



The Center News

January/February

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
January 2 and 16
and February 20

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



Create memories she won't forget....

Colerain Township will sponsor a very special dress up date night for girls ages 4 –17 and their fathers, grandfathers or other father figures. The themed evening will include DJ, dancing,

pizza, dessert and a flower for the girls. Be sure to bring your camera! Suggested attire is dresses for girls and dress shirt and tie for fathers.

Daddy Daughter Date Night

Saturday, February 11, 2012
7-9 pm (Seating begins at 6:30 pm)
Colerain Township Senior and Community Center

Tickets are \$12 per person Colerain Township residents and go on sale January 16. Non-resident tickets will be \$15 per person and go on sale January 30.

Tickets will be sold at the Colerain Township Sr. and Community Center, 4300 Springdale Road, Monday-Friday, 8 am-4:30 pm and 6-9 pm. Cash or check only made payable to Colerain Township Trustees. Those wishing to sit with other couples should purchase their tickets together. We will be unable to change seating arrangements at the event. For more information, please call 741.8802.

COLERAIN TOWNSHIP CENTER 4300 SPRINGDALE RD 741-8802

Staff

Marie Sprenger
Director

msprenger@coleraintwp.org

Andrea Wade
Secretary

Ray Richburg
Transportation Driver

James Blackmon
Harry Bowman
Bud Rader
Special Events Attendants

Colerain Township

Board of Trustees

Dennis Deters
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Jeffrey Ritter
Vice President

Melinda Rinehart
Trustee

Heather Harlow
Fiscal Officer

Frank Birkenhauer
Acting Township Administrator

Ikea Shopping

Tuesday, January 31, 10 am-1:30 pm

Fun shopping and Swedish meatballs at the Ikea Store in West Chester.



Toga Party

Wednesday, February 15, 11 am

When in Rome...Toga! Toga! Toga! Throw on a sheet over your clothes! Prizes to the best and wackiest toga. Gyros, dips, trays and baklava. *Harpist Lindsey Duncan* and Greek/Roman games. Tickets \$3 by February 10.

Food and chef sponsored by



Cincinnati Art Museum

Monet at Giverny –Landscapes of Reflection Exhibition

Thursday, February 16, 10:15 Departure

This exceptional exhibition features Monet's late works depicting iconic motifs from his garden in Giverny such as the Japanese footbridge, water lilies and wisteria. Register for bus transportation.



Newport Aquarium

Wednesday, February 29, 9 am-1:30 pm

Enjoy a million gallons of fun! Don't miss Penguin Palooza and the Frog Bog! There are over 70 exhibits, 14 galleries including five acrylic tunnels featuring an amazing variety of aquatic life forms from around the world. Registration fee is \$17.50 cash only. Reserve your seat early. Bring money for after tour meal stop.



AARP Tax Aide

Members (ages 60 and up) can call 741-8802 *in January* to make an appointment for Tuesdays, February 21, March 6, 20 and 27. *Appointments will open February 1 to all other taxpayers 60 and up.* Bring last year's tax information and your forms.



Lunch Bunch

*New policy **Registration for each month's lunch bunch begins on the 15th (or the next business day if it falls on a weekend) of the month prior.*

Blue Goose Tavern

Fridays, January 6 and 20, 11 am-1:30 pm

Van Zandt Restaurant & Tavern

Fridays, February 3 and 17, 11 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.

All Day Bingo

*Mondays, 10:30 am-3 pm
January 23
February 13 and 27*

*Wednesdays, 10:30 am-3 pm
January 4 and 11
February 1 and 8*

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

Book Club

*4th Friday of the month
beginning January 27
10 am*

Do you have a passion for reading? The Book Club is accepting new members! Monthly discussions take place in the Atrium. Book copies are compliments of the Public Library of Cincinnati and Hamilton County. Ned Heeger-Brehm from Groesbeck Library will be our guest. Contact *Shannon Dirr at 709-0580*

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, January 25, 1 pm

"The Help"

Emma Stone, Bryce Dallas Howard
In 1960's Mississippi, a young woman returns to her small town determined to make it as a writer but when she begins interviewing black women who have spent their lives working for prominent families, it creates an uproar in the community.

Wednesday, February 22, 1 pm

"The Ides of March"

Ryan Gosling, George Clooney
The Ides of March takes place during the frantic last days before a heavily contested Ohio presidential primary, when an up-and-coming campaign press secretary finds himself involved in a political scandal that threatens to upend his candidate's shot at the presidency.

Billiards Tournaments

Thursday, January 26, 9:30 am

Thursday, February 23, 9:30 am

\$5 member, \$6 non-member

Poker Tournaments

Thursday, January 19, 11 am

Thursday, February 16, 11 am

\$5 member

Gallery Showcase

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

Aspire to Inspire

New! Woodcarving Class

Mondays, 10 am-noon

1/23, 1/30, 2/13, 2/27

Learn beginning woodcarving techniques or if you are a woodcarver, join in! Bring your own supplies. *Register at the desk.*
Instructor David Shumard

New! Sewing Arts

1st and 3rd Wednesdays, 1-3 pm

Nancy Reardon leads creative sewing machine projects for all skill levels. Bring your own supplies.
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

Stained Glass and Mosaic

Tuesdays, 9:30 am-noon

Cut and arrange stained glass in lead solder or use glass, tile, stone or other materials in grout. 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

Breakfast with the Arts

Monet in Giverny Exhibit Lecture

Tuesday, January 24, 10:30 am

Register by January 17

"Wear Your Art"

Tuesday, February 28, 10:30 am

Register by February 21

In support of the Nick Cave exhibition, create your own wearable art. All supplies provided.

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, January 4 and 11, 1-3 pm
Fridays, January 6 and 13, 1-3 pm
Wednesdays, January 18 and 25, 9-11 am
Fridays, January 20 and 27, 9-11 am

Level II

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

Wednesdays, January 4 and 11, 9-11 am
Fridays, January 6 and 13, 9-11 am
Wednesdays, January 18 and 25, 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, January 4 and 11, 11 am-1 pm
Fridays, January 6 and 13, 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, January 18 and 25, 1-3 pm
Fridays, January 20 and 27, 1-3 pm

Evening Adult Computer also offered

Excel

Learn to create, save, retrieve, revise, and print spreadsheets. Enhance by inserting rows and columns, formulas and functions.

Fridays, January 20 and 27, 11 am- 1 pm

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

Billiards Tables

Daily 8:30 am-4 pm

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*

New! Evening Adult Zumba Gold starting date TBA 7-8 pm, \$5 per class

Regular Evening Adult Zumba is offered on Tuesdays and New! Thursdays, 7-8 pm, \$5 per class. *Instructor: Trina Massey and Cristy Ketron*

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.

Blood Pressure Checks

Wednesday, February 15, 10:30-11 am
Colerain Township Fire Dept EMT

New! Ballroom Dancing

Wednesdays, beginning January 18

11 am- 12 pm

Dance like a Star!

Grab a partner and your dancing shoes! *Mary Ramirez-Cook* of A-Marika Dance Company will teach introductory ballroom dancing including the Waltz, Tango, Fox Trot, Rumba, Cha Cha and Swing. Wear comfortable shoes. Register at the desk by January 16. \$5 per person each class-Must have a partner.

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

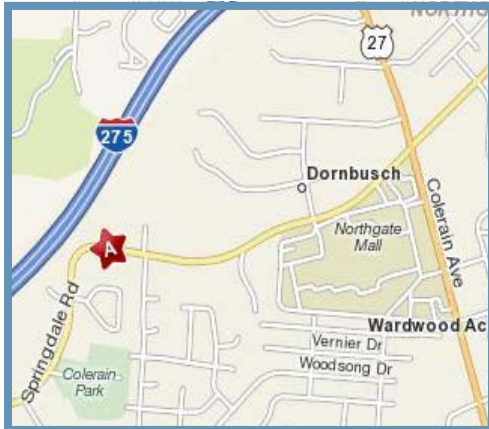
Tai Chi increases energy, reduces depression, reduces inflammation and improves balance, breathing, circulation, concentration and posture. \$5 per class.

Instructor: Mark Tracy

*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



Welcome

First Time Center Members

Sandra Agee
Sandy Allen
Sharon Barlage
Dan Briggs
Ellen Briggs
Ann Busch
Arlene Candelaresi
Barbara Densmore
Joyce Dey
Joyce Heinrich
Barbara Hoppke
Deborah Howell
Diana Hueil
Michael Kutcher
Evelyn Moore

Marian Muckerheide
Judith Ott
Sharon Poppe
Eva Reid
Terry Reid
Donn Rubingh
Jessie Shelton
David Shumard
Linda Shumard
Janet Stine
Glenna Troxell
Rosemary Welz
Darla Wright
Charles Zeilman

