



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

MARCH/APRIL 2023

SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

Check out event and program information on Facebook
[@FriendsofAndersonTownshipSeniorCenter](https://www.facebook.com/FriendsofAndersonTownshipSeniorCenter)

The Anderson Township Senior Center will be closed on April 7.

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 Watercolors	Silver Sneakers Cardio
10 a.m.	Beginner Bridge		Blood Pressure Check Euchre Group	Bridge	
10:30 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.
* An Extra Fee is Charged
**Check with Front Desk for Location
***Meets at Beech Acres Park

Come Grow With Us This Spring!

This spring, the Anderson Township Senior Center continues to offer new opportunities for our members, including a garden club, a photography club, a beginner watercolor session, and a Green Seniors club to focus on recycling projects.

One program we are excited to share with our members is “Live Life Connected,” in partnership with Meals on Wheels Southwest OH & Northern KY. Members may qualify to receive a free computer tablet and Internet connection in their homes.

Participants in the program will also have equipment set up in their homes and four hours of instruction from trained technology coaches. This program allows our members to gain access to Zoom, email, shopping, banking and telehealth. An introductory session will be hosted at 10:30 a.m. on Monday, March 6 at the center.

This new technology program is in addition to the monthly Juniors Helping Seniors, a popular program developed by students from Turpin High School. The student volunteers present an educational program and then provide one-on-one assistance with cell phones, tablets and laptops.



The Anderson Township Senior Center continues to grow in many ways! If you are not a member, please call 513.474.3100 for information or stop by the center weekdays from 9 a.m. to 1 p.m. for a tour.

We’re Growing!

Our Senior Center now has 566 members, an increase of 14 percent from last year.
We have had a 40 percent increase in the number of activities we provide from last year.
In 2022, we served 7,692 lunches to members.

“The trick is to age gracefully and make it look so great that everyone else looks forward to it.”

— Emma Thompson

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
Member Services Coordinator
JSchaeffer@AndersonTownshipOH.gov

Trips and Events

MARCH

Country Music with Drake

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

Juniors Helping Seniors-Technology Support

Thursday, March 2 • Time: 3:15 P.M.

Freebies on the Internet: TV, movies, books, exercises and more!
Bring your cell phone, tablet or laptop for individual assistance.

Folk Music with Dave Sanders

Friday, March 3 • Time: 10:30 A.M.

Live Life Connected

Monday, March 6 • Time: 10:30 A.M.

Learn how to qualify for a free tablet, Internet connection and four hours of training.

Memory Cafe

Tuesday, March 7 • Time: 10:30 A.M.

Memory Cafes are comfortable gatherings that allow people with dementia and their caregivers to socialize and engage in activities.

Provident Travel Presentation

Wednesday, March 8 • Time: 10:30 A.M.

An informational meeting about upcoming vacation opportunities.

Movie Matinee

Wednesday, March 8 • Time: 11:45 A.M.

The popular movie adaptation of *Where the Crawdads Sing*.
Sign up for lunch by March 3 or bring your own.

Greeting Card Class

Thursday, March 9 • Time: 10 and 11 A.M.

Sign up early for this popular class. \$2 fee.

Flute Music by Mark Huffman

Thursday, March 9 • Time: 10:30 A.M.

Music from the 60s and 70s.

Introduction to Watercolor Painting

Fridays, March 10-31 • Time: 10 A.M. to Noon

Four weekly sessions on basic watercolor techniques for those who have not painted before. \$50 fee includes supplies, instructions.
Sign up by March 3.

Irish Travel and Cuisine

Friday, March 10 • Time: 10:30 A.M.

Watch a video that will take you to the Emerald Isle while you sample delicious traditional Irish food. Sign up by March 7.

Piano Music by Annie

Fridays, March 10 and 24 • Time: 11 A.M.

New Member Coffee

Monday, March 13 • Time: 10:30 A.M.

Join us for coffee and conversation about the Senior Center, have questions answered and meet other members. All are welcome.

AED and CPR Refresher

Tuesday, March 14 • Time: 10:30 A.M.

A review of these vitally important skills from members of the Anderson Township Fire and Rescue Department.

Mystery: Buzzards Returning to Hinkley, OH

Wednesday, March 15 • Time: 10:30 A.M.

Member Adele Bell will share information on this interesting topic.

Folk Music by Seldom the Same

Thursday, March 16 • Time: 10:45 A.M.

March Birthday and St. Patrick’s Day Celebration

Friday, March 17 • Time: 10:30 A.M.

Come to this popular event, featuring the Half Pint musicians and the Erikson Academy of Irish Dancers. Sign up by March 9 and wear green!

Historian Diane Shields

Monday, March 20 • Time: 10:30 A.M.

Learn about the life and career of famous Irish-American actress, Maureen O’Hara.

Guitar Music by Pete Papania

Monday, March 20 • Time: 11:30 A.M.

Brain Health Series: Singalong with Les

Tuesday, March 21 • Time: 10:30 A.M.

Our own Les Tacy will lead us in singing, relieving stress and having fun!

Guitar Music by Dave Ridenhour

Wednesday, March 22 • Time: 11 A.M.

Lunch at the Element Eatery

Thursday, March 23 • Time: 11 A.M.

Meet at this popular new restaurant at 5350 Medpace Way, off Redbank Road. Many food options to mix, match and share.

Craft Activity with Devoted Health

Monday, March 27 • Time: 10:30 A.M.

Complete a craft and hear about services of Devoted Health.

Book Blitzers Book Club

Monday, March 27 • Time: 12:30 A.M.

Discussion on the book *The Alchemist* by Paolo Coelho.
Copies will be available at the front desk in February.

Cincinnati Art Museum Tour and Lunch

Tuesday, March 28 • Time: 11:15 A.M.

Meet at the Cincinnati Art Museum, 953 Eden Park Drive, for a docent-led tour of the Georgia O’Keeffe photography exhibit, lunch in the Museum Cafe, and time to explore on your own. **Tickets: \$30**

Tri-Health Tai Chi

Wednesday, March 29 • Time: 12:30-1:30 P.M.

This eight-week series will help participants improve balance and mobility and reduce the fear of falling. Space is limited.
Call 513.569.5400 to register.

Celebrate Opening Day at the Senior Center

Thursday, March 30 • Time: 11:30 A.M.

Watch the parade, enjoy special treats and get ready to cheer the Reds. Sign up by March 22.

Movie Matinee: *The Sandlot*

Friday, March 31 • Time: 11:45 A.M.

Enjoy this Little League comedy to kick off baseball season.

APRIL

Folk Music and Jam Session

Monday, April 3 • Time: 10:30 A.M.

Dave Sanders plays and sings, followed by an open jam session. Join with your instrument. Lunch sign-up by March 29.

Memory Cafe

Tuesday, April 4 • Time: 10:30 A.M.

Country Music with Drake

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

April Birthday Party and Lunch

Thursday, April 6 • 10:30 A.M.

Lunch, music and a few surprises. Sign up by March 29.

Rumpke Recycling and Green Seniors

Organizational Meeting

Monday, April 10 • Time: 10:30 A.M.

Learn about recycling from Rumpke representatives. Join our new group to plan projects and help make the center “green.”

Author’s Corner - Peter Bronson

Tuesday, April 11 • Time: 10:30 A.M.

Peter discusses new research on the history of the mob here in Cincinnati. His books will be for sale.

Movie Matinee

Wednesday, April 12 • Time: 11:45 A.M.

Title to be announced. Sign up for lunch by April 4.

Greeting Card Class

Thursday, April 13 • Time: 10 and 11 A.M.

Sign up early for this popular class. \$2 fee.

Flute Music with Mark Huffman

Thursday, April 13 • Time: 10:30 A.M.

Enjoy songs inspired by the spring season.

Juniors Helping Seniors Technology Support

Thursday, April 13 • Time: 3:15 P.M.

Topic: Say “Cheese!” Get assistance with your device.
Learn about taking, storing and sharing pictures, videos.

Author’s Corner-J.T. Townsend

Friday, April 14 • Time: 10:30 A.M.

J.T. will share his research detailing the assassination of Abraham Lincoln on the anniversary of this historical event.

Piano Music by Annie

Fridays, April 14 and 28 • Time: 11 A.M.

Historian Diane Shields

Monday, April 17 • Time: 10:30 A.M.

Rescheduling of the discussion on Greek Mythology - an ancient soap opera!

Musical Selections by Les Tacy

Monday, April 17 • Time: 11:30 A.M.

Brain Health Series

Tuesday, April 18 • Time: 10:30 A.M.

Yoga Bob returns to lead a self-healing workshop, focusing on Reiki beliefs and techniques.

Belterra Park

Wednesday, April 19 • Time: 11 A.M.

Meet at Belterra Park, 6301 Kellogg Road. Manifest form must be completed at the front desk by April 10.

A Visit to the Cincinnati Zoo

Thursday, April 20 • Leave ATSC at 10:45 A.M.

We will walk the zoo grounds to see the animals and spring flowers. Go at your own pace. Bring lunch or purchase there. Transportation provided. **Cost: \$15**

Folk Music by Seldom the Same

Thursday, April 20 • Time: 10:45 A.M.

Earth Day Breakfast

Friday, April 21 • Time: 9-10 A.M.

Sign up by April 17 for a complimentary breakfast.

Photography Club-Initial Meeting

Monday, April 24 • Time: 10:30 A.M.

Member Mike Rank will share photos from his personal collection followed by information about a new club here.

Book Blitzers Book Club

Monday, April 24 • Time: 12:30 A.M.

Discussion on the book *The Switchboard Soldiers* by Jennifer Chiaverini. Copies will be available at the front desk in March.

A Visit to Twin Lakes Senior Retirement Living

Tuesday, April 25 • Time: 11 A.M.

Meet at 9840 Montgomery Road in Montgomery for tour, lunch.

Guitar Music by Dave Ridenhour

Wednesday, April 26 • Time: 11 A.M.

Movie Matinee

Thursday, April 27 • Time: 11:45 A.M.

Join for *Jerry and Marge Go Large*, a drama-comedy true story about lottery winners. Lunch sign-up by April 24.