

# SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER



Check out event and program information on Facebook @FriendsofAndersonTownshipSeniorCenter  
The Anderson Township Senior Center will be closed on July 3.

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Oil Painting		Woodcarvers Walk and Talk	Watercolors	
9:30 a.m.	Silver Sneakers - Cardio	Silver Sneakers - Strength and Balance	Blood Pressure Check Tone Chimes	Silver Sneakers - Yoga	Silver Sneakers - Cardio
10 a.m.	Bridge	500 Card Game	Euchre	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			
12:30 p.m.	Line Dancing* Book Blitzers -4th Monday	Choir - Sing Along	Cornhole - Open Play	Creative Circle	Garden Club - 3rd Friday

\*\*Fee Charged

### Come Join the Senior Center as It Celebrates America250!

The 250th birthday of the United States is on center stage this summer at the Anderson Township Senior Center as it observes the celebration in music, learning opportunities and fun.

Check out the banner outside the center! Artist and member Frank Huguélet painted a banner displaying American flags from 1776 and 2026. The decorative flowerpots around the entryways feature a red, white and blue theme.

On July 1, the senior center hosts its own "Tea Party," with a variety of flavors to taste-test during the lunch hour. At lunch on July 2, members will enjoy "floats" at the senior center. Make an edible float, with ice cream, soft drinks and toppings provided by Provision Living.

Later that night, the Anderson Township Senior Center Choir will sing the national anthem, kicking off the Anderson Park District's 7 p.m. concert at Beech Acres. All members and their families are invited to attend, sit with the group, and enjoy the "Happy Birthday America" celebration, with music, food trucks and backyard games.

Finally, in June and July, historian Diane Shields will share insights into the history of our country. On June 15, the topic is "The American Revolution," and on July 20, she will discuss the Founding Fathers, the Declaration of Independence, and the Constitution. Copies of these documents are on display in the dining room showcase.

A colorful, educational and fun celebration awaits!



**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)  
**JANEL SCHAEFFER**  
Member Services Coordinator  
[JSchaeffer@AndersonTownshipOH.gov](mailto:JSchaeffer@AndersonTownshipOH.gov)

## July

### The ATSC Tea Party

**Wednesday, July 1 • 11 A.M.**

Start celebrating the Independence Day weekend with our Tea Party! Instead of dumping it into the Boston Harbor, we'll be sampling different types of iced tea!

### Country Music by Drake

**Wednesdays, July 1 and 15 • 11:30 A.M.**

### Parade “Floats”

**Thursday, July 2 • 11:30 A.M.**

Enjoy an ice cream float with your lunch!

### Anderson Park District’s “Happy Birthday America” Concert

**Thursday, July 2 • 7-9 P.M.**

Meet at Beech Acres Park for a fun evening of music, food and games. Our choir will perform the national anthem to start the concert. Bring a lawn chair and look for our ATSC flag.

### Memory Cafe

**Tuesday, July 7 • 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 7 • 11:15 A.M.**

### Greeting Card Class

**Thursday, July 9 • 10:30 A.M.**

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

### Photo Organizing Workshop

**Friday, July 10 • 10:30 A.M.**

Tabitha O'Connor from For Always Photos and Memories will share tips and tricks for safely saving photographs.

### Annie Takeuchi on Piano

**Fridays, July 10 and 24 • 11:30 A.M.**

### Phasing Out Plastics

**Monday, July 13 • 10:30 A.M.**

Dr. Bob Gerdert, Xavier University professor and author of the book *Untangling Plastics: The Missing Link in Mitigating Climate Change*, will share insights on this important topic.

### Pre-Hospital Stroke Care

**Tuesday, July 14 • 10:30 A.M.**

Mariah Lee, R.N. from the Mercy Hospital Stroke Support Group will share the signs and symptoms of a stroke and when to call 911.

### Folk Music by Seldom the Same

**Thursday, July 16 • 10:30 A.M.**

### Guitar and Vocals by Dave Sanders

**Friday, July 17 • 11:30 A.M.**

### Historian Diane Shields: The Founding Fathers\*

**Monday, July 20 • 10:30 A.M.**

Learn about this group of revolutionaries who united the 13 colonies, oversaw the war with Great Britain and wrote the framework for our government.

### Jon Armstrong on Acoustic Guitar\*

**Monday, July 20 • 11:30 A.M.**

### Brain Health: Games to Grow Your Brain

**Tuesday, July 21 • 10:30 A.M.**

Learn to play Wordle, Sudoku, Backgammon, Bananagram and other fun games that require some brain power!

### Guitar and Vocals by Dave Ridenour\*

**Wednesday, July 22 • 11 A.M.**

### Music Bingo-A Beach Party\*

**Wednesday, July 22 • 12:15 P.M.**

Jukebox Games returns with fun vacation-themed music.

### Tour and Lunch at Provision Living at West Clermont

**Wednesday, July 22 • 12:30 P.M.**

Meet at this senior living community located at 4299 Bach Buxton Road, Batavia. Sign up in advance.

### July Birthday Party: Jazz in July\*

**Thursday, July 23 • 10:30 A.M.**

Member favorite Denny DuVall returns to play, so get ready to dance! There will also be a boutique sale so you can “jazz” up your wardrobe. Sign up by July 15.

### Member Coffee: All Invited!

**Monday, July 27 • 10:30 A.M.**

Hear all about the senior center, meet the staff, and have your questions answered.

### Council on Aging Wellness Class

#### Tai Chi for Fall Prevention and Arthritis

**Monday and Wednesday • 11:15 A.M. - 12:15 P.M.**

The class meets twice a week for eight weeks.

Class runs from July 27 to September 14.

Attendance at all 16 sessions to gain maximum benefit is strongly encouraged. Class size limited.

### Harp and Guitar Music\*

**Monday, July 27 • 11:30 A.M.**

### Book Blitzers Book Club

**Monday, July 27 • 12:30 P.M.**

Discussing *The God of the Woods* by Liz Monroe. Copies will be available at the main desk in late June.

### Safer Driving for Seniors

**Tuesday, July 28 • 10:30 A.M.**

Representatives from Bick's Driving School will share information about their driver assessments and the use of adaptive equipment so older adults can remain independent.

### Music by Charlie Voss

**Wednesday, July 29 • 11 A.M.**

### Movie Matinee: Nonas

**Friday, July 31 • 11:45 A.M.**

Vince Vaughn stars in this heartwarming movie about opening an Italian restaurant in his late mother's memory using Italian grandmothers as chefs.

## August

### Memory Cafe

**Tuesday, Aug. 4 • 10:30 A.M.**

### Flute Music by Mark Huffman

**Tuesday, Aug. 4 • 11:15 A.M.**

### Country Music by Drake

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

### Folk Music by Dave Sanders

**Friday, Aug. 7 • 11:30 A.M.**

### The Theaters of Cincinnati\*

**Monday, Aug. 10 • 10:30 A.M.**

Ballyhoo to Burlesque to Broadway. Member Nick Rehtin will discuss the history of theater in our city.

### The Newport Aquarium Visit\*

**Tuesday, Aug. 11 • 10:30 A.M.**

WAVE on Wheels returns to discuss aquatic life and conservation. They will bring a special guest!

### Beatles Celebration Breakfast

**Wednesday, Aug. 12 • 9 - 10 A.M.**

On August 12, 1966, the Beatles started their last U.S. tour.

We'll remember the Fab Four with karaoke, trivia and a delicious start to the day. Sign up at the front desk in mid-July.

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### Mid-Afternoon Music

**Wednesday, Aug. 12 • 12:30 P.M.**

The Anderson High School Chamber Orchestra in concert.

### Greeting Card Class

**Thursday, Aug.13 • 10:30 A.M.**

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

### Ikebana Demonstration\*

**Friday, Aug. 14 • 10:30 A.M.**

Beth Bowers-Klaine returns to show a variety of flower arrangements using this Japanese art form.

### Piano Music by Annie Takeuchi

**Fridays, Aug. 14 and 28 • 11:30 A.M.**

### Historian Diane Shields: F.D.R.\*

**Monday, Aug. 17 • 10:30 A.M.**

Learn about Franklin D. Roosevelt, the 32nd President. He was the only president to serve more than two terms, bringing hope to Americans during the Great Depression.

### Acoustic Guitar by Jon Armstrong\*

**Monday, Aug. 17 • 11:30 A.M.**

### The Alzheimer’s Association

**Tuesday, Aug. 18 • 10:30 A.M.**

Learn about this disease and how to build healthy brain habits.

### Folk Music by Seldom the Same

**Thursday, Aug. 20 • 10:30 A.M.**

### Belterra Visit

**Thursday, Aug. 20 • 11 A.M.**

Meet at Belterra Park, 6301 Kellogg Road. Complete the manifest form at the front desk by August 12. Bring a picture ID.

### Weather and Your Garden

**Friday, Aug. 21 • 10:30 A.M.**

Member and meteorologist George Zabrecky will discuss fall weather patterns and ideas for your garden in the fall.

### All About Bees

**Monday, Aug. 24 • 10:30 A.M.**

Member Jack Vehr will talk about his hobby of beekeeping and show the equipment he uses.

### Book Blitzers Book Club

**Monday, Aug. 24 • 12:30 P.M.**

Discussing the book *Violeta* by Isabel Allende.

Copies will be available at the front desk in late July.

### A Who Dey Birthday

**Tuesday, Aug. 25 • 10:30 A.M.**

Wear your orange and black as we get ready for an amazing season for the Bengals. Music by member favorite The Chapter Three Band. Sign up by August 17.

### Guitar and Vocals by Dave Ridenour\*

**Wednesday, Aug. 26 • 10:30 A.M.**

### Trees in the Fall

**Friday, Aug. 28 • 10:30 A.M.**

Todd Chadwell, Anderson Township Greenspace inspector, returns to discuss leaf management, autumn pruning and why fall is the best time to plant.

### Music Monday with Charlie Voss

**Monday, Aug. 31 • 10:30 A.M.**

*\*Sponsored by donations to the Anderson Township Senior Center.*