



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

Turn in forms by June 19

The Anderson Township Senior Center is closed July 4 and 5.

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		

Streamlined Trip and Event Registration Process Starts in July

Thank you for your patience over the last year as the Anderson Township Senior Center tested the monthly "box trip" concept during the trip and event registration process. This process allowed more members to have the opportunity to attend some of our more popular events.

Based upon continued feedback and input from Anderson Township Senior Center Advisory Committee, we are implementing a completely new process that continues to support the senior center's efforts to:

- Allow every member the opportunity to attend events each month.
- Create a more streamlined, simple and safe system for registration.
- Eliminate the need to stand in line or show up to the Senior Center on a designated date and time.

Details of the new process are found on page 3 of the newsletter. Call the center at 474-3100 for questions.

Don't Miss the Summer Fun at Anderson's Senior Center



John Kiesewetter



Mr. Rogers

TV and media reporter **John Kiesewetter**, long the voice of in-the-know details about celebrities and media personalities, shares funny headlines and experiences at 10:30 a.m. Monday, July 29 at the Anderson Township Senior Center. The presentation is called "My Day with Mister Rogers." The event is free for members and \$2 for guests. Enjoy the life experience of this seasoned reporter who has followed local folks in the news business for more than 30 years.

Set aside some time at 10:30, Friday, July 26, when the **Newport Aquarium Wave Foundation Shark Cart** brings live sharks to the senior center. This mobile shark tank on wheels demystifies common misconceptions about sharks and allows participants to get close to the fish. Grandchildren are welcome. This event is sponsored by sales from the Odds and Ends Boutique and year-end fundraising donations.



"Aging has a wonderful beauty and we should have respect for that."

— Eartha Kitt

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.

JULY

Patriotic Celebration and July Birthday Cookout

MONDAY, JULY 1 • TIME: 10:30 A.M.

Wear your red, white, and blue and celebrate with live music. The Odds and Ends Boutique presents the "Christmas in July Spectacular and Bake Sale." Dessert sponsor is Meridian Care.

Wellington Speakers Series: Dr. Aarti Singla

MONDAY, JULY 8 • TIME: 10:30 A.M.

Dr. Singla will discuss spine stem cell therapy for back and joint pain.

Card Class with Beth

THURSDAY, JULY 11 • TIME: 10:45 A.M.

Cost: \$2 members, \$5 guests. Sign up is limited; see samples at front desk.

Piano Music with Annie

THURSDAYS-JULY 11 AND 25 • TIME: 10:30 A.M.

Medicare Updates-Medicare Q&A

Ohio Senior Health Insurance Information Program

FRIDAY, JULY 12 • TIME: 10:30 A.M.

Keep informed of changes for upcoming year.

Guitar Music with Jim

FRIDAYS- JULY 12 AND 26 • TIME: 11 A.M.

Book Blitzers

MONDAY, JULY 15 • TIME: 12:30 P.M.

Check at front desk for titles and books.

Study with Pastor Jones

TUESDAY, JULY 16 • TIME: NOON

Dinner out at Walt's Hitching Post

WEDNESDAY, JULY 17 • DEPART: 4:30 P.M. RETURN APPROXIMATELY: 8 P.M.

Enjoy dinner at this fabulous steak house. Cost about \$50 per person.

Holistic Health Wellness Workshop

THURSDAY, JULY 18 • TIME: 10:45 A.M.

Taught by Kristy Brandabur. Learn about ways to help dementia, Alzheimer's and other neuromuscular disorders.

Author's Corner-Richard McDonough

FRIDAY, JULY 19 • TIME: 10:30 A.M.

McDonough is a Cincinnati private eye who was hired to protect Princess Diana. Learn more about his amazing true story.

Paint Your Way to Happiness-"Grief Through Art Workshop" Presented by Chaplin Karin

MONDAY, JULY 22 • TIME: 10:30 A.M.

Understand and walk through life's disappointments and griefs with a sense of hope for a future with the help of art. No artistic talent required.

American Sign Museum Tour and Lunch at Mecklenberg Gardens

WEDNESDAY, JULY 24 • DEPART: 10:15 A.M. RETURN: 2:30 P.M.

Cost: \$10 members, \$15 guests.

Price includes tour and admission to museum. Lunch not included.

Newport Aquarium Wave Foundation Shark Cart

FRIDAY, JULY 26 • TIME: 10:30 A.M.

The Shark Cart brings you live sharks with the first ever mobile shark tank on wheels! The presentation demystifies common misconceptions about sharks.

Premier Program

John Kiesewetter: "My Day with Mister Rogers"

MONDAY, JULY 29 • TIME: 10:30 A.M.

The TV/media reporter and radio commentator will share funny headlines and answer questions about TV and radio personalities. Free for members, guests \$2.

Americana Music with Dean, Dave and Karen- "Seldom the Same"

MONDAY, JULY 29 • TIME: 11:30 A.M.

Ohio Consumer Council Water Conservation

MONDAY, JULY 30 • TIME: 10:45 A.M.

Learn how to save money on your water bill by efficiently using your water.

Meet at The Anthology of Anderson 6849 Beechmont Ave.

WEDNESDAY, JULY 31 • TIME: 11 A.M.

Tour and lunch at The Anthology of Anderson. Explore this new living option.

AUGUST

Acute Hearing Screening

THURSDAY, AUG. 1 • TIME: 9 A.M.-NOON.

Sign up for 20-minute appointment times.

Learn About Smart 911

FRIDAY, AUG. 2 • TIME: 10:30 A.M.

Smart 911 is a free new service to help you when you call 9-1-1.

Bring your smart phone to this class and learn how to download the app and install at www.smart911.com. Personal assistance available for downloading the app.

Guitar Music with Jim

FRIDAYS - AUGUST 2 AND 16 • TIME: 11 A.M.

August Birthday Cookout, Ice Cream Social

MONDAY, AUG. 5 • TIME: 10:30 A.M.

Enjoy music and fun!

Ice Cream Social sponsored by Otterbein Senior Life.

Belterra Park Casino Racino

THURSDAY, AUG. 8

Meet at Casino 6301 Kellogg. Stop by the center and complete manifest by 8/1. No phone reservations taken. Must have valid ID for promotions. Free buffet and \$10 bonus rewards.

Card Class with Beth

THURSDAY, AUG. 8 • TIME: 10:45 A.M.

Cost: \$2 members, \$5 guests. Sign up is limited; see samples at front desk.

Piano Music with Annie

THURSDAYS- AUG. 8 AND 22 • TIME: 10:45 A.M.

Eastside Technology Talk

THURSDAY, AUG. 8 • TIME: NOON

Check website for topic. <http://bit.ly/ESTTCincinnati>

"From Mozart to Modern Classical Music"-

Live Performance with Concetta Abbate

MONDAY, AUG. 12 • TIME: 10:30 A.M.

The presentation explores chamber music from Renaissance through Classical, Romantic and 20th Century periods. Concetta Abbate is a violinist and composer. Desserts sponsored by The Glen.

Tour of Red's Hall of Fame Museum and Lunch at Holy Grail

WEDNESDAY, AUG. 14 • DEPART: 10:30 A.M. RETURN 2: P.M.

Guided tour of Red's Hall and lunch at Holy Grail. Price includes tour and Hall of Fame admission. Lunch not included. Cost: \$10 members, \$15 guests.

Educational Program-Genetic Screening

THURSDAY, AUG. 15 • TIME: 10:45 A.M.

Momentum Community Care offers two no-cost screenings, covered 100 percent by Medicare. The information can be very helpful for preventative care and early detection, an important fact as seniors are the ones most affected.

Pre-Planning Bingo

MONDAY, AUG. 19 • TIME: 10:30 A.M.

Learn about pre-planning for your funeral or cremation services and have fun at the same time. Cookies served. Presented by Hay Funeral Home and Cremation Center.

Book Blitzers

MONDAY, AUG. 19 • TIME: 12:30 P.M.

Check at front desk for titles and books

Study with Pastor Jones

TUESDAY, AUG. 20 • TIME: NOON

Advance Directives with Binder of a Lifetime

TUESDAY, AUG. 20 • TIME: NOON-1:30 P.M.

Free for members, \$3 suggested donation for guests. This session includes filling out paperwork to help loved ones, including a values worksheet, living will and power of attorney for health care.

Q & A Skilled Nursing Care vs Long Term Care Housing Options

FRIDAY, AUG. 23 • TIME: 10:30 A.M.

Presented by Otterbein Senior Life.

Americana Music with Dean, Dave and Karen "Seldom the Same"

MONDAY, AUG. 26 • TIME: 10:30 A.M.

B&B Boat Captain's River Lunch Cruise

WEDNESDAY, AUG. 28 • DEPART: 10:30 A.M. RETURN: 2:30 P.M.

Cost: \$40 members, \$45 guests. Price includes cruise and buffet lunch.

Historian Diane Shields Presents Jackie Onassis

THURSDAY, AUG. 29 • TIME: NOON

Learn about this iconic First Lady who survived personal and national tragedy.

New Process Starts for Event Registration

Here's how the new process for event and trip registration will work:

- Pick up a trip/event sign-up sheet at your own convenience at the center during a specific time frame, or print a copy from the ATSC website: <https://www.andersontownship.org/senior-center>.
- Select the trips/events you wish to attend for the upcoming months. Members can take one guest and this information will be collected on the sign-up sheet.
- Return the sign-up sheet with your information and selected trips/events. Complete form and return by a specific date. Form can be delivered to senior center in person, via mail or through email.
- Check-in to see what trips and events you will be attending. The order of attendees will be determined by a random selection from the pool of all sign-up entries received. List of trip attendees will be available within 3 days of due date.
- Pay for your trip. You will visit the front desk (Janell or another front desk person) to pay for the trips you will be attending.

When will this be implemented?

Next sign-up - for July and August trips and events!

Dates for this upcoming process:

Monday, June 10: Sign-up sheets will be available at the Senior Center and emailed to those with valid email addresses already in the system.

Wednesday, June 19: Completed sign-up sheets are due (sheets can be returned any day prior to the 19th).

Friday, June 21: Trip attendees will be posted at the senior center and sent via email.

Friday, June 28: Payment is due; turn into front desk.