

WEEKLY ACTIVITY CALENDAR March and April 2010

The following activities happen weekly at the Anderson Senior Center. Come join in the fun. If you have any questions about any of the scheduled activities, please call the Center at 474-3100.

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Aerobics	10:00 Chair	9:30 Walking Club	9:00 Wellness Clinic 1st & 3rd Thursdays	9:30 Aerobics
11:30 Beginner Pattern Dance	Volleyball 10:00 Tap Dancing	10:00 Line Dancing 10:00 Poker		10:30 Pilates 10:30 Sing-a-long
12:00 Bridge	11:00 Arthritis Exer 11:00 Duplicate Bridge	10:00 Mixed Cards	10:00 Watercolors 10:30 Piano Music in	Dining Rm 3rd Friday 10:45 Bible Study
1:00 Steppers 2:30 Genealogy 2nd Monday	1:00 Quilting	10:00 Woodcarvers 11:00 Duplicate Bridge 12:45 Advanced	Dining Room 11:45 Computer Club	12:30 Bingo 1PM Job Search Learning
		Pattern Dance 2:30 Tai Chi 4th of month Health Clinic	Mtg. 2nd Thursday Lab 1:00 Ragtime Band 1:00 Book Club	
7:00 Yoga		Open til 8:00 pm	3rd Thursday	

**Clavinova Connection: therapeutic music program beginning March 29th
Call and schedule for an 8 week program cost is free...474-3100**

Volunteer Spotlight by Ginny Hunter

Featuring: ANDERSON SENIOR SOFTBALL LEAGUE

No rocking chairs for these fellows. They turn up at the ball field to compete in a game that most often is played by young men. They are members of the Anderson Senior Softball League, which proves every summer that mature men in reasonably good health can perform in a lively, competitive game.

The season for the league, which last year had 130 players of varying skill, runs from May through August at Riverside Park on Roundbottom Road in Anderson Township east of Newtown. Eight teams play at 9:30 a.m. Mondays and eight teams at 9:30 a.m. Thursdays. Many of the men play both days.

The league is open to all men 65 years old or older. Last year, the oldest was 84. The fee is \$30 a year to play once a week or \$60 for twice weekly. The fee includes a shirt and hat and a picnic at the end of the season.

"The main thing is it's a lot of camaraderie. You get to meet a lot of new people. You get to play ball and try to stay young," said Tony Caruso, who is in charge of recruiting and is also a player and one of seven league commissioners, all as a volunteer. "All skill levels are welcome," he said. Each year, new teams are organized and new players are accepted even after the season has started. Some modifications in the game are made to accommodate older players. But each man must be able to run to first base. If needed, a sub will run the other bases for him. The emphasis is on sportsmanship and safety, Tony said. Each man plays at least a portion of each game. "The people on the team are generally pretty active people. You have to play for an hour and a half. Many are significantly in better than average condition," he said.

Caruso, who lives in Anderson, sold computer information processing systems before his retirement. Married to Kay, he has four married sons and nine grandchildren. More spectators are needed. Those who would like to watch the games should bring a folding chair and perhaps a hat or an umbrella as shelter from the sun as desired.

Men interested in joining the league may phone Tony Caruso at 232-0347.

Emergency Preparedness

This is the time of year when snow piles up and it's safer to stay inside. There are steps you can take to make yourself safe and secure while the snow plows do their jobs!

Home Delivered Meals

In case of snow or power outage everyone in H.D.M. will be called/checked on to see if they have enough food for the day by our staff. In advance of any emergency, the Anderson Senior Center delivers to all meals clients several times a year, the meal will be labeled Emergency Meal and can be used in unusual circumstances and weather emergencies.

Congregate Meals and any Senior coming to the center

If you have lunch at the center and it is closed by weather emergencies the best choice is to use Shelf Stable Meals. We offer shelf stable meals here at the center just ask the staff and we can provide you with one. To make you own shelf stable meals have on hand, canned tuna, canned meat, crackers, applesauce, powdered milk, bottled water, dried fruit, nuts, items that do not require heat or cold to make and consume or store. Include a flashlight, first aid kit, emergency medication supply, sleeping bags, and extra batteries. For more tips about how to be prepared look on the web at www.help4seniors.org under emergency preparedness.

Questions regarding emergency meals call Jeannie Witschger, Service Coordinator 474-3100

Clavinova Connection

New Program

Learn to play piano the first time you sit at the Clavinova piano

1st 8 week session

Starts: Monday, March 29th, 2010

10:00 to 11:30 am

or

2:00 to 2:30 pm

3 people per session per time slot

More classes will be added as needed and available time allows.

Call Mary Wolff at 474-3100 to sign up