



Anderson Township Senior Center
 7970 Beechmont Ave.
 Anderson Township, OH 45255
www.andersontownship.org/senior-center

SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

Sign-up day is Wednesday, Dec. 12 at 9 a.m.

The center is closed Dec. 24-25, Dec. 31-Jan. 1 and Martin Luther King, Jr. Day Monday, Jan. 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		Woodcarvers	Watercolors	Silver Sneakers Cardio
10 a.m.	Bridge	Chair Volleyball Silver Sneakers - Strength and Balance	Blood Pressure Line Dance Boutique 10-1	Bridge Lessons Yoga Boutique 10-1	
10:30 a.m.			500 Card Group	Beginner Bridge	Tai Chi
11 a.m.		Duplicate Bridge Group	Duplicate Bridge Group		
11:30 a.m.	Tap Dancing		Music w/ Drake		
11:30 a.m. - 12:30 p.m.	Lunch	Lunch Quilting	Lunch	Lunch Creative Circle (second and fourth Thursday)	Lunch
12 p.m. 12:15 p.m.	Stability Silver Sneakers - Exercise	Euchre			
1 p.m.	Beginner Line Dance		Tai Chi		

Brennaman Brings a Reds Report on January 28



Marty Brennaman returns to the Anderson Township Senior Center to warm up a cold winter day with tales of spring and hope for the Reds.

Join Marty for his annual conversation at 10 a.m. Monday, Jan. 28 as he shares what is in store for the 2019 baseball season. Reserve your spot for this sell-

out crowd by January 24. Enjoy lunch after the presentation sponsored by New England Club. Call 474-3100 to make reservations.



Doctor Addresses 'Aging Gracefully' on January 14

Staying in shape, at any age, can be challenging. Coming here to help you stay in shape is Dr. Amelia Wiggins from Wellington Orthopedics & Sports Medicine, who visits the Anderson Township Senior Center for a discussion of "Aging Gracefully." Her presentation will cover the importance of flexibility and balance in the mature athlete.

Save the date on Monday, Jan. 14 for a 10:30 a.m. presentation by this former elite soccer player and rower, who earned All-American honors during her rowing career. Her experiences as a competitive athlete, who underwent multiple ACL reconstructions, helped shape her decision to pursue medicine and also sparked her passion for sports medicine.

Dr. Wiggins is a board certified sports medicine fellowship trained orthopedic surgeon specializing in all treatments of the knee, shoulder and sports medicine injuries. She also serves as director of the Mercy Health Orthopedic Women's Center, developing a team of providers who focus on surgical and non-surgical orthopedic treatments, including nutrition, behavioral health and rehab and prevention.



Dr. Amelia Wiggins

"For the unlearned, old age is winter; for the learned, it is the season of the harvest."

— Hasidic saying

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

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

Claire O'Connell
 Activities Manager
COConnell@Andersontownship.org
Janell Schaeffer
 Member Services Coordinator
JSchaeffer@Andersontownship.org

Trips and Events

Note: All return times are approximate.

JANUARY

Writing Down Your Life Workshop

THURSDAYS-BEGINNING JAN. 3 • TIME: NOON-1:30 P.M.

Program runs throughout January each Thursday. Cost: \$35 members, \$40 guests. Price includes workbook and materials. Your story is one-of-a-kind! Learn how to tap into the chapters of your life and write about your experiences. Self-publishing options will be discussed.

Tree Take Down

THURSDAY, JAN. 3 • TIME: 10:30 A.M.

Volunteers needed.

Guitar Music with Jim

FRIDAYS-JAN. 4 AND 11 • TIME: 11 A.M.

January Birthday Party

MONDAY, JAN. 7 • TIME: 10:30 A.M.

Music by Steven Rosen from the Cincinnati Symphony Orchestra. A list of his musical selections can be found at the center. Bring a favorite dessert to share.

Taft Museum Tour and Lunch

WEDNESDAY, JAN. 9 • DEPART: 10:45 A.M. RETURN: 2 P.M.

Docent-led tour of Paris to New York with photographs by Eugene Atget and Berenice Abbott. Tour costs \$35 members, \$40 guests and includes tour and lunch.

Piano Music with Annie

THURSDAYS- JAN. 10 AND 24 • TIME: 10:30 A.M.

Card Class with Beth

THURSDAY, JAN. 10 • TIME: 10:45 A.M.

Cost: \$2 members, \$5 guests. See samples at front desk.

East Side Technology Talk

THURSDAY, JAN. 10 • TIME: NOON

More info at <http://eastside technologytalks.longmemories.info/>.

Hamilton County Library Presents Google Expedition Virtual Reality Travel

FRIDAY, JAN. 11 • TIME: 10:30 A.M.

Using 3D goggles, travel to destinations unknown.

Wellington Sports Medicine- Dr. Amelia Wiggins

MONDAY, JAN. 14 • TIME: 10:30 A.M.

Topic: Aging gracefully-The importance of flexibility and balance in the mature athlete.

Guitar and Piano Music with Les

THURSDAY, JAN.17 • TIME: 11 A.M

Study with Pastor Jones

TUESDAY, JAN. 22 • TIME: NOON

Diabetes Education Program

TUESDAY, JAN. 22 • TIME: NOON

Recipes, prizes and treats. Presented by Family Bridges Home Care.

January Mystery Lunch Box Trip

WEDNESDAY, JAN. 23 • DEPART: 10:30 A.M. RETURN: 2 P.M.

Cost is \$2 members, \$5 guests. Complete slip at center to enter to win a spot on this trip.

Provident Tours 2019 Travel Kickoff with Joe Ramos

FRIDAY, JAN. 25 • TIME: 10:30 A.M.

Learn about exciting tours for 2019.

Broadway Series-“Fiddler on the Roof”

SUNDAY, JAN. 27 • DEPART: NOON RETURN: 4:30 P.M.

Cost: \$60 members, \$65 guests.

Premier Event

Annual Marty Brennaman Reds Day

MONDAY, JAN. 28 • TIME: 10 A.M.

Join Marty for an inside look at what is in store for the 2019 Reds season. Pictures, prizes and surprises. Reservations required by January 24, 2019. Lunch sponsored by New England Club.

Book Blitzers

MONDAY, JAN. 28 • TIME: 12:30 P.M.

Check at front desk for title and books.

Cincinnati Art Museum Education Program

TUESDAY, JAN. 29 • TIME: NOON

The topic is “Designing Women: Cincinnati’s Dressmakers.”

Acute Hearing Breakfast and Learn

WEDNESDAY, JAN. 30 • TIME: 9:30 A.M.

Education and understanding about common hearing issues will be among topics discussed. Sign-up required.

Music with Dean and Dave

THURSDAY, JAN. 31 • TIME: 10:45 A.M.

FEBRUARY

Guitar Music with Jim

FRIDAYS-FEB. 1 AND 15 • TIME: 11 A.M.

Music with Les

MONDAY, FEB. 4 • TIME: 10:30 A.M.

Chinese New Year Mystery Lunch February Box Trip

TUESDAY, FEB. 5 • DEPART: 10:45 A.M. RETURN: 2 P.M.

Cost: \$2, members, \$5 guests. Complete slip at center to enter to win a spot on this trip.

Valentine Card Class with Beth

THURSDAY, FEB. 7 • TIME: 10:45 A.M.

Cost: \$2 members, \$5 guests. See samples at front desk.

Black History Educational Program with Melanie Moon

MONDAY, FEB. 11 • TIME: 1 P.M.

Topic is Martin Luther King, Jr. Program is a tribute to and celebration of this great leader.

Valentine and February Birthday Celebration Spectacular Featuring the “Say Cheese” Photo Booth

WEDNESDAY, FEB 13 • TIME: 9:30 A.M.

Photo booth starts at 9:30 A.M., entertainment starts at 10:30 A.M with lunch at 11:30 A.M. Come and enjoy photos complete with props provided by Say Cheese and have a blast with all your Anderson Township Senior Center sweethearts. Dessert sponsor is The Glen.

Piano Music with Annie

THURSDAYS- FEB. 14 AND 28 • TIME: 10:30 A.M.

Cincinnati Ballet: “Sleeping Beauty”

THURSDAY, FEB. 14 • DEPART: 9:45 A.M. RETURN: 1:45 P.M.

Cost: \$30 members, \$40 guests. Cost includes ballet and catered lunch in Taft Suite at Music Hall.

East Side Technology Talk

THURSDAY, FEB. 14 • TIME: NOON

More info at <http://eastside technologytalks.longmemories.info/>.

Diane Shields History Program-“Founding Fathers Who Became Presidents”

MONDAY, FEB. 18 • TIME: 10:30 A.M.

Book Blitzers

MONDAY, FEB. 18 • TIME: 12:30 P.M.

Check at front desk for title and books.

Study with Pastor Jones

TUESDAY, FEB. 19 • TIME: NOON

Mercantile Library Tour and Lunch Out

WEDNESDAY, FEB. 20 • DEPART: 10:30 A.M. RETURN 2 P.M.

Cost: \$2, members, \$5 guests. Lunch not included.

Music with Dean and Dave

THURSDAY, FEB. 21 • TIME: 10:30 A.M.

Meet at... The Glen Retirement Home

WEDNESDAY, FEB. 27 • TIME: 11 A.M

Address: 4300 Glen Este-Withamsville Road

Tour this new facility and enjoy a grab-and-go lunch. Reservations required by February 21.



Sign up for programs is encouraged

Sign up for programs by calling 474-3100 weekdays during senior center hours. Registration is not required but is requested.

If you want to make an **advance lunch reservation**, call the Anderson Township Senior Center at 474-3100. Suggested donation is \$1 per meal. Reservations for lunch are required.

Members may attend premier programs at no charge. A guest fee applies to premier/special speakers and programs.

Weather Closure Policy Information

The Anderson Township Senior Center will follow Forest Hills School District’s Closure policy, as it has in the past. If Forest Hills School are closed, the center will be closed. Should Forest Hills have a delay the center will be open regular hours. If you are uncertain about the status, call the center at 474-3100 before heading out.