

The Legacy of Charlie Harper*

Monday, Aug. 25 • 10:30 A.M.
Rescheduled from April, Brett Harper, the son of famous wildlife artist Charlie Harper, will discuss his father's life and work.

Folk Music by the Laurelview Ramblers

Monday, Aug. 25 • 11:30 A.M.

Book Blitzers

Monday, Aug. 25 • 12:30 P.M.
Discussing *Connie: A Memoir* by Connie Chung.

The Cincinnati Candy Connection*

Tuesday, Aug. 26 • 10:30 A.M.
Learn about 200 years of sweet history when the Cincinnati Museum Center's Outreach Center visits the center. Discover the many candy makers in the Cincinnati area.

August Birthday and Cincinnati Bengals
Tailgate Party

Wednesday, Aug. 27 • 10:30 A.M.
Enjoy a cookout, dancing, music and a few surprises. Wear orange and black! Sign up by August 19.

Digital Connection-Andrea Berndt

Friday, Aug. 29 • 10:30 A.M.
The Digital Connect program from Meals on Wheels equips you with a free tablet and training lessons in your own home or at the center. To qualify you just need Wi-Fi, be 60 or older, and have a monthly income of less than \$2,608.

*Sponsored by donations to the Anderson Township Senior Center

Check out event and program information on Facebook @FriendsOfAndersonTownshipSeniorCenter

Anderson Township Senior Center will be closed July 4.

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.			Fun and Fitness*		
11 a.m.		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.					
12:30 p.m.	Line Dancing*	Choir – Sing Along	Cornhole - Open Play	Creative Circle	Garden Club - Third Friday

*Fee Charged

POSITIVE MIND • POSITIVE VIBES • POSITIVE LIFE

SENIOR
Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

Summertime Shows Signs of All Kinds of Growth



One sure sign of summer is the appearance of the garden club of the Anderson Township Senior Center, working in the beds behind the center. Members of the club have specific areas to grow vegetables and herbs of their choice. Their harvests of tomatoes, zucchini and cucumbers are shared with the senior center members. The garden club meets on the third Friday of each month at 12:30 p.m. In June, the meeting focuses on National Pollinator Month. A large plot dedicated strictly to plants that attract pollinators has been established and certified by the Cincinnati Zoo and Botanical Garden. At July's meeting, a speaker from the Cincinnati Nature Center will share information about backyard birding. All members of the senior center are invited to attend these meetings and visit the gardens behind the center.

The Anderson Township Senior Center is growing in other ways, too. This year we have welcomed 151 first-time members. Recently added activities include cornhole, new watercolor and ukulele classes, and a craft club.

Note: Parking Limitations Start June 9
The parking lot at Forestville Baptist Church is planned to be repaved the week of June 9, weather permitting, and will not be available for member parking. Parking is available at the back of the Firestone Auto Care lot, behind Anderson Township Fire Station 6 and the Forest Hills School District offices.

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
Activities Manager
COConnell@AndersonTownshipOH.gov
JANEL SCHAEFFER
Member Services Coordinator
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July

Memory Cafe

Tuesday, July 1 • 10:30 A.M.

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

Mark Huffman on Flute

Tuesday, July 1 • 11:15 A.M.

Country Music with Drake

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

Senior Care Partners-Senior Housing

Tuesday, July 8 • 10:30 A.M.

This company provides free consultation when searching for a safe, comfortable and enriching senior living environment.

Music and Vocals by Denny Duvall*

Wednesday, July 9 • 11:30 A.M.

Greeting Card Class

Thursday, July 10 • 10:30 A.M.

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

Tie-Dying at the Park

Friday, July 11 • 10 A.M.

Meet at Beech Acres Park, 6910 Salem Road, to tie-dye along with the Anderson Park District summer campers. Go to the outside patio and bring one item to tie-dye and a gallon size zip lock bag.

Movie Matinee: *Matilda*

Friday, July 11 • 11:45 A.M.

Based on the Roald Dahl story of Matilda Wormwood and her challenging but hilarious family and school. We will see this play at La Comedia on July 17.

Piano Music by Annie*

Fridays, July 11 and 25 • 11 A.M.

Author’s Corner: James Rosenberger*

Monday, July 14 • 10:30 A.M.

Sharing his graphic novel, *The Marvel of Maneo and the Moon*, an intergalactic adventure to overcome loneliness. Rosenberger is also a storyteller, vocalist and actor.

Piano Music by Jonathan Carlisle*

Monday, July 14 • 11:30 A.M.

Brain Health: Dr. Carla Antenucci*

Tuesday, July 15 • 10:30 A.M.,

Dr. Antenucci, from Legacy Psychological Services, returns to discuss loneliness and emotional health.

Guitar and Vocals by Rosalie Jeffries

Tuesday, July 15 • 11:30 A.M.

La Comedia Trip: *Matilda, the Musical*

Thursday, July 17 • Leave ATSC at 10:30 A.M.

Travel to Springboro on a tour bus to enjoy a buffet lunch and a professional production of this popular comedy. **Cost:** \$60

Folk Music by Seldom the Same

Thursday, July 17 • 10:30 A.M.

Acoustical Guitar by John Armstrong*

Friday, July 18 • 11 A.M.

Historian Diane Shields*

Monday, July 21 • 10:30 A.M.

Learn about the Declaration of Independence, which was unanimously adopted in July 1776.

Music by the Dynamic Duo*

Monday, July 21 • 11:30 A.M.

People Working Cooperatively: Whole Home

Tuesday, July 22 • 10:30 A.M.

Licensed professionals ensure a comfortable and safe environment offering everything from home remodeling projects to emergency renovations needed for medical care.

Guitar and Harp Music*

Tuesday, July 22 • 11:30 A.M.

Guitar by Dave Ridenour*

Wednesday, July 23 • 11 A.M.

July Birthday and Christmas in July Party

Friday, July 25 • 10:30 A.M.

Get in the holiday spirit with music by Annie, shopping at our boutique sale, and a summer surprise. Sign up by July 17.

Making Wise Energy Choices

Monday, July 28 • 10:30 A.M.

The Ohio Consumer Council returns to share information on this important topic, explaining how to save money on energy bills.

Book Blitzers

Monday, July 28 • 12:30 P.M.

Discussing *Tom Lake* by Anne Patchett

AARP Smart Driver Class

Tuesday, July 29 • 9 A.M. to 1 P.M.

Participants may qualify for a car insurance discount upon completion. Pack a lunch or sign up for a lunch to eat during instruction. **Cost:** \$20 - make checks out to AARP

Maintaining Independence in Rehab

Tuesday, July 29 • 10:30 A.M.

Learn about the different levels of rehabilitation and your right to choose where you want to receive services. Sponsored by Encompass Health Rehabilitation.

The Chapter 3 Band

Wednesday, July 30 • 11 A.M.

August

Margaret’s Heart

Friday, Aug. 1 • 10:30 A.M.

Betsy Guy, from Margaret’s Heart Senior Day Center, will discuss adult day care centers and how they can be a useful resource for families.

Guitar Music by Dave Sanders

Friday, Aug. 1 • 11 A.M.

Hospital Indemnity Plans and How They Work

Monday, Aug. 4 • 10:30 A.M.

Kasia Hutchinson from Humana will explain how you may save money if hospitalized.

Flute Music by Mark Huffman

Tuesday, Aug. 5 • 10:30 A.M.

Comboni Mission Tour

Wednesday, Aug. 6 • 10:30 A.M.

Meet at 1318 Nagel Road to learn about the missionaries who travel to all parts of the world helping the poorest and most needy. Admission is two canned goods.

Lunch at By Golly’s

Wednesday, Aug. 6 • 11:45 A.M.

Meet at 8112 Beechmont Ave., in front of the Comboni Mission, for a delicious lunch and conversation. A menu will be available at the front desk.

Country Music by Drake

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

Author’s Corner: Chet Rogenski

Friday, Aug. 8 • 10:30 A.M.

This Anderson resident and first-time author will share the story of his wife’s battle with Alzheimer’s disease. Copies of his book, *The Longest Staircase: An Alzheimer’s Journey*, will be for sale.

Piano Music by Annie

Fridays, Aug. 8 and 22 • 11 A.M.

Dr. Randy Overbeck -

Things That Go Bump in the Night*

Monday, Aug. 11 • 10:30 A.M.

Dr. Overbeck shares research on the role ghosts play in our culture and religion, including pictures and videos. You won’t believe your eyes!

Memory Cafe

Tuesday, Aug. 12 • 10:30 AM.

All About Meals on Wheels

Tuesday, Aug. 12 • 10:30 A.M.

Learn about the many programs and services this organization offers to seniors.

Shopping Spree

Wednesday, Aug. 13 • 11 A.M. to 1 A.M.

Stop in Catherine’s Cottage to see their beautiful collection of home decor, wreaths, jewelry and gifts. Located at 8449 Beechmont Ave., between Eight Mile and Pamela roads.

Greeting Card Class

Thursday, Aug. 14 • 10:30 A.M.

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

Belterra Park

Thursday, Aug. 14 • 11 A.M.

Meet at Belterra Park, 6301 Kellogg Road. Complete the manifest form at the front desk by August 6.

The Anderson High School Chamber Orchestra

Thursday, Aug. 14 • 12:30 P.M.

Members of this musical group will perform selected repertoire from their summer studies.

Backyard Birding*

Friday, Aug. 15 • 12:30 P.M.

Staff from the Cincinnati Nature Center will speak on this fun topic. What birds can you find in your backyard?

Historian Diane Shields*

Monday, Aug. 18 • 10:30 A.M.

Learn about the history of beautiful Mackinac Island in Michigan.

Music by Wood Note

Monday, Aug. 18 • 11:30 A.M.

Brain Health: Health Rhythms*

Tuesday, Aug. 19 • 10:30 A.M.

The drum circle is back, offering a fun and stress-relieving way to express yourself musically.

Folk Music by Seldom the Same

Thursday, Aug. 21 • 10:30 A.M.

Backache Can Be a Real Pain!

Friday, Aug. 22 • 10:30 A.M.

Dr. Juan Mehia Munne from Mayfield Brain and Spine returns to talk about sciatica and hip joint pain.

(continued on back cover)