



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

# SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

*Sign-up day is Tuesday, Feb. 19 at 11 a.m.*

## 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.		Euchre			
1 p.m.	Beginner Line Dance		Tai Chi		

## Enjoy special programs in March, April

March and April are shaping up to be very active months at the Anderson Township Senior Center! Don't miss these special programs:

The free **Wave Newport Aquarium Penguin Program** brings a live African King Penguin to the center at 10:30 p.m. Monday, April 1. Enjoy the antics of the little fellow as he waddles around. During this presentation, participants will learn about these incredible animals, including their natural history, geography, diet, predators, and WAVE Foundation's research and conservation initiatives. This program is sponsored by sales from the Odds and Ends Boutique.



The corporate storyteller from **Procter & Gamble** shares his passion with tour participants at the downtown Procter & Gamble Museum. A 45-minute tour of the museum is followed by



lunch (not included). Learn how P&G could have never started anywhere else but Cincinnati in this informative tour. Trip is on Wednesday, April 10, and leaves the center at 10 a.m., returning about 2:30 p.m. Cost is \$2 for members and \$5 for guests.

Welcome the warm days of spring at a day at the races in Lexington! Sign up for the popular **Keeneland Motor Coach Trip**, set for 9:30 a.m. Wednesday, April 17, which returns at 6 p.m. Leave the driving to us, as the day includes motor coach transportation, admission and reserved grandstand seating. Enjoy lunch at the races (on your own) and stroll the beautifully landscaped grounds. Cost is \$65 for members and \$70 for guests.



Be sure to sign up for these and other interesting opportunities on signup day, set for 11 a.m. Tuesday, Feb. 19.

*“Growing old is humbling and it takes effort to accomplish this stage of life with dignity.”*

— Kilroy J. Oldster

**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

Note: All return times are approximate.

**Sign-up for lunch required at least one day in advance by 10 a.m.**

## MARCH

### Guitar Music with Jim

FRIDAY-MARCH 1 AND 22 • TIME: 11 A.M.

### Pastries & Pre-Planning

MONDAY, MARCH 4 • TIME: 10:30 A.M.

Pam Ulery and Mike McClenahan, advance planning specialists with T.P. White & Sons Funeral Home, will explore the question of how advance funeral planning can help protect you and your loved ones. Receive a "Free Thoughtful Decisions Planning Guide" for attending.

### Mardi Gras and March Birthday Party

FAT TUESDAY, MARCH 5 • TIME: 10:45 A.M.

Music and fun! Wear your beads. Members with March birthdays enjoy a complimentary lunch.

Dessert Sponsor: Stonecrest of Anderson.

### Music with Dean and Dave

THURSDAY, MARCH 7 • TIME: 11 A.M.

### Township Updates with Steve Sievers

FRIDAY, MARCH 8 • TIME: 10:30 A.M.

Join Steve to learn about your community happenings and developments.

### Wellington Speakers Series-Featuring

#### Dr. Trevor Wilkes

MONDAY, MARCH 11 • TIME: 10:30 A.M.

The topic is shoulder arthritis. Discussion will include advances in outcomes and recovery from total shoulder replacement.

### Irish Mystery Lunch Box Trip

WEDNESDAY, MARCH 13 • DEPART: 10:45 A.M.

RETURN: 2 P.M.

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

### Card Class with Beth

THURSDAY, MARCH 14 • TIME: 10:45 A.M.

Make two greeting cards. See samples at front desk.

Cost: \$2 members, \$5 guests.

### Piano Music with Annie

THURSDAYS-MARCH 14 AND 28 • TIME: 11 A.M.

### St. Patrick's Day Party

FRIDAY, MARCH 15 • TIME: 10:30 A.M.

Celebrate with Irish music and a lively performance by the Erikson Academy Irish Dancers.

Party cost: \$2 members, \$5 guests. Dessert sponsor is Medigold.

### Anderson Community Band Concert

SUNDAY, MARCH 17 • TIME: 7 P.M.

Meet at Anderson Center 7850 Five Mile Road  
No cost; donations accepted.

### Guitar and Piano Music with Les

MONDAY, MARCH 18 • TIME: 11 A.M.

### Book Blitzers

MONDAY, MARCH 18 • TIME: 12:30 P.M.

Check at front desk for title and books.

### Study with Pastor Jones

TUESDAY, MARCH 19 • TIME: NOON

### Windowsill Herb Garden Class

WEDNESDAY, MARCH 20 • TIME: 10:30 A.M.

Cost: \$2 members, \$5 guests. Start herbs from seeds.

### Saxophone Music with Keith Neer

THURSDAY, MARCH 21 • TIME: 10:45 A.M.

### Music with Phil DeGreg Featuring "The Great American Songbook"

MONDAY, MARCH 25 • TIME: 10:30 A.M.

### Belterra Park Casino Day

WEDNESDAY, MARCH 27

Meet at 6301 Kellogg Road. Stop by the center and complete manifest by March 20. Must have valid ID to present at casino for promotion. Free lunch buffet and \$10 in bonus rewards. Arrive any time after 10 a.m. No phone reservations taken

## APRIL

### Wave Newport Aquarium Penguin Program

MONDAY, APRIL 1 • TIME: 10:30 A.M.

Live African King Penguin will visit the center. This program sponsored by sales from Odds and Ends Boutique. Free.



### Cincinnati Ballet "Aladdin" at Aronoff

and Lunch at Nicholson's

THURSDAY, APRIL 4 • DEPART SENIOR CENTER AT 9:30 A.M.

RETURN: 2:30 P.M.

Cost: \$15 members, \$20 guests. Lunch at Nicholson's not included.

### Guitar Music with Jim

FRIDAYS- APRIL 5 AND 26 • TIME: 11 A.M.

### Cincinnati Symphony Orchestra POPS

"Music of Oz"

SUNDAY, APRIL 7 • DEPART: 1 P.M. RETURN: 4:30 P.M.

Cost: \$55 members, \$60 guests.

Fans of the "Wicked," "The Wizard of Oz," and "The Wiz," this one's for you! Held in Music Hall.

### April Birthday Party Performance by

The Forest-Aires

MONDAY, APRIL 8 • TIME: 10:30 A.M.

Dessert sponsor is Meridian Health Care.

### Proctor & Gamble Museum Tour and Lunch

Downtown Box Trip

Complete slip at center to win spot on this trip

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

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

The P&G Corporate Heritage Center & Museum holds more than 180 years of innovation, passion and inspiration through the stories and objects that bring it to life. Join the 45-minute tour plus learn how P&G could have never started anywhere else besides Cincinnati.

### Spring Card Class with Beth

THURSDAY, APRIL, 11 • TIME: 10:45 A.M.

Make two cards. See samples at front desk.

Cost: \$2 members, \$5 guests.

### Eastside Technology Talk

THURSDAY, APRIL 11 • TIME: NOON

Check website for topic at: <http://eastside technology talks.longmemories.info/>.

Topic is 'Heads in the Clouds: Cloud-based resources for easy storage and access of documents, pictures and more.

### Piano Music with Annie

THURSDAYS-APRIL 11 AND 25 • TIME: 11 AM

### Spring Cleaning for the Soul

FRIDAY, APRIL 12 • TIME: 10:30 A.M.

If your goal is to simplify your life, this seminar is for you. Learn how to declutter emotionally, spiritually and physically. While you're improving your inner self, take home ideas for simplifying your surroundings. Program by Stonecrest of Anderson.

### Book Blitzers

MONDAY APRIL 15 TIME: 12:30 P.M.

Check at Front desk for title and books

### Guitar and Piano Music with Les

MONDAY, APRIL 15 • TIME: 11 A.M.

### Study with Pastor Jones

TUESDAY, APRIL 16 TIME: NOON

### Keeneland Motor Coach Trip

WEDNESDAY, APRIL 17 • DEPART: 9:30 A.M. RETURN: 6 P.M.

Cost: \$65 members, \$70 guests.

Price includes motor coach transportation, admission and reserved grandstand seating. Enjoy lunch on your own from the many concession options. Featuring beautifully landscaped grounds and thoroughbred racing. Anderson Township Senior Center partners with MariElders for this annual spring classic in Lexington.

### AARP Safe Driver Program

THURSDAY, APRIL 18 • TIME: 9 A.M.-1 P.M. (INCLUDES LUNCH BREAK)

Cost: AARP members- \$15. nonmembers \$20.

Cost includes all materials. The AARP Driver Safety helps drivers age 50+ sharpen their skills and drive safely on today's roads. May entitle you to an insurance discount. Write checks payable to AARP.

### Cincinnati Symphony Orchestra POPS presents

"Music of Whitney Houston"

TUESDAY, APRIL 23 • DEPART: 6:30 P.M. RETURN: 10 P.M.

Cost: \$45 members, \$50 guests. Celebrate the music legacy of Whitney Houston featuring all her hits. Held in Music Hall.

### Healthy Cooking Class

WEDNESDAY, APRIL 24 • TIME: 10:30 A.M.

Receive recipes for healthy cooking. Introduced will be cooking tips and samples of nutritious easy-to-make meals that can be made quickly. By Family Bridges Home Care.

### Basket Making Class

THURSDAY, APRIL 25 • TIME: 10 A.M.

Cost: \$25 members, \$30 guests. See sample at front desk.

### Guitar Music with Dean and Dave

MONDAY, APRIL 29 • TIME: 11 A.M.

## 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 by 10 a.m. one day prior.

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