



**Anderson Township Senior Center**  
 7970 Beechmont Ave.  
 Anderson Township, OH 45255  
[AndersonTownshipOH.gov/senior-center](http://AndersonTownshipOH.gov/senior-center)

Check out event and program information on Facebook @FriendsOfAndersonTownshipSeniorCenter

Anderson Township Senior Center will be closed January 1 and 20, February 17.

### 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<br>Oil Painting | Silver Sneakers -<br>Strength and Balance | Woodcarvers<br>Blood Pressure Check<br>Walk and Talk | Silver Sneakers<br>Yoga<br>Watercolors | Silver Sneakers<br>Cardio     |
| 10 a.m.    | Bridge                                 |   | Euchre   | Bridge                                 |                               |
| 10:30 a.m. |  |   |  |  |                               |
| 11 a.m.    |  | Better Balance<br>Safer You*              | Fun and Fitness*                                     | Better Balance<br>Safer You*           |                               |
| 11:30 a.m. | Lunch                                  | Lunch                                     | Lunch  | Lunch                                  | Lunch                         |
| 12 p.m.    |  | Quilters                                  |  |  |                               |
| 12:15 p.m. | Line Dancing*                          |   | Creative Writing<br>Every Other Week                 |  |                               |
| 12:30 p.m. |  | Choir - Sing Along                        |  | Creative Circle                        | Garden Club -<br>Third Friday |

\*Fee Charged

**POSITIVE MIND • POSITIVE VIBES • POSITIVE LIFE**

JANUARY / FEBRUARY

# SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

## 2025-Let's Learn, Connect and Thrive!



classes, Walk and Talk, bridge and euchre will also continue. Informative speakers on dementia and aging are also planned, along with many more educational and social opportunities.

Our remodeled library is open and will be used widely in the new year. A variety of books are available to borrow. The library also serves as a place for quiet conversations and small group activities.

**We will certainly learn, connect and thrive in 2025!**

We are looking forward to many new programs, projects, and initiatives in 2025. As we continue to grow as a center, our goal is to have everyone feel welcome. Knowing the names of fellow members is a way to build connections. In the new year, membership cards will have each person's first name in large print. We ask you to wear your membership card each day you are at the senior center so others can learn and use your name.

Our brain health focus will be expanding with TED Talk viewing and discussions, with the first event set for February 18. New ukulele and watercolor sessions for beginners will be offered again, as will trips to the Cincinnati Ballet and the Cincinnati Pops Orchestra. Choir, tone chimes, fitness

### Winter Weather Closing Details

During inclement weather, the Anderson Township Senior Center follows the Forest Hills School District protocol. If schools are closed, the senior center will be closed. When a two-hour delay is issued, the senior center will be open. Notices will be sent via email and posted on our Facebook page and on the Anderson Township website: [AndersonTownshipOH.gov](http://AndersonTownshipOH.gov).

**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](http://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](mailto:COConnell@AndersonTownshipOH.gov)  
**JANELL SCHAEFFER**  
 Member Services Coordinator  
[JSchaeffer@AndersonTownshipOH.gov](mailto:JSchaeffer@AndersonTownshipOH.gov)

## January

### Folk Music by Dave Sanders

Friday, Jan. 3 • 11:30 A.M.

### The Cincinnati Bengals - The First 50 Years

Monday, Jan. 6 • 10:30 A.M.

Historian Gary Crouch will share highlights and insights on our hometown team.

### Memory Cafe

Tuesday, Jan. 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, Jan. 7 • 11:15 A.M.

### Country Music by Drake

Wednesdays, Jan. 8 and 22 • 11:30 A.M.

### Greeting Card Classes

Thursday, Jan. 9 • 10 and 11 A.M.

Make beautiful cards to take home. Sign up early for this popular class. **Cost \$2**

### Juniors Helping Seniors Technology Support

Thursday, January 9 • 3:15 P.M.

Turpin High School students will present "Entertain Me: Streaming, Games and More" and offer individual support on cell phones, laptops and tablets.

### Living with Dementia

Friday, Jan. 10 • 10:30 A.M.

Sallie Osborn from Crossroads Hospice will provide insights on living with a family member with dementia, sharing useful tips and what not to say or do.

### Piano Music by Annie

Fridays, Jan. 10 and 24 • 11 A.M.

### Historian Diane Shields

Monday, Jan. 13 • 10:30 A.M.

Topic: The Great Wall of China. It took 2,000 years to build and is 13,000 miles long, making it the largest man-made structure. We are getting ready for the Lunar New Year!

### Donuts with a Deputy

Tuesday, Jan. 14 • 10:30 A.M.

Detective Justin French, from the Hamilton County Sheriff's Office Criminal Investigations Section, will share about his work and answer questions about safety in our area.

### Tour and Lunch at Pinebrook

Wednesday, Jan. 15 • 11:30 A.M.

Meet at this senior living community, 5877 Pleasant Hill Road, in Milford.

### Folk Music by Seldom the Same

Thursday, Jan. 16 • 10:30 A.M.

### Paint Party!

Friday, Jan. 17 • 10:30 A.M.

Follow along with our instructor to paint a cute winter snowman scene. You'll take home your masterpiece. **Cost: \$35**

### Brain Health-The Itty-Bitty Dementia Book

Tuesday, Jan. 21 • 10:30 A.M.

Review this popular book to learn useful advice for caregivers and family members about the nine types of dementia. Everyone who registers and attends will receive a copy of the book.

### A Taste of China

Monday, Jan. 27 • 10:30 A.M.

Learn about this fascinating country and sample its cuisine. Share pictures and stories if you've visited there.

### Listen to the Music Chapter 3 Band

Monday, Jan. 27 • 11:30 A.M.

Local musicians perform familiar hits. You won't want to miss this show!

### Book Blitzers Book Club

Monday, Jan. 27 • 12:30 A.M.

Discussing *Before We Were Yours* by Lisa Wingate.

### All About the Forest Hills School District

Tuesday, Jan. 28 • 10:30 A.M.

Learn about our award-winning schools and have your questions answered. Get a Senior Gold Pass that allows you free admission to many school events.

### January Birthday and Lunar New Year Party

Wednesday, Jan. 29 • 10:30 A.M.

Celebrate the Year of the Snake-a time of wisdom, intuition and personal growth. Music by Dave Ridenour, a delicious lunch and a few holiday surprises. Sign up by January 21.

### Movie Matinee: *Mulan*

Friday, Jan. 31 • 11:45 A.M.

The movie depicts a Chinese legend of a fearless young woman who disguises herself as a man to take her ailing father's place in battle.

## February

### History: Adina E. White

Monday, February 3 • 10:30 A.M.

Member Mary Allen will share the story of Cincinnati artist Adina E. White, who carved wooden panels for one of Cincinnati Music Hall's most elaborate organs.

### Memory Cafe

Tuesday, Feb 4 • 10:30 A.M.

### Flute Music by Mark Huffman

Tuesday, Feb. 4 • 11:15 A.M.

### Make a Valentine's Beaded Bracelet

Wednesday, Feb. 5 and Friday, Feb. 7 • 10:30 A.M.

Make colorful beads and turn them into jewelry. You must attend both days. **Cost: \$2**

### Country Music by Drake

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

### Juniors Helping Seniors Technology Support

Thursday, Feb. 6 • 3:15 P.M.

Topic: All About A.I. (Artificial Intelligence). Turpin High School students provide individual assistance with cell phones, tablets and laptops.

### Folk Music by Dave Sanders

Friday, Feb. 7 • 10:30 A.M.

### Historian Diane Shields

Monday, Feb. 10 • 10:30 A.M.

Topic: Jackie Onassis. A former first lady known for her style, intellect and life full of tragedy.

### Sumptuous Smoothies

Tuesday, Feb. 11 • 11 A.M.

Representatives from Better Blend in the Five Mile Center will discuss how smoothies can be a delicious addition to a healthy diet. Samples will be given at lunch.

### Greeting Card Classes

Thursday, Feb. 13 • 10:30 A.M.

Make beautiful greeting cards to take home. Sign up early for this popular class. **Cost: \$2**

### February Birthday and Valentine's Day Party

Friday, Feb. 14 • 10:30 A.M.

A photo booth, music by The Happy Hour Trio, a delicious lunch and lovely treats! Sign up by February 6.

### Brain Health-A.I. (Artificial Intelligence): Friend or Foe?

Tuesday, Feb. 18 • 10:30 A.M.

Watch and discuss a TED Talk featuring the creator of Siri, who tells how this technology can change lives.

### Music by Pete Papania

Tuesday, Feb. 18 • 11:30 A.M.

### Folk Music by Seldom the Same

Thursday, Feb. 20 • 10:30 A.M.

### Belterra Park

Thursday, Feb. 20 • 11 A.M.

Meet at Belterra Park, 6301 Kellogg Road. Complete the manifest form at the front desk by February 12.

### The Cincinnati Ballet: *The Wizard of Oz*

Friday, Feb. 21 • Leave ATSC at 9:30 A.M.

We'll travel by bus to Cincinnati Music Hall to watch the ballet and enjoy a catered lunch. **Cost: \$50**

### Book Blitzers Book Club

Monday, Feb. 24 • 12:30 P.M.

Discussing *The Ghosts of Eden Park* by Karen Abbott.

### New Member Coffee

Tuesday, Feb. 25 • 10:30 A.M.

Learn all about the senior center and meet new friends. All members welcome.

### Guitar Music with Dave Ridenour

Wednesday, Feb. 26 • 11 A.M.

### Piano by Annie

Friday, Feb. 28 • 11 A.M.

## Don't Miss Out!

With so many exciting programs at the Anderson Township Senior Center, you don't want to miss a thing! Please renew your membership now. Fees remain the same as last year. A membership form is included in this mailing.