

**Colerain Township Senior
& Community Center**
4300 Springdale Rd
Colerain Township, OH 45251
513.741.8802



PRSR STD
U.S. POSTAGE PAID
Cincinnati, OH
Permit #2684



Want to have your newsletter
e-mailed to you?
Let us know at msprenger@coleraintwp.org

The Center News

Colerain Township Senior & Community Center, 4300 Springdale Road
Colerain Township, Ohio 45251
513.741.8802 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



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

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

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

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.

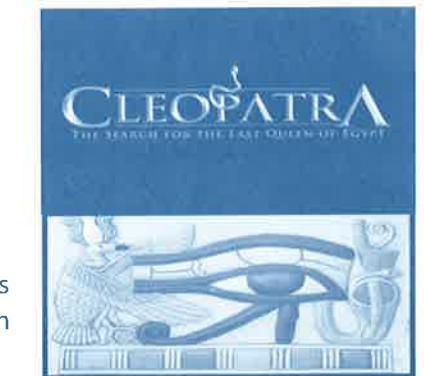


"Cleopatra: The Search for the Last Queen of Egypt"

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.



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.

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