



**Anderson Township Senior Center**  
 7970 Beechmont Ave.  
 Anderson Township, OH 45255  
[www.andersontownship.org/senior-center](http://www.andersontownship.org/senior-center)

Check out event and program information on Facebook  
 @FriendsofAndersonTownshipSeniorCenter

The Anderson Township Senior Center will be closed July 2 and 5.

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 a.m.	Oil Painting			Water Colors	
9:30 a.m.	Silver Sneakers Cardio		Woodcarvers		Silver Sneakers Cardio
10 a.m.	Beginner Bridge	Silver Sneakers - Strength and Balance	Coffee Chat Zoom Blood Pressure	Bridge Silver Sneakers Yoga	
10:30 a.m.					Tai Chi with Jennifer
10:45 a.m.	Tap Dancing				
11 a.m.				Better Balance Safer You-George	
11:30 a.m.					
12:00 p.m.		Quilting			
12:15 p.m.	Line Dancing				

# SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

## Concerned About Falling? Attend Free Program

STEPPING ON is a free seven-week program for two hours per week, designed for people who are living at home and have experienced a fall or are concerned about falling. The program will be delivered in person at the Anderson Township Senior Center on Wednesdays from 10 A.M. to noon. It starts on August 18.

STEPPING ON is an evidence-based program that is effective and proven to reduce falls in older people living in the community. Topics include balance and strength exercises, medication management, home and community safety strategies, and vision as it relates to fall prevention. Several guest experts will participate including a pharmacist, eye specialist, physical therapist and occupational therapist. Class size is limited to 20 participants. The program is sponsored by TriHealth's Bethesda Foundation. Register at ATSC and complete signup sheet.



**“When it comes to staying young,  
 a mind-lift beats a face-lift any day.”**

— Marty Bucella

**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.”*  
[AndersonTownship.org/senior-center](http://AndersonTownship.org/senior-center)

**HOURS**  
 Monday-Friday  
 9 a.m.-2 p.m.  
**PHONE**  
 474-3100

**Claire O’Connell**  
 Activities Manager  
[COConnell@AndersonTownship.org](mailto:COConnell@AndersonTownship.org)  
**Janell Schaeffer**  
 Member Services Coordinator  
[JSchaeffer@AndersonTownship.org](mailto:JSchaeffer@AndersonTownship.org)

# Trips and Events

Lunch reservation required at least one day in advance by 10 a.m.

## July Events 2021

### July Birthday Party

Wednesday, July 7 • Time: 11 A.M.

Country music with Drake. Dessert sponsor is Provisional Living.

### Card Class with Beth

Thursday, July 8 • Time: 10:45 A.M.

Sign up to make beautiful greeting cards. Class size limited. Cost: \$2

### Acute Hearing Screening

Monday, July 12 • Time: 10 A.M. - noon

Sign up for 15-minute session.

### New England Club Tour

Monday, July 12 • Time: 11:30 A.M.

Meet at New England Club for lunch and tour of the newly remodeled facility at 8135 Beechmont Ave.

### Piano Music with Annie

Tuesdays, July 14 and Friday, July 30 • Time: 11 A.M.

### Book Blitzers Movie-New Monthly Feature

Wednesday, July 14 • Time: 11:15 A.M.

Book Blitzers (ATSC's book club) presents a movie each month that is based on a book read by the group at some time.

### History Program on Life: Albert Einstein With Diane Shields

Monday, July 19 • Time: 11 A.M.

### Seldom the Same Musical Group

Thursday, July 22 • Time: 10:45 A.M.

Dessert sponsor: MediGold.

### Provident Travel Party with Joe Ramos

Friday, July 23 • Time: 10:30 A.M.

Learn about travel opportunities for 2021-2022.

### Book Blitzers

Monday, July 26 • Time: 12:30 P.M.

Check at ATSC for books and titles.



Senior Center members check out our Little Library

### Root Beer Floats and Karaoke Social

Tuesday, July 27 • Time: 11 A.M.

First ever! Come for the fun. Sponsored by Aetna.

### Friends of Music Hall Presents: The History of Music Hall Then and Now

Wednesday, July 28 • Time: 11 A.M.

Funds provided by Greater Anderson Township Betterment Committee donations. .

### Country Music with Drake

Wednesday, July 28 • Time 11:30 A.M.

## August Events 2021

### Reds Legends Program Hall Of Fame

Monday, August 2 • Time: 10:30 A.M.

The Traveling Artifact Show consists of the a collection of artifacts from Reds history from the Hall of Fame.



### Country Music with Drake

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

### August Birthday Party Music

Thursday, August 5 • Time: 10:30 A.M.

Music with the Pac; come prepared to dance and sing.

### Piano Music with Annie

Fridays, August 13 and August 27 • Time: 11 A.M.

### Meet at Belterra Park for Live Racing and Gaming

Wednesday, August 11 • Time: 11 A.M.

Stop by ATSC and complete manifest by August 4. No phone reservations taken. Park is at 6301 Kellogg Ave. Valid ID required to receive \$15 promo dollars.

### Book Blitzers Monthly Movie Selection

Wednesday, August 11 • Time: 11:15 A.M.

### Monthly Card Class with Beth

Thursday, August 12 • Time: 10:45 A.M.

Make two beautiful greeting cards. Class size limited. Cost: \$2.

### Winston and Clementine Churchill History Program with Diane Shields

Monday, August 16 • Time: 11 A.M.

### Stepping On with TriHealth 7-week Session

Wednesdays, August 18 - September 29

Time: 10 A.M. -Noon

Program helps you reduce falls through learning about balance and strength exercises, medication management, safety strategies and more. Expert presenters. Registration required.

### Mt. Lookout Observatory Tour

Wednesday, August 18 • Time: 1-1:45 P.M.

Meet at 3503 Observatory Ave.

Cost: \$5.

### Seldom the Same Musical Group

Thursday, August 19 • Time: 10:45 A.M.

### Mayfield Neurology Program

Monday, August 23 • Time: 10:30 A.M.

Good vs. bad exercises to protect your back. Learn good and bad exercises for the mature spine to prevent or ease pain. Come dressed to try a few!

### Special Music Program - Brazilian Jazz

Tuesday, August 24 • Time: 11 A.M.

Duo's musical style showcases a bridge between Brazilian and Portuguese rhythms, Classical and Jazz music. Fly in between cultures within the common language of music.

### Ikebana Japanese Flower Arranging Demonstration

Wednesday, August 25 • Time: 10:30 A.M.

Ikebana is a traditional art form of Japan. Ikebana differs from typical floral arrangements by placing emphasis on each material instead of a mass of materials. Space between materials is important. With Beth Bowers Kline.

Guest passes are available, ask at front desk for yours.