

THE CENTER NEWS ~ July, 2008

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DIRECTOR'S CORNER



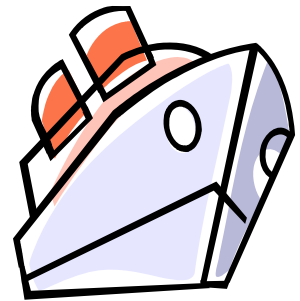
fireworks displays in Cincinnati!

Can you believe it's almost the 4th of July?!?! What a great time for all Americans . . . Fireworks, grilling out, hotdogs, loving the USA and more! You might want to make plans to attend the 11th Annual Colerain Township Fourth of July Spectacular – and it is spectacular! Shuttle buses will be transporting from the Colerain Middle and High Schools and the Northgate Mall parking garage. Bring a blanket, call your friends and buddies, and plan to celebrate the 4th in style at what has been called one of the best

Take a vacation from the heat while learning something new; it's always good to shake up your routine a little and try an activity you've never done. If you check your Program Schedule, you'll see that the Arthritis Foundation Exercise Program is beginning on Tuesday, July 1, at 2:00 p.m. Kandy Marshall, Special Programs Coordinator, has been trained and certified as an instructor for this program that allows those with arthritis to engage in exercise that's been developed with special needs in mind. Also in July, the talented teens from VoiceWorks will return. These high school student summer interns will perform a selection of well-known songs and some that have been composed by members of their group. Last year, Colerain Seniors gave this inspiring group of teens a standing ovation . . . they are that good! VoiceWorks is sponsored in part by the Council on Aging of Southwestern Ohio and UC's College Conservatory of Music. Let's pack the house at July's Participants' Council Meeting and give them a warm welcome back!

Have you looked at the Colerain Travel Destinations recently? There's a cruise featured in January that visits Puerto Rico, the US Virgin Islands, the Dominican Republic and Nassau, Bahamas. The rates for airfare from Cincinnati, seven nights accommodations, port charges and taxes, airport transfers and all meals aboard starts at \$1,199 double occupancy for an inside cabin, and \$1,599 double occupancy for an ocean view balcony. A representative from the Italian cruise line, Costa Cruises, will be here on Wednesday, July 30, from 10:00 – 11:30 a.m. to answer any and all questions you might have about this upcoming group travel opportunity.

Till next month – have a great 4th!
Kay



The Spotlight's On: That's Amore!

"When the moon hits your eye, like a big-a pizza pie, that's amore!" Bring out the Italian in you during our "That's Amore!" event on Wednesday, July 16.

Don't miss our very informative Participants' Council Meeting at 10:30 a.m. Have you ever been caught up in a Medicare fraud scam? David Lichtenfeld, a volunteer with Pro Seniors, will share tips/ideas on how to avoid getting scammed. Sharon James, Beech Acres, will also join us to discuss building better relationships. Enjoy a deliciously prepared Italian meal and special entertainment from VoiceWorks! This group of very talented teens from the Cincinnati area gave an unforgettable performance here last year. The Council on Aging of Southwestern Ohio along with the Cincinnati Conservatory of Music sponsor VoiceWorks, a job training program in the arts that is a project of the area wide ArtWorks program.

Don't miss the opportunity to hear terrific local talent. Purchase your \$3.00 ticket today at the reception desk.

Colerain Township Board of Trustees:
Bernard A. Fiedeldej, Jr.
Jeff Ritter, President
Joseph R. Wolterman, Vice President
Heather Harlow, Township Fiscal Officer

David L. Foglesong, Administrator
Frank Birkenhauer, Asst. Administrator



Marlene's Chatter:

Happy 4th of July to all!

R emembering
E arly
D ays

W hen
H aving
I ndependence
T hreatening
E nemies

A merican
N obleman's
D eclaration

B ecame
L iberty
U nity
E quality

Gina Marie Lauchman

Don't forget to check out our Program Calendar for this month.

Come on up, get cool, and have fun with us!

Until next month, take care

Love, Marlene



Upcoming Events for July:

Date	Event
1	Arthritis Foundation Exercise Program begins today – 1:00 p.m.
2	All Day Bingo – 10:30 a.m.
3	Active For Life – 10:00 a.m.
4	Center Closed – Independence Day
4	Colerain Township 4 th of July Spectacular
7	Stampin' With Nina – 9:30 a.m.
9	STAY Volunteers – 10:00 a.m.
16	Participants' Council Meeting – 10:30 a.m.
16	That's Amore! – 10:30 a.m.
21	Stampin' With Nina – 9:30 a.m.
24	Matinee Movie – 1:00 p.m.
25	Beans and Books – 10:00 a.m.
25	Canasta – 12:30 p.m.
28	Children's Cut-Outs – 10:00 a.m.
30	Costa Cruise Presentation – 10:00–11:30 am

Check the Activities Calendar for a full listing of events.
All Activities are subject to change and/or cancellation.

Special Program Notes:

Happy 4th everyone!

I have some great news! On Tuesday, July 1, the Center has a new exercise program starting. It's the Arthritis Foundation Exercise Program. The program is designed for anyone with arthritis or related rheumatic disease and musculoskeletal conditions.

While the Arthritis Foundation Exercise Program is a recreational exercise program and is not designed to meet specific therapeutic problems, it can address the following physical goals:

- To reduce pain, fatigue, and stiffness
- To restore or maintain joint range of motion
- To increase flexibility of the structures surrounding the joint
- To maintain or increase muscle strength
- To improve posture
- To improve balance and coordination
- To increase endurance

If you are bothered by that nasty old "Arthur" (as some people call it), come and join us on Tuesday, July 1, at 2:00 p.m. If you have any questions, please feel free to call me at 741-8802 and be sure to check with your doctor before starting this or any exercise class at the Center.

I would also like to welcome our new class of Active for Life on Thursdays. It's a great class because it works as a behavioral modification program for those who wish to become more active. If you haven't heard of it, please check it out. When you see some of our new Active for Life participants, please say "hello" to them!

Have a safe holiday!

Kandy

Participants' Council News & Notes:

- 🦋 A reminder that the Center will be closed on Friday, July 4, in observance of Independence Day. We will reopen on Monday, July 7.
- 🦋 Don't miss the excitement this 4th of July when Colerain Township presents the "Best in the West" fireworks display at the 11th Annual 4th Of July Spectacular at the Colerain Township Government Complex. Get your heart pumping with the first event of the day – the 5/3 Bank 5K Run/Walk. Registration begins at 6:30 a.m.; race time is 8:00 a.m. A free children's race will begin at 9:00 a.m. Trophies are then awarded at 9:30 a.m. On-site parking will be available on the Senior & Community Center parking lot. All cars must be removed by 11:30 a.m. Then, bring the whole family to an evening of good food and great fun beginning at 5:00 p.m. Food and beverage booths will be available throughout the complex. A children's area (complete with activities such as a balloon artist, air brush tattoos, sand art, bracelet making, Uncle Sam on stilts, and more) will be open from 6:00 – 9:30 p.m. And – for the big kids – local country sensation, Ridge Runner, will take the stage from 6:00 – 10:00 p.m., and perform hits from Kenney Chesney, Toby Keith, Lynyrd Skynyrd, along with songs from their new album, Leave the Rest Behind. Be sure to take a seat at 10:00 p.m. when the fireworks spectacular begins! Please remember that no coolers are allowed. Parking and shuttle service will be available from the following locations: Colerain Middle School and High School (from 4:00 pm until midnight) and from the Northgate Mall parking garage (beginning at 5:00 p.m.) Access transportation will be available from all shuttle locations. Springdale Road will be closed from 5:30 p.m. to midnight at the following places: Springdale Road at Poole Road to 3730 Springdale Road (Flattop Drive) and on Yellowstone Drive from Springdale Road to Thimbleglen Drive. Road closing sites will be staffed with Colerain Township Police Officers. Residents and their guests will be allowed access to their home if it falls within road closed boundaries until 9:30 p.m. Join us and have a fire-crackin' good time!
- 🦋 Yoga participants: A reminder that the Yoga class will not meet during the summer months of June, July, or August. Class will resume in September. Have a great summer!
- 🦋 BINGO! Sign up for lunch and join us for All Day Bingo on Wednesday, July 2. We'll begin at 10:30 a.m., break for lunch at Noon, and end around 3:00 p.m. Call the day before to make your lunch reservation. Bring a friend and your lucky charms.
- 🦋 Breakfast with the Arts will take a break for the summer and begin again in September with an exciting presentation on African Art and a tour of the Cincinnati Art Museum's African Headresses Exhibit. Watch the August Newsletter for more details. Enjoy the summer!
- 🦋 "Going to the chapel and we're going to get married" – 27 times! No, not really! However, one bridesmaid during this month's Matinee Movie will be lucky enough to be a bridesmaid that many times and more! 27 Dresses, starring television's Grey's Anatomy actress – Katherine Heigl, walks the plank 27 times, plus one more when her sister decides she's found her soul mate. Only one problem – it's Katherine's boss whom she secretly loves. Will she stop putting other's feelings ahead of her own? Find out on Thursday, July 26, at 1:00 p.m. Free pop and popcorn. Walk down the aisle with us!



Recorder
Roster Chairpersons/Newsletter
Newsletter Chairperson

Betty Meyer
Bobbie McIntyre
Ginny Wood

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 Southwestern Ohio, 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

Colerain Township Senior & Community Center
4300 Springdale Rd
Colerain Township, OH 45251
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