



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

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

The Anderson Township Senior Center will be closed September 4 for Labor Day and October 9 for Columbus Day.

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	Bridge	
10:30 a.m.		Mahjong Pickle Ball***			Tai Chi*(Not on last Fri. of each month)
11 a.m.		Tech Table Better Balance Safer You*		Better Balance Safer You*	
11:30 a.m.	Lunch	Lunch	Lunch	Lunch	Lunch
12 p.m.		Quilters			
12:15 p.m.	Line Dancing*				
12:30 p.m.				Creative Circle	

All classes are at ATSC unless noted.

* An extra fee is charged

**Meets at Beech Acres Park

*** Pickle ball at Forestville Baptist Church

SEPTEMBER/OCTOBER

SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

Educational Speakers Share Health Information



Members of the Anderson Township Senior Center will have many opportunities in the next several months to continue learning about healthy lifestyles.

Upcoming events will include: Holistic wellness practitioner, Lisa Williams, Ph.D., will share options for alternative therapies to help the mind and body stay healthy. Aetna representative Taj Simonds will discuss mindfulness as members have a relaxing session to make succulent planters.

Also scheduled is Georgina Shipp from Creations by Georgia who will explain her family's journey to become gluten-free, plus share her recipes and products. (Some of our members buy from Georgina at the Anderson Township Farmers' Market.) In addition, Carla Antenucci, Psy.D., will discuss changes in the brain and how to restart well-being.

All of these programs are in addition to our regularly scheduled fitness, dance and pickleball sessions, educational speakers, arts and craft groups, and more. The Anderson Township Senior Center is the place for *Active Healthy Aging!*

Communication is key to enjoying the many programs at the Anderson Senior Center. Look for an email each Friday with our newsletter as information on trips and important updates. Check your voicemail frequently for messages and reminders. If you have changed your phone number or address, please contact our front desk.

"A positive attitude and a sense of humor go together like biscuits and gravy."

— Dolly Parton

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

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SEPTEMBER

Folk Music with Dave Sanders

Friday, Sept. 1 • Time: 10:30 A.M.

Memory Cafe

Tuesday, Sept. 5 • Time: 10:30 A.M.

A comfortable gathering that allows people with dementia and their caregivers to socialize and engage in fun activities.

Flute Music with Mark Huffman

Tuesday, Sept. 5 • Time: 11:30 A.M.

Ikebana Flower Demonstration

Wednesday, Sept. 6 • Time: 10:30 A.M.

Beth Bowers-Klaine, second degree master with 25 years of experience, will demonstrates how to create flower arrnagements.

Country Music with Drake

Wednesdays, Sept. 6 and 20 • Time: 11:30 A.M.

Anderson Township Update

Monday, Sept. 11 • Time: 10:30 A.M.

Steve Sievers, assistant township administrator for operations, will share what is new and upcoming in Anderson Township.

That’s Amore! All About Italy

Tuesday, Sept. 12 • Time: 10:30 A.M.

Member Steve Long will share stories from his travels to Italy, with food samples available to enjoy. Register by September 8.

Marjorie P. Lee Lunch and Tour

Wednesday, Sept. 13 • Time: 11 A.M.

Meet at this senior living community located at 3550 Shaw Ave. in Hyde Park. Carpooling is recommended.

Movie Matinee: True Grit

Wednesday, Sept. 13 • Time: 11:45 A.M.

We’ll kick off our country-western theme with this classic starring John Wayne as hard-nosed U.S. Marshal Rooster Cogburn. Based on the novel by Charles Portis. Sign up for lunch by September 8.

Greeting Card Class

Thursday, Sept. 14 • Time: 10 A.M.

Make beautiful cards in this popular class. **Cost: \$2**

Lunch Outing: The Swingline

Thursday, Sept. 14 • Time: 11:30 A.M.

Meet at this new and popular restaurant in the heart of Madeira. Walk to area stores and boutiques after lunch.

Piano Music with Annie

Fridays, Sept. 15 and 29 • Time: 11 A.M.

Historian Diane Shields: Dolly Parton

Monday, Sept. 18 • Time: 10:30 A.M.

Learn about this country-western singer, songwriter and philanthropist. Sign up for lunch by September 13.

Music by Pete Papania

Monday, Sept. 18 • Time: 11:30 A.M.

Brain Health: Nurturing the Human Spirit

Tuesday, Sept. 19 • Time: 10:30 A.M. Aetna representative Taj Simmons will lead us in making succulent planters.

Boot, Scoot and Boogie September Birthday Party

Wednesday, Sept. 20 • Time: 10:30 A.M.

We'll be dancing, hooting and hollering-wear your boots and bandanas! Enjoy dulcimer music and sing some country favorites with Drake. Sign up by September 13.

Music by Seldom the Same

Thursday, Sept. 21 • Time: 10:30 A.M.

Jam Session with Dave Sanders at 12:20 p.m. Bring your instrument and play along!

Belterra Park

Thursday, Sept. 21 • Time: 11 A.M.

Meet at Belterra Park, 6301 Kellogg Road. Complete the manifest form at the front desk by September 13.

The Tinkerbell In You

Friday, Sept. 22 • Time: 10:30 A.M.

A unique and fun experience with member Adele Bell.

Movie Matinee: Nine to Five

Friday, Sept. 22 • Time: 11:45 A.M.

We'll close out country and western week with this classic comedy starring Dolly Parton. Sing along with the lyrics!!

The Cincinnati Pops: Defying Gravity

Sunday, Sept. 24 • Leave ATSC at 1 P.M.

Composer Stephen Swartz will perform his Broadway hits from *Wicked*, *Godspell* and others. Transportation provided. **Cost: \$55.**

Book Blitzers

Monday, Sept. 25 • Time: 12:30 P.M.

Discuss *Rules of Civility* by Amor Towles. Books available at front desk in late August.

Be App-y! How to use Kroger Plus, Uber and Other Apps

Tuesday, Sept. 26 • Time: 10:30 A.M.

Dave Weisshaar (Tech Table Dave) and staff member Terry Mullenax will share how to download and use helpful apps. Bring your Kroger Plus card for personal assistance.

Guitar Music by Dave Ridenhour

Wednesday, Sept. 27 • Time: 11 A.M.

The Ohio Senior Healthcare Insurance Information Program

Friday, Sept. 29 • Time: 10:30 A.M.

Learn about initial enrollment and changes to Medicare for 2024.

OCTOBER

A Day of Healing with Yoga Bob

Monday, Oct. 2 • Time: by appointment

Bob returns to share Reiki techniques on an individual basis. Sign-up sheet will be available at the front desk in September.

Memory Cafe

Tuesday, Oct. 3 • Time: 10:30 A.M.

Flute Music with Mark Huffman

Tuesday, Oct. 3 • Time: 11:30 A.M.

Athenaeum Tour and Lunch

Wednesday, Oct. 4 • Time: 10 A.M. Meet at this beautiful and historic Catholic seminary at 6616 Beechmont Ave. **Cost: \$15.**

Country Music with Drake

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

Author’s Corner: J.D. Townsend

Friday, Oct. 6 • Time: 10:30 A.M. This popular author returns to the senior center to share stories of the infamous Lizzie Borden to start our Halloween celebration with a fright!

Folk Music with Dave Sanders

Friday, Oct. 6 • Time: 11:30 A.M.

Holistic Health Practices

Tuesday, October 10 • Time: 10:30 a.m.

Lisa Williams, Ph.D., will share her knowledge of holistic wellness, including natural healing, herbs, meditation, aromatherapy, essential oils and crystals.

Coffee with a Cop

Wednesday, Oct. 11 • Time: 10:30 A.M. Hear news about the Anderson area and have your questions about safety answered.

Movie Matinee: Witches

Wednesday, Oct. 11 • Time: 11:45 A.M.

Based on the book by Roald Dahl, a 9-year-old boy must foil the plans of a society of witches. Sign up for lunch by October 4.

Greeting Card Class

Thursday, Oct. 12 • Time: 10 A.M.

Make beautiful cards in this popular class. **Cost: \$2.**

Lunch Outing: Wandering Monsters

Friday, Oct. 13 • Time: 11:30 A.M. Crazy, loud, and a great place to be on Friday the 13th! Meet at this new brewery on Beechmont Avenue for a beer-making tour, great food and duckpin bowling.

Historian Diane Shields

Monday, Oct. 16 • Time: 10:30 A.M.

For Oktoberfest, we’ll learn about George Wiedeman and the beer industry in Cincinnati. Event followed by German music in the dining room. Sign up for lunch by October 12.

Brain Health: Is it Depression, Dementia or Just Normal Aging?

Tuesday, Oct.17 • Time: 10:30 A.M.

Carla Antenucci, Psy.D., will explain the differences between these three conditions and how to recharge your well-being.

Oktoberfest Breakfast

Wednesday, Oct. 18 • Time: 9-10 A.M.

Enjoy a complimentary breakfast with accordion music. Reservation sheet available in mid-September.

Folk Music by Seldom the Same

Thursday, Oct. 19 • Time: 10:30 A.M.

Jam session with Dave Sanders at 12:20 p.m. Bring your instrument and play along.

Piano Music with Annie

Fridays, Oct. 20 and 27 • Time: 11 A.M.

Autumn Craft

Monday, Oct. 23 • Time: 10:30 A.M.

Heaven Sent Care will lead us in a seasonal craft project that you can take home.

Book Blitzers

Monday, Oct. 23 • Time: 12:30 P.M.

Discuss *The Sun Also Rises* by Ernest Hemmingway. Copies will be available in mid-September.

Living and Eating Gluten-Free

Tuesday, Oct. 24 • Time: 10:30 A.M.

Georgina Shipp, baker from the Anderson Township Farmers’ Market, will share her experiences in becoming gluten-free and starting her business. Samples will be offered.

Loveland Historical Museum Tour and Tea

Wednesday, Oct. 25 • Time: 11:30 A.M.

We’ll return to this beautiful, historic home along the Little Miami River. Meet there for a delicious tea and time to explore the museum. **Cost: \$35.**

Guitar Music by Dave Ridenhour

Wednesday, Oct. 25 • Time: 11 A.M.

Movie Matinee: Hocus Pocus

Monday, Oct. 30 • Time: 11:45 A.M.

Two siblings try to stop the witches who have taken over their town at Halloween. Starring Bette Middler and Sarah Jessica Parker. Funny and just a bit scary!

The Halloween BOO! Bash

Tuesday, Oct. 31 • Time: 10:30 A.M.

Come in costume if you’d like for music, dancing, a delicious lunch and a few scary surprises! Sign up by October 24.