

SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

August Birthday and Bengals Bash Party

Wednesday, Aug. 28 • 10:30 A.M.

Wear your orange and black and get ready to cheer "Who Dey!" Music, a delicious lunch and a few surprises. Sign up by Aug. 20.



Lunch and Tour of Harmony at Anderson

Thursday, Aug. 29 • 11 A.M.

Meet at this senior living community at 6201 Clough Pike.

Broadway Series: Mamma Mia!

Saturday, Sept. 14 • Leave ATSC at 12:45 PM

Travel by chartered bus to the Aronoff Theater to see this hit musical featuring music by ABBA. **Cost: \$90**

Cincinnati Reds Game

Thursday, Sept. 19 • Leave ATSC at 11:00 A.M.

Transportation to the game, an all-you-can-eat buffet lunch and great lower-level seats to watch the Reds beat the Atlanta Braves! **Cost: \$80**

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 Tone Chimes	Bridge	
10:30 a.m.					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.		Choir		Creative Circle	Garden Club - Third Friday

Creating Connections That Lead to Healthy Aging

Vivek Murthy, the U.S. Surgeon General, reports that social isolation is associated with a 29% increase in heart disease, a 32% increased risk of stroke and a 50% increase of developing dementia for older adults.

At the Anderson Township Senior Center, we offer a variety of ways for our members to make connections. Meet new members and strengthen friendships at social events, including a lunch outing on August 15, the Bengals Bash on August 28 and another trip to the Cincinnati Reds game on September 19. Ongoing activities, especially those created from the Hamilton County Public Health grant, such as the sing-along choir, ukulele lessons, bell chimes choir and creative writing, provide fun, social learning opportunities.

Attending an educational program, an arts or crafts group meeting, a fitness class, or just sitting and socializing with friends at lunch, helps to create the important connections that lead to active, healthy aging.



POSITIVE MIND • POSITIVE VIBES • POSITIVE LIFE

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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July

Memory Cafe

Tuesday, July 2 • 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, July 2 • 10:30 A.M.

Country Music with Drake

Wednesdays, July 3 and 17 • 11:30 A.M.

Historian Millie Henley

Tuesday, July 9 • 10:30 A.M. to Noon

Millie returns in costume to tell the story *Broken Country, Broken Families, Broken Hearts: Divided Families of the Civil War*. The program is 90 minutes in length.

A Visit from a Mystery Cincinnati Reds Legend

Wednesday, July 10 • 10:30 A.M.

Who will it be? Hear about this former player's experiences as a Cincinnati Red. No autographs will be given.

Greeting Card Class

Thursday, July 11 • 10 and 11 A.M.

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

Annie on the Piano

Fridays, July 12 and 26 • 11:00 A.M.

Historian Diane Shields

Monday, July 15 • 10:30 A.M.

We'll start our Wild West Week with a presentation on John Wayne, known for his starring roles in westerns made during Hollywood's Golden Age. Music to follow in the dining room after her presentation.

Country Music

Monday, July 15 • 11:30 A.M.

Brain Health: The Arthritis Foundation

Tuesday, July 16 • 10:30 A.M.

Learn about the mental health challenges and the treatments for this common condition.

Movie Matinee: Rooster Cogburn

Wednesday, July 17 • 11:45 A.M.

The sequel to *True Grit*, this classic western stars John Wayne and Katherine Hepburn.

Folk Music with Seldom the Same

Thursday, July 18 • 10:30 A.M.

Lunch Outing: The Golden Corral

Thursday, July 18 • 11:30 A.M.

Meet at this Eastgate "Corral" to continue our Wild West Week.

Photographer Mike Rank: Horses and Cowboys

Friday, July 19 • 10:30 A.M.

Member Mike Rank will share beautiful photographs of the western lands.

Anderson Township 101

Monday, July 22 • 10:30 A.M.

Explore the fundamentals that make Anderson Township run, including trustee roles, police and fire, and planning and zoning.

Book Blitzers Book Club

Monday, July 22 • 12:30 P.M.

Discussing *My Grandmother Asked Me to Tell You She's Sorry* by Fredrik Bachman. Books will be available in mid-June.

Craft: Make a Paper Bracelet 2-Day Event

Tuesday, July 23 and Wednesday, July 24 • 10:30 A.M.

Day 1 - Learn to roll and seal beads made from paper.

Day 2 - Make a bracelet from the beads. You must attend both days.

Guitar Music with Dave Ridenour

Wednesday, July 24 • 10:30 A.M.

Christmas in July Birthday Party

Thursday, July 25 • 10:30 A.M.

We will celebrate those born in July and have a mini-Christmas party. Of course there will be shopping! Sign up by July 17.

Nick Rectin: The Cincinnati Subway

Monday, July 29 • 10:30 A.M.

Learn about the underground tunnels that make up the largest abandoned subway system in the United States.

Social Security Survivor Benefits

Tuesday, July 30 • 10:30 A.M.

This program will focus on the type of benefits available and who will qualify to receive them.

A Breakfast of Champions

Wednesday, July 31 • 9- 10 A.M.

We'll celebrate the 2024 Summer Olympics with this hearty start to the day. Stay and play games that will be set up for friendly competition!

Movie Matinee: The Boys in the Boat

Wednesday, July 31 • 11:45 A.M.

We'll continue our Olympic fun with this recent blockbuster about an underdog college racing team that competes in the 1936 Berlin Olympics. Based on the book by Daniel James Brown.

AUGUST

Documentary: Secrets of the Octopus

Thursday, Aug. 1 • 11:45 A.M.

Learn about these amazing creatures that can use tools, change their color, and communicate with other animals. Get ready for our trip to Newport Aquarium.

Author's Corner: Vera Steppeler

Friday, Aug. 2 • 10:30 A.M.

Member Vera Stepler will share short stories and poems she has written. This program was rescheduled from earlier this year.

Folk Music with Dave Sanders

Friday, Aug. 2 • 11:30 A.M.

A Taste of France

Monday, Aug. 5 • 10:30 A.M.

As we watch the Olympics on TV, we'll see beautiful scenery and delicious food. Come and learn about this interesting country and taste the 'creme de la creme' of its cuisine. If you've visited France, we want to hear about your experiences.

Fantasy Football Meeting

Tuesday, Aug. 6 • 10:30 A.M.

Are you ready for some football? Create your team and start earning points at this organizational meeting.

Memory Cafe

Tuesday, Aug. 6 • 10:30 A.M.

Flute Music with Mark Huffman

Tuesday, Aug. 6 • 11:30 A.M.

Trip to Newport Aquarium

Wednesday, Aug. 7 • Bus leaves ATSC at 9:30 A.M.

We'll see the new octopus exhibit and others as we visit this popular attraction. Enjoy lunch at Newport on the Levee on your own or pack a lunch and stay longer at the aquarium. **Cost: \$40**

Country Music by Drake

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

Greeting Card Classes

Thursday, Aug. 8 • 10 and 11 A.M.

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

Piano Music with Annie

Fridays, Aug. 9 and 23 • 11 A.M.

New Member Coffee

Monday, Aug. 12 • 10:30 A.M.

All members are invited to hear about the history and the policies of the senior center, to have your questions answered and to meet the staff.

Donuts with a Deputy

Tuesday, Aug. 13 • 10:30 A.M.

Deputy Campbell returns to answer your questions about safety in the Anderson area.

Cincinnati Opera in Concert

Wednesday, Aug. 14 • 10:30 A.M.

Bring your grandchildren to hear three members of the Cincinnati Opera perform at our center. The children will then get to try our musical additions, the ukulele and bell chimes.

Folk Music with Seldom the Same

Thursday, Aug. 15 • 10:30 A.M.

Lunch and Tour at The Glen

Thursday, Aug. 15 • 11:30 A.M.

Meet at this senior living community, located at 4300 Glen-Este Withamsville Road.

A Day of Healing

Friday, Aug. 16 • 9 A.M. to 1 P.M.

Yoga Bob will be back to meet one-on-one with members. A sign-up sheet will be at the front desk the first week of Aug.

Historian Diane Shields

Monday, Aug. 19 • 10:30 A.M.

Learn about the life of Jacques Cousteau and his adventures studying the mysteries of the sea. Music to follow in the dining room after her presentation.

Brain Health: My Boomer Brain

Tuesday, Aug. 20 • 10:30 A.M.

Author Patricia McCarthy Faust will discuss the knowledge, strategies and tools that can lead to an improved brain and life. She will have books for sale.

All About Honey

Wednesday, Aug. 21 • 10:30 A.M.

Member Jack Vehr returns to share his honey making equipment and techniques and to sell his homemade-honey.

Belterra Park

Thursday, Aug. 22 • 11:00 A.M.

Meet at Belterra Park, 6301 Kellogg Road. Complete the manifest form at the front desk by Aug. 14.

The Bridges of Cincinnati

Monday, Aug. 26 • 10:30 A.M.

Member Nick Rectin will discuss the main bridges that cross the Ohio River, their history and interesting facts.

Book Blitzers Book Club

Monday, Aug. 26 • 12:30 P.M.

Discussing *The Personal Librarian* by Marie Benedict. Books will be available in mid-July.

(continued on back cover)