

SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

Book Blitzers Book Club

Monday, June 22 • 12:30 P.M.

Discussing *Three Days in June* by Anne Tyler. Copies will be available at the front desk in mid-May.

Fire Safety Program

Tuesday, June 23 • 10:30 A.M.

Staff from the Anderson Township Fire and Rescue Department will present this important information.

Guitar and Vocals by Dave Ridenour*

Wednesday, June 24 • 11 A.M.

Donuts with a Deputy and a Drone

Monday, June 29 • 10:30 A.M.

The drones are back! Learn about this high-tech crime-fighting tool.

Tools to Assist the Visually Impaired

Tuesday, June 30 • 10:30 A.M.

Learn about assistive aids to increase independence, including those for navigation, computer access, reading and daily living. You may be eligible to receive items at no cost.

Looking ahead!

We'll celebrate the 250th birthday of the U.S.A. with fun activities, including a "Tea Party" on July 1 and an evening holiday concert at Beech Acres Park on July 2.

*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 on May 25 and June 19.

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 Blizers -4th Monday	Choir - Sing Along	Cornhole - Open Play	Creative Circle	Garden Club - 3rd Friday

**Fee Charged

Anderson Senior Center: A Place of Community Connections

May and June at the Anderson Township Senior Center will provide many ways to enjoy friendships, activities and growth!

Anderson's own Forest-Aires Women's Chorus returns with their spring show, "Come Sail Away" in May. Members always enjoy this group's musical talent and showmanship.

Enjoy a summer evening with swinging sounds from the past at a Beech Acres concert. The Monday Night Big Band brings their own unique vibe for the summer concert series opening night.

For art lovers, we'll travel to the Taft Museum of Art to see the special Rembrandt exhibit. For sports lovers, we'll travel to Great American Ball Park to watch our Reds play the Mets. And for theater lovers, members can enjoy *The Lion King* in its return engagement at the Aronoff Theater.

The beautiful gardens of the Anderson Township Senior Center will be on display as a stop on the Anderson Garden and History Tour in on Sunday, June 14. Members are encouraged to visit our gardens that day as well as the other local gardens open to the public on the free tour.

Stop in and see the many ways our members enjoy all our community has to offer. Hope to see you soon!



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

Kentucky Derby Party

Friday, May 1 • 10:30 A.M.

Wear your big flowery hats and pick your favorite horse to win the ATSC Derby. Music by Woodnote. Sign up by April 23.

The Forest-Aires Spring Concert

Monday, May 4 • 10:30 A.M.

This amazing group returns to sing a variety of songs, from Irving Berlin to Queen, in "Come Sail Away."

Memory Cafe

Tuesday, May 5 • 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 5 • 11:15 A.M.

Happy Hour: The Ashton at Anderson

Tuesday, May 5 • 3 P.M.

Meet at this retirement community, located at 6849 Beechmont Ave., for a tour and special Cinco de Mayo afternoon refreshments.

Country Music by Drake

Wednesdays, May 6 and 20 • 11:30 A.M.

Provident Travel 2026-2027 Overview

Friday, May 8 • 10:30 A.M.

Learn about upcoming trips designed for older adults.

Piano Music by Annie Takeuchi

Fridays, May 8 and 22 • 11:30 A.M.

Low Waste Living

Monday, May 11 • 10:30 A.M.

Representatives from Hamilton County ReSource will share ways to recycle and reuse common materials.

Traditional Music by Wild Carrot*

Monday, May 11 • 11:30 A.M.

Legal Documents: Planning With a Purpose

Tuesday, May 12 • 10:30 A.M.

An elder care attorney and senior advisor will explain the importance of a power of attorney, will, trust and long-term care documents.

Acoustic Guitar Music with Jon Armstrong*

Tuesday, May 12 • 11:30 A.M.

The Taft Museum:

Rembrandt Masterpieces in Black and White

Wednesday, May 13 • Leave ATSC at 10 A.M.

The Taft Museum of Art is only one of four museums in the United States with this exhibit of 50 black and white etchings. Admission includes the exhibit and lunch. **Cost: \$40**

Anderson Garden and History Tour Overview

Friday, May 15 • 10:30 A.M.

Sarah Donovan, Anderson Township assistant director of planning and zoning, will share information about this year's garden tour on June 14. Our own ATSC gardens are on the tour!

Folk Music by Dave Sanders

Friday, May 15 • 11:30 A.M.

Diane Shields: John Ruthven, American Artist*

Monday, May 18 • 10:30 A.M.

Cincinnati native John Ruthven is best known for his realistic paintings of wildlife. Many are hanging in museums.

Music by Classical Surprise*

Monday, May 18 • 11:30 A.M.

Everything from Bach and Beethoven to the Beatles.

Book Blitzers Book Club

Monday, May 18 • 12:30 P.M.

Discussing *Canary Girls* by Jennifer Chiaverini. Books will be available at the front desk in mid-April.

Brain Health: The Importance of Nutrition

Tuesday, May 19 • 10:30 A.M.

Janice Hare from Senior Living Locators will share the effects of healthy nutrition, including improved memory, focus, mood and cognitive function. Learn how to make mindful food choices to maintain a sharp and resilient brain.

Jukebox Games*

Wednesday, May 20 • 12:30 P.M.

Music bingo returns! Join us for a fun, energetic afternoon.

Folk Music by Seldom the Same

Thursday, May 21 • 10:30 A.M.

Memorial Day and May Birthday Party

Friday, May 22 • 10:30 A.M.

Join as we begin to celebrate the 250th birthday of the U.S.A. We'll have a delicious cookout, patriotic music by our choir and ukuleles, and lots of red, white and blue! Sign up by May 14.

All About Congestive Heart Failure

Tuesday, May 26 • 10:30 A.M.

CHF affects millions of adults. Representatives from Mercy Health will discuss the symptoms and management of this disease.

Guitar and Vocals by Dave Ridenour*

Wednesday, May 27 • 11 A.M.

Movie Matinee: Victory

Thursday, May 28 • 11:45 A.M.

Sylvester Stallone stars in this exciting movie about a German POW camp holding a soccer match between Nazi players and the prisoners.

Piano Music by Mike Pendell*

Friday, May 29 • 10:30 A.M.

June

Cincinnati Before Union Terminal*

Monday, June 1 • 10:30 A.M.

Member Nick Rehtin will share information about the history of Cincinnati.

Piano Music by Cliff Adams*

Monday, June 1 • 11:30 A.M.

Memory Cafe

Tuesday, June 2 • 10:30 A.M.

Flute Music by Mark Huffman*

Tuesday, June 2 • 11:15 A.M.

Acoustic Guitar by Jon Armstrong*

Wednesday, June 3 • 11:30 A.M.

Anderson Park District Concert in the Park

Thursday, June 4 • 7 P.M.

Meet at Beech Acres Park for the swinging sounds of the Monday Night Big Band. Bring a lawn chair and a drink.

All About C.S. Lewis

Friday, June 5 • 10:30 A.M.

Member Joel Heck will share the story of this scholar, soldier, radio broadcaster, and author of *The Chronicles of Narnia*.

Folk Music by Dave Sanders

Friday, June 5 • 11:30 A.M.

Cincinnati Museum Center at ATSC*

Monday, June 8 • 10:30 A.M.

Learn about the Roaring '20s and the Depression Era, 1920-1940. Do you have memories to share?

Guitar and Vocals by Pete Papania*

Monday, June 8 • 11:30 A.M.

Pro Seniors: A Scam Story

Tuesday, June 9 • 10:30 A.M.

Mary Ann Blome, an older adult who lost her life savings, will share her experience and offer advice on how to stay safe from scammers.

A Summer Breakfast

Wednesday, June 10 • 9-10 A.M.

Join us for a sunny start to the day. Sign up at the front desk in late May.

Piano and Vocals by Rob Lowe*

Wednesday, June 10 • 10:30 A.M.

Broadway Series: The Lion King

Thursday, June 11 • Leave ATSC at 11:45 A.M.

We'll travel to the Aronoff Theater to see this winner of six Tony Awards, including Best Musical. It is a story filled with hope and adventure with amazing costumes and visuals. It has been seen by over 100 million people around the world! **Cost: \$90**

The Importance of Routine Home Maintenance

Friday, June 12 • 10:30 A.M.

The whys and the hows of protecting your home, budget and safety to ensure aging in place. McOwen Home Services presents.

Piano Music by Annie Takeuchi

Fridays, June 12 and 26 • 11:30 A.M.

Anderson Garden and History Tour

Sunday, June 14 • 10 A.M. to 4 P.M.

Stop by to visit our beautiful garden and learn about the other area gardens you can also visit.

Historian Diane Shields: The American Revolution*

Monday, June 15 • 10:30 A.M.

We are celebrating the 250th birthday of the U.S.A. Learn about the founding fathers and important events in the early history of our country.

Acoustic Guitar by Jon Armstrong*

Monday, June 15 • 11:30 A.M.

Dementia 101

Tuesday, June 16 • 10:30 A.M.

Kate Race, from Assisting Hands Home Care, will guide us through the maze of all things dementia and help decipher the truths about this disease.

Piano Music by Jonathan Carlisle*

Tuesday, June 16 • 11:30 A.M.

The Cincinnati Reds vs. the New York Mets

Wednesday, June 17 • Leave ATSC at 10:45 A.M.

Travel to Great American Ball Park to see our favorite team in action! Included is a reserved seat in the stands and all-you-can-eat food stations in the air-conditioned Champions Club. Optional Hall of Fame visit included. Alcoholic beverages available, but not included. **Cost: \$100**

Country Music by Drake

Wednesday, June 17 • 11:30 A.M.

Folk Music by Seldom the Same

Thursday, June 18 • 10:30 A.M.

Belterra Visit

Thursday, June 18 • 11 A.M.

Meet at Belterra Park, 6301 Kellogg Road. Complete the manifest form at the front desk by June 9. Bring a picture ID.

The Elder High School Steel Drum Band*

Monday, June 22 • 10:30 A.M.

This amazing ensemble has played for many groups in Cincinnati. If you'd like, wear purple to make them feel welcome!