

Book Blitzers

Monday, June 24 • 12:30 P.M.

Discussing *No Time Like the Future* by Michael J. Fox. Books will be available at the front desk in mid-May.

ADT Lifeline Program

Tuesday, June 25 • 10:30 A.M.

Learn about medical alert systems and how they can help in an emergency.

Summer Breakfast

Wednesday, June 26 • 9-10 A.M.

Enjoy a light and fruity start to the day. A sign-up sheet will be at the front desk in mid-June.



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 Blood Pressure Check	Silver Sneakers Yoga Watercolors	Silver Sneakers Cardio
10 a.m.	Bridge		Euchre	Bridge	
10:30 a.m.		Pickleball			Tai Chi
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 Mahjong			
12:15 p.m.	Line Dancing				
12:30 p.m.				Creative Circle	Garden Club - Third Friday

POSTIVE MIND • POSTIVE VIBES • POSITIVE LIFE

SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

Anderson Township Senior Center Inspires Members Every Day



Russell Miller blocks a surprise hit from Better Balance, Safer You instructor and founder George Zabrecky.

We are inspired by our members every day, but one member in particular has been a great inspiration to many. On March 7, at age 87, Russell Miller earned his black belt in taekwondo.

After moving to Cincinnati to be closer to relatives, Russell spent two years caring for his wife, rarely leaving the house. After she passed away, he was encouraged to meet new people and be more active. He started in our Better Balance, Safer You program, which is a combination of self-defense moves and balance exercises. Russell's goal was to earn his black belt. It took two and a half years of hard work, but he did it!

We are proud of Russell's willingness to learn something new and to persevere until reaching his goal. Our members have many opportunities each week to improve physically, socially, and mentally. With our focus on brain health, and with Russell as an inspiration, we can accomplish so much!

- Out and About in the Township**
- June 5-Tour of Miller-Leuser Log House
 - June 6 -Beech Acres Big Band concert
 - June 13-Chico's shopping spree
- Anderson Township Senior Center hosts many music and art events each month**
- May 6-Forest-Aires concert
 - May 13-Shakespeare Company
 - June 7-Le Jeune Dance

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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May

Country Music with Drake

Wednesdays, May 1 and 15 • 11:30 A.M.

Holo Mai Pele

Thursday, May 2 • 10:30 A.M.

Member Adele Bell will talk about this Hawaiian myth and hula traditions.

Juniors Helping Seniors Technology Support

Thursday, May 2 • 3:15 P.M.

Our last session until the fall with the students from Turpin High School. Individual assistance with your cell phone, laptop or tablet.

Kentucky Derby Party

Friday, May 3 • 10:30 A.M.

Big flowery hats are back! The Anderson High School Jazz Band will get the party started, followed by horse racing, mint juleps and a delicious lunch. Join in the fun! Sign up by April 25.



The Forest-Aires Spring Show

Monday, May 6 • 10:30 A.M.

This amazing vocal group returns to our center. Sign up for lunch by May 1.

Memory Cafe

Tuesday, May 7 • 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, May 7 • 11:30 A.M.

Tour and Lunch at the New England Club

Tuesday, May 7 • 11:30 A.M.

Meet at 8135 Beechmont Ave. to learn about this local retirement community.

Greeting Card Classes

Thursday, May 9 • 10 and 11 A.M.

Make beautiful greeting cards to take home. **Cost: \$2**

Movie Matinee: *The Remains of the Day*

Friday, May 10 • 11:45 A.M.

Anthony Hopkins stars in this story of an English butler as he reflects back on his life. Written by member favorite Kazuo Ishiguro.

The Cincinnati Shakespeare Company

Monday, May 13 • 10:30 A.M.

A Comedy of Errors, Shakespeare's most slapstick comedy, with hilarious mishaps, toe-tapping music and a love story. Performed at ATSC.

Eating Healthy While on a Budget

Tuesday, May 14 • 10:30 A.M.

Kroger dieticians will show healthy and affordable food choices and share recipes.

Folk Music with Seldom the Same

Thursday, May 16 • 10:30 A.M.

Piano Music with Annie

Friday, May 17 • 11 A.M.

Historian Diane Shields

Monday, May 20 • 10:30 A.M.

Learn about the life of comedienne Lucille Ball.

Music by Rick Nye

Monday, May 20 • 11:30 A.M.

Book Blitzers Book Club

Monday, May 20 • 12:30 P.M.

Discussing *My Antonia* by Willa Cather. Books available at the front desk in mid-April.

All About Neuropathy

Tuesday, May 21 • 10:30 a.m.

Jody Beckingham, neuroscience nurse practitioner from Mayfield Brain & Spine, discusses this common condition and possible treatments.

Guitar Music with Dave Ridenour

Wednesday, May 22 • 11 A.M.

May Birthday Party and Memorial Day Cookout

Friday, May 24 • 10:30 A.M.

Member favorite The Happy Hour Trio returns with games, a cookout, and a lot of red, white and blue! Sign up by May 16.

Memories Into Memoirs

Tuesday, May 28 • 10:30 A.M.

Xavier University professor Renee Zucchero will explain a project asking members to share memories with XU students.

Raptor Rescue: Beaks and Talons

Friday, May 31 • 10:30 A.M.

Invite your grandchildren to learn about these fascinating birds of prey in this intergenerational program. Guests can pack lunch. Kona Ice for all attendees!

Music by The Dynamic Duo

Friday, May 31 • 11:30 A.M.

June

Author's Corner: Peter Bronson

Monday, June 3 • 10:30 A.M.

Member favorite Peter Bronson returns to discuss his new book *The Man Who Saved Cincinnati*, a thrilling account of Cincinnati during the Civil War. Books will be available for purchase.

Memory Cafe

Tuesday, June 4 • 10:30 A.M.

Outing to Miller-Leuser Log House and the Urban Farm

Wednesday, June 5 • Meet at ATSC at 10:40 A.M.

We'll carpool to tour these Anderson Township history sites. This will be a walking tour on gravel paths. Bring a packed lunch for a picnic at the farm.

Country Music by Drake

Wednesdays June 5 and 19 • 11:30 A.M.

Big Band Concert - Beech Acres Park

Thursday, June 6 • 7 P.M.

We'll meet on the lawn at Beech Acres Park to hear music from the Monday Night Big Band at this community concert. Weather permitting. Bring a lawn chair.

Ballet Performance by Le Jeune Dance

Friday June 7 • 10:30 A.M.

Bring your grandchildren for this intergenerational program, including dance selections and information about shoes, costume and scenery.

Folk Music with Dave Sanders

Friday, June 7 • 11:30 A.M.

Grief After the Loss of a Spouse Support Group

Friday, June 7 • 11:45 A.M.

Meet in a small group with licensed social worker Cheryl Deglow, who will provide a safe space and teach coping strategies. The group will meet for six weeks.

The Muses of Music Hall

Monday, June 10 • 10:30 A.M.

Presenters from Music Hall will be at ATSC to share information about the famous women who made history at this Cincinnati landmark, from Susan B. Anthony to Janis Joplin.

Hand Therapy and Treatment

Tuesday, June 11 • 10:30 A.M.

Dr. Patrick Messerschmidt from OrthoCincy will talk about common problems with hands, including arthritis, pain and numbness.

Belterra Park

Thursday, June 13 • 11 A.M.

Meet at Belterra Park, 6301 Kellogg Road. Complete the manifest form at the front desk by June 5.

Shopping Spree at Chico's

Thursday, June 13 • 10 A.M. or 1 P.M.

Meet at this popular clothing store in the Anderson Towne Center to hear about summer fashion. Light refreshments and a prize raffle.

Piano Music with Annie

Fridays, June 14 and 28 • 11 A.M.

Historian Diane Shields

Monday, June 17 • 10:30 A.M.

A perfect start to our Jimmy Buffett Tribute Week! Hear about how this singer rose to fame and thrilled Parrotheads all over the world!

Music Selections by Les Tacy

Monday, June 17 • 11:30 A.M.

Brain Health Bash

Tuesday, June 18 • 10:30 A.M.

We've learned so much this year! Let's take a moment to shine like the sun in the tropics! Songs from our bell choir, vocal choir, ukulele class, with line dancing, Better Balance, art demonstrations and more! Cheer on our performers and try something new!

June Birthday and Cheeseburger in Paradise Party

Thursday, June 20 • 10:30 A.M.

Wear your tropical clothing and your shark fins! We'll celebrate the memory of Jimmy Buffett with steel drum calypso music, singing, dancing, games, and of course, cheeseburgers! Sign up by June 12.

CPR and AED Refresher

Friday, June 21 • 10:30 A.M.

Our own Anderson Township first responders will review the steps needed in case of an emergency.

Welcome to Medicare

Monday, June 24 • 10:30 A.M.

Representatives from the Ohio Senior Health Insurance Information Program will discuss Medicare enrollment.

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