



Colerain Senior Center

March-June 2021 Spring Calendar
Senior Center Re-Opening Information
COA Program Offerings
Covid-19 Senior Center Guidelines
Mandatory Registration System
Closing and Delay Policy

The Colerain Township Senior Center RE-OPENING PLAN 2021

Welcome Everyone. We are super excited for the re-opening of the Senior Center. If the State of Ohio Warrants COVID-19 RED or PURPLE Zone the Senior Center will be CLOSED except for membership and registration system. [CLICK HERE](#) for more information on Covid-19 Restrictions/Guidelines.

PHASE I

Re-Opening Schedule for IN PERSON Membership and IN PERSON Registration System account only or call 513-923-5050 Tuesday, Wednesday, Thursday 10:00 a.m.-2:00 p.m. **beginning March 2nd, 2021.**

PHASE II

Re-Opening Schedule for IN PERSON Membership, Registration System and Some Programs. Tuesday, Wednesday, Thursday 10 a.m.- 3 p.m. **beginning March 16th, 2021.**

PHASE III

Re-Opening Schedule for IN Person Membership, Registration System, Most Programs & COA Meal Service. Monday Thru Friday 10 a.m. – 3 p.m. **beginning April 5th, 2021.**

- ❖ Upon entering the Colerain Senior Center, everyone is required to wear a mask at all times.
- ❖ Must self electronically scan your membership scan card at the front desk.
- ❖ A hands free temperature reading Kiosk will be located at front desk.
- ❖ **All Active** Colerain Senior Center and Active SilverSneaker, SilverFit and Renew Active Must Register [CLICK HERE](#) thru your developed account in advance to participate in programs and activities.
- ❖ We have gone **PAPERLESS** due to the Covid-19 restrictions. There will no longer be a handwritten registration sign in sheet for members/guests. Please have your membership scan card ready to scan upon arrival.
- ❖ Payment of credit card only. *(We accept MC, AE & Visa Only)*

REGISTRATION SYSTEM-MOTION VIBE

HOW TO CREATE YOUR OWN REGISTRATION MOTION VIBE ACCOUNT

- Download YMCA Cincinnati App for free in the App store on your smart phone or [CLICK HERE](#) to begin your registration. If you do not own a smart phone, computer nor have an email address please contact
- 513-923-5050 and we will help assist you with your account.
- You will need your YMCA/Colerain Senior Center Membership Scan Card for the barcode # listed on back of card ready.
- You will need to create your username and password in the registration system. (Please keep username/password written down and kept in a safe place)
- Your date of birth/day/year and email is required.
- Click on the "Club Menu" tab on left and select "Colerain Senior Center"
- View your choice of activity, day and time of availability and click on 'RESERVE' no more than 48 hours in advance. ***Please Note if you arrive later than activity schedule without notification, your timeslot has begun your reservation will be given away. If you have registered for a program activity and not able to attend we ask you to UNREGISTER to allow those on the wait list to participate.***
- Please arrive 10 minutes early so we can get you checked in and ready for your activity.
- Until the pandemic is lifted we ask you to not congregate before and after programs and activities held inside.
- **Must be a Colerain Senior Center or SilverSneaker, SilverFit, or Renew Active member to participate in programs**



Senior Talk Thursday! Stay Connected!

The show provides Senior Resources, Technology Lessons, Social Connection, Guest/Professional Interviews, Coffee with a Veteran, Acknowledgements/Awards, Pet Therapy, Brain Health, Exercise, Fun and Laughter, and so much more. Live Stream each Thursday on the Clippard Family YMCA FB page from 11:15-11:45. We tag the Colerain Senior Center Facebook page at Noon just in case you miss the live stream.

STAY CONNECTED WITH US!

Colerain Senior Center [CLICK HERE](#) Clippard YMCA [CLICK HERE](#)

CERKL Colerain Township Newsletter [CLICK HERE](#)

House Keeping Rules

- Before and after each use of equipment please disinfect and store properly using the PPE products.
- Water fountain will be temporarily closed due to the pandemic and ask you to bring your own water bottle.
- Facial mask must be worn upon entry and while in the building.
- If you are not feeling well please unregister yourself from your program, stay home and rest!

2021 Closing and Delays

- May 4 Spring Election
- May 31 Memorial Day
- July 2 Independence Day
- September 6 Labor Day
- September 25 Recycle Day
- October 11 Columbus Day
- November 2 Election Day
- November 11 Veterans Day
- November 25 Thanksgiving Day
- November 26 Post Thanksgiving
- December 24 Christmas Eve

Weather Hotline #513-362-2045

Follow Hamilton County Inclement Weather Policy.

COVID-19 Emergency RED or PURPLE the Senior Center will be CLOSED

Colerain Senior Center AOA Activities

March – June 2021



MONDAY

*Monday programs begin April 5th

Open Billiards 10-3
 Stain Glass 10-12 (Art Room)
 Open Art/Craft 12:30-3 (Art Room)
 Mat Pilates 10:30 (Hall A)
500 Cards 10:30 (Hall B) N/A
 SilverSneaker Classic 11:30 (Hall B)
 SilverSneaker Stability 12:30 (Hall B)
 Y's Chair Volleyball 9-12 @ the YMCA

TUESDAY

*Tuesday programs begin March 15th

Open Billiards 10-3
 Ceramics 10-3 (Art Room)
 Water Colors 10-12 (Hall B)
Bridge 12-3 (Hall B) N/A
 Balance/Strength 12:30 (Hall B)
 SilverSneaker Yoga 1:30 (Hall B)

WEDNESDAY

*Wednesday programs begin March 16th

Open Billiards 10-3
 Open Art/Craft 10-3 (Art Room)
 Bingo 10:30-2:30 (Hall B)
 Parking Lot Senior Social 1-3

- 3rd Wednesday beginning April weather permitting.
- Bring your own snacks, drinks & lawn chair. Some chairs will be provided.
- Must Register in MotionVibe

THURSDAY

*Thursday programs begin March 17th

Open Billiards 1-3
 Ceramics 10-3 (Art Room)
 Senior Chat Live FB 11:15
Poker 10:30-12:30 (Billiards Room)
 Project M25 Plastic Bag Mat 12-3 (Hall B)
 Project RMC Comfort Quilt 12-3 (Hall B)
 Project PTH Crafting/Crochet 12-3 (Hall B)
 *Virtual Book Club 12:45-2 (1st Thursday)

FRIDAY

*Friday programs begin April 9th

Open Billiards 10-3
 Open Art/Craft 10-3 (Art Room)
 SilverSneaker Strength 10:30 (Hall B)
Euchre' 10:30-2:30 (Hall B) N/A
 SilverSneaker Yoga 11:30 (Hall B)
 Colerain Chair Volleyball 9-12 @ the YMCA
 Take Out Lunch Brunch 11

- 4th Friday
- Restaurant
- Must Register in MotionVibe
- Drive separately. No Transportation Service

Social Hour at the Park 4-6

- 1st & 3rd Friday @ Colerain Park Shelter #4
- No Registration is necessary

SATURDAY

Classes held at the Colerain Senior Center in Hall A. Please register in advance in your Motionvibe account! Must be a SS or Colerain Senior Center member to participate in programs and events.

Pop Up Group Exercise Classes

April 17th
 SilverSneaker Circuit @ 10
 Chair Yoga @ 11

May 8th
 SilverSneaker Stability @ 10
 Chair Yoga @ 11

June 19th
 Mat Pilates @ 10
 Mat Yoga @ 11

PLEASE NOTE: Bridge, 500 Cards, Poker and Euchre' will NOT be in session due to Covid-19 Restrictions until further notice.



Clippard Family YMCA AOA Activities



March-June 2021



MONDAY

Mat Pilates 8:30
Shallow Water II 9
Y's Chair Volleyball 9-12

TUESDAY

SilverSneaker Circuit 9
SilverSneaker Strength 10
Shallow Water II 10
Aqua Arthritis 11
Gentle Mat Yoga 6:30
Shallow Water II 7

WEDNESDAY

Shallow Water II 9
Mat Pilates 10:45
SilverSneaker Circuit 12
Pickleball 12-3
SilverSneaker Yoga 1
Mat Pilates 6:30
Parking Lot Senior Social 1-3

- Held at the Colerain Senior Center
- 3rd Wednesday beginning April weather permitting.
- Bring your own snacks, drinks & lawn chair and lets reconnect together. Some chairs will be provided.

THURSDAY

SilverSneaker Circuit 9
SilverSneaker Yoga 10
Shallow Water II 10
Aqua Arthritis 11
Senior Chat Live FB 11:15
Gentle Mat Yoga 6:30
Shallow Water II 7

FRIDAY

Shallow Water II 9
Colerain Chair Volleyball 9-12
Shallow Water I 10
Pickleball 12-3

SATURDAY

Shallow Water II 9
Mat Pilates 10:15

SUNDAY

Pop Up Group
Exercise Classes
Please view monthly
calendar

Active Older Adult March Incentive

Participate in any group exercise class, fitness center, club or sport the month of March and enter to win a prize each Monday in March. More details at Welcome Center

Annual Support Gift Giving
Supporting those seniors to participate at the Y who otherwise would not be able to. Please inquire at the Welcome Center!

Volunteer Opportunity

- Art Instructor
- Senior Socials
- Caring Committee
- Ceramics Instructor
- Quilting
- Croching
- Senior Center Front Desk Help
- Bingo Caller

For More Information
Contact Nora D
ndashley@myy.org
513-923-4466



Council on Aging Service Programs eligible for members of the Colerain Senior Center Only.

COA Meal Delivery M/T 10-2 thru September 2021

COA Meal Pick Up M-F 11-1 (begins in April)

COA Meal Dining M-F 11:30 (begins in April)

COA Service Transportation Wednesday Only- To and From the Senior Center only. Limited seating available. Must register in advance www.motionvibe.com. **First come first serve.**

COA Grocery Shopping Thursday Limited seating available. Must register in advance www.motionvibe.com. **First come first serve.**

Colerain Senior Center Membership Information

Credit Card Payment ONLY-We accept MC, AE & Visa Only (No Discover)

\$20 -Colerain Township Resident \$30 -Non Resident

FREE Membership to the Colerain Senior Center and the YMCA for SilverSneaker, SilverFit and Renew Active Members. Check the back of your insurance card for eligibility or call the CSC or YMCA.

Colerain Senior Center * 4300 Springdale Road * Cincinnati, Ohio 45251 * 513-923-5050

Clippard Family YMCA * 8920 Cheviot Road * Cincinnati, Ohio 45251 * 513-923-4466

Nora Dashley, Senior Program Director of Wellness and Active Older Adults ndashley@mysc.org