



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

SEPT/OCT 2022

SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

Check out event and program information on Facebook
@FriendsofAndersonTownshipSeniorCenter

The Anderson Township Senior Center will be closed Monday, Sept. 5 for Labor Day and Monday, Oct. 10 for Columbus Day.

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 a.m.				Beg. Watercolors (1 st and 3 rd Thurs)	
9:30 a.m.	Silver Sneakers Cardio Oil Painting	Silver Sneakers - Strength and Balance	Woodcarvers Walking Club*	Silver Sneakers Yoga	Silver Sneakers Cardio
10 a.m.	Beginner Bridge		Blood Pressure Euchre Group	Bridge	
10:30 a.m.		Mahjong			Tai Chi (Not on last Fri. of each month)
11 a.m.				Better Balance Safer You	
11:30 a.m.		Better Balance Safer You			
11:30 a.m.	Lunch	Lunch	Lunch	Lunch	Lunch
12:00 p.m.		Quilting Pickleball**			
12:15 p.m.	Line Dancing				
12:30				Creative Circle	

All classes are at ATSC unless noted.
* Meet at Beech Acres; If inclement weather, meet in Eastgate Mall
** Forestville Baptist Church

Enjoy Healthy Aging at Anderson Township Senior Center

September is Back-to-School month at Anderson Township Senior Center! While we may not be students again, we will continue to learn new skills as a part of an active and healthy aging program.

The Stepping On program returns this year. This seven-week program sponsored by TriHealth focuses on safety in the home to prevent falls. Specialists from a variety of medical fields will be guest speakers. "This program was such a success last year and we look forward to hosting it again," noted Claire O'Connell, activities manager.



Growing strong minds and bodies at the senior center.

The Brain Health series continues in September and October. Topics include increasing communication skills in those with dementia and relieving stress and anxiety.

Other educational - and fun- programs build on the theme of healthy aging, with sessions on fitness, essential oils, glass painting, tech support, karaoke and more!

Plan to Attend October 31 ATSC Halloween Party!



Mark Your Calendars for November 5 Open House!

On Saturday, Nov. 5 the Anderson Township Senior Center will host an Open House from 10 a.m. to 1 p.m. Stop by for activity demonstrations, food sampling, music and more! Introduce our beautiful and busy center to your family and friends.

"Knowing how to age and not being afraid of aging is very healthy."

— Evelyn Lauder

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
Activities Manager
COconnell@AndersonTownshipOH.gov
Janell Schaeffer
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SEPTEMBER

Are You Ready for Some Football?

Thursday, Sept. 1 • Time: 10:30 A.M.

Documentary Day: Cheer on the Bengals with two short films: one on the 1937 Bengals playing at Crosley Field, and one on their amazing 2021 season.

September Birthday and Labor Day Cookout

Friday, Sept. 2 • Time: 10:30 A.M.

Sign up early for this fun event, including music by Dave Sanders and a visit from Mr. Softee, the ice cream truck!

Memory Cafe

Tuesday, Sept. 6 • Time: 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 by Drake

Wednesdays, Sept. 7 and 21 • Time: 11:30 A.M.

Greeting Card Class

Thursday, Sept. 8 • Times: 10 and 11 A.M.

Sign up early for this popular class. **Cost: \$2.**

Flute Music by Mark Huffman

Thursday, Sept. 8 • Time: 10:30 A.M.

Listen to the sounds of Nat King Cole and Bobby Darin.

Piano Music by Annie

Fridays, September 9 and 23 • Time: 10:30 A.M.

Changes to Medicare 2023

Monday, Sept. 12 • Time: 10:30 A.M.

Justin Lively from My Medicare Guys visits the center.

Essential Oils

Tuesday, Sept. 13 • Time: 10:30 A.M.

Member Anne Cox-Espenlaub will share information about essential oils. Attendees will make a lavender project.

Mercy Health Audiologist and ENT

Wednesday, Sept.14 • Time: 10:30 A.M.

Laura Miller, ENT, and Kirsten Mosko, AuD, will share information on sinus conditions, allergies, sleep apnea and hearing aids.

ATSC Monthly Movie Matinee

Wednesday, Sept.14 • Time: 11:45 A.M.

We continue our Back-to-School month with the award-winning musical *Grease!*

Music by Seldom the Same

Thursday, Sept. 15 • Time: 10:45 A.M.

Scams and How to Protect Yourself

Friday, Sept.16 • Time: 10:30 A.M.

Monica Hamilton, social worker from Meals on Wheels, will speak on this important topic.

Hear Me Roar! The Cincinnati Pops

Sunday, Sept. 18 • Leave ATSC at 1 P.M.

A celebration of women, including songs made popular by Adele, Aretha Franklin, Carole King, Dolly Parton and more. **Tickets: \$55.** Transportation provided.

History Presentation by Diane Shields

Monday, Sept. 19 • Time: 10:30 A.M.

At the age of 20, Marie Antoinette became the last queen of France. Learn how the tables turned on her.

Brain Health Series – Communication with Dementia

Tuesday, Sept. 20 • Time: 10:30 A.M.

Theresa Youngstrom, dementia specialist from A Better Approach to Memory Care, will share ways to encourage people with dementia to converse and reconcile situations as they occur.

Visit to The Village of Eastgate Senior Living Apartments

Wednesday, Sept. 21 • Time: 11 A.M.

Meet at 776 Cincinnati-Batavia Pike. Tour and lunch at Eastgate Village and Atlantes Rehabilitation.

Grease Sing Along: Sing, Dance and Hand Jive!

Thursday, Sept. 22 • Time: 11 A.M.

Sing along with songs from the *Grease* movie soundtrack – the ultimate “back to school” film!

Choosing an Assisted Living Home in Ohio

Monday, Sept. 26 • Time: 10:30 A.M.

Mary Hurlburt from Pro Seniors will share what every consumer should know about long-term care and assisted living options.

Book Blitzers Book Club

Monday, Sept. 26 • Time: 12:30 P.M.

Discussion on the novel *The Immortal Life of Henrietta Lacks* by R. Skloot. Copies will be available at the front office in August.

Cincinnati Reds Legend Mystery Visit

Tuesday, Sept. 27 • Time: 10:30 A.M.

Which former Reds player will be here to tell stories, answer questions and pose for photos? Come to find out!

Dementia Friends

Tuesday, Sept. 27 • Time: Noon

Steve Long will share details of dementia with communication tips all ATSC members can use.

Stepping On – Presented by TriHealth

Wednesdays, Sept. 28 to Nov. 9 • Time: 9:30 – 11:30 A.M.

This seven-week program is proven to reduce falls and improve home safety. Must attend all seven sessions. Information will be available at the front desk in September.

Guitar Music by Dave Ridenour

Wednesday, Sept. 28 • Time: 11 A.M.

Back to School Trivia Game

Thursday, Sept. 29 • Time: 10:30 A.M.

Join for a fun hour of trivia! How much do you remember from your school days?

Open Enrollment Medicare Checkup Days

Friday, Sept. 30 • 10:30 A.M.

Mary Leep-Pichert will share ways to stay informed, stay healthy and save money.

OCTOBER

Memory Cafe

Tuesday, Oct. 4 • Time: 10:30 A.M.

Lunch at Hofbrauhaus and Shopping

Tuesday, Oct. 4 • Leave ATSC at 11 A.M.

Celebrate Oktoberfest with a German lunch and shopping at Newport on the Levee. Transportation provided.

Country Music by Drake

Wednesdays, October 5 and 19 • Time: 11:30 A.M.

Juniors Helping Seniors Technology Support

Thursday, Oct. 6 • Time: 3:15 – 5 P.M.

Students from Turpin High School will answer technology questions. Bring your cell phone, tablet or laptop for help.

Folk Music by Dave Sanders

Friday, Oct. 7 • Time: 10:30 A.M.

Cincinnati Reds Trivia

Tuesday, Oct. 11 • Time: 10:30 A.M.

How much do you know about our hometown team? Play the game and find out. Who will be the ATSC champ?

Author Visit – J.T. Townsend

Wednesday, Oct. 12 • Time: 10:30 A.M.

Hear about this author’s inquiry into the three murders in Dallas, 1963: President Kennedy, Officer Tippett and Lee Harvey Oswald.

ATSC Monthly Movie Matinee

Wednesday, Oct. 12 • Time: 11:45 A.M.

Come and enjoy a movie! Title to be announced.

Flute Music by Mark Huffman

Thursday, Oct. 13 • Time: 10:30 A.M.

Listen to the sounds of Motown and R&B.

Piano Music by Annie

Fridays, October 14 and 28 • Time: 10:30 A.M.

History Presentation by Diane Shields

Monday, Oct. 17 • Time: 10:30 A.M.

Combining Halloween and history in this presentation. Find out if Count Dracula is a real person or just a character in a novel.

Brain Health Series: Is Anyone Listening to Me?

Tuesday, Oct. 18 • Time: 10:30 A.M.

Angela Homoelle from Catholic Charities will speak on communicating with your health care team.

Painting on Glass

Tuesday, Oct. 18 • Time: 12:15 P.M.

Bring a drinking or wine glass or a glass vase. Paint a design, no talent needed! Samples at front desk.

Loveland Historical Museum and Lunch

Wednesday, Oct. 19 • Time: Noon

Meet at the museum – 201 Riverside Ave. in Loveland for an elegant lunch in a beautiful, historical home with a guided tour after. Note: Transportation is not provided. **Cost: \$30.**

The Cancer Support Community – Healthy Living

Wednesday, Oct. 26 • Time: Noon

Learn the health benefits of essential oils.

Greeting Card Class

Thursday, Oct. 27 • 10 and 11 A.M.

Sign up early for this popular class. **Cost: \$2.**

All About Halloween

Friday, Oct. 28 • Time: 10:30 A.M.

Documentary Day: Learn the history of the holiday and its traditions. Not for the faint of heart!

Halloween Lunch and Birthday Party

Monday, Oct. 31 • Time: 10:30 A.M.

Costumes, music, treats and more! Sign up by October 21.

Book Blitzers Book Club

Monday, Oct. 31 • Time: 12:30 P.M.

Discussion of the book *Of Women and Salt* by Gabriela Garcia. Copies will be available at the front desk in September.