



# The Center News

Colerain Township Senior & Community Center, 4300 Springdale Road  
Colerain Township, Ohio 45251  
513.741.8802 [www.coleraintwp.org](http://www.coleraintwp.org)

## **A New Look!**

We hope you enjoy the new updated look of the newsletter. The Center News will now be published bi-monthly. You will now have two months of opportunities at your fingertips so be sure to hang on to your copy. As a focal point of the community, we strive to provide excellence in programs, services and opportunities for individuals 55 years of age and over. Colerain Township Senior & Community Center offers an exciting array of popular programs. We invite you to visit us and see the new things that are happening at the Center. The Center is the place to try new things and meet new people.

## **Membership**

Yearly membership fees are \$5 for Colerain Township residents and \$10 for others. Your fees help to offset program costs. Your membership includes the bi-monthly newsletter and your participation in programs, events and trips. Please inform the Center of any name or address changes for continued newsletter mailings. You will receive a Senior Center Card which will be swiped at each visit. The Senior & 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.

*A Nationally Accredited Senior Center*

## Staff

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Andrea Wade  
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Coordinator

Ray Richburg  
Transportation  
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James Blackmon  
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Special Events

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### 4th of July Spectacular

Join us at the Colerain Township Government Complex for a morning 5k race and evening activities beginning at 6 pm including live national entertainment *Emerson Drive*, good food and the *Best in the West Fireworks Display* at 10 pm. For more information visit our website or call the Parks and Services Department at 385-7503. **The Center will be closed on Monday, July 5. observance of the holiday.**



### Member's Picnic

**Wednesday, July 21 10:30 am**

We are firing up the grill for a summertime picnic complete with summertime games. Burgers and dogs, summer salad demo, corn hole, volleyball, horseshoes, LCR and bananagrams! \$3 Ticket. Members must reserve their spot by 7/13. *Food & Chef sponsored by*



### Member's Island Party

**Wednesday, August 18 10:30 am**

Get out your favorite Hawaiian shirts, grass skirts and put a flower behind your ear! Bring a photo of you as a teenager (in a swimsuit if you have one). Enjoy the *Firelytes Steel Drum Band*, fruit drinks, island games and an island lunch of pulled pork. \$3 Ticket. Members must reserve their spot by 8/13.

*Food & Chef sponsored by*



### Taste of Colerain

**Friday, August 6 5-11 pm**

**Saturday, August 7 4-11 pm**

**Sunday, August 8 3-9 pm**

The Taste of Colerain features great food from area restaurants and local organizations. Bring a healthy appetite and try a little bit of everything! Live music throughout the weekend in a family friendly mix. Free admission, free parking, free shuttle service, rides, children's activities, drawings and charity auction.



### Senior Healthcare Forum

**Wednesday, August 11 12-1 pm**

Join Congressman Steve Driehaus who will answer your questions on the new healthcare reform legislation and how it affects your coverage.

# Enriching Classes

## **Watercolor Painting**

Class participants work on independent projects. A weekly critique is offered by Artist Y.G Tsuei. All levels with peer assistance.

*Tuesdays, 9 am-noon No class fee/Purchase own supplies Fort Coleraine Hall*

## **Oil/Acrylic Painting**

Learn techniques and brush strokes with Instructor Hilda Farwick. All levels welcome. There is a \$1 daily paint fee or bring your own.

*Fridays, 9:30 am-noon and/or 12:30-3 pm No class fee /Purchase own supplies Art Room*

## **One Stroke Painting**

Certified One-Stroke Instructor Hilda Farwick will teach Donna Dewberry's brush stroke technique of loading a brush with base and highlights and doing the "push, wiggle, lift" to achieve beautiful decorative painting results. Learn how to do leaves, ivy, roses, flowers, animals, landscapes and seasonal themes that can be used on paper, fabric, wood, glass, metal and more! A brush set can be purchased from the instructor. There is a \$1 daily paint fee or bring your own.

*Mondays, 1-3 pm No class fee/Purchase own supplies Art Room*

## **Ceramics/Clay**

Artist Linda Schneider will teach bisque painting techniques as well as hand-building clay techniques. Come play in the clay! There is a \$1 daily stain/glaze fee and \$1 firing fee per item.

*Thursdays, 9 am-noon and/or 12:30-3:30 pm No class fee/Purchase own supplies Art Room*

## **Stained Glass and Mosaics**

Beginners will work on a stepping stone project and then advance to more advanced stained glass pieces. Transform a drawing into a tile or glass mosaic piece.

*Tuesdays, 9:30 am-noon No class fee/Purchase own supplies Art Room*

## **Porcelain**

Students will work with pre-purchased porcelain and learn painting techniques. There is a \$1 daily paint fee and a \$1 per item fee for firing.

*Tuesdays, 1-3:30 pm No class fee/Purchase own supplies Art Room*

## **Jewelry**

This class will explore jewelry design, bead work, making your own beads, metal working and enameling.

*Wednesdays, 9-11:30 am No class fee /\$3 or Bring your own supplies Art Room*





Art copyright of Stamping Up

### **Stamping with Nina- Greeting Cards**

Impress your friends and family by creating your own greeting cards with scrapbooking techniques, stamping and embellishments. You will make 9 cards (3 each of 3 designs) with Instructor Nina Erjavec at each class.

*1st and 3rd Mondays 9:30 am-noon \$12 supplies fee each class*

*4th Wednesdays 9:30 am-noon \$12 supplies fee each class*

*Call Nina 2 days prior to attending a class at 513.252.7502*

### **Health Rhythms- Group Empowerment Drumming**

Feel the power of a drum beat in this music-making wellness class. A unique experience that anyone will enjoy. No musical experience necessary.

*Mondays, 2-3 pm No class fee Fort Coleraine Hall*

### **Clavinova Connection**

This music/wellness class promotes peace of mind and reduces stress. The Clavinova is a full-sized digital piano that teaches by lights and focuses on well-being through music play. No experience is necessary. Contact Kandy Marshall for more information and to register.

*Wednesdays Various times Music Room*



### **Tai Chi**

Improve your balance, breathing and total well-being with Martial Artist Mark Tracy.

*Wednesdays, 2-3 pm \$5 daily Fee Fort Coleraine Hall*

### **Line Dancing**

Professional caller Jerry Helt and wife Kathy invite you to do basic line dancing steps to a variety of music. No partner needed. Please bring or wear slick bottom shoes—no running shoes. No classes July-August 11. Classes resume August 18.

*Wednesdays, 1-2 pm \$5 daily Fee Fort Coleraine Hall*



### **Jazzercise Lite**

Fitness that's invigorating, not intimidating! This 60-minute class pairs moderate aerobics with exercises designed to improve strength, balance, and flexibility. If you are a senior, newcomer or prefer low impact, you can't go wrong with this popular light version of the Jazzercise program.

*Mondays, Wednesdays, Fridays 9-10 am Fort Coleraine Hall*

*Call Susan Baird, Instructor at 829-5009 for Jazzercise pricing options. Regular Jazzercise classes are offered Mon/Wed/Thurs/Fri at 6:30 pm and Sat at 9 am.*



### **Zumba Gold**

Ditch the workout! Join the party! Zumba is a total body workout for the active older adult population. It features the Latin dance movements of Salsa, Cha Cha, Meringue, Tango, Flamenco, Charleston and Belly Dancing set to exciting and fun Latin music. Zumba Gold Certified Instructor Mary Beth Nishime will help you improve strength, flexibility, balance and your heart! Wear comfortable clothing and bring a water.

*Thursdays, 9-10 am \$5 daily fee Fort Coleraine Hall*

*Regular Zumba classes are offered Tuesdays at 7 pm. Drop in fee is \$5.*

## **Chair Volleyball**

This is a great upper body workout and more than you'd expect! A beach ball is volleyed across a lowered net with players seated.

*Fridays, 1-2:30 pm No fee Fort Coleraine Hall*

## **Arthritis Foundation Exercise Program**

Anyone with arthritis or related rheumatic disease or musculoskeletal conditions could benefit from this exercise program.

*Tuesdays, 2-3 pm No class fee Bevis Hall*

## **Silver Foxes**

This is a low-impact aerobics, award-winning, DVD program led by fitness guru, Richard Simmons.

*Tuesdays and/or Thursdays, 10:30-11:30 am No class fee Bevis Hall*

## **Resistance to Muscle Loss**

Get your muscles into shape by joining this fun and easy strength-training class that uses resistance bands as you progress.

*Tuesdays and/or Thursdays, 1-1:45 pm No class fee Bevis Hall*

## **Wii**

Wii want you! Grab a Wii remote and have a great time playing bowling, golf or tennis on the Wii game system on our big screen TV.

*Mondays, 1-2pm No fee Bevis Hall*

## **Billiards**

Two pool tables are open for drop-in play and tournaments.

*Daily, 8:30 am-4 pm No fee except for tournaments Game Room*

## **Euchre**

Game of cards played in groups of three or four. Players then rotate after rounds.

*Fridays, 10:30am-1:30 pm with break for lunch \$1 fee Bevis Hall*

## **500 Cards**

Game of cards played in groups of four or five. After a round, the players move three places.

*Mondays, 10:30 am-1:30 pm with break for lunch \$1 fee Game Room*

## **Bunco**

Bunco is an easy dice-rolling game with fast fun. Groups of four rotate every few minutes.

*4th Tuesday of the month, 1-3 pm \$1 fee Fort Coleraine Hall*

## **All Day Bingo**

A favorite at the Center! Grab your cover and lucky charms. Remember to reserve your lunch the day before, prior to noon. Volunteer High School callers are needed.

*1st and 2nd Wednesdays of the month,  
10 am– 2:30 pm with a break for lunch .50 a card*

# Travel

Membership at the Center is a requirement to go on trip destinations. Day and multi-day trips are offered. A listing is enclosed with each newsletter and itineraries are available at the Center. Reservations for all trips are taken at the Center with checks made payable to the travel agency. If payment, or deposit when applicable, has not been made within two weeks of the reservation, your name will be removed and the reservation may be given to another traveler.



- Please arrive 1/2 hr before departure time
- Park in the back lot of the Center
  - Check the cancellation policy of the trips that interest you
  - Ask about trip insurance for multi-day trips

### **Red Hat Society Organizational Meeting**

Interested in wearing the signature purple and red and doing a lot of fun activities? Join us on Thursday, July 8, 1 pm. Join a sisterhood that supports women in their pursuit of fun, friendship, freedom, fulfillment and fitness.

### **Breakfast with the Arts**

Tour the Cincinnati Museum of Art with Assistant Curator for Community Engagement, Carrie Maras, on Friday, September 10 at 10:30 am to view images of Autumn in the collection. Reserve your bus seat by September 8.

### **Movie of the Month**

Enjoy an afternoon movie with free popcorn and pop. Feel free to bring a friend! Free.

**“Old Dogs” Showing Wednesday, July 28 at 1 pm in Bevis Hall** Old Dogs is a family comedy that pairs Robin Williams and John Travolta as close business partners whose lives are thrown into disarray when twin seven-year-olds are put into their care.

**“Tooth Fairy” Showing Wednesday, August 25 at 1 pm in Bevis Hall** This comedy stars Dwayne Johnson (aka The Rock) as a star hockey player who transforms into a full-fledged tooth fairy as penalty.

### **Book Club**

Grab a book and start reading with us! The Book Club meets on the 4th Friday of each month at 10 am. Book copies are compliments of the Public Library of Cincinnati and Hamilton County.



### **Transportation**

**513.741.8802**

Daily transportation to the Center is available to those who live in Colerain Township. Shopping trips are every Tuesday and medical transportation is available as well. Call the Center for details.



### **Hot Noon Meal**

Please join us for lunch! A nutritious meal is more than good food, it's companionship and new friends. A full, hot meal is served daily at the Center in Bevis Hall at 12 pm. There is a suggested donation of \$1.50 for those 60 and over and \$3 for all others.

**Call us the day before prior to 12 pm at 513.741.8802 to reserve a meal.**

The monthly meal calendars will be enclosed with each newsletter or you may request one at the Center.



### **Home Delivered Meals**

The Center provides one meal a day, hot or frozen, to those individuals that are homebound in the Colerain Township area. There is no charge for the meal, only a suggested donation. To determine eligibility for the Home Delivered Meals program, please contact the Council on Aging of Southwestern Ohio at 513.721.1025 or 513.721.7670.

### **Blood Pressure Checks**

Dr. Timothy McCrossen, Chiropractic Physician, offers free blood pressure checks every 2nd Tuesday from 12-1 pm and the Colerain Township Fire Department EMT performs checks every 3rd Wednesday from 9-10:30 am in Bevis Hall at the Center.

# Volunteers

## Giving...

of your time and talent is one of the most rewarding experiences in life.



If you'd like to make a difference in your community, please inquire at the Center of available volunteer positions. Our volunteers serve in many areas: Desk reception, phones, newsletter, Sunshine, Home Delivered Meals, Congregate Meals, programming and special event assistance.

### Children's Hospital Cut-outs

Volunteers cut out paper shapes which are given to the Children's Hospital activity center for critically ill children to create various crafts and projects. Join us on the 4th Wednesday each month at 10 am. *June Bader, Organizer*

### S.T.A.Y.

The Service To Area Youth organization provides a network of services to assist in the proper development of prenatal, newborn and growing children. Our volunteers make simple child development toys for birth to 36 months. Volunteers meet the 2nd Wednesday of each month at 10 am. *June Bader, Organizer*

## Crafters...

Table space is available for the

## Holiday Craft Boutique



Saturday, November 13, 2010  
10 am-3 pm

Do you have unique items to sell?

Reserve your booth space now!

8 ft table \$20

(2) 8 ft tables \$35

Call Andrea and reserve your table today!

**513.741.8802**

## Rentals



Plan your special event with us!

Call 513.741.8802 for reservation information.

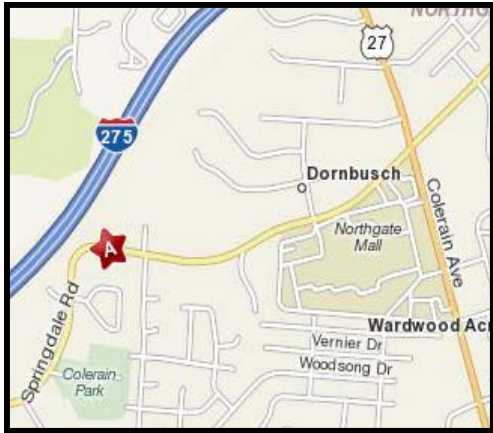
Bevis Hall accommodates seating for 120 and Fort Coleraine Hall accommodates seating for 300.

Residents	Bevis Hall	Deposit \$350	Rate \$350	Total \$700
Non-residents	Bevis Hall	Deposit \$350	Rate \$450	Total \$800
Residents	Fort Coleraine Hall	Deposit \$350	Rate \$850	Total \$1200
Non-residents	Fort Coleraine Hall	Deposit \$350	Rate \$1000	Total \$1350

**Colerain Township Senior  
& Community Center**

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Want to have your newsletter e-mailed to you? Let us know at [msprenger@coleraintwp.org](mailto:msprenger@coleraintwp.org)

*Enrich  
your  
life...  
Join us!*



Members..  
Invite a friend and show them the great new things happening at the Colerain Township Center! Request a newsletter for a friend, family member or neighbor!