

SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

Belterra Park

Thursday, April 18 • 11 A.M.

Meet at Belterra Park, 6301 Kellogg Road. Complete the manifest form at the front desk by April 10.

The Power of Positivity

Friday, April 19 • 10:30 A.M.

Kasia Hutchinson, from Humana, will speak on this important topic.

An Earth Day Birthday Party

Monday, April 22 • 10:30 A.M.

We'll celebrate our members born in April and our beautiful earth. Enjoy a delicious lunch, music by Wild Carrot and a few surprises. Sign up in the lunch book by April 12.

Book Blitzers

Monday, April 22 • 12:30 P.M.

Discussing *A Walk in the Woods* by Bill Bryson. Perfect for Earth Day!

Yoga Bob: Reiki and You

Tuesday, April 23 • 9 A.M.-1 P.M.

Individual sessions to show how reiki techniques can promote relaxation and reduce stress and anxiety. Sign up at the front desk in early April.

Guitar Music with Dave Ridenour

Wednesday, April 24 • 11:15 A.M.

Movie Matinee: A Walk in the Woods

Thursday, April 25 • 11:45 A.M.

Continuing our Earth Day focus, watch this classic, starring Robert Redford, also a book club selection.

Broadway Series: Six

Saturday, April 27 • Bus leaves ATSC at 1 P.M.

Don't lose your head over this trip to the Aronoff Theater to see the Tony Award winning show about the six wives of Henry VIII, as told through modern music. Transportation provided. Main floor seating. **Cost: \$115.**

Brain Health - Family Education on Dementia

Monday, April 29 • 12:15 P.M.

Teresa Youngstrom will speak on family frustrations when dementia moves in.

Lunch Outing-Grove Park Grille

Tuesday, April 30 • 11:30 A.M.

We'll return to this popular local restaurant. Meet at 6735 Kellogg Road.

Cincinnati Reds Game Outing

Thursday, May 9 • Leave ATSC at 10:30 A.M.

Join us to watch our Cincinnati Reds defeat the Arizona Diamondbacks. Field level tickets. All-you-can-eat buffet lunch in the Swift Party Barn and transportation. **Cost: \$80.**

New Activities Bring More Spring Fun



Jon Armstrong will teach our members how to play the ukulele – members are excited!

Spring is blossoming around us, and the Anderson Township Senior Center is growing as well! We have new activities, classes and equipment for our members.

New musical opportunities are available. Members are encouraged to sign up for our choir, our bell-chimes class and our beginning ukulele group. We will also have more musicians playing during the lunch hour.

During the months of February and March, members can try out Fun and Fitness, line dancing, Tai Chi, and the Better

Balance, Safer You classes for no charge. New exercise equipment has arrived for Silver Sneakers classes, and we'll have a new ping pong table, game table, and portable pickleball net to use at the center.

Members can also join in on a creative writing group, woodcarving, watercolor painting and access the two laptops available at the center.

Come and grow with us!

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.	Bridge		Euchre	Bridge	
10:30 a.m.					Tai Chi
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	Pickleball**			
12:30 p.m.				Creative Circle	Garden Club - Third Friday

No extra fees in February and March **Ask at the front desk for location and time ***Meets at Beech Acres Park

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

Folk Music with Dave Sanders

Friday, March 1 • 10:30 A.M.

We're Going to the Dogs!

Monday, March 4 • 10:30 A.M.

It's dog week! Learn about the training required for dog agility and scent work, as well as the world of dog sports. Dogs will demonstrate the agility skills they've learned. Bring in a picture of your dog to share.

Popular Music with Mike Pendell

Monday, March 4 • 11:30 A.M.

Learn the Ukulele!

Mondays, starting March 4 • 12:30-1:15 P.M.

Learn to play this fun instrument- great for brain health! Ukuleles and music provided. Participants should commit to the full eight weeks.

Memory Cafe

Tuesday, March 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 with Mark Huffman

Tuesday, March 5 • 11:30 A.M.

Fun and Fitness

Wednesdays in March • 11:15 A.M.

Get a workout and have fun as you dance to popular music. No cost for members in March.

Country Music with Drake

Wednesdays, March 6 and 20 • 11:30 A.M

Movie Matinee

Thursday, March 7 • 11:45 A.M.

It's been a doggone week! Watch *Best in Show*, a hilarious movie about a highly competitive dog show.

Juniors Helping Seniors Technology Support

Thursday March 7 • 3:15 P.M.

Topic: Learning from the World Wide Web. Bring your cell phone, laptop or tablet for individual assistance.

Piano Music with Annie

Fridays, March 8 and 22 • 11 A.M.

Communication and Dementia

Monday, March 11 • 10:30 A.M.

Shannon Braun, director of the Center for Memory Support and Inclusion, will discuss how dementia affects communication and offer strategies for caregivers and friends.

Preserving Your Family's Legacy of Memories

Tuesday, March 12 • 10:30 A.M.

How videos, photos and letters can be preserved for future generations. Topics: digitizing media, organizing and adding stories to the collection.

Learn to Play Tone Chimes

Wednesdays, March 13 and 27 • 10:15 A.M.

Can't read music but want to learn an instrument and have fun? Join this group and play songs in the first five minutes! The group will meet every other Wednesday for eight weeks. Tone chimes provided.

Join the ATSC Choir

Wednesdays, March 13 and 27 • 12:15 P.M.

Love to sing? Want to have fun and meet new people? Join the new ATSC Choir. Everyone welcome-no tryouts or talent required! Will meet every other Wednesday for eight weeks.

Lunch Outing: The Outback Steakhouse

Thursday, March 14 • 11:30 A.M.

Meet your mates at 7731 Five Mile Road for a bloomin' good time!

March Birthday and St. Patrick's Day Party

Friday, March 15 • 10:30 A.M.

Wear green for this special event! A delicious lunch, music by the Half Pint Irish Band, the Erikson Academy Irish Dancers, a game of chance, and maybe a leprechaun! Sign up in the lunch book by March 7.

The Cincinnati Pops Doo-Wop Project

Sunday March 17 • Bus leaves ATSC at 1 P.M.

The stars of Broadway's smash hits *Jersey Boys* and *Motown: The Musical* join the Pops for a celebration of American pop and rock history. Transportation provided. **Cost: \$65.**

Historian Diane Shields

Monday, March 18 • 10:30 A.M.

Three days after the Ides of March, learn about Julius Caesar, his empire and his legacy.

Dulcimer and Harp Music by Kyle Meadows and Tia McGraw

Monday, March 18 • 11:30 A.M.

Folk Music with Seldom the Same

Thursday, March 21 • 10:30 A.M.

Travel Opportunities in 2024

Friday, March 22 • 10:30 A.M.

Representatives from Provident Travel will share information on upcoming trips to unique destinations near and far.

All About Parkinson's

Monday, March 25 • 10:30 A.M.

Speakers from University of Cincinnati Gardener Neuroscience Institute will share information and resources on this nervous system disorder.

Book Blitzers Book Club

Monday, March 25 • 12:30 P.M.

Discussing the award-winning *Homegoing* by Yaa Gyasi.

Avoiding Utility Scams and Unwanted Charges

Tuesday, March 26 • 10 30 a.m.

Representatives from the Ohio Consumer Council will share information on avoiding scams and other ways to protect your money.

Guitar Music with Dave Ridenour

Wednesday, March 27 • 11 A.M.

Opening Day Lunch

Thursday, March 28 • 11:30 A.M.

Our Cincinnati Reds are back, and we are ready to cheer them to victory. A special lunch, a few surprises and the parade on our big screen. Wear your Reds gear. Sign up in the lunch book by March 20.

April

Memory Cafe

Tuesday, April 2 • 10:30 A.M.

Flute Music with Mark Huffman

Tuesday, April 2 • 11:30 A.M.

April Showers Bring...Pancakes!

Wednesday, April 3 • 9-10 A.M.

A delicious warm breakfast, complimentary for our members. Sign up at the front desk in mid-March.

Country Music with Drake

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

Creative Writing Group: Senior Scribes

Wednesdays, April 3 and 17 • 12:15 P.M.

Do you love to write prose or poetry? Do you want to express your creative thoughts? This new group will meet every other Wednesday for informal, non-judgmental freewriting sessions. Materials provided.

Watercolors - Starting at the Beginning

Fridays in April and May • 9-11 A.M..

For those who have not previously taken this class at ATSC and are brand new to watercolor painting. Participants should commit to attending all sessions. Taught by member and artist Jack Vehr. No charge.

Author's Corner: J.T. Townsend

Friday, April 5 • 10:30 A.M.

J.T. returns with a story about the shocking 1956 murder of socialite Audrey Pugh of Hyde Park, resulting in Cincinnati's trial of the century.

Folk Music with Dave Sanders

Friday, April 5 • 11:30 A.M.

Donuts with a Deputy

Tuesday, April 9 • 10:30 A.M.

Officer Campbell returns to answer your questions about safety in the Anderson Township area.

Stepping On: Fall Prevention

Wednesdays, April 10-May 22 • 9-11 A.M.

A seven-week series sponsored by TriHealth. Topics include balance and strength training methods, eliminating falls in the home, and the effects of common medications. Participants should commit to attending all sessions. Registration information at the front desk.

Greeting Card Classes

Thursday, April 11 • 10 and 11 A.M.

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

Lunch and Tour of Marjorie P. Lee Retirement Community

Thursday, April 11 • 11 A.M.

Meet at 3550 Shaw Ave. in Hyde Park to tour this beautiful senior living complex. Carpool if possible.

Juniors Helping Seniors Technology Support

Thursday, April 11 • 3:15 P.M.

Topic: Everything Google! Bring your cell phone, laptop or tablet for individual assistance.

Piano Music with Annie

Fridays, April 12 and 26 • 11 A.M.

Historian Diane Shields

Monday, April 15 • 10:30 A.M.

Learn about King Henry VIII and his six wives (divorced, beheaded, died, divorced, beheaded, survived!) in preparation for our trip to the Aronoff to see *Six*.

Music by Pete Papania

Monday, April 15 • 11:30 A.M.

Brain Health: Drum Circle

Tuesday, April 16 • 10:30 A.M.

HealthRHYTHMS returns for this fun wellness activity.

Folk Music with Seldom the Same

Thursday, April 18 • 10:30 A.M.

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