

**Belterra Park**  
*Thursday, June 26 • 11 A.M.*  
Meet at Belterra Park, 6301 Kellogg Road. Complete the manifest form at the front desk by June 17.

**The 1937 Cincinnati Flood**  
*Monday, June 30 • 10:30 A.M.*  
Member Nick Rehtin will discuss Cincinnati's largest disaster.

**Piano Music by Jonathan Carlisle**  
*Monday, June 30 • 11:30 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.

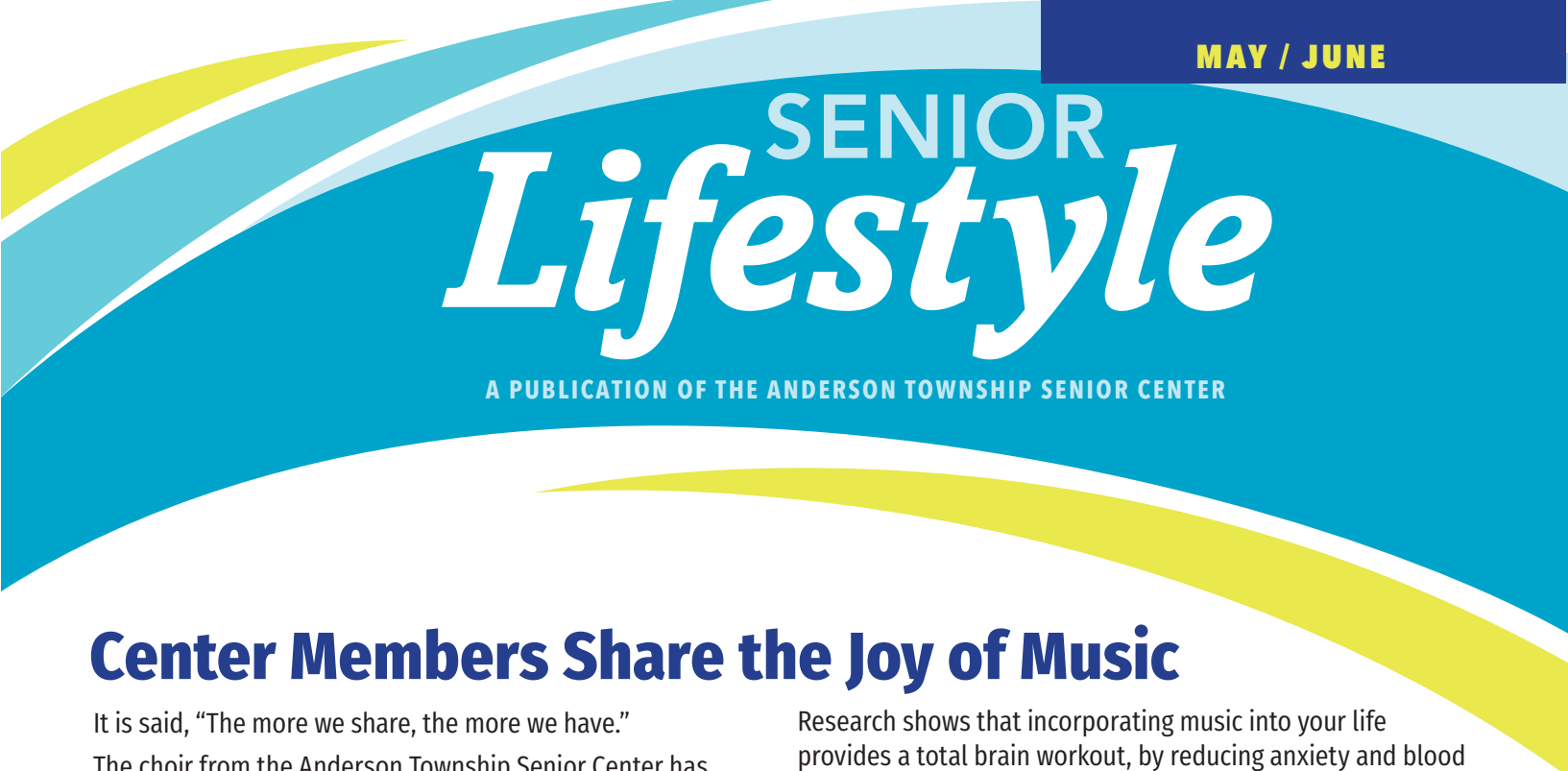
Check out event and program information on Facebook @FriendsOfAndersonTownshipSeniorCenter

Anderson Township Senior Center will be closed May 26 and June 19.

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.			Dance 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



## Center Members Share the Joy of Music

It is said, “The more we share, the more we have.”

The choir from the Anderson Township Senior Center has been sharing the joy of music with area assisted living communities. The choir will perform at eight different locations this spring. Many familiar songs are included in their program so residents are able to sing along.



Research shows that incorporating music into your life provides a total brain workout, by reducing anxiety and blood pressure, and improving mood, memory and mental alertness. Annie Takeuchi, the senior center choir director, leads the group in practice on Tuesday afternoons. The group performs a variety of songs. There are no tryouts – all members are welcome to join in, meet new people, and enjoy the music. It is exciting to see our choir grow and share their talents with the community.

## Intergenerational Activity: Magician to Visit Center June 2

Invite your grandchildren to the senior center! On June 2, magician John Louis will perform illusions, juggling and comedy. Audience members – of all ages – will enjoy this program!

## Expert on Aging, Shannon Braun, Returns to Senior Center



Shannon Braun, the director of the Center for Memory Support and Inclusion at Episcopal Retirement Services, will return to the senior center on May 20. Shannon brings broad knowledge and expertise in the field of aging. She was the former early-stage coordinator with the Alzheimer’s Association of Greater

Cincinnati, where she developed and managed education and support with community partners, conducted guidance sessions with families, and facilitated support groups. Shannon is the recipient of the Outstanding Leader Award from the Association for Professionals in Aging for her work to make Cincinnati more dementia inclusive.

**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  
JSchaeffer@AndersonTownshipOH.gov

**May**

**Juniors Helping Seniors Technology Support**

**Thursday, May 1 • 3:15 P.M.**  
Students from Turpin High School will host a review game, then provide individual support for cell phones, laptops and tablets.

**Kentucky Derby Party**

**Friday, May 2 • 10:30 A.M.**  
Wear your flowery hat and cheer on your favorite horse!  
Sign up by April 24.

**The Forest-Aires Spring Concert\***

**Monday, May 5 • 10:30 A.M.**  
This amazing vocal group will perform songs of Motown.

**Memory Cafe**

**Tuesday, May 6 • 10:30 A.M.**  
A comfortable gathering that allows people with dementia and their caregivers to socialize and engage in fun activities.

**Flute Music by Mark Huffman**

**Tuesday, May 6 • 11:15 A.M.**

**Romeo and Juliet\***

**Tuesday, May 6 • 12:30 P.M.**  
The Cincinnati Shakespeare Company returns to perform a one-hour abridged version of this classic play.

**Greeting Card Class**

**Thursday, May 8 • 10:30 A.M.**  
Make beautiful greeting cards to take home. **Cost: \$2**

**Summer and Fall Trip Information**

**Friday, May 9 • 10:30 A.M.**  
Learn about travel opportunities with Provident Travel.

**Piano Music by Annie**

**Fridays, May 9 and 30 • 11 A.M.**

**Stroke Awareness, Prevention and Treatment**

**Monday, May 12 • 10:30 A.M.**  
Staff from Mercy Health will provide information on this important topic.

**How to Hydrate**

**Tuesday, May 13 • 10:30 A.M.**  
Representatives from Heaven Sent Care will share the benefits of hydration and show how to make lip balm. Water bottles will also be given to attendees.

**Piano Music by Jonathan Carlisle**

**Tuesday, May 13 • 11:30 A.M.**

**A Special Evening Out**

**Tuesday, May 13 • 4:30 P.M.**  
Meet at Anderson's own El Coyote Mexican Restaurant for great food with good friends. Please check the menu at the front desk before registering. Allow two hours for dinner.

**The Hills of Kentucky Dulcimers**

**Wednesday, May 14 • 11 A.M.**

**Motown Karaoke!**

**Thursday, May 15 • 10:30 A.M.**  
*You Can't Hurry Love, My Girl, Easy* and many more!  
Sing solo or in a group and have a blast!

**Dance Music by Denny Duvall\***

**Friday, May 16 • 10:30 A.M.**  
A member favorite, playing the hits of Motown along with other upbeat songs.

**Historian Diane Shields\***

**Monday, May 19 • 10:30 A.M.**  
The Life of Berry Gordy, song writer and founder of the Motown record label. He started the careers of The Temptations, Diana Ross, Stevie Wonder and many others.

**Popular Music by The Chapter 3 Band\***

**Monday, May 19 • 11:30 A.M.**

**Book Blitzers Book Club**

**Monday, May 19 • 12:30 P.M.**  
Discussing *The Forest of Vanishing Stars* by Kristin Harmel.

**Brain Health: Shannon Braun,  
The Center for Memory Support and Inclusion**

**Tuesday, May 20 • 10:30 A.M.**  
A review of the stages of cognitive decline and the strategies used to improve communication and facilitate social interactions.

**Acoustic Guitar Music by Jon Armstrong**

**Tuesday, May 20 • 11:30 A.M.**

**Country Music by Drake**

**Wednesday, May 21 • 11:30 A.M.**

**May Birthday and Coney Island Pool Party**

**Friday, May 23 • 10:30 A.M.**  
Musician and author Rob Lowe will share stories from his book *To Coney with Love*. Enjoy dancing, a cookout and a summer treat. Sign up by May 15.

**Terri Gaitskill on Ageism**

**Tuesday, May 27 • 10:30 A.M.**  
What is ageism? Has it affected you? Watch a TED Talk on this important topic and join in the discussion.

**Make a Colorful Wreath**

**Wednesday, May 28 • 10 A.M.**  
All materials provided, or bring your own for an individual flair. Sample is in the lobby. **Cost: \$10**

**Guitar Music by Dave Ridenour\***

**Wednesday, May 28 • 11 A.M.**

**Rumpke Recycling Education Program**

**Friday, May 30 • 10:30 A.M.**  
Learn what you can recycle around the senior center and at your home. We will talk about the ins and outs of recycling including, what goes in the bins, how we sort it, and what happens next.

**June**

**A Magical Start to Summer\***

**Monday, June 2 • 10:30 A.M.**  
Magician John Louis will entertain us with illusions, juggling, and comedy. Kona Ice for all attending. Bring your grandchildren for a special morning!

**Memory Cafe**

**Tuesday, June 3 • 10:30 A.M.**

**Flute Music by Mark Huffman**

**Tuesday, June 3 • 11:15 A.M.**

**Country Music by Drake**

**Wednesday, June 4 • 11:30 A.M.**

**Concert in the Park**

**Thursday, June 5 • 6:45 P.M.**  
Meet at Beech Acres Park to listen to the swinging sounds of *The Monday Night Big Band*. Bring a lawn chair and a cold drink. The concert starts at 7 p.m.

**Folk Music by Dave Sanders**

**Friday, June 6 • 11:30 A.M.**

**Stories From a Freedom Fighter**

**Monday, June 9 • 10:30 A.M.**  
David Fankhauser, former U.C. professor, will tell about his experiences during the Civil Rights movement.

**Cincinnati Recycling and Reuse Hub**

**Tuesday, June 10 • 10:30 A.M.**  
Learn how to recycle and reuse almost anything! So far, this organization has diverted one million pounds from area landfills.

**Start of Summer Breakfast**

**Wednesday, June 11 • 9-10 A.M.**  
Rise and shine the healthy way! Sign up at the front desk in late May.

**Craft Club Initial Meeting**

**Thursday, June 12 • 10:30 A.M.**  
Do you enjoy making creative projects? Come to this meeting to share skills and ideas and to plan projects.

**Piano Music with Annie**

**Fridays, June 13 and 27 • 11 A.M.**

**Historian Diane Shields\***

**Monday, June 16 • 10:30 A.M.**  
Learn about the largest seaborne invasion in history: June 1944, when the Allies invaded Nazi-occupied France.

**Vocals and Guitar by Chris Goins\***

**Monday, June 16 • 11:30 A.M.**

**Brain Health: Embracing Positive Aging**

**Tuesday, June 17 • 10:30 A.M.**  
April Ibarra, with 35 years as an advocate for aging adults, will present an upbeat program on physical, mental and emotional well-being. Participants will create a personalized wellness plan. Sponsored by Home Instead.

**June Birthday Party and Summer Celebration**

**Wednesday, June 18 • 10:30 A.M.**  
Dance to member favorite Happy Hour Trio, play outdoor games, and enjoy a cookout and a summer treat. Sign up by June 10.

**Movie Matinee: *To Kill a Mockingbird***

**Friday, June 20 • 11:45 A.M.**  
The award-winning 1962 release starring Gregory Peck.

**Book Blitzers Book Club**

**Monday, June 23 • 12:30 P.M.**  
Discussing *To Kill a Mockingbird* by Harper Lee.

**Donuts with a Deputy**

**Tuesday, June 24 • 10:30 A.M.**  
Have your questions answered about safety in the Anderson Township area.

**Downtown Library Tour**

**Wednesday, June 25 • Leave ATSC at 10:30 A.M.**  
Tour the newly renovated library, including the Maker Space and outdoor areas. Transportation provided. Bring a packed lunch. **Cost: \$5**

*(continued on back cover)*