

THE CENTER NEWS ~ May, 2009

www.coleraintwp.org

513-741-9048 (fax)

513-741-8802

45251

4300 Springdale Road, Colerain Township, OH

DIRECTOR'S CORNER



The merry month of May is here! It's time to hit the open road. Have you checked out the exciting trips being offered here at the Center? There are lots of different places to see right here in the tri-state area. Travel with us to neighboring Indiana and visit the towns of Union City, Winchester, and Centerville on the upcoming trip Pottery, Pies and Ghyslain Chocolate on June 24. You'll have the chance to enjoy yummy pie at Mrs. Wicks Pie Shop.

Try Poppin' Around Indiana on July 29! Visit Edinburgh, Indiana and tour a popcorn factory and on your way home make friends with the bears at Stapp's Circle S Ranch. Yes, that's right – BEARS! Thirty-two acres full of fun adventure with bears, ostrich, camels, bison and other animals from around the globe. If bears are not your thing, spend a relaxing evening with the Cincinnati Pops and enjoy the sounds of Broadway legends Rodgers and Hammerstein on August 1. Or maybe you could get a head start on your Christmas decorating and shopping by traveling with us to Frankenmuth, Michigan and stay at the Bavarian Inn Lodge! You'll also visit a Japanese Tea house (only 1 of 5 authentic Tea Houses in the US). There's so much to do!

When choosing group travel such like ours with Colerain Travel, remember that the more inclusive a trip cost is, the easier you'll find it to control your spending. The trips from the Center are planned with your comfort in mind. The camaraderie of a group with similar interests will enhance your travel experience. Check out these trips and others on the trip list in your Monthly Newsletter, call the Center, and book your adventure today!

Don't forget to also "Walk Down Memory Lane" with us during the Participants' Council Meeting. Looking forward to seeing all of those precious little baby face pictures for the "baby photo contest". Who loves ya' baby? We do!! Check out the event details in the "Spotlight On" section below.

Asking you to remember and thank our Veterans and those in the Armed Services,
Kay



The Spotlight's On: Down Memory Lane

The Colerain Township Senior and Community Center invites you to the Participants' Council Meeting on Wednesday, May 20, at 10:30 a.m. This is your opportunity to find out what's happening at the Center and become informed on topics that range from Medicare to container gardening.

This month we'll welcome Paula Martinez with the Council on Aging as she presents "Learn the ABC's and 123's of Diabetes". Do you know how to talk to your doctor; what questions to ask? Barb Young, with Senior Independence, will provide tips on how to make the most of every doctor visit. Enjoy a healthy box of lunch of ham and swiss on wheat, potato salad, three bean salad, apple and cookie.

Now that your bellies are full, we'll take a stroll down memory lane and relive the days of chatting on the front porch while drinking lemonade. The Jeannine Groh Trio will entertain you with song selections from the 1920's thru 1950. Jeannine, who has been performing since she was just 12 years old, will be joined by a surprise guest! Speaking of memory lane – we want your baby photos! Bring in a baby photo and participate in our contest. You'll have everyone guessing "who's that baby?!" Purchase your \$3.00 ticket, which includes lunch, at the reception desk today!

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 Mother's Day to all – mothers or not. I'm sure every woman has mothered someone or something at one time or another.

I sure hope all of the volunteers enjoyed the dinner. It was very elegant. Thanks to Monty's culinary talents. I once again want to thank all of you for all the work you do for the Center and the Community, and for being generous with your time and energy.

I found some really sweet sayings pertaining to women:

Her love outlasts all other human love,
Her faith endures the longest, hardest,
Her tried loyalty through lifetime proves
That she's a friend, the noblest and the best.

By Leroy Brownlow

Like one, like the other
Like daughter, like mother.

May all of you have a pleasant month of May!
Until next month, take care.

Love,
Marlene



Special Program Notes:

Happy Mother's Day!

I was reading an article about "Sugar: Good and Bad". Did you know that sugars provide energy, but can cause some problems? For example, if you eat foods that contain sugar, the longer these foods stay in your mouth before you brush your teeth, the greater chance you have for tooth decay.

Foods that are high in sugars but low in other nutrients provide mostly calories to your diet. I guess everyone knows if you eat extra calories and do not increase your physical activity, you will gain weight. Read nutrition labels to check the amount of sugar in foods. There are many words on food labels that show that sugar has been added. Some of them are fructose, corn syrup, dextrose and honey. Keep the sweets under control.

To help make good choices, follow these suggestions:

- Limit foods and drinks that are high in added sugars
- Drink water often
- Drink juice or milk instead of soft drinks
- Use fruit on pancakes or waffles instead of syrup
- Top your cereal with fruit instead of sugar
- Remember to brush your teeth twice a day

I know that a lot of you already keep an eye on your sugar intake, but sometimes a little reminder never hurts!

See you next month!

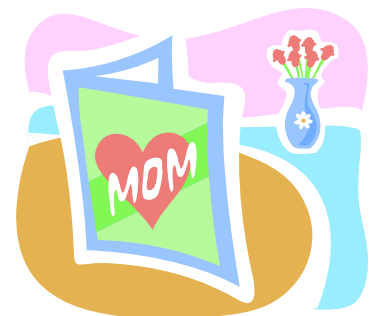
Kandy

Upcoming Events for May:

Date	Event
4	Stampin' With Nina – 9:30 a.m.
6	All Day Bingo – 10:30 a.m.
8	Breakfast With The Arts – 10:30 a.m.
13	STAY Volunteers – 10:00 a.m.
18	Stampin' With Nina – 9:30 a.m.
18	Children's Cut-Outs – 10:00 a.m.
19	Council On Aging Senior Expo – 10:00 a.m. – 5:00 p.m.
20	Participants' Council Meeting – 10:30 a.m.
20	Down Memory Lane – 10:30 a.m.
22	Beans and Books – 10:00 a.m.
25	Center Closed – Memorial Day
26	Breakfast With The Arts – visit to Cincinnati Art Museum
28	Matinee Movie – 1:00 p.m.
29-30	Colerain Township Relay for Life – 6:00 p.m.

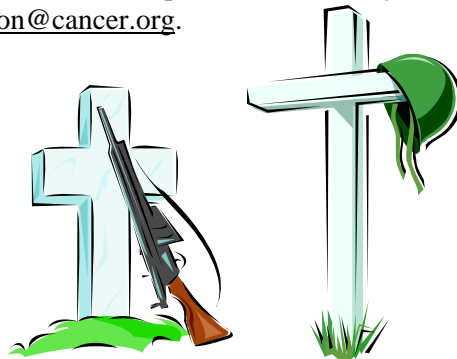


Check the Activities Calendar for a full listing of events
All Activities are subject to change and/or cancellation.



Participants' Council News & Notes:

- ⚡ A reminder that the Center will be closed on Monday, May 25 in observance of Memorial Day. We will reopen on Tuesday, May 26, at 8:00 a.m.
- ⚡ Heard of the new Wii (pronounced “we”) game system? Join in on all the fun! Our newest activity “Wade Wii Play” meets on Monday’s at 1:00 p.m. Play tennis, bowl a few games, or maybe even golf! Join the fun where “wii” can all play! Sign up at the reception desk today!
- ⚡ Breakfast With The Arts – start your day with the Arts! April showers have brought May Flowers, and on Friday, May 8, at 10:00 a.m., we’re going to paint them! Join us for a watercolor painting session and a visit from a local artist! Supplies will be provided or bring your own if you’d like. We’ll also view pieces from the Museum’s permanent watercolor collection. Please call 741-8802 for a reservation. Discover the Cincinnati Art Museum’s permanent collection through interactive lectures, discussions, and hands-on workshops led by local artists.
- ⚡ There’s still time to participate in Older American’s Day at the Council on Aging’s 32nd Annual Senior Expo at Coney Island on Tuesday, May 19, from 10:00 a.m. to 5:00 p.m. Don’t miss a day full of information, entertainment and wellness activities. Stop by the Caregiver Corner for legal advice, learn about COA Advantages Program (caregiver education and support), sign up for a defensive driving course and more. Visit Wellness Island and take part in a Wii video game demonstration, play chair volleyball, or enjoy a massage! Compete in the Big Band dance contest at Moonlite Gardens, play bingo at Parker’s Grove, or sit back and enjoy the sounds of local favorite – Pete Wagner Band. Admission is \$1.50 per person and can be purchased at Coney Island’s main gate entrance. Box lunches are no longer available; however, the concession stands will be open. Visit the Senior Expo and see what the Council On Aging is all about.
- ⚡ Traverse through the beautiful outback in this month’s splendid cinematography spectacular *Australia*. Set against the scenic backdrop of pre-World War II Australia, this adventure stars Nicole Kidman as an English aristocrat who inherits a sprawling ranch, and Hugh Jackman as the rough-and-tumble cattle driver who helps protect her property from greedy English cattle barons. Show-time is Thursday, May 28, at 1:00 p.m. Free pop and popcorn.
- ⚡ One day. One night. One community. Join us May 29-30 at Colerain Park, 4725 Springdale Road, for Relay for Life – Colerain Township. Relay for Life is an overnight team event that increases awareness of cancer in the community and raises much-needed funds to fight the disease. At Relay for Life, teams of friends, neighbors, families and co-workers commit to keeping at least one member walking the track at all times – because cancer never sleeps. This year, the Colerain Township Employees team is walking in honor of fellow employee and our Director, Kay Klosterman. Kay is fighting her own battle with cancer, and we honor her with our participation and donations. You may choose to donate a luminary, which will be lit at sundown on Friday. The luminaries are placed around the course and can be designated with an honoree’s name. The minimum donation for a luminary is \$10. To participate and receive additional information, please contact Amy Wilson, American Cancer Society, at (888) 227-6446, ext. 4202, or Amy.Wilson@cancer.org.



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