



## *The Center News*

*November/December*

### Living It Up

55+ Visit Us!

### *2012 Membership Is Due*

Yearly membership fees for January 1-December 31, 2012 will be \$10 for Colerain Township residents and \$20 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 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 Center will be closed on  
November 8 (Election Site)  
November 11  
November 24, and 25  
December 23 (1/2 day), 26,  
30 (1/2 day) and January 2

### *Policy Reminder*

If Northwest Schools are on a **2 hour delay** (for snow/ice), we will open at 10 am. All programs scheduled for 10 am or later will be available.

If Northwest Schools are **closed**, we will also be closed during the day.

The decision on evening programs will be made in the afternoon hours.

### *Colerain Township*

*Senior and  
Community  
Center*

4300 Springdale Rd  
Colerain Township,  
OH 45251

513.741.8802

[www.coleraintwp.org](http://www.coleraintwp.org)



# LUNCH WITH SANTA

SATURDAY, DECEMBER 10, 2011  
11 AM-1 PM

**Ages 2 and up are invited to lunch with Santa. This special holiday event features a keepsake photo with Santa, reindeer antlers and games, pizza lunch and ice cream.**

**Tickets are \$10 resident children and \$5 for adults and go on sale November 14 and \$12 non-resident children and \$6 adults and go on sale November 28.**

**Tickets are cash or check only payable to Colerain Township Trustees at the Colerain Township Senior and Community Center weekdays from 8:30 am-4 pm, and 6-9 pm.**



COLERAIN TOWNSHIP CENTER 4300 SPRINGDALE RD 741-8802

## *S taff*

*Marie Sprenger  
Director*

*msprenger@coleraintwp  
.org*

*Andrea Wade  
Secretary*

*Kandy Marshall  
Special Programs  
Coordinator*

*Ray Richburg  
Transportation Driver*

*James Blackmon  
Ron Haggard  
Bud Rader  
Special Events  
Attendants*

## *Patch Quilt Raffle*

*Saturday  
November 5  
2 pm*

*Tickets \$1 each or  
6 for \$5  
King Size*



### ***Evening Adult Jewelry Techniques***

***Tuesdays, November 1-December 13 6:30-9 pm***

Create your own jewelry pieces to keep or give as unique gifts! Begin your jewelry making experience using the mediums of clay, enameling, glass fusing and stained glass. This class includes all materials and firing for 6 projects and is for beginners and those artists wishing to brush up on the fundamentals. *Class fee is \$85 payable to instructor Linda Schneider-Houghton by October 31.*



### ***Travel Presentation***

***Thursday, November 3 11:30 am***

*Joy Tour and Travel* will present upcoming day and multi-day trip information. Plan your next get-away here! Entertainment and food. *Register at the desk by October 31.*



### ***15th Annual Artisan Craft Fair***

***Saturday, November 5 10 am-3 pm***

Find many artisan and specialty items for everyone on your list! Over 40 different artisans and crafters participating. Door prizes drawn every half hour. Lunch available from 10 am-2 pm. Home-made bakery items for sale. Patch Quilt Raffle. Don't miss this one!

*Free Admission*



### ***New! Appraisal Day***

***Friday, November 18 11 am-1 pm***

*Is it of value?*

***Mark D. Mallette & Associates*** will give verbal appraisals on your items including jewelry, paintings, coins, pottery, china, sterling silver, textiles, old toys, old quilts. Bring in your unique items and any that have stories with them! Do not bring furniture, linens, rugs or silver plate. Mallette is known for good art and investment antiques.

**MALLETTE**  
& ASSOCIATES, INC.

AUCTIONEERS \* BROKERS \* APPRAISERS

### ***Annual Evening Holiday Concert***

***Friday, December 2 6:30 pm***

Bring the family to a magical evening of holiday music and dance. We will begin the night with a reception of cookies, eggnog and punch at 6:30 pm. The ***Northwest High School Orchestra*** will perform at 7 pm, followed by the ***Diana Lynn Dancers***. There will be outstanding door prize drawings from generous area businesses to complete the holiday spirit. *Free Admission*



## *Lunch Bunch*

### *Pappadeaux*

*Fridays, November 4 and 18, 11 am-1:30 pm*

### *Golden Lamb*

*Fridays, December 2 and 16, 10:30 am-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, and must have a transportation form on file.

## *Shopping Trips*

Start your holiday shopping! Reserve a seat for transportation.

### *Monroe Outlets*

*Wednesday, November 16 10 am-1:30 pm*

### *Kenwood Mall*

*Tuesday, November 29 10 am-1:45 pm*

## *All Day Bingo*

*Mondays, 10:30 am-3 pm*

*November 14, 21 and 28  
December 19*

*Wednesdays, 10:30 am-3 pm*

*November 2 and 9  
December 7 and 14*

Reserve your box lunch at least 2 days prior. .50 a card. Membership card must be displayed on table to participate.

## *Blood Pressure Checks*

*Wednesday, November 9 10-10:30 am  
Wednesday, December 14 10-10:30 am  
Colerain Township Fire Dept EMT*

## *Thursday Therapy Massages*

*10 am-noon By Appointment*

Feel good again and treat yourself to a massage *by Rob Repasky, MS, LMT*. Great for pain, muscles, joints, tension, range of motion and energy levels.

Table Massage/30 minutes \$25

Chair Massage/15 minutes \$12

Fully clothed behind privacy screens.

## *Matinee Movies*

*Wednesday, November 23, 1 pm*

### *"Water For Elephants"*

Robert Pattinson, Reese Witherspoon  
A handsome veterinary student falls for a married circus performer in this romantic drama adapted from the best selling novel.

*Wednesday, December 28, 1 pm*

### *"One Day"*

Anne Hathaway, Jim Sturgess  
Twenty years. Two people. A friendship that lasts a lifetime. Based on the best selling novel.

## *Your Backyard Birds*

*Wednesday, November 2, 11:30 am*

*Tim Coats of Wild Birds Unlimited* will speak on identifying and feeding your backyard birds.

## *Gallery Showcase*

Member Artists whom would like to show their artwork may inquire on available months for the hall gallery and showcase.

Fort Coleraine Hall will be closed  
November 7-11 for installation of the  
new wood flooring.  
Classes that use the room will be  
cancelled during that time.

# Aspire to Inspire

## ***New! Photography Class***

***Mondays, 10 am—noon beginning  
November 7–November 28***

Learn to compose and take better pictures with your camera. Principles of photography and fundamental camera techniques. Bring your camera.

*Register at the desk.*

## ***Breakfast with the Arts***

### ***Picasso Lecture***

***Tuesday, November 22 10:30 am***

Explore the print works of master artist, Pablo Picasso. Picasso is most widely known for co founding the cubist movement, his revolutionary style changed the art world, and led him to become one of the most famous artists ever. Picasso was a master painter, sculptor and printmaker, this lecture will focus on the biography of Picasso with a focus on his printmaking career. *Register by November 15.*

## ***Drawing/Charcoal/Ink/Pastel***

***Wednesdays, 1-3 pm***

*Instructor Debbie Faris* teaches line drawing, gray scale value, pen technique and pastel coloring. Release your inner artist! Newsprint, charcoal and drawing pencils will be available to start. *Register at the desk.*

## ***Jewelry Design***

***Wednesdays 9-11:30***

Explore jewelry design, bead work, glass fusing and enameling techniques. Fee for supplies.

*Instructor: Linda Schneider-Houghton*

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

***Thursdays with Reservation***

See instructor for reservation time. Fee for clay, glazes and firing.

*Instructor: Linda Schneider-Houghton*

## ***Piano***

Learn to play the Yamaha Clavinova digital keyboard! No experience necessary. Recreational Music-Making program with a twist to ensure progress.

***Wednesdays 12-1 pm Interviews for New Students***

***Wednesdays 10 –11 am Beginners and Newer Participants***

***Wednesdays 11 am-12 pm and 12-1 pm Experienced players or Experienced Clavinova users***

*Dr. Andrew Peter Millar and Volunteer Facilitators*

## ***One Stroke Painting***

***Mondays, 1-3 pm***

Learn this easy decorative painting technique. Fee for supplies.

*Instructor: Hilda Farwick*

## ***Porcelain Painting***

***Tuesdays, 1-3:30 pm***

Students work with porcelain and learn painting techniques. Fee for supplies.

*Instructor: Linda Schneider-Houghton*

## ***Watercolor Painting***

***Tuesdays, 9 am-noon***

Independent projects open to all skill levels, with weekly critique offered. Fee for supplies. *Instructor: Y.G. Tseui*

## ***Oil and Acrylic Painting***

***Fridays, 9:30 am-noon and/or 12:30-3 pm***

Independent painting open to all skill levels. Artists provide their own supplies.

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

***Thursdays, 9 am-noon and/or 12:30-3:30 pm***

Practice bisque painting and hand-building clay techniques. Fee for supplies and firing

*Instructor: Linda Schneider-Houghton*

### ***Computer Classes***

All classes consist of two classes, two hours each, at a fee of \$20. Class ratio is 4 students to 1 teacher. Cash or check payable to Colerain Township trustees is required to register. Students may bring in their own laptops if they would prefer to use. All students should bring email login information (if they have email at home including username and password).

*Instructor: Forrest Stivers II*

#### ***Level I***

Very basic manipulation used in all applications.

*Wednesdays, November 2 and 9, 1-3 pm*

*Fridays, November 4 and 18 (no 11), 1-3 pm*

*Wednesdays, November 16 and 23, 9-11am*

#### ***Level II***

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

*Wednesdays, November 2 and 9, 9-11 am*

*Fridays, November 4 and 18 (no 11), 9-11 am*

*Wednesdays, November 16 and 23, 11 am-1 pm*

#### ***Level III***

This class will be individually tailored to meet the needs of the students. External hard drive back-up will also be covered.

*Wednesdays, November 2 and 9, 11 am-1 pm*

*Fridays, November 4 and 18 (no 11), 11 am-1 pm*

#### ***Digital Downloading***

Download photos, video, music and more to use in various applications. Bring your device/USB cord to class.

*Wednesdays, November 16 and 23, 1-3 pm*

*Evening Adult Computer also offered*

### ***New! Private Instruction***

Private instruction is available at \$15/hour by appointment.

### ***The Computer Center***

Open to members Mondays, Tuesdays and Thursdays, 9 am-4 pm. It is located next to the game room. Surf the web, get email or just get acquainted with computers. Four computers are available with printing availability.

#### ***Bunco***

*1st and 4th Tuesdays, 1-3 pm*

#### ***Mah Jong***

*2nd and 3rd Thursdays, 1-3 pm*

#### ***Bridge***

*2nd and 3rd Tuesdays, 1-3 pm*

#### ***Poker***

*Tuesdays/Thursdays, noon-4 pm*

#### ***Euchre***

*Fridays, 10:30 am-2 pm*

#### ***500***

*Mondays, 10:30 am-2 pm*

#### ***Wii***

*1st and 2nd Mondays, 1-2 pm (no 11/12)*

#### ***Billiards Tables***

*Daily 8:30 am-4 pm*

#### ***Billiards Tournaments***

*Thursday, December 29 9:30 am*

\$5 member, \$6 non-member

#### ***Poker Tournaments***

*Thursday, November 17, 11 am*

*Thursday, December 15, 11 am*

\$5 member

Get Connected

### **Zumba Gold**

**Tuesdays and Thursdays, 9-10 am**

Zumba Gold is a total body workout featuring Latin dance movements. Stop by and try the workout party! Fee is \$5 per class or 10 classes for \$30. *Instructor:*

*Mary Beth Nishime*

**Regular Evening Adult Zumba** is offered on Tuesdays, 7-8 pm, \$5 per class.

*Instructor: Trina Massey*

### **Jazzercise Low Impact**

**Mondays, Wednesdays, Fridays 9-10 am**

This low impact version of jazzercise pairs moderate aerobics with exercises designed to improve strength, balance and flexibility. See Jazzercise pricing sheet.

**Regular Evening Adult Jazzercise** is offered Mon/Wed/Thurs/Fri at 6:30 pm and Sat at 9 am. *Instructor: Susan Baird*

### **Chair Volleyball**

**Fridays, 1-2:30 pm**

This is a great upper body workout and more than you'd expect! Away games offered but not required.

### **Resistance to Muscle Loss**

**Tuesdays and Thursdays, 1-1:45 pm**

Try this strength training class that uses resistance bands as you progress.

### **Silver Foxes**

**Tuesdays and Thursdays, 10:30-11:15 am**

Low-impact aerobics DVD program.

### **Transportation**

Daily transportation to the Center and medical transportation is available to those members 60 and up who live in Colerain Township. Shopping trips are every Tuesday (1st Tuesday/Krogers),(2nd Tuesday/Jungle Jims), (3rd Tuesday/Meijers),(4th Tuesday/Wal-Mart).

### **Lunch Served Daily**

A nutritious, hot meal is served at the Center every day at noon. Suggested donation is \$1.50 for those 60 and over and \$3 for all others. *Call the day prior to 12 pm to reserve a meal.*

### **Pilates**

**Mondays 11-11:45 am**

*Instructor Celine Kirby* teaches a beginning modified class. Through sitting and lying down (bring a yoga mat), modified core strengthening exercises using bands and weights will be used to promote strength, balance and flexibility. Fee is \$5 per class

**Regular Evening Adult Pilates** is offered 6:30-7:30 pm (2nd, 3rd and 4th Thursdays) \$5 a class

### **Yoga**

**Thursdays, 9:15-10 am**

This Hatha yoga class has an emphasis on stretching, breathing and relaxing techniques. Fee is \$5 per class or 6 for \$25 or 10 for \$40. Bring a mat or purchase one at class for \$10.

**Regular Evening Adult Yoga** is offered Mondays, 6:30-7:30 pm at \$5 a class. *Instructor: Lynne Carroll*

### **Tai Chi**

**Wednesdays, 2-3 pm**

Tai Chi increases energy, reduces depression, reduces inflammation and improves balance, breathing, circulation, concentration and posture. \$5 per class.

*Instructor: Mark Tracy*

### **New! Fit & Strong**

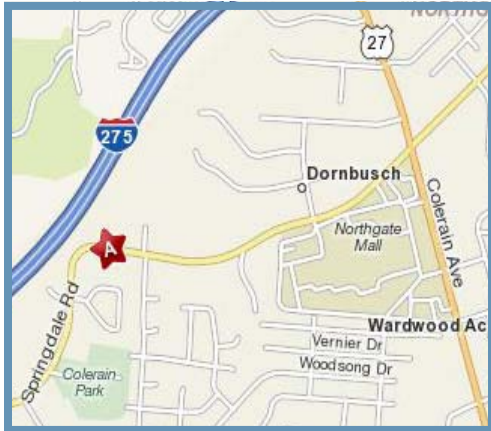
**Tuesdays, 10-10:30 am**

Try the new Jane Fonda DVD! Light weights are available.

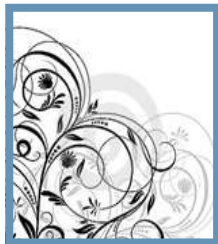
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8802

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

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



**Over 250 New Members This Year!**



*Welcome* First Time Center Members

- |                      |                    |                     |                    |
|----------------------|--------------------|---------------------|--------------------|
| Henry Allendorf      | Doris Grome        | James Martin        | Pat Russell        |
| Don Auciello         | Gail Grothaus      | James McNanie       | Gail Sand          |
| Marcia Austin        | Susan Hinds        | Eileen Miller       | Irene Sayre        |
| Terri Ballman        | Margaret Houser    | Dottie Minnich      | Joe Sayre          |
| Mary Bang            | M. Jane Hubeler    | Lydia Morrison      | Jan Schmidt        |
| Henry Bang           | Betty Hugo         | Dona Neiheisel      | Hope Schultz       |
| Joseph Bergman       | Margaret Inderhees | Deanna Niehaus      | Marian Schum       |
| Mary Jo Bergman      | Raymond Inderhees  | Sandra O'Donnell    | Lynn Sparks        |
| Olga Bliss           | Jan Joerg          | Irene Paulin        | Marilyn Stephens   |
| Peggy Bradfield      | Jewell Jones       | Betty Jean Porotsky | Rita Stineback     |
| Regina Byrd          | Butch Klenk        | Donald Prus         | Susan Suss         |
| Charles Chesnut      | Mary Ellen Klenk   | Martha Prus         | Jack Taggart       |
| Roger Corrado        | Penny Kolida       | Betty Raven         | Tom Weingartner    |
| Joe Douglas          | Frank Krieger      | Mary Rolfson        | Terri Weingartner  |
| Virginia Meyer Eckel | Nancy Lohbeck      | Norb Rolfson        | Karen Wilkymacky   |
| Lois Enzweiler       | James Malott       | Barbara Roysdon     | Stanley Wilkymacky |
| Ted Enzweiler        | Joan Marques       | Marianne Roy        | Loraine Wissing    |
| Carol Gonnella       | Bernice Martin     | Carol Rumpke        | Audrey Woehrmeyer  |