

Book Blitzers Book Club

Monday, Dec. 22 • 12:30 P.M.
Discussing *A Cricket in Times Square*. Copies will be available at the front desk in late November.

Guitar and Vocals by Dave Ridenour

Tuesday, Dec. 23 • 11 A.M.

Noon Year’s Eve Party

Tuesday, Dec. 30 • 10:30 A.M.
Another ATSC favorite tradition! Wear your sparkles, as we sing and dance to music by Annie Takeuchi. Enjoy a delicious lunch and count down the new year at noon. Sign up by December 19. (Note the early date.)



We thank you for your membership and support. Contributions help to continue quality programs for our members. Donations can be dropped off at the senior center or donate online at AndersonTownshipOH.gov/senior-center/donate.

Check out event and program information on Facebook @FriendsOfAndersonTownshipSeniorCenter

The Anderson Township Senior Center is closed on November 27 and 28, and December 24, 25, 26 and 31.

Weekly Schedule - Anderson Township Senior Center Hours 9 a.m. to 2 p.m.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 a.m.	Oil Painting		Woodcarvers Walk and Talk	Watercolors	
9:30 a.m.	Silver Sneakers Cardio Oil Painting	Silver Sneakers - Strength and Balance	Blood Pressure Check Tone Chimes	Silver Sneakers Yoga	Silver Sneakers Cardio
10 a.m.	Bridge		Euchre	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			
12:30 p.m.	Line Dancing*	Choir – Sing Along	Cornhole – Open Play	Creative Circle	Garden Club – 3rd Friday

*Fee Charged

POSITIVE MIND • POSITIVE VIBES • POSITIVE LIFE

SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

Technology and Traditions Continue at the Senior Center



Many of our Anderson Township Senior Center members know Andrea Berndt as coordinator of our successful Juniors Helping Seniors technology support sessions. Berndt will be visiting the center more often as she begins the Digital Connect program.

As a component of the Meals on Wheels of Southwestern Ohio and Northern Kentucky, Berndt will work with small groups to address questions and needs with technology. Members can bring their cell phones, tablets or laptops and receive personalized assistance. She will help members navigate apps, adjust settings, access digital library tools, and become more connected to family and friends.

Berndt is scheduled to visit the center the second and fourth Monday of each month from 10 A.M. until noon. Members can sign up at the front desk for appointments.



Holiday Traditions Continue at ATSC - Sign up early!
Nov. 21 – Thanksgiving Luncheon
Dec. 3 – Trim the Trees
Dec. 8 – Forest-Aires Holiday Concert
Dec. 12 – Holiday Pops Concert at Music Hall
Dec. 17 – Holiday Party
Dec. 30 – Noon Year’s Eve Party

The staff of the Anderson Township Senior Center wishes all of our members a very happy holiday season.

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

November

The Goldie Show

Monday, Nov. 3 • 10:30 A.M.
Member favorite Tim Goldrainer returns for another high energy and very entertaining program. You don’t want to miss this!

Memory Cafe

Tuesday, Nov. 4 • 10:30 A.M.
A comfortable gathering that allows people with dementia and their caregivers to socialize and engage in fun activities.

A Day of Shopping!

Wednesday, Nov. 5 • 10 A.M. to 3 P.M.
Travel on a Croswell bus to the Cincinnati Premium Outlets in Monroe and then to IKEA for a full day of shopping. Lunch on your own. This trip involves a considerable amount of walking, some outdoors.
Cost: \$25

Country Music by Drake

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

Juniors Helping Seniors Technology Support

Thursday, Nov. 6 • 3:15 P.M.
Students from Turpin High School will share information on Google, including Google storage and email, and then offer individual support for questions on cell phones, tablets or laptops. Sign up in advance for this program.

Circle Tail: Helping Dogs Help People

Friday, Nov. 7 • 10:30 A.M.
Learn how dogs are trained to become service dogs for schoolchildren and adults with disabilities.

Folk Music by Dave Sanders

Friday, Nov. 7 • 11:30 A.M.

Mt. Washington Care Center: Medicaid

Monday, Nov. 10 • 10:30 A.M.
Learn about current costs of nursing homes and options for you or your loved ones if a time comes when specialized care is needed.

November Birthday and Veterans Day Celebration

Tuesday, Nov. 11 • 10:30 A.M
Enjoy a special lunch, music and the return of the Dancing Grandmas. We'll recognize our members who are veterans. Sign up by November 3.

The Chapter Three Band

Wednesday, Nov. 12 • 11 A.M.

Greeting Card Class

Thursday, Nov. 13 • 10:30 A.M.
Make beautiful cards to take home. **Cost: \$2**

The OSHIIP Insurance Program

Friday, Nov. 14 • 10:30 A.M.
Representatives from the Ohio Senior Health Insurance Information Program will explain how you can get free, objective insurance information and one-on-one counseling. Topics include Medicare Part D and Medicare Advantage and Supplemental Programs.

Piano Music by Annie Takeuchi

Friday, Nov. 14 • 11:30 A.M.

Historian Diane Shields

Monday, Nov. 17 • 10:30 A.M.
Learn about the famous war memorials in the United States that honor our veterans.

Music by Johnson and Hayes

Monday, Nov. 17 • 11:30 A.M.
Feel good music from the 1960s to the 1990s.

Brain Health - Photography from California

Tuesday, Nov. 18 • 10:30 A.M.
Member Mike Rank returns to share his beautiful photographs of the redwood forest and beaches of California.

Virtual Dementia Experience

Wednesday, Nov. 19 • 9 A.M. - 1 P.M.
Complete tasks to help build empathy for those with dementia. There will be a sign-up sheet at the front desk in early November for individual appointments. Sponsored by Arden Courts.

Folk Music by Seldom the Same

Thursday, Nov. 20 • 10:30 A.M.

Thanksgiving Luncheon

Friday, Nov. 21• 10:30 A.M.
Join in this yearly tradition complete with beautiful decorations, a delicious turkey lunch with all the trimmings, and classical piano music by Jonathan Carlisle. Start your Black Friday shopping at our Boutique Sale. Sign up by November 12.

All About Pelvic Floor Therapy

Monday, Nov. 24 • 10:30 A.M.
Specialists from Mayfield Brain & Spine will show how this type of therapy can help women of all ages find relief from a variety of problems.

Book Blitzers Book Club

Monday, Nov. 24 • 12:30 P.M.
Discussing *Where Coyotes Howl* by Sandra Dallas. Books will be available at the front desk in late October.

Astronomer Dean Regas

Tuesday, Nov. 25 • 10:30 A.M.
Member favorite Dean Regas returns to discuss information acquired from the voyage of the Hubble Space Telescope.

Guitar Music by Jon Armstrong

Tuesday, Nov. 25 • 11:30 A.M.

Guitar Music and Vocals by Dave Ridenour

Wednesday, Nov. 26 • 11:00 A.M.

December

Ohio Consumer Council

Learn how to save money on heating and cooling your home. Bring a copy of your utility bill if you have questions.
Monday, Dec. 1 • 10:30 A.M.

Memory Cafe

Tuesday, Dec. 2 • 10:30 A.M.

Flute Music by Mark Huffman

Tuesday, Dec. 2 • 11:15 A.M.

Help Us Trim the Trees!

Wednesday, Dec. 3 • 10 A.M.
We love to decorate each room at the senior center for the holidays and would appreciate your help.

Country Music by Drake

Wednesdays, Dec. 3 and 10 • 11:30 A.M.

Carolers and a Craft

Thursday, Dec. 4 • 10:30 A.M.
Another fun holiday tradition! Students from the Goddard School of Anderson will sing carols for us and work on a craft with our members.

Juniors Helping Seniors Technology Support

Thursday, Dec. 4 • 3:15 P.M.
Students from Turpin High School will have a short presentation on online shopping and then offer individual support for cell phones, tablets or laptops. Sign up in advance for this program.

Folk Music by Dave Sanders

Friday, Dec. 5 • 10:30 A.M.

Forest-Aires Women’s Chorus

Monday, Dec. 8 • 10:30 A.M.
These wonderful singers return to perform their holiday concert. If you'd like to stay for lunch, sign up by December 2.

Nicole Wetherill – Season’s Eatings for the Holidays

Tuesday, Dec. 9 • 10:30 A.M.
Nicole, the nurse who helps with blood pressure readings, will show healthy ways to enjoy the holidays.

Harp and Guitar Music

Tuesday, Dec. 9 • 11:30 A.M.

Greeting Card Class

Thursday, Dec. 11 • 10:30 A.M.
Make beautiful cards to take home. **Cost: \$2**

Holiday Pops and Lunch at Music Hall

Friday, Dec. 12 • Leave ATSC at 10 A.M.
One of our favorite traditions! A Croswell bus will take us to Music Hall for the Cincinnati Symphony’s Holiday Concert. After the concert, we will stay for a catered box lunch. **Cost: \$85**

Piano Music by Annie Takeuchi

Friday, Dec. 12 • 11 A.M.

Historian Diane Shields

Monday, Dec. 15 • 10:30 A.M.
Learn about the history and traditions of Hanukkah, the Festival of Lights, on the first day of this celebration.

Piano and Vocals by Rob Lowe

Monday, Dec. 15 • 11:30 A.M.

A Day to Shine Performances

Tuesday, Dec. 16 • 10:30 A.M.
Holiday songs performed by our own tone chimes group, ukulele players and choir. Come to support fellow members and to sing along.

December Birthday and Holiday Party

Wednesday, Dec. 17 • 10:30 A.M.
Denny Duvall returns to play holiday music to sing and dance to, and we’re delighted to have the Dancing Christmas Trees again. Sign up by December 9.

Folk Music by Seldom the Same

Thursday, Dec. 18 • 10:30 A.M.

Belterra Visit

Thursday, Dec. 18 • 11 A.M.
Meet at Belterra Park, 6301 Kellogg Road. Complete the manifest form at the front desk by December 10.

Piano Music by Mike Pendell

Monday, Dec. 22 • 11 A.M.

(continued on back cover)

Advisory Committee

If you are interested in learning about the Senior Center Advisory Committee, please talk to a staff member. The committee meets the third Thursday of each month from 2 – 3 P.M.