

SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

Charlie Harper: A Multi-Media Concert Part 2*
Friday, Oct. 23 • 10:30 A.M.
Barry Green, musician, returns with the rest of his presentation. He'll share the work of Charlie Harper with a variety of music. A member favorite!

Medicare Updates for 2027
Monday, Oct. 26 • 10:30 A.M.
Kasia Hutchinson from Humana returns to discuss changes to Medicare for the upcoming year,

Book Blitzers Book Club
Monday, Oct. 26 • 12:30 P.M.
Discussing *Queens of Crime* by Maria Benedict. Copies will be available at the front desk in mid-September.

*Sponsored by donations to the Anderson Township Senior Center

Check out event and program information on Facebook @FriendsOfAndersonTownshipSeniorCenter
The Anderson Township Senior Center is closed September 7 and October 12

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	Needlework Group	Garden Club - 3rd Friday

**Fee Charged

Alert HC Sign Up
Tuesday, Oct. 27 • 10:30 A.M.
If you are alone and need to call an ambulance, will the EMTs be able to get in your house? Will they know your important medical information? Hamilton County residents will be able to register garage door codes and other information in this secure system.

Guitar and Vocals by Dave Ridenour
Wednesday, Oct. 28 • 11 A.M.

Movie Matinee: Ghost
Thursday, Oct. 29 • 11:45 A.M.
Enjoy this Oscar-winning classic, starring Patrick Swayze and Demi Moore. It has it all - ghosts, frightening scenes, romantic pottery, and Whoopi Goldberg humor.

October Birthday Party: A Spooky Soiree
Friday, Oct. 30 • 10:30 A.M.
Friends, frights, and lots of fun! Member favorite Emily's Family Band returns for a festive time dancing and singing. Wear a costume, if you dare! Sign up by October 22.

The Senior Center Celebrates a Decade of Success

The Anderson Township Senior Center celebrates its 10th year of management by the Anderson Township Board of Trustees with a variety of activities the week of September 12.

From 4-6 p.m. Tuesday, Sept. 15, the senior center hosts a "Cheers to 10 Years" at By Golly's Restaurant, 8112 Beechmont Ave. Other special events include an Open House from 4-6 p.m. Wednesday, Sept. 16, at the center. Members, their families and their friends are invited to both events.

Additional anniversary activities at the senior center will include daily music at lunch with senior-related business sponsors, a display of old photos and publications, and the creation of a time capsule. Make sure to check out the "Celebration Cake" project benefiting SEM Food Pantry.

While the Township's funding is crucial to the daily operations of the center, many programs are made possible through the support of donations, as noted by the asterisk for events on calendar. Please consider donating to the Anderson Township Senior Center to help to continue quality programs and experiences that you benefit from and enjoy.



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

September

Memory Cafe

Tuesday, Sept. 1 • 10:30 A.M.

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

Flute Music with Mark Huffman

Tuesday, Sept. 1 • 11:15 A.M.

Country Music with Drake

Wednesdays, Sept. 2 and 16 • 11:30 A.M.

Movie Matinee: *Dirty Dancing*

Thursday, Sept. 3 • 11:45 A.M.

It's the end of the summer, emotions are high - but nobody puts Baby in a corner! Enjoy this classic love story with an amazing soundtrack.

Sensory Changes with Dementia

Friday, Sept. 4 • 10:30 A.M.

Kate Race returns to discuss how information is taken in and how senses change when living with dementia.

Folk Music with Dave Sanders

Friday, Sept. 4 • 11:30 A.M.

The History of the Cincinnati Bengals*

Tuesday, Sept. 8 • 10:30 A.M.

Gary Crouch, freelance writer and historian, will share information and stories about our favorite team.

Golden Hits from the 60s to the 90s by

Johnson and Hayes*

Tuesday, Sept. 8 • 11:30 A.M.

Piano Music with Jonathan Carlisle*

Wednesday, Sept. 9 • 11 A.M.

Greeting Card Class

Thursday, Sept. 10 • 10:30 A.M.

Make beautiful cards to take home.

Cost: \$2

Social Security Workshop – Going Digital

Friday, Sept. 11 • 10:30 A.M.

Learn all you can do with a My Social Security digital account.

Individual assistance will be available to create an on-line account.

See the flyer in the main office for more information and sign up for an appointment.

Piano Music with Annie Takeuchi

Fridays, Sept. 11 and 25 • 11:30 A.M.

Astronomer Dean Regas*

Monday, Sept.14 • 10:30 A.M.

We're starting our Anniversary Week with an all-star program!

Dean Regas returns to discuss *The Secret Life of Stars*.

His books will be available for purchase.

Popular Music with Denny Duval*

Monday, Sept. 14 • 11:30 A.M.

Wear your dancing shoes!

Brain Health: Oldies Karaoke

Tuesday, Sept. 15 • 10:30 A.M.

We'll be singing the most popular songs of the decades as we celebrate the many years our senior center has been encouraging active, healthy aging. Join in!

Cheers to 10 Years!

Tuesday, Sept. 15 • 4-6 P.M.

Meet at By Golly's restaurant, 8112 Beechmont Ave., to celebrate our anniversary! Bring your friends and family. Drink and food specials to purchase and door prizes.

Stepping On: Fall Prevention

Wednesday, Sept. 16 • 10 A.M.

This seven-week series features TriHealth guest experts to teach strength and balance exercises, nutrition, and safety. You must attend all sessions. See the informational flyer at the front desk.

Anderson Township Senior Center Open House

Wednesday, Sept. 16 • 4 -6 P.M.

Our building will be open for tours for those who may not be able to come during the day. Encourage your friends and neighbors to visit our center and see all we have to offer! There will be music and light refreshments.

Folk Music with Seldom the Same

Thursday, Sept. 17 • 10:30 A.M.

Dance Party with Chris and the Cruisers*

Friday, Sept. 18 • 10:30 A.M.

We'll be dancing through the decades - the '50s to the '80s - on the last day of our anniversary celebration.

Historian Diane Shields*

Monday, Sept. 21 • 10:30 A.M.

Diane will discuss Cincinnati legend Ruth Lyons, the inventor of the daytime talk show and fundraiser for hospitalized children. Her organization has collected over \$12 million to date.

Acoustic Guitar with Jon Armstrong*

Monday, Sept. 21 • 10:30 A.M.

Council on Aging: An Overview

Tuesday, Sept. 22 • 10:30 A.M.

Learn about the many services this organization provides, including utility and home repair assistance, transportation, health and wellness, and caregiver support.

Loveland Museum Center Tea

Wednesday, Sept. 23 • Meet there at 11:30 A.M.

Meet at this historical center for a delicious luncheon, located at 201 South Riverside Ave. in Loveland. Tour the museum and gift shop after lunch. **Cost: \$ 35**

Guitar and Vocals with Dave Ridenour*

Wednesday, Sept. 23 • 11 A.M.

Broadway Series: *The Great Gatsby*

Thursday, September 24 • Leave ATSC at 6:15 P.M.

We'll travel to the Aronoff Theater to see this Tony Award winning new musical about love, wealth and tragedy in the Roaring '20s. The high-energy show features tap dancing, beautiful costumes and vintage cars!

Cost: \$70

Autumn in the Smokey Mountains

Friday, Sept. 25 • 10:30 A.M.

Member Mike Rank shares his amazing photographs of this beautiful area of the country.

Folk Music with Ma Crow and John Vennemeyer*

Monday, Sept. 28 • 10:30 A.M.

Book Blitzers Book Club

Monday, Sept. 28 • 12:30 P.M.

Discussing books by Fredrik Backman. Copies will be available at the front desk in mid-August.

An Anderson Township Update

Tuesday, Sept. 29 • 10:30 A.M.

Steve Sievers, assistant township administrator for operations, returns to share information about new developments and initiatives happening in Anderson Township.

September Birthday Party: Boot,

Scoot and Boogie

Wednesday, Sept. 30 • 10:30 A.M.

The Happy Hour Trio returns to play your favorite country songs for this Wild West Party! We'll have a country cook-out, a photo booth, and lots of dancing! Sign up by September 22.

October

Provident Travel Updates

Friday, Oct. 2 • 10:30 A.M.

Learn about new adult travel opportunities.

Folk Music by Dave Sanders

Friday, Oct. 2 • 11:30 A.M.

All About J. R. R. Tolkien

Monday, Oct. 5 • 10:30 A.M.

Member Joel Heck returns, this time to share life stories of this author, scholar and creator of Middle-earth, the setting for *The Hobbit* and *The Lord of the Rings*.

Memory Cafe

Tuesday, Oct. 6 • 10:30 A.M.

Flute Music with Mark Huffman

Tuesday, Oct. 6 • 11:15 A.M.

Country Music with Drake

Wednesdays, Oct. 7 and 21 • 11:30 A.M.

Greeting Card Class

Thursday, Oct. 8 • 10:30 A.M.

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

True Crime: The Murder of Beverly Jarosz*

Friday, Oct. 9 • 10:30 A.M.

Author J.T. Townsend returns to tell the story of the unsolved 1960 murder of this Cleveland teenager.

Piano Music with Annie Takeuchi

Fridays, Oct. 9 and 23 • 11:30 A.M.

Fall Energy Savings

Tuesday, Oct. 13 • 10:30 A.M.

Katherine Metz from the Ohio Consumer Council returns to share ideas on how to lower your gas and electric bills.

A Bear-y Good Breakfast

Wednesday, Oct. 14 • 9 A.M.

Winnie the Pooh was born on October 14, 1926.

We'll have some bear games with the complimentary breakfast.

Sign up at the front desk in mid-September.

Monster Mash Music Bingo*

Wednesday, Oct. 14 • 12:15 P.M.

Jukebox Games returns with famous Halloween songs.

Folk Music by Seldom the Same

Thursday, Oct. 15 • 10:30 A.M.

Author's Corner: Ed Davis

Friday, Oct. 16 • 10:30 A.M.

Learn about the new book *Here Where We Stand: The Shawnee Springs Stories*, about nine diverse characters living in Yellow Springs, Ohio. Ed will also share the challenges and rewards of writing fiction.

Historian Diane Shields*

Monday, Oct. 19 • 10:30 A.M.

Just in time for Halloween, Diane will discuss the Salem Witch Trials, when more than 200 people were accused of witchcraft.

Acoustic Guitar by Jon Armstrong*

Monday, Oct. 19 • 11:30 A.M.

Brain Health: Damn-mentia: A Caregiver's Guide

Tuesday, Oct. 20 • 10:30 A.M.

Representatives from Arden Courts will share this important information.

AARP Safe Driver Class

Thursday, Oct. 22 • 9 A.M. to 1 P.M.

A lecture style class to help you refresh your defensive driving skills. You must stay for the entire class. Bring or sign up for lunch.

Cost: \$25

Belterra Visit

Thursday, Oct. 22 • 11 A.M.

Meet at Belterra Park, 6301 Kellogg Road. Complete the manifest form at the front desk by October 13. Bring a picture ID.