safely to reach their individual potential . . . this is about you as an individual! YogaFit is for all ages, body types and skill levels and new students can join at any time. Please don't think you can't do this class - for whatever reason! YogaFit will help you build strength, flexibility and relieve stress. You never know: we might all end up standing on our heads!!! Until then . . .

Namaste, (a polite bow of farewell, or greeting, used by Hindus, made with the hands held at chest height and the palms pressed together)

Kay



Spotlight On:



OKTOBERFEST BINGO

Guten Tag! Join us for our annual Oktoberfest luncheon on Wednesday, October 18 beginning at 10:30 a.m. Brenda from Burlington House will discuss "Where to go from here?" a topic on Alzheimer's diagnosis.

Enjoy a festive German lunch of breaded veal, spicy red cabbage, German potato salad, rye bread and applesauce. Play "Deutschland" Bingo following lunch.

Remember to sign up by noon on Tuesday, October 17 to reserve your lunch. Don't forget to wear your lederhosen! See you here!



Upcoming Events for October:

Date	Event
4	All Day Bingo - 10:30 a.m.
9	Center Closed - Columbus Day
10	Yoga Begins Today - 1:30 p.m.
11	STAY Volunteers - 10:00 a.m.
11	CAN Support Group - 1:30 p.m.
13	Breakfast with the Arts - 9:30 a.m.
14	Colerain Township Recycle Day - 8:00 a.m. til Noon
16	Stampin' with Nina - 9:30 a.m.
18	Participants' Council Meeting - 10:30 a.m.
18	Oktoberfest - 10:30 a.m.
23	Children's Cut-outs - 10:30 a.m.
24	Breakfast with the Arts - 9:30 a.m.
24	Flu Shots - by registration only
25	Premiere Travel Showcase - 2:00 p.m.
26	Matinee Movie - 1:00 p.m.
27	Beans, Bagels & Books - 10:00 a.m.
27	Canasta - 1:00 p.m.

Keith Corman, President

Colerain Township Board of Trustees:
 Bernard A. Fiedeldey, Jr., Vice President
 Heather Harlow, Township Fiscal Officer

Jeff Ritter

David L. Foglesong, Administrator

Frank Birkenhauer, Asst. Administrator

Marlene's Chatter:



Happy Halloween to all you Goblins. It's here already – yep, time just flies when you're having a great time.

We have so much going on here at the Center. Look at the program to see all the fun things. Don't forget our first Halloween Dance . . . Come in your costume and maybe you'll win the best-dressed Goblin prize. What fun!

This is the time to start our Annual Food Drive for our Holiday Baskets. Please help with non perishable food items or paper necessities. Pass on this information to family and friends – maybe they might have a few items to donate. Remember, it all goes to less fortunate families.

In class we are working on Boutique items. After that is done, we're going to make something for our holiday. Come on up and play!

A kind heart is a fountain of gladness, making everything in its vicinity freshen into smiles
Washington Irving

Until next month – take care!
Love,
Marlene



Special Program Notes:

Hi everyone! Happy Halloween!

It's time for flu season again. It runs from October to May. October or November is the best time to get vaccinated. It takes about two weeks for your body to develop the necessary antibodies to fight off the flu.

Influenza (flu) is a contagious respiratory disease caused by a virus that attacks the nose, throat and lungs. Symptoms include fever, dry cough, sore throat, headache extreme tiredness, nasal congestion and body aches. These symptoms come on quickly and can incapacitate a person for a number of days.

People most at risk from complications due to influenza include children aged 6-23 months, adults 65 and older, people with chronic medical conditions, pregnant women, residents of nursing homes and long-term care facilities.

In addition to vaccination, common-sense can reduce your risk of contracting or spreading the flu:

- Avoid close contact with people who are sick.
- Cover your nose and mouth with a tissue when you cough or sneeze and dispose of the tissue afterwards.
- If you don't have a tissue, cough or sneeze into your sleeve.
- Clean your hands after you cough or sneeze with soap and warm water, or an alcohol-based hand cleaner.
- If you get the flu, stay home from work to avoid exposing others.

Remember to drink lots of liquids. Flu shots will be given out here at the Center on October 24, so be sure and sign up for yours.

Kandy

Participants' Council News & Notes:

Chairperson

Bob Hollstegge

Recorder

Betty Meyer

Roster Chairpersons/Newsletter

Bobbie McIntyre

Newsletter Co-Chairperson

Ginny Wood

- Sign up for lunch and bring your friends to our All Day Bingo on Wednesday, October 4. Bingo action begins at 10:30 a.m., breaks at noon for lunch, and resumes at 1:00 p.m. Please remember to sign up early to reserve your lunch by Tuesday, October 3, by 12:00 p.m.
- Please mark your calendars - the Center is closed on Monday, October 9 in observance of Columbus Day.

- **NEW CLASS!!!** We are excited to announce a new Yoga class beginning Tuesday, October 9! YogaFit is a series of moves and stretches which flow in a particular pattern. Class will begin with a warm-up series, moves through strength and balance poses, and closes with a cool down and relaxation. YogaFit stresses safety and setting your own goals as well as moving at your own pace and level of fitness. This class is for all ages, body types and skill levels and new students may enter at any time! Your instructor is Carol Hapanowicz who has been an adult education teacher for 18 years. Classes are on Tuesdays and Fridays at 1:30 p.m. and **FREE** of charge! Sign up at the reception desk today!
- The STAY program meets on Wednesday, October 11. Needed at this time is assorted colored baby yarn - quilted, knitted or crocheted baby blankets. No more shoe boxes are needed at this time. Services To Area Youth (STAY) is a non-profit organization that participates in the Every Child Succeeds initiative, which helps new mothers become better parents.
- "Breakfast with the Arts - CAM Style" Start your day with coffee and the arts! This fall, discover the Cincinnati Art Museum's permanent collection through interactive lectures, discussions, and hands-on workshops led by local artists. All programs are free and take place from 9:30 - 11:30 a.m. Featured for the October sessions are Fabulous Flowers on Friday, October 13 and The Art of Dance and Movement featuring dance influenced paintings on Tuesday, October 24. Breakfast items for the October sessions will be provided by Northgate Park and coffee provided by Wallingford Coffee Company. Remember to call Amy Danford at 513-639-2342 or make your reservation to participate.
- Clean out your garage and basement - it's Fall clean-up time!! Colerain Township Recycle day is Saturday, October 14 from 8:00 a.m. to Noon. For a complete listing of the items accepted, please contact the Colerain Township Parks Department at 513-385-7503 or log onto the Township website at www.coleraintwp.org. This event is for Township residents only. Proof of residency required.
- Ha-Ha-Ha-CHOO! Flu season is almost here! Set up your defense early by getting your flu shot on Tuesday, October 24. Flu shots will be given from 12:30 - 3:30 p.m. If you have Medicare Part B there **will be no** charge. If you have Medicare Part B and you also have Medicare Complete **or** Anthem Senior Advantage the charge is \$15.00 (you will be given a receipt that you can submit to Medicare to get your money reimbursed to you). Sign up is required. You can call the Center at 513-741-8802 or stop by the reception desk.
- The Colerain Township Center will be hosting over 200 Chair Volleyball players at the Hamilton County General Health District's Annual Chair Volleyball banquet on Wednesday, October 25. Congratulations to our Colerain Cool Cardinals for a successful season! This event is by invitation only.
- Remember to watch out for the kids on Tuesday, October 31 – all Hallow's Eve – Halloween!! Happy Trick or Treating!

UPCOMING EVENTS

- Attention crafters! It's not too early to start thinking about the upcoming holiday season and what unique items to make for this year's Holiday Boutique. The Colerain Township Senior and Community Center welcomes new and previous crafters to our 9th Annual Holiday Boutique and Open House on Saturday, November 4. An 8-foot table is available for \$20 or you can rent 2 for \$35. Please contact Marlene Smith-Hall at 741-8802 for details. Table space is filling up quickly . . . call today!

The Colerain Township Senior and Community Center is supported by Colerain Township, contributions, program fees, and grants. It receives funding from the Council on Aging of the Cincinnati area, PSA I. The Colerain Township Senior and Community Center offers services and activities to persons over 55 years of age.

Mandatory program fees (as passed by March 9, 1993 resolution by the Board of Trustees, Colerain Township) are \$5.00 for Colerain Township residents and \$10.00 for others. You may renew your membership in person at the Center, or mail a check made payable to Colerain Township. Please enclose a self-addressed, stamped envelope to return your card to you.

Your yearly fees help to offset program costs. Fees are payable annually in January of each new year. Your fees must be paid in order to receive your monthly newsletter, participate in activities, events, and trips.

Please inform the Center of any name or address changes. The Post Office will not forward your newsletter.

Senior Center Program

The purpose of the Colerain Township Senior and Community Center is to serve the Senior adults of Colerain Township and surrounding communities. The Colerain Township Senior and Community Center will further serve as a focal point of the community as it provides the link between needs and necessary services and delivery of those services.

Senior Center's Mission Statement

The mission of the Colerain Township Senior and Community Center is to provide quality programs, services, and volunteer opportunities in a caring and supportive atmosphere for individuals 55 and over.

Council on Aging Meals Program

The Colerain Township Senior and Community Center offers a daily noon meal from the Council on Aging. This complete, nutritious and delicious meal is available for a \$1.50 donation for those 60 and over. Please call your meal reservation in by 12:00 noon the day before. Join us soon for good food and good company!!

Center Staff:

Kay Klosterman, Director
Marlene Smith-Hall, Activities Director
Andrea Wade, Secretary
Kandy Marshall, Special Programs Coordinator

Ray Richburg, Transportation Driver
Special Events Attendants:
James Blackmon, Ron Haggard, Pat Koester,
Bud Rader

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