



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

Visit the center's new Facebook page for all the latest events and fun:

**@FriendsOfAndersonTownshipSeniorCenter**

The Anderson Township Senior Center is closed New Year's Day (January 1),  
 Martin Luther King Day (January 20) and February 17 (President's Day).

**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.				Beginner Bridge	Tai Chi
10:45 a.m.				<b>NEW: Self-Defense</b>	
11 a.m.					
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		

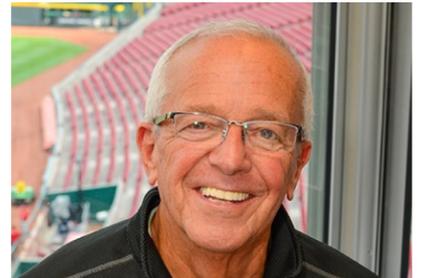
# SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

## Don't Miss Marty Brennaman's January Visit

Marty Brennaman may have retired from being the voice of the Reds, but he's still in the know about the upcoming season! Join Marty for his annual visit to the Anderson Township Senior Center at 10 a.m. Monday, Jan. 27. Don't forget to make your reservations for this festive day, including pictures, prizes and surprises.

Reserve your space by January 23, 2020. Cost is \$5 members and \$10 nonmembers.



## OMNIMAX Destination Moon Trip Set for January 15



Enjoy a trip in January to Union Terminal for the OMNIMAX Destination Moon show and exhibit, sharing the excitement and artifacts of the Apollo 11 Mission.

The Anderson Township Senior Center visits the exhibit organized by the National Air and Space Museum and the Smithsonian Traveling Exhibition Services on Wednesday, Jan. 15. The bus leaves at 10 a.m. and will return approximately 3 p.m. Cost is \$20 for members and \$25 for non-members. Lunch is not included so bring your own or buy food at the food court.

## Donation Supports Center's Work

A donation from the Eileen Ayer Trust is making several new events and upgrades possible at the Anderson Township Senior Center. Ayer, a 50-year resident of Anderson Township died in 2018 and left a portion of her estate to the senior center.

Ayer was originally from Bethel and lived in Batavia before moving to Anderson Township. She was a member of Faith United Methodist Church and Coldstream Country Club.

A plaque was dedicated to Ayer at the Senior Center Open House.



**"Grow old along with me! The best is yet to be."**

— Robert Browning

**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 trip return times are approximate.

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

## JANUARY

### *Guitar Music with Jim*

FRIDAYS- JAN. 3 AND 17 • TIME: 11 A.M.

### *History Program on Abraham Lincoln with Diane Shields*

MONDAY, JAN. 6 • TIME: 10:30 A.M.

Many Americans believe Lincoln is the best president our country has ever seen! Explore his road to the White House, his overwhelming tasks as a president of a war-torn country, and so cruelly, his assassination. This new monthly feature is funded by the Eileen Ayer Trust.

### *Bones for Life Informational Session*

TUESDAY, JAN. 7 • TIME: 11 A.M.

This program consists of 90 fast-acting exercise processes. The safe, weight-bearing movements challenge bones to be strong and sturdy while improving balance and coordination. Bones for Life will be launching soon at the senior center.

More information: <http://movementintelligence.org/join-us/>

### *Party Like a King- January Birthday and Elvis Party*

WEDNESDAY, JAN. 8 • TIME: 10:30 A.M.

Elvis music by Drake. Wear '50s clothes and enjoy dance and swing. Please bring donations of peanut butter and jelly for CASS home-delivered meal clients.

### *Piano Music with Annie*

THURSDAYS- JAN. 9 AND 23 • TIME: 10:30 A.M.

### *Card Class with Beth*

THURSDAY, JAN. 9 • TIME: 10:45 A.M.

Cost: \$2 members, \$5 non-members. See samples at the front desk. Sign up required.

### *Broadway Series at Aronoff- Disney Presents: The Lion King*

THURSDAY, JAN. 9 • DEPART: NOON  
APPROXIMATE RETURN: 4 P.M.

Cost: \$90 members, \$95 non-members.

### *Medicaid Informational Program*

FRIDAY, JAN. 10 • TIME: 10:30 A.M.

Presented by Mt. Washington Care Center. The care center facility Medicaid expert will share about Ohio Medicaid applications for loved one who need a nursing home, information on nursing home costs and different levels of care.

### *Hour of Blessings and Hope with SueLee Jin*

MONDAY, JAN. 13 • TIME: 10:30 A.M.

Join SueLee, director of pastoral care and healing at Anderson Hills United Methodist Church (AHUMC), as she offers encouragement and uplifting thoughts about practical ways to make a difference in your life.

### *Caption Call Phone Informational Program*

TUESDAY, JAN. 14 • TIME: 11 A.M.

Learn about this no-cost phone and caption telephone service for people with hearing loss.

### *Trip to Union Terminal -Exhibit and OMNIMAX Destination Moon and Lunch*

WEDNESDAY, JAN. 15 • DEPART: 10 A.M.  
RETURN APPROXIMATELY 3 P.M.

Visit the exhibit *Destination Moon: The Apollo 11 Mission* organized by The National Air and Space Museum and the Smithsonian Travelling Exhibition Service.

Cost \$20 members, \$25 non-members. Lunch not included. Brown bag lunch or buy lunch from food court.

### *Seldom the Same Musical Group*

THURSDAY, JAN. 16 • TIME: 10:30 A.M.

### *Meet at...Forest Hills Care Center Tour and Lunch*

THURSDAY, JAN. 16 • TIME: NOON

Meet at the Forest Hills Care Center at 8700 Moran Road for a tour of the facility and lunch. The center provides transitional care from hospital to home, long term care and one bedroom assisted living apartments.

### *Study with Pastor Jones*

TUESDAY, JAN. 21 • TIME: NOON

### *Lunch Bunch*

WEDNESDAY, JAN. 22 • DEPART CENTER: 10:45 A.M.  
RETURN APPROXIMATELY 1:30 P.M.

Cost: \$2 members, \$5 non-members. Bring money for lunch.

### *Premiere Event*

### *Annual Marty Brennaman Day-2020*

MONDAY, JAN. 27 • TIME: 10 A.M.

Join Marty for his views on the 2020 Reds season. Pictures, prizes and surprises. Reservations required by January 23, 2020. Lunch sponsored by New England Club. Cost is \$5 members, \$10 non-members.

### *Book Blitzers*

MONDAY, JAN. 27 • TIME: 12:30 PM

Check at front desk for titles and books.

### *Center for Balance*

WEDNESDAY, JAN. 29 • TIME: 11 A.M.

Dizziness and imbalance are not a normal part of aging! Educate yourself regarding dizziness and balance problems.

### *MediGold Educational Workshop- Myth Busters on Aging*

FRIDAY, JAN. 31 • TIME: 10:30 A.M.

Learn about scientific breakthroughs that help reduce risk of Alzheimer's. Find out about the Mayo Clinic "simple recipe" for useful aging and brain games.

## FEBRUARY

### *CSO POPS Orchestra Spectacular*

SUNDAY, FEB. 2 • DEPART: 1 P.M. RETURN APPROXIMATELY 4:30 P.M.

Cost: \$55 members \$60 non-members

This is your chance to hear orchestra showstoppers. Enjoy all- Gershwin bluesy, jazzy pull-out-all the-stops power of the Pops.

### *Maureen Musical Revue and February Birthday Party*

MONDAY, FEB. 3 • TIME: 10:30 A.M.

Enjoy music from *Cinderella Revue*, a musical comedy. The performance is comprised of music and dance from *Cinderella*. Program funded by Eileen Ayer Trust.

### *History Program on Theodore Roosevelt with Diane Shields*

WEDNESDAY, FEB. 5 • TIME: 10:30 A.M.

"Bully!" was, of course, President Roosevelt's favorite expression and it reveals an energy and exuberance of this most exciting president. He took on the major monopolies and believed in a progressive movement for the Republican Party. Learn more at this special event. Program funded by the Eileen Ayer Trust.

### *Guitar Music with Jim*

FRIDAYS- FEB.7 AND 21 • TIME: 11 A.M.

### *Green Burial Information Program: What is Green Burial and Why Does it Matter?*

MONDAY, FEB. 10 • TIME: 10:30 A.M.

Presented by T.P. White and Sons

A licensed funeral director discusses the options surrounding green burial including eco-friendly embalming and biodegradable caskets. Also, a local green burial cemetery representative discusses their policies and procedures. Each attendee receives a free planning packet to start the pre-planning process.

### *Playhouse in The Park presents: Buddy: The Buddy Holly Story*

WEDNESDAY, FEB. 12 • DEPART: 11: 30 A.M. RETURN APPROXIMATELY 3:30 P.M.

Experience the sensational music of the 1950s rock and roll icon Buddy Holly. Cost: \$50 members, \$55 non-members. Cost includes play and box lunch.

### *Card Class with Beth*

THURSDAY, FEB. 13 • TIME: 10:45 A.M.

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

### *Piano Music with Annie*

THURSDAYS- FEB. 13 AND 27 • TIME: 10:30 A.M.

### *Cincinnati Ballet- Swan Lake and Lunch at Music Hall Taft Suite*

FRIDAY, FEB. 14 • DEPART: 9:30 A.M. RETURN APPROXIMATELY 3 P.M.

Cost: \$30 members, \$35 non-members. Price includes show and lunch.

### *Sweetheart Dance-Arthur Murray Dance Lessons*

SATURDAY, FEB. 15 • TIME: 6-9 P.M.

Join us at ATSC for group dance instruction and dance party. Bring snacks, drinks, desserts to share.

### *Study with Pastor Jones*

TUESDAY, FEB. 18 • TIME: NOON

### *Stress Management for Seniors Workshop*

WEDNESDAY, FEB. 19 • TIME: 10:30 A.M.

My Stress Management Session is based on the research of Dr. Seyle, the father of stress management. It covers the most basic reasons for managing stress and many proven techniques for stress reduction.

### *Seldom the Same Musical Group*

THURSDAY, FEB. 20 • TIME: 10:45 A.M.

### *Wellington Speakers Series- Physical Therapy Department*

MONDAY, FEB. 24 • TIME: 10:30 A.M.

Worried about falling? Join the experts from Wellington's Physical Therapy Department as they discuss what makes people fall, assistive device use and how exercise and physical therapy can reduce a person's fall risk.

### *Book Blitzers*

MONDAY, FEB.24 • TIME: 12:30 P.M.

Check at front desk for titles and books.

### *Belterra Park Gaming*

WEDNESDAY, FEB. 26

Meet at Belterra Gaming, 6301 Kellogg Road, anytime between 10 A.M. and 2 P.M. Stop by the center and complete manifest by February 14. No phone reservations taken. Must have valid ID for promotions. Free buffet and \$10 bonus rewards. This is open to all ATSC members only.

## January and February Trips and Events Schedule

**Sign-Up Sheets Available: Dec. 9.**

**Sign-Up Sheets Due By: Dec. 16.**

**Notification Posted: Dec. 20 and 23.**

**Payment Due By: Dec. 30.**