



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 Nov. 25-26, Dec 24, 27 and 31.

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------|--|--|---|--|--|
| 9:15 a.m. | | | | Water Colors | |
| 9:30 a.m. | Silver Sneakers Cardio Oil Painting | Silver Sneakers - Strength and Balance | Woodcarvers | Silver Sneakers Yoga | Silver Sneakers Cardio |
| 10 a.m. | Beginner Bridge | Silver Sneakers - Strength and Balance | Coffee Chat Zoom Blood Pressure New Euchre Group - (first & third Wednesday) | Bridge | |
| 10:30 a.m. | | | | | Tai Chi with Jennifer (Not on last Friday of the month) |
| 10:45 a.m. | Tap Dancing | | | | |
| 11 a.m. | | Better Balance Safer You-Instructor George | | Better Balance Safer You-Instructor George | |
| 11:30 a.m. | | | | | |
| 12:00 p.m. | | Quilting | | | |
| 12:15 p.m. | Line Dancing | | | | |
| 12:30 | | | | Creative Circle | |

SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

Time to Renew Your Membership For 2022!

Renewals for membership to the Anderson Township Senior Center for 2022 are now open.

Continued membership allows you to enjoy the variety of activities and services the senior center has to offer, including those at the center and on Zoom. We now have more than 500 members participating in our many programs.

Membership forms can be found online at AndersonTownshipOH.gov/senior-center, at the center's front desk and in this newsletter.

Dues for 2022 remain the same:

- Resident: \$15 single, \$25 per couple
- Nonresident: \$40 single, \$65 per couple

Join in Holiday Events at the ATSC!

- Nov. 1 – Holiday Skies with Dean Regas
- Nov. 22 – Thanksgiving luncheon
- Dec. 1 – Forest-Aires Holiday Show
- Dec. 4 – The Nutcracker at Anderson High School
- Dec. 6 – Holiday Ikebana Make and Take
- Dec. 8 – Christmas Karaoke Sing Along
- Dec. 12 – Holiday Pops at Music Hall
- Dec. 13 – Diane Shields - Holiday Movies
- Dec. 17 – Christmas Luncheon

We are grateful for your participation in our Senior Center activities. We wish you a very happy and healthy holiday season!



“Try to be a rainbow in someone’s cloud.”

— Maya Angelou

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
 474-3100

Claire O’Connell
 Activities Manager
COconnell@AndersonTownshipOH.gov
Janell Schaeffer
 Member Services Coordinator
JSchaeffer@AndersonTownshipOH.gov

NOVEMBER

Holiday Skies with Dean Regas

Monday, Nov. 1 • Time: 10:30 A.M.

Join Dean, Cincinnati Observatory Astronomer, for what is ahead this holiday season in the sky.

Memory Café Tuesday, Nov. 2 • Time: 10:30 A.M.

Memory Cafes are a comfortable gathering that allow people with dementia and their care partners to socialize and engage in activities in a safe, welcoming environment. Reservations requested by Oct. 28. Call 513.474.3100.

Country Music with Drake

Wednesdays Nov. 3 and 17 • Time: 10 A.M.

Euchre

First and third Wednesday each month. • Time: 10 A.M.

Join in this fun card game. All levels welcome.

Technology Support – Turpin High School Juniors Helping Seniors

Thursday, Nov. 4 • Time: 3:15 – 5:15 P.M. at ATSC

Topic: Don't Worry – Be APPy! Learn about the essential apps for senior citizens. Individual assistance offered to add and set up these apps on your cell phone or other devices. Please register by November 1.

Folk Music with Dave Sanders- First Friday of the Month

Friday, Nov. 5 • Time: 10:30 A.M.

Dave is a folksinger who plays guitar with a unique finger and capo style. Songs range from the 1930s through the '70s with a couple of pieces from the 1600s.

Trip to Playhouse in the Park Presents “Need Your Love” World Premier

Saturday, Nov. 6 • Depart ATSC 12:45 P.M.

From the creator of “Cincinnati King” comes the life and times of King Record star Little Willile John. You will live the music and the story. Reservations required; complete signup sheet. Please note you will need proof of vaccination and masks are required during performance. In addition, you will need to supply your name, email and phone number to Cincinnati Playhouse in the Park for contact tracing purposes. **Cost: \$45.**

Brain Health Series: Topic -Managing Stress

Tuesday, Nov. 9 • Time: 10:30 A.M.

Reduce stress and gain hope! Learn the steps for effective stress management and try a relaxation activity that is easy to incorporate into your daily life. Sponsored by Catholic Charities Southwestern Ohio Senior and Caregiver Support Services.

Piano Music with Annie

Wednesdays Nov. 10 and 24 • Time: 11 A.M.

Book Blitzers- Movie Title TBD

Wednesday, Nov. 10 • Time: 11:15 A.M.

Greeting Card Class with Beth

Thursday, Nov. 11 • Time: 10:45 A.M.

Cost: \$2. Reservations strongly suggested as class size is limited.

Veterans Day Celebration and November Birthday Party

Thursday, Nov. 11 • Time: 10:30 A.M.

Pay tribute to those who served and November birthdays. Patriotic music and fun. Reservations required by Nov. 9. Dessert sponsor is The Glen.

Musical Performance by music by P,B &J

Friday, Nov. 12 • Time: 10:30 A.M.

Music mix of Americana, '60s Pop and American Songbook Standards. Members Penny Bogard McDaniel (The “PB”) and James D. Rosenberger (The “J”) delight audiences who appreciate good music! Special desserts by Promedica.

Diane Shields History Program: Terra Cotta Warriors

Monday, Nov. 15 • Time: 10:30 A.M.

Pro Senior Program- Topic Protecting Yourself from Health Care Fraud

Tuesday, Nov. 16 • Time: 10:30 A.M.

Don't miss this informative program.

Trip to Arnoff for Broadway Performance of “Wicked”

Thursday, Nov. 18 • Depart ATSC 11:45 A.M. return approximately 4:30 P.M.

Cost: \$75. Reservations by Nov. 4. Note, proof of vaccination required and masks are required during performance.

Seldom the Same Musical Group- Third Thursday of the Month

Thursday, Nov. 18 • Time: 10:45 A.M.

Mayfield Educational Program: Minimally Invasive and Complex Spine Surgery

Speaker: Bryan Krueger, MD

Friday, Nov. 19 • Time: 10:30 A.M.

As you age, the spine begins to show signs of wear and tear as the discs dry out and shrink. These age-related changes can lead to arthritis, disc herniation, or stenosis. Learn about surgical remedies for these problems. Reservations suggested.

Annual Thanksgiving Luncheon

Monday, Nov. 22 • Time: 10:30 A.M.

Kick off your holiday season with your ATSC family. Party sponsor is The Otterbein Home. Sign up by Nov. 18.

Book Blitzers

Monday, Nov. 22 • Time: 12:30 P.M.

Book title “Simon the Fiddler” by Paulette Jiles.

DECEMBER

Forest-Aires Holiday Show

Wednesday, Dec. 1 • Time: 10:30 A.M.

Stat your holiday season off with this performance. Dessert sponsor is The Anderson Rehabilitation and Nursing.

Deck the Halls and Trim ATSC

Thursday, Dec. 2 • Time: 11 A.M.

Volunteers needed to trim the trees and decorate the center.

Folk Music with Dave

Friday, Dec. 3 • Time: 10:30 A.M.

Anderson High School Concert “The Nutcracker”

Saturday, Dec. 4 • Times: 3 and 6 P.M.

Meet at Anderson High School, 7560 Forest Drive. A family-friendly event featuring a live, shortened performance of “The Nutcracker” with music, dancers and treats to purchase in the lobby. Buy tickets at www.fhorchestras.org. **Cost: \$5.**

Holiday Ikebana Demonstration By Beth Bowers-Klaine

Monday, Dec. 6 • Time: 10:30 A.M.

Holiday ikebana arrangements will be demonstrated, followed by a class where each participant will make their own arrangement to take home using seasonal greens and flowers. Bring your own hand clippers and a towel. Everything else will be provided. **Cost: \$5.**

Memory Café

Tuesday, Dec. 7 • Time: 10:30 A.M.

Memory Cafes are a comfortable gathering that allow people with dementia and their care partners to socialize and engage in activities in a safe, welcoming environment. Reservations requested by Dec. 1. Call 513 474-3100.

Christmas Karaoke Sing Along

Wednesday, Dec. 8 • Time: 9:30-10:30 A.M.

Sponsored by Aetna. This will be a blast!

Book Blitzers Movie- Title TBD

Wednesday, Dec. 8 • Time: 11:15 A.M.

Holiday Card Making Class with Beth

Thursday, Dec. 9 • Time: 10:45 A.M.

Make a greeting card. **Cost: \$2.** Please register ahead of time.

Technology Support- Turpin High School Juniors Helping Seniors

Thursday, Dec. 9 • Time: 3:15-5:00p.m.

Topic: Everything Google: Learn about Internet searches, Google Gmail, calendar, Google Drive, Google Meet and more.

Brazilian Jazz Music

Friday, Dec. 10 • Time: 10:30 A.M.

Dessert sponsor is Anthology.

Trip to Music Hall- Cincinnati Symphony Holiday Pops

Sunday, Dec. 12 • Depart ATSC: 12:45 A.M.

Return approximately 4:30 P.M.

Need proof of vaccination and masks required during performance. More details about health and safety can be found at cincinnati-symphony.org/safety. **Cost: \$55.**

Diane Shields History Program: Holiday Movies

Monday, Dec 13 • Time: 10:30 A.M.

Join Diane as she talks about our favorite holiday movie classics.

Brain Health Series: Beat the Holiday Blues and Rediscover Joy in the Season

Tuesday, December 14 • Time: 11 A.M.

Come receive support with challenges during the holidays and gain practical tips for having a peaceful holiday season. Participants will receive encouragement in their struggle to cope with stress and tips for brightening the holidays.

Christmas County Music with Drake

Wednesday, Dec. 15 • Time: 11:30 A.M.

Seldom The Same Musical Group

Thursday, Dec. 16 • Time: 10:45 A.M.

ATSC Christmas Luncheon and December Birthday Party

Friday, Dec. 17 • Time: 10 A.M.

Don't miss this celebration! Christmas piano music with Rob Lowe. Wear festive attire, ugly sweaters allowed. Dessert sponsor is Harmony Court. Please register by Dec. 10. Surprises in store, special guests.

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