



Anderson Township Senior Center
7970 Beechmont Ave.
Anderson Township, OH 45255
AndersonTownshipOH.gov/senior-center

Check out event and program information on Facebook @FriendsOfAndersonTownshipSeniorCenter
The Anderson Township Senior Center will be closed January 1, January 15 and February 19.

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 a.m.	Silver Sneakers Cardio Oil Painting	Silver Sneakers - Strength and Balance	Woodcarvers Walking Club*** Blood Pressure Check	Silver Sneakers Yoga Watercolors	Silver Sneakers Cardio
10 a.m.	Beginner Bridge		Euchre	Bridge	
10:30 a.m.		Mahjong Pickleball**			Tai Chi*(Not on last Fri. of each month)
11 a.m.		Tech Table Better Balance Safer You*		Better Balance Safer You*	
11:30 a.m.	Lunch	Lunch	Lunch	Lunch	Lunch
12 p.m.		Quilters Mahjong			
12:15 p.m.	Line Dancing*				
12:30 p.m.				Creative Circle	

All classes are at ATSC unless noted.
* An extra fee is charged
**At Forestville Baptist Church 10:30 a.m. - noon
*** At Beech Acres, 6910 Salem Road

Music by Pete Papania
Monday, Feb. 26 • 11:30 A.M.

Book Blitzers Book Club
Monday, Feb. 26 • 12:30 P.M.

Join the discussion of *The Daughters of Yalta* by Catherine Grace Katz.

Astronomer Dean Regas
Tuesday, Feb. 27 • 10:30 A.M.

On April 8, 2024, we will have the greatest show in the universe

when a total solar eclipse passes over Ohio. Hear tips on where to go, what to look for, and how to observe the eclipse safely.

Guitar Music with Dave Ridenour
Wednesday, Feb. 28 • 11 A.M.

An Extra Day Means Extra Fun!
Thursday, Feb. 29 • 10:30 A.M.

It's a Leap Year Party! Join us for live music, lots of dancing, a delicious lunch and an extra day of fun! Sign up by February 21.

SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

So Much More in 2024!



Astronomer Dean Regas will return at 10:30 a.m. on Wednesday, Feb. 27 to share information about the upcoming total solar eclipse, including the best places in Ohio to see this amazing event.

Make sure to renew your membership now to continue enjoying all the exciting events happening in 2024!



The winter weather outside might be cold and gray, but inside the Anderson Township Senior Center, January and February will be warm and bright! Look for new health and wellness classes, physical fitness equipment, music and art activities as we begin a busy, fun year!

We'll welcome back the legendary sports broadcaster, Marty Brennaman, at 10:30 a.m. on January 29. Hear his candid predictions on the upcoming season for the young and talented Cincinnati Reds team. Wear your Reds shirts and hats, stay for a special lunch, and enjoy this exciting day.

Notice of Closing due to Inclement Weather:

If roads seem hazardous, please check to see if the senior center is closed before you leave your home. If the Forest Hills School District is closed, our center will also be closed. If the Forest Hills School District is on a delay, our center will be open. An email will

be sent to all senior center members with closing information. There will also be a notice posted on the Anderson Township government website (AndersonTownshipOH.gov) as well as on our senior center Facebook page.

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.-2p.m.
PHONE
513.474.3100

CLAIRE O'CONNELL
Activities Manager
COconnell@AndersonTownshipOH.gov
JANEL SCHAEFFER
Member Services Coordinator
JSchaeffer@AndersonTownshipOH.gov

January

Memory Cafe

Tuesday, Jan. 2 • 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, Jan. 2 • 11:30 A.M.

Fun and Fitness

Wednesdays in January • 11:15 A.M.

Get a workout and have fun as you dance to popular music. No cost to our members in January!

Country Music with Drake

Wednesdays, Jan. 3 and 17 • 11:30 A.M.

Juniors Helping Seniors Technology Support

Thursday, Jan. 4 • 3:15 P.M.

Topic: Communicating by email, texting and video calls. Bring your cell phone, tablet or laptop for individual assistance.

Folk Music with Dave Sanders

Friday, Jan. 5 • 10:30 A.M.

Bored? Try a Board Game

Monday, Jan. 8 • 10:30 A.M.

It will be a *playful* week at ATSC! Member Mark McBride will discuss the history of popular board games and share others played around the world.

Joseph Beth Tour and Lunch

Tuesday, Jan. 9 • 11 A.M.

Meet at this popular bookstore in Rookwood Commons for a tour and lunch at their Bronte Bistro. **Cost: \$20**, pay at the restaurant.

Documentary and Discussion

Wednesday, Jan. 10 • 10:15 A.M.

Watch and discuss *Live to be 100: Life in the Blue Zones Part 2*. Learn the factors that affect longevity. Please note time change.

Greeting Card Classes

Thursday, Jan. 11 • 10 and 11 A.M.

Make beautiful cards to take home. Sign up early for this popular class. **Cost: \$2**

Movie Matinee: *Barbie*

Thursday, Jan. 11 • 11:45 A.M.

Continuing our playful week by watching this 2023 blockbuster about our favorite doll and her perfect life. The fun continues at lunch on Friday!

January Birthday and Pink Party

Friday, Jan. 12 • 10:30 A.M.

We'll start the year "In the Pink," which means having good health

and well-being. Wear pink, be playful, and bring your Barbies if you'd like! Sign up by January 4.

Piano Music by Annie

Fridays, Jan. 12 and 26 • 11 A.M.

Brain Health Series: Kroger-Healthy Nutrition

Tuesday, Jan. 16 • 10:30 A.M.

A cooking demonstration with brain superfoods! Start the year off with healthy eating. Samples and recipes provided.

Coffee with a Cop

Wednesday, Jan. 17 • 10:15 A.M.

Get answers to your questions about safety issues in Anderson Township with Deputy Campbell. Please note time change.

Folk Music with Seldom the Same

Thursday, Jan. 18 • 10:30 A.M.

Author's Corner-Vera Steppeler

Friday, Jan. 19 • 10:30 A.M.

Member Vera Steppeler will discuss her books, *The Love Trap*, and *World War II Through the Eyes of a Child*. She will also read some of her original poetry.

Historian Diane Shields

Monday, Jan. 22 • 10:30 A.M.

Learn about Johannes Gutenberg, the inventor of the printing press. Stay after to make a bookmark with ink and stamps.

Guitar Music with Pete Papania

Monday, Jan. 22 • 11:30 A.M.

Book Blitzers Book Club

Monday, Jan. 2 • 12:30 P.M.

Join the discussion of *Woman of Light* by Kali Fajardo-Anstine.

Brain Health: *Book Study Organizational Meeting*

Tuesday, Jan. 23 • 10:30 A.M.

Join in our winter book study of the fascinating *100 Days to a Younger Brain: Maximizing Your Energy, Boost Brain Health and Defy Dementia*. We will read chapters on our own and come together to discuss how to incorporate these ideas into our lives. Groups and future meetings will be set at this time.

New Member Coffee

Wednesday, Jan. 24 • 10:15 A.M.

Learn all about our amazing senior center and have your questions answered. All members are welcome to attend. Note time change.

Guitar Music with Dave Ridenour

Wednesday, Jan. 24 • 11 A.M.

A Morning with Marty Brennaman

Monday, Jan. 29 • 10:30 A.M.

An ATSC January tradition! Hear Marty's thoughts on the upcoming season for our Cincinnati Reds. Sign up for lunch by January 19.

Mahjong 101-How to Play

Tuesday, Jan. 30 • 10:30 A.M.

Learn how to play this interesting game, first played in China in the 1800s, and now played weekly at ATSC! It involves strategy and quick thinking- perfect for brain health.

A Tour of Yosemite National Park

Wednesday, Jan. 31 • 10:30 A.M.

Member Mike Rank, our photography club leader, will share his amazing pictures of this national landmark.

February

Juniors Helping Seniors Technology Support

Thursday, Feb. 1 • 3:15 P.M.

Topic: The Brave New World of AI-Artificial Intelligence. Bring your cell phone, tablet or laptop for individual assistance.

Folk Music with Dave Sanders

Friday, Feb. 2 • 10:30 A.M.

A Visit to the Cincinnati Museum Center

Friday, Feb. 2 • Leave ATSC 10:30 A.M.

Watch the new Jane Goodall IMAX movie: *Reasons for Hope* and then tour the museum on your own. Bring a packed lunch. Transportation provided. **Cost: \$25**

CARE Panel: Aging Doesn't Have to Be So Hard!

Monday, Feb. 5 • 10:30 A.M.

Attorney Annie Warner and a panel of experts return to share important information about estate planning, Medicare, legal documents and senior living options.

Memory Cafe

Tuesday, Feb. 6 • 10:30 A.M.

A Warm and Cozy Morning

Wednesday, Feb. 7 • 9 A.M.

A complimentary delicious start to your day! Enjoy breakfast, and then a warm hand massage sponsored by Heaven Sent Care. Sign-up sheet at the front desk in mid-January.

Fun and Fitness

Wednesdays in February • 11:15 A.M.

Get a workout and have fun as you dance to popular music. No cost to our members in February!

Country Music with Drake

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

Greeting Card Classes

Thursday, Feb. 8 • 10 and 11 A.M.

Make beautiful cards to take home. Sign up early for this popular class. **Cost: \$2**

Piano Music with Annie

Fridays, Feb. 9 and 23 • 11 A.M.

Physical Therapy: Balance and Preventing Falls

Monday, Feb. 12 • 10:30 A.M.

Every 11 seconds, an older adult is treated in the ER for a fall. Staff from Fyzical, a new therapy center in Anderson, will explain how to maintain balance and will share exercises that can help reduce the risk of falls.

Under One Roof: A Cincinnati Music Hall Presentation

Tuesday, Feb. 13 • 10:30 A.M.

Learn about African Americans in the history of Cincinnati Music Hall, including Duke Ellington, Billie Holiday, and even World Heavyweight Champion Ezzard Charles, who fought some of his most important bouts in the North Hall.

February Birthday and Valentine's Day Party

Wednesday, Feb. 14 • 10:30 A.M.

The Joshua James Big Band will be back! Dancing, a delicious lunch, a photo booth and great fun. Sign up by February 6.

Folk Music by Seldom the Same

Thursday, Feb. 15 • 10:30 A.M.

Lunch Outing: Yummy Bowl and the Peach Cobbler Factory

Friday, Feb. 16 • 11:30 A.M.

Two Anderson Towne Center favorites! Choose your meat and veggies and the chef will stir fry them for you. If you have room for dessert, have delicious cobbler right next door.

Brain Health Series: Carla Antenucci, Psy.D.

Tuesday, Feb. 20 • 10:30 A.M.

Dr. Antenucci returns to discuss *Blessings and Curses: Thinking Positively and Avoiding Negatives*.

Documentary and Discussion

Wednesday, Feb. 21 • 10:15 A.M.

Watch and discuss *Live to be 100: Life in the Blue Zones Part 3*. Learn the factors that affect longevity. Please note change in starting time.

Belterra Park

Thursday, Feb. 22 • 11 A.M.

Meet at Belterra Park, 6301 Kellogg Road. Complete the manifest form at the front desk by February 14.

Historian Diane Shields

Monday, Feb. 26 • 10:30 A.M.

Learn about Harriett Beecher Stowe and the Underground Railroad.