



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 will be closed September 2 and October 14.

SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

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 Walk and Talk	Silver Sneakers Yoga Watercolors	Silver Sneakers Cardio
10 a.m.	Bridge		Euchre Tone Chimes	Bridge	
10:30 a.m.					
11 a.m.		Tech Table Better Balance Safer You*	Fun and Fitness*	Better Balance Safer You*	
11:30 a.m.	Lunch	Lunch	Lunch	Lunch	Lunch
12 p.m.		Quilters Mahjong			
12:15 p.m.	Line Dancing*		Creative Writing Every Other Week		
12:30 p.m.		Choir - Sing Along		Creative Circle	Garden Club - Third Friday

*Fee Charged

POSITIVE MIND • POSITIVE VIBES • POSITIVE LIFE

Save the Date for Something Great!

More than 30 exhibits on health and fitness, nutrition and area services providers will be on hand during the upcoming Senior Health and Wellness Expo at Anderson Center, 7850 Five Mile Road. Set for 4-7 p.m. Tuesday, Sept. 24, the free expo includes hands-on learning, music, a community art project and speakers exploring topics of interest to older adults.

Members of the Anderson Township Senior Center also will participate and share their skills. Areas of interest include watercolor painting, playing the ukulele, quilting and safety. Join the senior center choir as they sing in the atrium or enjoy outdoor games, weather permitting.

Speakers include Teresa Youngstrom, dementia expert, who will share thoughts on normal vs. not-normal aging. Matthew Broo from the Elder Justice Unit of the Hamilton County Prosecutor's office, discusses scams aimed at seniors. Senior loneliness and mental health will be the topic of Shannon Braun's presentation. Braun serves as director for memory support and inclusion at Episcopal Retirement Services.

The Health and Wellness Expo is funded by a grant from the Hamilton County Public Health Department, focusing on the mental health and wellness of older adults.



New classes starting in October:
 Beginning Watercolor, Fridays 9 – 11 a.m.
 Beginning Ukulele, Mondays 12:10 p.m.
 Sign up at the front desk.

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

Memory Cafe

Tuesday, Sept. 3 • 10:30 A.M.

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

Flute Music by Mark Huffman

Tuesday, Sept. 3 • 11:15 A.M.

Country Music with Drake

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

Folk Music by Dave Sanders

Friday, Sept. 6 • 10:30 A.M.

Estate Planning Overview

Monday, Sept. 9 • 10:30 A.M.

Don Talbert from MAP Financial will discuss often overlooked estate planning strategies.

Reds Hall of Fame Traveling Show

Wednesday, Sept. 11 • 10:30 A.M.

A special collection of items from the exhibits at the Hall of Fame.

A Reds mascot also will visit. Bring your camera!



Movie Matinee: *Mamma Mia!*

Wednesday, Sept. 11 • Noon

Visit a Greek island for a crazy wedding! Starring Meryl Streep. Get ready for our trip to the Aronoff to see this wonderful musical.

Greeting Card Class

Thursday, Sept. 12 • 10 and 11 A.M.

Make beautiful cards to take home. Sign up early for this popular class.

Cost: \$2

Brown Jug Day

Friday, Sept. 13 • 10:30 A.M.

Member Adelle Bell will discuss the history and significance of this day.

Piano Music by Annie

Fridays, Sept. 13 and 27 • 11 A.M.

September Birthday Party-Dancing Through the Decades!

Monday, Sept. 16 • 10:30 A.M.

Listen-and dance-to your favorite songs from the 60s, 70s and 80s with the amazing Happy Hour Trio. Sign up by September 9.

My Care Ohio

Tuesday, Sept. 17 • 10:30 A.M.

Learn how Medicare and Medicaid services can be integrated into a Tier 1 program.

Folk Music by Seldom the Same

Thursday, Sept. 19 • 10:30 A.M.

Author's Corner- Rick Robinson

Friday, Sept. 20 • 10:30 A.M.

With over four decades in law and national politics, Robinson's novels are as current as today's headlines. His latest book is *1968: A Primer for Understanding Baby Boomers*.

Garden Club Meeting

Friday, Sept. 20 • 12:30 P.M.

Join the group as they discuss delicious food from the garden.

Historian Diane Shields

Monday, Sept. 23 • 10:30 A.M.

Learn about the life and paintings of Cincinnati artist, Charlie Harper.

Music by Pete Papania

Monday, Sept. 23 • 11:30 A.M.

Book Blitzers Book Club

Monday, Sept. 23 • 12:30 P.M.

Discussing *The Heart is a Lonely Hunter* by Carson McCullers.

The Senior Health and Wellness Expo

Tuesday, Sept. 24 • 4-7 P.M.

Anderson Center • 7850 Five Mile Road

A celebration of active, healthy aging, with hands-on activities, speakers and music. We hope to see you there!

Guitar Music by Dave Ridenour

Wednesday, Sept. 25 • 11 A.M.

The Ohio Senior Health Insurance Information-Medicare Updates

Monday, Sept. 30 • 10:30 A.M.

Open enrollment updates for 2025.

October

Memory Cafe

Tuesday, Oct. 1 • 10:30 A.M.

Flute Music by Mark Huffman

Tuesday, Oct. 1 • 11:15 A.M.

Country Music by Drake

Wednesdays, Oct. 2 and 16 • 11:30 A.M.

Folk Music by Dave Sanders

Friday, Oct. 4 • 10:30 A.M.

All About Cincinnati's Parks

Monday, Oct. 7 • 10:30 A.M.

Member Nick Rehtin will share information on the beautiful parks in our area.

Medicare Part D Changes for 2025

Tuesday, Oct. 8 • 10:30 A.M.

Kasia Hutchinson from Humana will be here to share information and answer questions.

Cincinnati Art Museum: Discovering Ansel Adams

Wednesday, Oct. 9 • 11 A.M.

We'll meet at the Cincinnati Art Museum, 953 Eden Park Drive, to tour the premiere of 80 photographs, many of the western lands and national parks. Lunch in the cafe included. **Cost: \$25**

Greeting Card Class

Thursday, Oct. 10 • 10 and 11 A.M.

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

Provident Travel Fall Kick Off

Friday, Oct. 11 • 10:30 A.M.

Learn about upcoming trips available to our members.

Piano Music by Annie

Fridays, Oct. 11 and 25 • 11 A.M.

Brain Health – Maintaining a Healthy Brain

Tuesday, Oct. 15 • 10:30 A.M.

Barbara Scanlon from AETNA will speak on this important topic.

A Flavorful Fall Breakfast

Wednesday, Oct. 16 • 9-10 A.M.

Sign up at the front desk in late September for this complimentary breakfast.

A Visit to the Cincinnati Nature Center

Thursday, Oct. 17 • 10:45 A.M.

Meet at 4949 Tealtown Road, Milford, for a presentation and a hike.

Bring a packed lunch for a picnic. **Cost: \$10**

Folk Music with Seldom the Same

Thursday, Oct. 17 • 10:30 A.M.

Author's Corner: J.D. Townsend on Ted Bundy

Friday, Oct. 18 • 10:30 A.M.

Learn about one of the vilest criminals in American history.

Garden Club Meeting

Friday, Oct. 18 • 12:30 P.M.

Learn about low-mow and no-mow yards.

Historian Diane Shields

Monday, Oct. 21 • 10:30 A.M.

Learn about Mt. Rushmore, a national memorial in the Black Hills region of South Dakota.

Music by Ricky Nye

Monday, Oct. 21 • 11:30 A.M.

Home Sweet Home

Tuesday, Oct. 22 • 10:30 A.M.

Learn to plan to age in your current home. Worksheets and resources will be shared in this upbeat, friendly program.

Guitar Music by Dave Ridenour

Wednesday, Oct. 23 • 11 A.M.

Cincinnati Reds Trivia Game

Friday, Oct. 25 • 10:30 A.M.

Work in teams to answer questions about the Reds in this fun activity.

Nature Photography with Mike Rank

Monday, Oct. 28 • 10:30 A.M.

See member Mike Rank's beautiful pictures of local nature, both flora and fauna.

Book Blitzers Book Club

Monday, Oct. 28 • 12:30 P.M.

Discussing *Horse* by Geraldine Brooks

AARP Smart Driver Class

Tuesday, Oct. 29 • 9 A.M. to 1 P.M.

Open to ATSC members only. This course teaches proven techniques to keep you safe on the road. Upon completion, you may qualify for a discount on your car insurance. **Cost: \$20 AARP members, \$25 non-members.** Make checks out to AARP.

October Birthday Party: A Spooky Soiree

Thursday, Oct. 31 • 10:30 A.M.

Come in costume, if you dare, to enjoy music, merriment and perhaps a mummy or two. Sign up by October 23.