



Colerain Senior Center

Summer Newsletter 2020

The Colerain Planning and Zoning team is updating the Township's Comprehensive Plan and needs your input!

Here's how it works:

The Digital Input Series process starts with a survey, the data from which will be used to stimulate dialog during five online conversations. Those meetings will take place every Wednesday beginning August 26th and the format will be ALL DIGITAL - which means you can join the discussion from the convenience of your home computer, laptop, tablet, or smart phone device. In the end, we will have a clear direction that inspires all of us to work together toward a great future. The [Imagine Colerain Website](#) has more information on why and how a comprehensive plan captures that vision.

Here's how you can help:

1) Take and share [this survey](#)

- Prefer a paper survey? A hard copy of the survey is attached and can be completed and mailed to 4200 Springdale Road, Colerain Township, OH 45251, ATTN: Planning and Zoning

2) Virtually Attend the Conversations – [RSVP Here](#)

- The meeting series format will be ALL DIGITAL - which means you can join the discussion from the convenience of your home computer, laptop, tablet, or smart phone device. Each meeting will focus on specific areas of the Township to guide the discussion, but all are welcome and encouraged to attend regardless of location.

3) Follow, engage, and share on social media – our accounts can be found below:

- [Imagine Colerain Facebook](#)
- [Imagine Colerain Twitter](#)

4) SPREAD THE WORD

- Send this information to your Colerain Township connections. The more feedback received, the better. In the end, the team will have a clear direction that inspires all of us to work together towards a great outcome!

THANK YOU in advance for helping to shape the future, allocate resources, and IMAGINE COLERAIN.

Welcome Everyone!

- ▶ At the Colerain Senior Center We Make Our Own Fun! On March 17, the State of Ohio ordered all senior centers, to stop allowing visitors and volunteers to enter. To ensure that our members were still able to have a high quality of life. We were able to create activities to enrich their lives, to fill them with joy, and to enhance their physical, emotional, and spiritual health. While we were unable to have any group gatherings during this uncertain time, we developed ways to adhere to safety requirements and still have fun! We always abided by social distancing rules and other safety precautions. Activities included visits from the Easter Bunny, Mother's Day drive by, Zoom group exercise, Zoom virtual visits, Zoom virtual programs, 4th of July drive by, social distancing tailgate, birthday celebration drive by, painting in the park, group exercise in the park. We utilized our social media outlet to give updates on programs, technology and YMCA facility usage. A very special highlight since the pandemic is newly formed Senior Talk Thursday Live Stream on Colerain Senior Center-Clippard Family YMCA facebook page where we provide weekly updates, interview special guests, soup for the soul and provide senior resources. Our Wellness Department also organized a care call project for members at the Colerain Senior Center & the Y to let you know we are here for you. We send birthday, get well and missing you cards to our members. We also continue to serve Council on Aging meal delivery to our members twice a week. We look forward to the day when we re-open the Colerain Senior Center so we again see your joyous faces.

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We admire and abide by the idea of moving forward despite the challenges. We researched and planned ways to meet and exceed all industry standards for the safety and well-being of our members both at the YMCA and Colerain Senior Center. Over this period we checked in with our members by phone regularly to show how much we care. We also sent out monthly newsletters with challenges to do at home with prizes as incentive. We even offered members a virtual gym, utilizing Virtual On Demand Videos, ZOOM, Live Facebook Stream with SilverSneaker, Classic, Circuit, Yoga, fitness boot camp, tai chi, and other videos made especially for our valued members by our dedicated instructors. At the YMCA we are now able to provide a safer environment for our classes, pool, changing rooms, and fitness floor, incorporating an appointment system, reduced facility capacity, masks, frequent cleaning, health screening upon entry, sanitizing stations, social distancing, and other precautions. We are thrilled to welcome back our YMCA members and to be entrusted to meet their needs and goals on their wellness journey! With the Colerain Senior Center still being closed to our members and volunteers we ask to continue the health and wellness journey by participating in the 6 week Strong Challenge, virtual fitness classes or group exercise in the park.

Ready to Reset- 6 Week Strong Challenge

REGISTER TODAY! Text STRONG to 844-889-6222

The first 5,000 to sign up for the Strong Challenge will receive a Free STRONG Kit which includes exercise bands for our STRONG Challenge Virtual Class, matte black water bottle, tracking chart for your fridge to stay on goal and, for those who complete the challenge, a soft touch vintage YMCA T-shirt.

Six weeks. 10,000 teammates. Only 20 minutes a day. Five days a week. From home or in the Y. We'll experiment with challenges and rhythms designed to open us up to a purpose driven life that is STRONG. Take the Challenge, have some fun, and discover what it means to be STRONG in Spirit, Mind and Body.



Senior Service Award of the Year 2019/2020

Pat Ludeke-(Far Left) Congratulations Patricia Ludeke who was nominated for the Gene Schiele Ambassador Volunteer Service of the year award 19/20. Patricia is a long time member and volunteer of 12 years at the Clippard Family YMCA. Patricia demonstrates heartwarming, generous, steward and organized through her volunteerism efforts. Pat continues to make sure our members are loved on their birthdays, safe and healthy when they are ill, and keeps the exercise classes organized. Thank you Pat!

Cass Daley- (Far Right) Congratulations Cass Daley for receiving the Don Wurtz White Glove Volunteer Service of the year award 19/20. This award represents Faithful-Welcoming-Gracious-Hospitable. Cass has been a member for three years and volunteered her time as the senior socials volunteer coordinator. Cass would spend countless hours, organizing and setting up the special events. She took the time to greet over 200 of our members that would attend the special events.



Senior Talk Thursday with Nora and Sylvia

Live Stream each Thursday on the Colerain Senior Center-Clippard Family YMCA or Clippard Family YMCA facebook page from 11:15-11:45. The show provides senior resources, technology lessons, social connection, live guest/professionals interview, acknowledgements/awards, pet therapy, brain health, exercise, fun and laughter and so much more.

Senior Virtual-ZOOM Group Exercise Schedule

Password is always ymca visit MyY.org for more information

MONDAY	SilverSneaker Noon Yoga Noon
TUESDAY	Zumba 6:00 Chair Yoga 11:00
WEDNESDAY	SilverSneaker Noon Yoga Noon
THURSDAY	Zumba 9:00
FRIDAY	SilverSneaker Noon
SATURDAY	Zumba 9:00

Other Senior Programs

MONDAY

Story Time (virtual stories to Y's Kids)

TUESDAY

Outdoor Painting @ Colerain Park Shelter #4 10:00

WEDNESDAY

Story Time (virtual stories to Y's Kids)

Virtual Bingo 10:00 -(Coming Soon)

THURSDAY

Tai Chi Chih at Colerain Park Shelter #4 11:00

Senior Talk Thursday Live Stream on Facebook 11:15

Y's Virtual (Zoom) Book Club (third Thursday) 12:45

M25 Virtual (Zoom) Project Plastic Bag Mat 1:00

Council on Aging Meal Delivery Program available each Monday and Tuesday 10:00-2:00.

Due to the pandemic we will communicate with you thru social media and electronic mailings. Please continue to follow us on our Facebook pages or websites for operation hours, all programs and amenities we offer.

Colerain Senior Center-Clippard Family YMCA. Clippard Family YMCA. WW.Colerain.org. WWW.MyY.org.

If you are interested in volunteering to lead a senior virtual program please contact Nora Dashley 513-923-4466 ndashley@MyY.org

