

SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

A.I. - What You Need to Know

Tuesday, April 21 • 10:30 A.M.

Eric Frayer, from the Cincinnati A.I. Catalyst, will discuss the benefits and risks of Artificial Intelligence, and how it can be used safely and responsibly.

Vocals and Guitar with Dave Ridenour*

Wednesday, April 22 • 11 A.M.

Photos of Spring in the Smokey Mountains

Friday, April 24 • 10:30 A.M.

Member Mike Rank returns to share his talents in a slide show of beautiful photographs.

The Goldie Show Returns!*

Monday, April 27 • 10:30 A.M.

Tim Goldrainer is back with his hilarious musical show. Always a crowd pleaser!

Book Blitzers Book Club

Monday, April 27 • 12:30 P.M.

Discussing *The View from Lake Como* by Adriana Trigiani.

Spring Aggregation Program

Tuesday, April 28 • 10:30 A.M.

Representatives from the Ohio Consumer Council will explain Anderson Township's electricity aggregation program and how it might help you save money on your energy bill.

Harp and Guitar Music

Wednesday, April 29 • 11 A.M.

Looking Ahead: Kentucky Derby Party

Friday, May 1 • 10:30 A.M.

An ATSC tradition! Wear your flowery hats and bow ties and enjoy horse racing, a special mint julep and lots of fun! Sign up by April 23.

*Sponsored by donations to the Anderson Township Senior Center.

Check out event and program information on Facebook @FriendsofAndersonTownshipSeniorCenter

The Anderson Township Senior Center will be closed Friday, April 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.			Silver Sneakers - Cardio		
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 Blizers -4th Monday	Choir - Sing Along	Cornhole - Open Play	Creative Circle	Garden Club - 3rd Friday

**Fee Charged

Celebrate Spring at the Senior Center

We can't wait to hear our two favorite words, "Play Ball!" The Anderson Township Senior Center has plenty to share when celebrating the upcoming baseball season.

On March 13, staff from the Cincinnati Reds Hall of Fame will lead a discussion encouraging members to share their favorite baseball memories. Our first Reds Coffee and Conversation is sure to be a hit!

Marty Brennaman returns on March 23 after spring training. He'll have stories, insights and predictions to share regarding the 2026 Cincinnati Reds. Marty's visit is always one of our most popular programs of the year.

Opening Day is March 26, so we planned a special ballpark-style lunch and will enjoy the opening-day parade on our big screen. Make sure to wear your Reds apparel!

Finally, on April 13, a Cincinnati Reds legend will visit the senior center. The name of the former star player will be announced later, but the stories the baseball legends have shared in the past were always very entertaining.

Thank You

We would like to thank Steve Long and Abbe Lackmeyer for their many years of service and leadership on the Anderson Township Senior Center Advisory Committee. Your time and effort had a significant impact on our members and the community.



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

March

Memory Cafe

Tuesday, March 3 • 10:30 A.M.

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

Country Music with Drake

Wednesdays, March 4 and 18 • 11:30 A.M.

Juniors Helping Seniors Technology Support

Thursday, March 5 • 3:15 P.M.

Students from Turpin High School will share information on improving brain health through digital experiences and then offer individual assistance with cell phones, laptops and tablets.

Anthem My Care

Friday, March 6 • 10:30 A.M.

Representatives from Anthem Next Generation My Care program will explain Value Added Benefits.

Folk Music with Dave Sanders

Friday, March 6 • 11:30 A.M.

Donuts with a Deputy and the Fire Chief

Monday, March 9 • 10:30 A.M.

Safety issues in and around Anderson Township will be discussed, including a home safety checklist.

Making Rehabilitation Decisions

Tuesday, March 10 • 10:30 A.M.

Representatives from Mercy Health will explain the differences between acute care, acute inpatient rehab, skilled nursing facility care and in-home care.

Acoustic Guitar with Jon Armstrong*

Tuesday, March 10 • 11:30 A.M.

Rock, Roll and Remember!*

Wednesday, March 11 • 12:30 P.M.

Enjoy a few rounds of this fun music bingo game, with songs from the '60s and '70s..

La Comedia - "Singing in the Rain"

Thursday, March 12 • Leave ATSC at 10:15 A.M.

Travel on a tour bus to Springboro for a delicious buffet lunch and a professional production of this 1952 classic with fast paced dancing sequences and familiar songs.

Cost: \$55

Greeting Card Class

Thursday, March 12 • 10:30 A.M.

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

Cincinnati Reds Coffee and Conversation*

Friday, March 13 • 10:30 A.M.

Staff from the Reds Hall of Fame Museum will lead a discussion with favorite memories about players and games from the past.

Piano Music with Annie Takeuchi

Fridays, March 13 and 27 • 11:30 A.M.

Historian Diane Shields*

Monday, March 16 • 10:30 A.M.

Learn about The Breakers, Vanderbilt's estate in Newport, Rhode Island. Featured on "The Gilded Age" TV series.

Classical Piano with Jonathan Carlisle*

Monday, March 16 • 11:30 A.M.

March Birthday and St. Patrick's Day Party

Tuesday, March 17 • 10:30 A.M.

Wear green, try your luck, enjoy a delicious lunch, and dance to the fun music of the Dynamic Duo. Sign up by March 9.

Folk Music with Seldom the Same

Thursday, March 19 • 10:30 A.M.

Earth, Art and Animals-A Multimedia Concert at ATSC*

Friday, March 20 • 10:30 A.M.

Barry Green, bassist with the Cincinnati Symphony Orchestra, plays a variety of musical selections while projecting more than 50 of Charlie Harper's drawings. A unique and enjoyable experience!

All About Bonsai

Friday, March 20 • 12:30 P.M.

Join Steve Gemperline from the Cincinnati Bonsai Society to learn about this ancient form of growing and shaping miniature trees.

A Visit from Marty Brennaman

Monday, March 23 • 10:30 A.M.

Marty returns after spring training to share his insights and candid opinions about the 2026 baseball season and our Cincinnati Reds. Always an interesting program!

Book Blitzers Book Club

Monday, March 23 • 12:30 P.M.

Celebrating Kristin Hannah month and discussing a variety of her books.

Brain Health Series: Nature as Medicine

Tuesday, March 24 • 10:30 A.M.

Dr. Barbara Walker from the U.C. College of Medicine will share the benefits of exposure to natural environments.

Vocals and Guitar with Dave Ridenour*

Wednesday, March 25 • 11 A.M.

Broadway Series: "Chicago"

Wednesday, March 25 • Leave ATSC at 6 P.M.

We'll travel by tour bus to the Aronoff Theater to see the longest running Broadway musical, "Chicago." Winner of six Tony Awards, complete with singing, dancing, and a story of fame and fortune. **Cost: \$75**

Opening Day Luncheon

Thursday, March 26 • 11:30 A.M.

Play baseball trivia, enjoy a ballpark lunch at ATSC, and watch the parade on our big screen. Wear your Reds gear! Sign up by March 18.

A Trip Around the Planets*

Monday, March 30 • 10:30 A.M.

Astronomer Dean Regas returns to take us on a journey through our solar system.

Folk Music by Mary and Frank Bick*

Monday, March 30 • 11:30 A.M.

Enjoy tunes played with a Celtic harp, recorder and bodhran (Irish drum).

The Chapter Three Band

Tuesday, March 31 • 11 A.M.

One of our favorite bands returns to play our favorite songs. Wear your dancing shoes!

April

Country Music by Drake

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

Juniors Helping Seniors Technology Support

Thursday, April 2 • 3:15 P.M.

In the last session of the year, students will share information on online entertainment and fun freebies and then offer individual support with cell phones, laptops and tablets.

Sacred Spaces in Cincinnati

Monday, April 6 • 10:30 A.M.

Member Nick Rehtin returns to present a virtual tour of the beautiful churches in our city.

Movie Matinee: Beach Blanket Bingo

Monday, April 6 • 11:45 A.M.

Start our Spring Break Week with a trip to the beach with Frankie and Annette!

Memory Cafe

Tuesday, April 7 • 10:30 A.M.

Flute Music by Mark Huffman

Tuesday, April 7 • 11:15 A.M.

April Birthday and Spring Break Party

Wednesday, April 8 • 10:30 A.M.

Wear your beach clothes, dance to the Happy Hour Trio, and enjoy an imaginary trip to the tropics! Sign up by March 31.

Greeting Card Class

Thursday, April 9 • 10:30 A.M.

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

Tai Chi for Arthritis and Fall Prevention

Thursday, April 9 • 12:15-1:15 P.M.

An eight-week class sponsored and taught by TriHealth. Information sheet at the front desk.

Piano Music by Annie Takeuchi

Fridays, April 10 and 24 • 11 A.M.

All About Cincinnati Recycling Hub

Friday April 10 • 10:30

Learn about Hub what they do and what is accepted.

A Visit from a Cincinnati Reds Legend*

Monday, April 13 • 10:30 A.M.

Hear stories from a Reds player (to be named at a later date) from his playing days as he shares his opinions on this year's season. Bring your camera, but no autographs will be given at this special event.

A Longevity Road Map

Tuesday, April 14 • 10:30 A.M.

Motivational speaker April Ibarra returns to share her ideas in an engaging, interactive, researched-based presentation.

"Think Spring" Breakfast!

Wednesday, April 15 • 9 A.M.

Enjoy a delicious breakfast with friends. Sign up at the front desk in late March.

Belterra Visit

Thursday, April 16 • 11 A.M.

Meet at Belterra Park, 6301 Kellogg Road. Complete the manifest form at the front desk by April 8.

The Queen City's Notorious*

Friday, April 17 • 10:30 A.M.

Author J.T. Townsend returns to share information on the famous criminals involved in Cincinnati's most sensational murder cases.

Folk Music with Dave Sanders

Friday, April 27 • 11:30 A.M.

Historian Diane Shields*

Monday, April 20 • 10:30 A.M.

Learn about the Battle of Lexington and Concord, the first major battle in the Revolutionary War in April 1775.