

DIRECTOR'S CORNER



It's here! September . . . and as the students head back to school, Colerain Township Senior and Community Center participants flock back in the doors in full force! The fall season is an exciting time for both staff and seniors as routines settle down from the hectic pace of summer fun. This autumn is full of promise!

In memory of Lucille Wade, a donation of two Wii video games and accessories has been made to the Center. Her daughter, Kay, wanted to provide the Center a way to have fun with benefits and she certainly has! The Wade Wii Tournament will be coming soon . . . after bowling practices are held. Experience the newest in virtual games and learn how to bowl – virtually! Get together with a group of your friends for a lively game of bowling, golf, tennis, baseball or boxing. The Wii's interactive games provide a mental and physical workout that's good for your health. A schedule will be posted for required registration at the main reception desk for this free program. Maybe later we'll sponsor an "inter-center tournament" and invite players from other centers! Our sincere thanks to the Wade family for remembering the Center in Lucille's honor!

Carrie Marras and Toilynn O'Neal from the Cincinnati Art Museum will be with us for our first session of "Breakfast with the Arts" on September 12. Toilynn will share with you her travels to Africa as you learn about the art of the regions she visited. On September 23, you will visit the Art Museum to view the wonders of African art and work from the art carts to create art inspired by your visit. Our partnership with the Art Museum promises to be spectacular this year, with topics like "If it isn't Baroque, Don't Fix It!", art and music exploration during "Hear the Art, See the Music", the art of the "Nourse Sisters of Mt. Healthy", "Following in the Master's Footsteps" with sketching in the Cincinnati Art Museum's galleries, and "High Tea: Teapots in the Art Museum" just to name a few. Registration is needed for both sessions monthly; transportation is provided to the Art Museum by the Center and is limited to the first 14 registered. You won't want to miss out – Art for Life and the Cincinnati Art Museum are fab!

The Sign Café's Tina McCarty will be here on September 17 at our Participants' Council Meeting to preview a new class that will be offered for six weeks beginning September 24. This new class is American Sign Language for Seniors. The class sessions are highly interactive and will stimulate your mind and memory as you learn this valuable new skill. If you've always wanted to acquire this ability, here's your chance. Call to register and for more details.

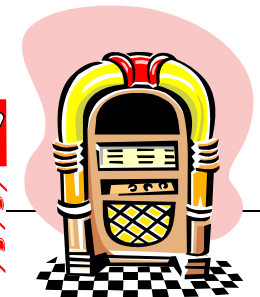
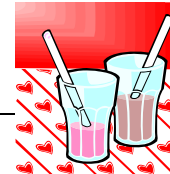
Enjoy the new season, Kay

The Spotlight's On: Malt Shop Memories

Dust off your favorite letter sweater, put on your saddle shoes, and join us for a malt or two at our Malt Shop Memories event on Wednesday, September 17, at 10:30 a.m.

Have you ever wanted to save your memories for future generations to enjoy? Mary Ann Mayers will join us for the Participants' Council Meeting at 10:30 a.m., and discuss how to save those life stories! Ms. Mayers was previously scheduled for August and is joining us in September instead. We'll also introduce a new class beginning in September: The Sign Café – sign language for Seniors. Stimulate your mind and memory with instructor Tina McCarty.

Don't forget to bring your appetite and blue suede shoes! Yes, that's right . . . Elvis will be in the building enjoying a smooth brown cow and singing "You Ain't Nothin' but a Hound Dog". Sign up at the reception desk prior to Tuesday, September 16. Tickets are \$3.00 and include lunch!



Colerain Township Board of Trustees:
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Marlene's Chatter:

Hello everybody! This is one of my favorite seasons! It's the beginning of one of the most colorful times of the year - Indian summer and then fall. The air becomes brisk and smells so good. You begin to smell the fireplaces in the air from your neighbor's house. The thought of a warm and cozy fire with a hot cup of tea or hot chocolate is so soothing! Grass cutting is just about at an end and the fun time of raking up leaves and being tempted to just jump into the pile is almost irresistible!

In Monday's craft class, we are painting and embellishing t-shirts and the results are profoundly remarkable. Everybody is doing great and is enjoying this neat project. If you are interested in doing this class, come on up on Monday and bring a t-shirt or cotton top of your choice. If the shirt is new, please wash it to remove any sizing and do not use any fabric softener for it will prohibit the medium we use to adhere to the fibers of the garment. You will be surprised at the possibilities of designing your very own style. It will make a very special gift for the upcoming holiday, for that special someone on your gift list. Now is the time to start making your gifts.

During our Stampin' With Nina class on September 8 and 22, you will learn how much fun it is to make your own greeting cards. Give me a call for more information and the details.

September is time to kick off our Food Drive for our Holiday Baskets for the less fortunate, so please (if you will) donate any non-perishable items and help us again this year to make these families holidays a little happier. Thank You in advance for your generosity.

Live well, laugh often, and love much!

Until next month, take care - Love Marlene

Upcoming Events for September:

Date	Event
1	Labor Day – Center Closed Today
3	All Day Bingo – 10:30 am
10	STAY Volunteers – 10:00 am
12	Breakfast With The Arts – 10:00 am
15	Stampin' With Nina – 9:30 am
17	Participants' Council Meeting – 10:30 am
17	Malt Shop Memories – 10:30 am
17	Yoga – 1:00 pm
22	Children's Cut-Outs – 10:00 am
23	Breakfast with the Arts – 10:00 am (Museum Tour)
24	NEW CLASS: The Sign Café – 1:00 pm
25	Matinee Movie – 1:00 pm
26	Beans and Books – 10:00 am
26	Canasta – 12:30 pm

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

Special Program Notes:

Hello everyone!

Can you believe it? Summer is almost over! Boy – time flies! According to the US Food and Drug Administration, more than \$76.6 billion is spent annually on illnesses caused by patients taking their medication incorrectly. This includes drug interactions, missed or over-doses, taking expired medicines and more. Many of these situations can be life-threatening, but almost all are preventable. Use the next week to look critically at how you store and take prescription drugs and other medicines. It takes just a few minutes each day and will help you create a medication safety plan to prevent drug-related complications.

Day 1: Clean the Cabinet

Store medicines in their original containers only, with labels intact. Check expiration dates and discard outdated medicines and old prescriptions you no longer need. Your medicines should stay cool and dry and be safely out of the reach of children.

Day 2: Know your Medicine

Make a list of the medicines you take and what each is for. Learn to shapes, colors and sizes of the pills. Also note the allergies you have. Store the list with your medicines and keep a copy in your wallet.

Day 3: Read the Label

Note directions, warnings and precautions on the medicine bottles.

Day 4: Know your Supplements

Herbal medicines, vitamins and supplements can react with medicines or magnify or decrease their effectiveness.

Day 5: Get Organized

Consider using a medicine organizer or "dose box" to help you take the right doses at the right times and reduce the risk of missing a dose.

Other tips include:

Never mix different drugs in the same bottle. Don't share prescription medications with friends or family.

If possible, buy all your drugs at the same pharmacy

I hope a few of these tips will be able to help you.

Until next month, take care - Kandy



Participants' Council News & Notes:

- ⚡ A reminder that the Center will be closed on Monday, September 1 in observance of Labor Day. The Center will reopen on Tuesday, September 2.
- ⚡ Time to Yoga! YogaFit has returned and ready to shape you up on Wednesdays beginning September 17 at 1:00 p.m. Instructor Carol Hapanowicz has been an adult education teacher for 18 years. Class begins with a warm-up series, moves through strength and balance poses, and closes with a cool-down and relaxation. These exercises stress 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.
- ⚡ Exercise your brain with our Brain Fitness Center. Two computers are available Monday through Friday from 9:30 am to 2:30 pm. The program will guide you through six core exercises. Each session will take approximately one hour to complete. Want to maximize the benefit of this great program? Visit the Center twice a week for at least 5 months and build memory and listening skills and much more! Imagine it's a fitness workout for your brain! The more you workout, the better benefits you'll reap. No prior computer experience is necessary. Usage will be on a first-come, first-served basis. Exercise your brain today!
- ⚡ Join artist and Cincinnati Art Museum staff member, Toilynn O'Neal for a slide show and art-making experience based on her recent travels to Africa. Toilynn will discuss her travels and lead a question and answer session on Friday, September 12 at 10:00 a.m. Then on Tuesday, September 23, don't miss the art tour of the African Gallery at the Cincinnati Art Museum. Experience the wonders of Africa from the comfort of our own city with the help of a museum docent. Lunch will follow in the Museum's café for all who would like to attend.
- ⚡ **NEW CLASS OFFERED:** Have you ever wanted to learn sign language? Here's your chance beginning on Wednesday, September 24, at 1:00 p.m. Besides being able to communicate in a valuable way, you'll also stimulate your mind and increase your memory. Class will be held on Wednesdays from September 24 – October 29. Fee payable to instructor. Please register at the reception desk. Don't miss this great opportunity.
- ⚡ Join us for a treasure hunting tale during this month's Matinee Movie. Nicolas Cage reprises his role as artifact hunter Ben Gates in *National Treasure: Book of Secrets*. Ben must locate an elusive diary to clear his family's name in the assassination on Abraham Lincoln. Like the first *National Treasure* movie, this one will keep you on the edge of your seat! Don't miss this history lesson/cross-country adventure on Thursday, September 25, at 1:00 p.m.
- ⚡ **WE'RE LOOKING FOR YOU!!** Crafters are needed for the Annual Holiday Boutique on Saturday, November 8, 2008 from 10:00 a.m. to 4:00 p.m. Eight (8) foot table space is now available for \$20 or you can rent two tables for \$35. Call Marlene Smith-Hall for additional information at 513-741-8802. Table spaces go quickly so call today!



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

513-741-8802