



Anderson Township Senior Center
7970 Beechmont Ave.
Anderson Township, OH 45255
AndersonTownshipOH.gov/senior-center

Check out event and program information on Facebook
@FriendsOfAndersonTownshipSeniorCenter

The Anderson Township Senior Center is closed on January 2 and 16, and February 20.

Weekly Schedule - Anderson Township Senior Center Hours 9 a.m. to 2 p.m.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 a.m.	Silver Sneakers Cardio Oil Painting	Silver Sneakers - Strength and Balance	Woodcarvers Walking Club*	Silver Sneakers Yoga Beg. Watercolors (1 st and 3 rd Thurs)	Silver Sneakers Cardio
10 a.m.	Beginner Bridge		Blood Pressure Euchre	Bridge	
10:30 a.m. 10:45 a.m.		Mahjong			Tai Chi (Not on last Fri. of each month)
11 a.m.		Better Balance Safer You		Better Balance Safer You	
11:30 a.m.					
11:30 a.m.	Lunch	Lunch	Lunch	Lunch	Lunch
12 p.m.		Quilting Pickleball**			
12:15 p.m.	Line Dancing				
12:30 p.m.				Creative Circle	

All classes are at ATSC unless noted.

* Meet at Beech Acres; If inclement weather, meet in Eastgate Mall

** Mt. Washington Rec Center

JAN./FEB. 2023

SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

Anderson Township Senior Center is the Place to be in '23!

The new year will be an exciting one at the Anderson Township Senior Center. Favorite activities and speakers will return while new opportunities are planned.

Perennial favorite Marty Brennaman returns to the senior center on Monday, Jan. 30, to share updates and insights on the Cincinnati Reds. This program is always one of the most enjoyable and popular of the year. No guest passes are permitted.

Theme months will return in 2023 as well. January is "It's All Greek to Me" month, with a focus on Greek culture, food, art, and mythology. Enjoy a toga party and a viewing

of "My Big, Fat Greek Wedding" during January. In February, the theme is "I Love" The senior center plans a variety of activities relating to the things we love, including shopping, reading, history, sports, ballet, pizza and Elvis! There will certainly be something for everyone!

New initiatives for 2023 include a Green Seniors Club to focus on recycling and environmental awareness. A Gardening Club is being organized to help plan, plant and maintain the three gardens at the senior center. Our members have many great ideas to share and put into action.



**"Age is simply the number of years the world has
been enjoying you!"**

— Unknown

Mission Statement • Through its operation of the Anderson Township Senior Center, Anderson Township will further its ongoing mission: *"To provide services which protect and enhance the quality of life in our community."*
AndersonTownshipOH.gov/senior-center

HOURS
Monday-Friday
9 a.m.-2 p.m.
PHONE
513.474.3100

Claire O'Connell
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JANUARY

Memory Cafe

Tuesday, Jan. 3 • 10:30 A.M.
Memory Cafes are comfortable gatherings that allow people with dementia and their caregivers to socialize and engage in activities in a safe, welcoming environment.

Country Music with Drake

Wednesdays, Jan. 4 and 18 • 11:30 A.M.

Juniors Helping Seniors

Thursday, Jan. 5 • 3:15 P.M.
Topic: Get hAPPy! Learn about free apps and social media. Bring your cell phone, laptop or tablet for individual assistance.

Folk Music with Dave Sanders

Friday, Jan. 6 • 10:30 A.M.

Dean Regas-The Constellations

Monday, Jan. 9 • 10:30 A.M.
Kickoff to the “It’s All Greek to Me” month! Learn the stories behind the constellations, including those named after Greek gods and goddesses. It’s a soap opera in the sky!

Yoga Bob Discusses Sciatica

Tuesday, Jan. 10 • 10:30 A.M.
A 90-minute workshop on the whole-body approach to treating sciatica with easy techniques for all levels of fitness.

Catholic Funeral Traditions

Wednesday, Jan. 11 • 10:30 A.M.
Mary Selvagg from the Bereavement Ministry at Immaculate Heart of Mary Church will share Catholic beliefs before and after death, the symbols used during a funeral, and pastoral care.

Movie Matinee

Wednesday, Jan. 11 • 11:45 A.M.
Watch “Coal Miner’s Daughter,” the story of singer Loretta Lynn.

Card Making Classes

Thursday, Jan. 12 • 10 and 11 A.M.
Sign up early for these popular classes. \$2 fee.

Flute Music by Mark Huffman

Thursday, Jan. 12 • 10:30 A.M.
Songs by George Gershwin.

Greek Travel and Cuisine

Friday, January 13 • 10:30 A.M.
Continuing our Greek theme, watch a video that will take you away to the Greek Islands while you sample delicious Greek food. If you’ve been to Greece, bring photos and stories to share. Register by January 10.

Piano Music with Annie

Fridays, Jan. 13 and 27 • 11 A.M.

Brain Health Series: HealthRHYTHMS

Tuesday, Jan. 17 • 10:30 A.M.
Join for recreational group drumming with imagery, wellness and fun!

Roundtable Conversation-Taking the Fear out of Hospice

Wednesday, Jan. 18 • 10:30 A.M.
A panel from Harmony Cares Hospice will share information and a list of questions to ask potential providers.

Music by Seldom the Same

Thursday, Jan. 19 • 10:45 A.M.

Turning 65 - What You Need to Know

Friday, Jan. 20 • 10:30 A.M.
Justin Hively from My Medicare Guys returns to share information about Medicare enrollment at the age of 65.

Historian Diane Shields

Monday, Jan. 23 • 10:30 A.M.
Diane will share stories of gods and goddesses in Greek mythology. Be prepared for drama!

The Physical Changes of Aging

Tuesday, Jan. 24 • 10:30 A.M.
Terri Gaitskill returns to speak on the effect aging can have on our bodies.

January Birthday Toga Party

Wednesday, Jan. 25 • 10:30 A.M.
How can we celebrate Greek month without a toga party? Bring an old bed sheet and we’ll help you dress the part. Music by Dave Ridenhour. Reservations by January 17.

Garden Committee- Initial Meeting

Thursday, Jan. 26 • 10:30 A.M.
Love to garden? Join the committee to discuss and plan the gardens at the senior center.

Movie Matinee - ”My Big Fat Greek Wedding”

Thursday, Jan. 26 • 11:45 A.M.
A hilarious movie about Greek life in America. A special treat will be served, inspired by a scene in the movie.

The Cincinnati Pops Orchestra

Sunday, Jan. 29 • Leave ATSC at 12:45 P.M.
Tchaikovsky’s greatest hits, including “Romeo and Juliette”, *Swan Lake* and the *1812 Overture*. Transportation provided. Tickets: \$55.

A Visit from Marty Brennaman

Monday, Jan. 30 • 10:30 A.M.
Anderson resident Mary Brennaman shares his insights for the Cincinnati Reds 2023 season. Lunch reservations by January 25.

Book Blitzers

Monday, Jan. 30 • 12:30 P.M.
Discussion on the novel “This Tender Land” by William Kent Krueger. Copies available at the front desk in December.

Hearing Screenings

Tuesday, Jan. 31 • Starts at 9:15 A.M.
Sing up at desk for 15-minute screening from Acute Hearing.

FEBRUARY

The Underground Railroad

Wednesday, Feb. 1 • 10:30 A.M.
We love history! Mary Allen shares stories about her family’s connection to the the Underground Railroad in New Richmond.

Country Music with Drake

Wednesdays, Feb. 1 and 15 • 11:30 A.M.

Groundhog Day Breakfast

Thursday, Feb. 2 • 9 A.M.
Sign up at the front desk for a delicious breakfast.

Juniors Helping Seniors

Thursday, Feb. 2 • 3:15 P.M.
We love technology! Topic: Everything Google email, calendar and more! Bring your devices for individual assistance.

Folk Music with Dave Sanders

Friday, Feb. 3 • 10:30 A.M.

Weather with George

Monday, Feb. 6 • 10:30 A.M.
We love science! Our own George Zabrecky will explain winter weather patterns and answer your questions about meteorology.

Shopping at Jungle Jim’s

Tuesday, Feb. 7 • 11 A.M.
We love shopping! Meet at Jungle Jim’s at Eastgate for a one-hour walking tour with samples and coupons. **\$5 fee** at the store.

Author’s Corner

Wednesday, Feb. 8 • 10:30 A.M.
We love sports! Basketball fans, Bill Koch will talk about his book: “Huggs: Former Players Talk About What It Was Like to Play for Hall of Fame Coach Bob Huggins.”

Movie Matinee

Wednesday, Feb. 8 • 11:45 A.M.
We love good movies! Watch “Julie and Julia”, a story about cooking all the way through Julia Child’s cookbooks.

Greeting Card Class

Thursday, Feb. 9 • 10 and 11 A.M.
Sign up early for this popular class. **\$2 fee.**

Flute Music by Mark Huffman

Thursday, Feb 9 • 10:30 A.M.
We love music! Theme: Love Songs.

Cincinnati Ballet and Luncheon

Friday, Feb. 10 • Leave ATSC at 9:30 A.M.
We love the ballet! Enjoy a performance Of Alice and Wonderland with elaborate costumes. Transportation and lunch provided. Tickets: \$50.

Piano Music by Annie

Fridays, Feb. 10 and 24 • 11 A.M.

Anthology Happy Hour

Monday, Feb. 13 • 3:30 P.M.
Meet at Anthology of Anderson Senior Living, 6849 Beechmont Ave., for a tour and refreshments. Reservations required.

February Birthday and Valentine’s Day Party

Tuesday, February 14 • 10:30 A.M.
We love parties! Enjoy music by P’s in a Pod, a photo booth and a few surprises. Reservations by February 6.

Tome Book Store Visit

Wednesday, Feb 15 • 11 A.M.
We love books! Meet at this new bookstore in Mt. Washington. Discover new releases, browse and enjoy a warm drink.

Music by Seldom the Same

Thursday, Feb. 16 • 10:30 A.M.

Tie Dye Returns!

Friday, Feb. 17 • Noon
We love crafts! Anne Cox-Espenlaub will lead a fun tie dying session. Bring one white cotton item to dye.

Brain Health Series

Tuesday, Feb. 21 • 10:30 A.M.
Yoga Bob returns to discuss mindfulness and breathing techniques used to lower blood pressure, improve focus and relieve anxiety.

Guitar Music by Dave Ridenhour

Wednesday, Feb. 22 • 11 A.M.

Belterra Park

Wednesday, Feb. 22 • 11 A.M.
Meet at Belterra Park, 6301 Kellogg Road. Manifest form must be completed at the front desk by Feb. 14.

Movie Matinee

Tuesday, Feb. 23 • 11 A.M. with intermission
We love Elvis! Watch the 2022 blockbuster starring Austin Butler and Tom Hanks. Bring your lunch or sign up by Feb. 17.

Historian Diane Shields

Monday, Feb. 27 • 10:30 A.M.
We love love stories! Hear about Katharine Hepburn and Spencer Tracy, the legendary cinematic couple.

Book Blitzers

Monday, Feb. 27 • 12:30 P.M.
We love reading! Discussion on the novel “Dead Wake” by Erik Larson. Copies available at the front desk in January.

CARE Panel

Tuesday, Feb. 28 • 10:30 A.M.
Cincinnati Aging Resource Experts will discuss how to stay in your home longer, protect assets and complete legal documents.

Lunch at Mio’s Pizza

Tuesday, Feb. 28 • 11:30 A.M.
We love pizza! Meet at Mio’s Pizzeria, on the corner of Eight Mile and Clough Pike, for a delicious lunch.