

**Colerain Township Senior  
& Community Center**

4300 Springdale Rd  
Colerain Township, OH 45251  
513.741.8802



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

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*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)

*Welcome*

**First Time Center Members**

Bill Abrams  
Delores Allen  
Alice Arnold  
Dorothy Booher  
Janice Bruck  
Jannie Byndon  
Charles Carter Sr.  
Barbara Clingner  
Margo Conaway  
Carol Covert  
Howard Covert  
Mary Pat Daniels  
Rhonda Davis  
Janice Dumas  
Susan Erickson  
Lawrence Foster  
Carl Franke  
Shirley Franke

Roger Fritsch  
Ruth Geisler  
Debbie Hader  
Robert Hartlaub  
Sandra Hartlaub  
Vicki Hasty  
Marilyn Hein  
Geraldine Hessling  
Robert Hurt  
Bobbie Jessen  
Joan Koch  
Ed Lohstroh  
Peggy Lohstroh  
Billie Long  
Marilyn Meyer  
Bruce Moore  
Patti Moore  
Phyllis Moore

Terri Moore  
Carol Price  
Ora Rivers  
Carole Schmidt  
Gloria Smith  
Love Smith  
Sharon Spitznagel  
Dan Stehlin  
Hayward Thompson  
Otis Tooson Jr.  
Sharon Volle  
Beverly Washington  
Shirley Weghorst  
Mary Whisner  
Joseph Willis  
Shirley Willis  
Gayle Wissel  
Linda Witt

*Enrich your life... Join us!*

The Colerain Township Senior Center offers a variety of classes, events and services that engage the mind, body and spirit. If you're 55+ and looking for opportunities to socialize with friends and to participate in active and enriching programs, the Center is for you. Many exciting changes are happening at the Center. We invite you to stop by for a tour or sit in on a class that is of interest! Newcomers are welcome at any time and members are always encouraged to bring a friend. Active adult living is a lifestyle choice, and the Colerain Township Senior Center offers many opportunities for participation and involvement. Membership fees are \$10 for Colerain Township residents and \$20 for Non-residents for the 2011 year.

*Get  
your  
Membership  
today!*

*A Nationally Accredited Senior Center*

*Staff*

Marie Sprenger  
Director

Andrea Wade  
Secretary

Kandy Marshall  
Special Programs  
Coordinator

Ray Richburg  
Transportation  
Driver

James Blackmon  
Ron Haggard  
Bud Rader  
Special Events  
Attendants

*Colerain Township  
Board of Trustees*

Dennis Deters  
President  
Jeffrey Ritter  
Vice President  
Joseph Wolterman  
Trustee  
Heather Harlow  
Fiscal Officer

David Foglesong  
Administrator  
Frank Birkenhauer  
Asst. Administrator

Members...

Please join us for the

*Annual Picnic*  
*Wednesday, May 18*  
*11 am*

*Featuring*



Blues, Boogie Woogie and  
New Orleans Piano

*RICKY NYE*

Voted 2010 Blues Artist of the Year  
CityBeat Magazine

You won't want to miss juicy burgers hot off the grill, cool drinks and the smooth sounds of Ricky Nye. Tickets are \$5. Members are encouraged to bring a guest to this event.

**New! Bridge**

Everyone welcome to play this sociable game in a non-competitive environment. Must have knowledge of playing and bidding. 2nd and 3rd Tuesdays, 1-3 pm Play begins promptly at 1 pm. \$1 to play  
Organizer: Harold Humphrey, 738-4352

**Poker**

Tuesdays and Thursdays, Noon-4 pm

**Euchre**

Fridays, 10:30 am-2 pm

**500**

Mondays, 10:30 am-2 pm

**Bunco**

1st and 4th Tuesdays, 1-3 pm

**Wii**

Mondays, 1-2 pm Bowling, Golf or Tennis

**Billiards**

Two tables open daily, drop-in and tournaments, 8:30 am-4 pm

**Poker Tournaments 7 Card Stud**

Thursday, May 19 11 am-1 pm

Monday, June 20 11 am-1 pm

A \$5 entry fee gets you 150 chips to play 7 Card Stud Poker Nothing Wild. Ante is 3 chips and max bid is 3 chips. Drawn seating. Members only. No refunds but may be transferred to another member with notification. Prizes!

**Billiards Tournaments**

Thursdays, May 26 June 23 9:30 am

Men and women ages 55 and up are invited to play. Entry fee \$5 member, \$6 non-member. Includes pizza lunch. Trophies to winners. No refunds but may be transferred to another player.

**Volunteering**

**Children's Hospital Cut-outs**

4th Wednesday each month at 10 am

**S.T.A.Y.**

2nd Wednesday of each month at 10 am.

Organizer: June Bader

**Clavinova Music**

Learn to play piano! The Clavinova is a full-sized digital piano. No experience is necessary.  
New Students/Level I Wednesdays, 10-11 am  
Levels II and III Wednesdays, 9-10 am  
Intermediate and Advanced 11 am-12 pm and 1-2 pm

**Health Rhythms- Group 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

**Stamping-Greeting Cards**

Create your own cards and impress your friends and family! You will use scrapbooking techniques, stamping and embellishments. \$12 supplies fee for each class (9 cards- 3 of 3 designs)  
2nd Tuesdays and 4th Wednesdays, 1:30-4 pm  
Call Nina Erjavec at 513-252-7502 2 days prior

**Transportation 741-8802**

**Center/Shopping/Medical**

Daily transportation to the Center is available to those members 60 and up who live in Colerain Township. Shopping trips are every Tuesday (1st Tuesday Kroger's, 2nd Tuesday Jungle Jims, 3rd Tuesday Meijers, 4th Tuesday Wal-Mart). Medical transportation is available as well. Call the Center for details.

**Lunch Served Daily**

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. Suggested donation of \$1.50 for those 60 and over and \$3 for all others. Monthly meal calendars are available at the Center and online.

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



### **Zumba Gold**

Zumba Gold is a total body workout featuring Latin dance movements. Stop by and try the workout party! Bring a water. Fee: \$5 per class or 10 classes for \$30. *Tuesdays & Thursdays, 9-10 am. Regular Zumba classes are offered Tuesdays, 7-8 pm, \$5 per class Instructor: Mary Beth Nishime 353-5425*

### **Jazzercise Low Impact**

This low impact version of jazzercise pairs moderate aerobics with exercises designed to improve strength, balance and flexibility. See Jazzercise pricing sheet. *Mondays, Wednesdays, Fridays 9-10 am Regular Jazzercise classes are offered Mon/Wed/Thurs/Fri at 6:30 and Sat at 9 am. Instructor: Susan Baird 829-5009*

### **Tai Chi**

Tai Chi increases energy, reduces depression, reduces inflammation and improves balance, breathing, circulation, concentration, posture and the ability to relax. *Fee: \$5 per class Wednesdays, 2-3 pm Instructor: Mark Tracy*

### **Yoga**

Lynne Carroll leads Hatha Yoga for Seniors—a class with emphasis on stretching, breathing and relaxing techniques. *Fridays, 9-10 am. Regular Yoga classes are offered Mondays, 6:30-7:30 pm. Fee: \$5 per class or 6 classes for \$25 or 10 for \$40. Bring a mat or purchase one at class for \$10.*

### **Chair Volleyball**

This is a great upper-body workout and more than you'd expect! Away games offered but not required. *Fridays, 1-2:30 pm*

### **Silver Foxes**

Low-impact aerobics DVD program. *Tuesdays and/or Thursdays, 10:30-11:15 am*

### **Resistance to Muscle Loss**

Try this strength-training class that uses resistance bands as you progress. *Tuesdays and/or Thursdays, 1-1:45 pm*

### **Jewelry Design**

Explore jewelry design, bead work and enameling techniques. Fee for supplies. *Wednesdays, 9-11:30 am*

### **Clay Throwing-Pottery Wheel Work**

Reserve a time on *Thursdays* with instructor Linda Schneider. Fee for clay, glazes and firing.

### **Hand-Building Clay and Ceramics**

Practice bisque painting and hand-building clay techniques. Fee for supplies and firing. *Thursdays, 9 am-Noon and/or 12:30-3:30 pm*

### **Stained Glass and Mosaic**

Cut and arrange stained glass in lead solder or use glass, tile, stone or other materials in grout. Fee for supplies. *Tuesdays, 9:30 am-Noon*

### **Porcelain**

Students work with porcelain and learn painting techniques. Fee for supplies. *Tuesdays, 1-3:30 pm*

### **Watercolor Painting**

Independent projects open to all skill levels, with weekly critique offered. Fee for supplies. *Tuesdays, 9 am-Noon*

### **One Stroke Painting**

Learn the technique of loading a brush and doing the "push, wiggle, lift" technique to achieve beautiful decorative painting results. Fee for supplies. *Mondays, 1-3 pm*

### **Oil/Acrylic Painting**

All levels are welcome to experience these mediums. Fee for supplies. *Fridays, 9:30 am-Noon and/or 12:30-3 pm*

## *Special Events*

### **New! Senior Travelling Golf**

**Registration Deadline: Friday, May 13**

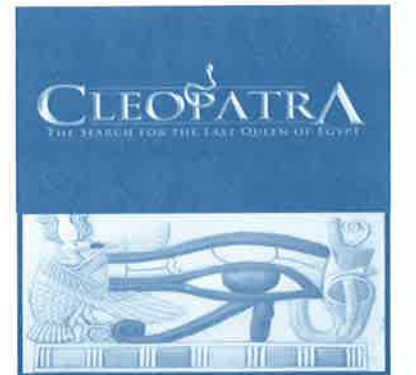
Separate Men's and Women's League will travel to area golf courses on Tuesdays. League fee is \$15 per golfer. This fee will cover awards at the end of season. Golfers will be given a schedule of tee times (most around 9 am), at area courses and the amount (senior rate w/cart) that they will pay on that day at the course prior to tee time. Women will tee off following men. League play begins May 24 and will go to August 30. All golfers will be responsible for turning in their scorecard from each course to the center.



### **"Cleopatra: The Search for the Last Queen of Egypt"** **Cincinnati Museum Center**

**Friday, June 24 Departs 10 am**

A limited number of tickets are on sale now for this day trip. Tickets are \$21 and include transportation to the Museum. Tickets are non-refundable but may be transferred to another member. The world of Cleopatra VII, which has been lost to the sea and sand for nearly 2,000 years, has surfaced. The exhibition features 150 artifacts from Cleopatra's time and will take you inside the present-day search for the elusive queen. See statuary, jewelry, daily items, coins and religious tokens, all of which are visiting the U.S. for the first time. The exhibit takes 1 1/2– 2 hours to view.



### **Member's Party 1950's Sock Hop/Soda Shop**

**Wednesday, June 15 11 am**

Find those poodle skirts, letter sweaters, neck scarves, and rhinestone cat eye glasses! Gentlemen, bowling shirts or white tees please. Bouffant and ducktails encouraged! We're re-living jukebox diner days! Coney dogs, root beer floats and ice cream sundaes are on the menu. DJ music, name that tune, hula hoop, bubble gum, matchbox car drag races and the "Jailhouse Rock" Elvis movie after lunch. Prizes, fun food and fun! Get your \$3 ticket by June 13.



### **Cincinnati Premium Outlets -Monroe Shopping Trip**

**Tuesday, May 31 10 am-1:30 pm**

Find impressive savings at 100 outlet stores such as Coach, Saks Fifth Avenue Off 5th, Michael Kors, Kenneth Cole, Nike, Polo Ralph Lauren and more. Reserve your spot for transportation.



### **Lunch Bunch**

**Fridays, May 6 and 20 Nick and Tom's  
Fridays, June 3 and 17 Kreimers Bier Haus  
Departs at 11 am and returns by 1:30 pm**

You're invited to go out to lunch with us!  
Members can reserve a seat for transportation and enjoy a dining experience with friends. Register early as seating is limited. Members are responsible for their lunch and gratuity cost. Participants must have a transportation form on file.

### **All Day Bingo**

**Wednesdays, May 4 and 11  
June 1 and 8 10:30 am-3 pm**

Reserve your box lunch by Mondays at noon.  
.50 a card. Membership card must be displayed on table to participate.



### **Breakfast with the Arts**

#### **Jewelry**

**Tuesday, May 24 10:30**

Bring on the Bling! Create beautiful works of art you can wear. We will look at jewelry from the collection of the Cincinnati Museum of Art and then create our own pieces. A professional jewelry artist will be on hand. All supplies provided. Register by May 20.

### **Modern Quilting**

**Tuesday, June 28 10:30**

Join us for professional instruction on modern quilt-making techniques. Learn new things! Experiment! Feel free to bring a work-in-progress or use our supplies to get started. Register by June 24.

### **Blood Pressure Checks**

The Colerain Township Fire Department EMT performs checks every 3rd Wednesday from 9:45-10:45 am in Bevis Hall at the Center.



### **Driver Safety Program**

**Wednesday, June 29 10 am- 3 pm**

Cars have changed. So have traffic rules, driving conditions, and the roads we drive on every day. Brush up on your driving skills to stay safe! You can expect to learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time. This class may qualify you for a discount on your auto insurance. Consult your insurance agent.

Register by June 27. \$12 AARP Members (bring card to class), \$14 Non-Members  
Lunch available for \$1.50 with reservation.

### **Matinee Movies**

Bring a friend and enjoy free pop and popcorn!

**Wednesday, May 25, 1 pm**

#### **"Morning Glory"**

A romantic comedy set in the hilarious and dysfunctional world of morning television. Starring Rachel McAdams, Harrison Ford and Diane Keaton.

**Wednesday, June 22, 1 pm**

#### **"The King's Speech"**

Based on the true story of the Queen of England's father and his remarkable friendship with maverick Australian speech therapist Lionel Logue. The King's Speech stars Academy Award winner Colin Firth as King George VI, who unexpectedly becomes king when his brother Edward abdicates the throne. Academy Award winner, Geoffrey Rush, stars as Logue, who helps him find a voice with which to lead the nation into war.



Take  
Advantage  
of  
Lifelong  
Learning  
Opportunities!



### **Computer Classes Senior Adults**

All classes consist of two classes, two hours each, at a fee of \$20. Cash or check payable to Colerain Township Trustees is required to register.  
Instructor Forrest Stivers II.

#### **Level I**

Very basic manipulation used in all applications. Students must be familiar with a mouse.

**Wednesdays, May 4 and 11, 1-3 pm**

**Fridays, May 6 and 13, 1-3 pm**

**Wednesdays, May 18 and 25, 9-11 am**

#### **Level II**

Students will be able to manipulate windows, understand copy/paste, understand the desktop. Explore Word, Yahoo Email and Facebook.

**Wednesdays, May 4 and 11, 9-11 am**

**Fridays, May 6 and 13, 9-11 am**

**Wednesdays, May 18 and 25, 11 am-1 pm**

#### **Level III**

**Wednesdays, May 4 and 11, 11 am-1 pm**

**Fridays, May 6 and 13, 11 am-1 pm**

#### **Excel**

Learn to utilize Excel and to create and populate data fields.

**Fridays, May 20 and 27, 11 am-1 pm**

*\*Please call or pick up a flyer for June class dates and times.*

### **Senior Legal Advice**

Free legal help for those 60 and over is offered by *Pro Seniors*. Seniors may call 345-4160 to schedule a 30-minute telephone appointment. Referrals for discounted wills, living wills and other documents can also be arranged.

### **The Computer Center**

Computers are available Mondays, Tuesdays, and Thursdays, from 9 am-4 pm. The Computer Center is located next to the game room. Surf the web, get email or get acquainted with computers!

### **New Classes!**

#### **Selling on your Computer**

Learn how to sell your items and make money on EBay, Etsy and Craigslist. Upload photos, pricing techniques, writing descriptions and more!

**Fridays, May 20 and 27, 9-11 am**

**Fridays, June 17 and 24, 9-11 am**

#### **Saving Money on your Computer**

We'll explore websites that provide discounts for everything you use. From items to services. Load up your Kroger card with digital discounts! Save money on your next trip. Learn to take advantage of what's "out there".

**Wednesdays, May 18 and 25, 1-3 pm**

**Wednesdays, June 15 and 22, 1-3 pm**

#### **Having Fun on your Computer**

This class is all about complete abandonment! First, we'll play all the games that come with your computer, followed by free online games like Bridge, Poker, Casino. Then, we'll explore Genealogy, start a Blog (journal), Facebook, Twitter and more!

**Fridays, May 20 and 27, 1-3 pm**

**Fridays, June 17 and 24, 1-3 pm**