

**ANDERSON SENIOR CENTER
SEPTEMBER/OCTOBER 2008
NEWSLETTER**

(Graphics and pictures have been omitted due to space. For a full copy of the newsletter please stop by the center or call 474-3100 to have one mailed.)

Your Center has some great trips planned through the end of the year. Don't miss out on all the fun. Call 474-3100 to sign up today!

9/8	Golden Lamb	10/22	Keenland Race Track
9/17	Ballet Tour & Lunch	10/31	"Dracula" at the Aronoff
9/23	IKEA Shopping	11/19	Miracle on 34 th St.-LaComedia
10/2	Amish Country Tour	12/5	Metamora Indiana
10/6	Grand Victoria Casino	12/12	Nutcracker at the Aronoff
10/10	Cirque du Soleil		

Trip information and can be found throughout the newsletter.

Center Advisory Committee

It is time to elect a new Anderson Senior Center Advisory Committee member. Thank you to Norma Wolfer for her dedication to the Advisory Committee and her commitment to her role as an Advisory Committee member. Norma will complete her term through October 31, 2008. The newly elected member will have a term of two years.

Election information is included in this newsletter. Please nominate someone who you feel would represent the membership on the Committee. Nomination forms must be submitted to Libby Feck by November 1, 2008.

Senior Art Show

The Council on Aging of Southwestern Ohio is once again sponsoring a Senior Art Show. This year's show will be October 17-29 at the Tri-County Mall.

Art Work must be dropped off at the Council on Aging by October 7th or 8th to qualify your entry.

Call the Center or stop by the front desk to get the guidelines for entry and registration form. **Registration forms due by September 19th.**

Let's show off the talent we have from Anderson Township.

Congratulations again to ASC member Marto Massey who placed 3rd with her entry of "View near Eagles Ashville, NC" in the 2007 show.

Nutritional tip from Council on Aging:

Foods to eat every week to help you live longer!

Blueberries, Olive Oil, Yogurt, Fish, Dark Chocolate, Nuts, Red Wine or Dark Grapes, Sweet Potatoes and Dark Green Leafy Vegetable

BE PREPARED OHIO

September 22, 2008

8 a.m. to 4 p.m.

Sharonville Convention Center

During Hurricane Katrina, some of our country's most vulnerable citizens-older adults and people with disabilities-struggled to get help or find care in the midst of chaos and confusion.

On September 22, the Council on Aging of Southwestern Ohio and the Emergency Preparedness Collaborative will present **Be Prepared Ohio**. This event will bring together emergency responders, public health and social service agencies, people with functional needs and their caregivers to share information and resources on how to prepare for emergencies. No cost. Call the center if you need transportation. Transportation provided at a suggested donation of \$3 per person.

Progressive Bridge Winners 7/17/08

1 st	John Martz		5400
2 nd	Velva Bostwick	4580	
3 rd	Virginia Mathews		313

Book Club

The Book Club meets the third Thursday of each month at the Anderson Senior Center.

Sept. 18, 2008 1:00 p.m.

At Home in Mitford by Jan Karon

October 16, 2008 1:00 p.m.

The Silk Vendetta by Victoria Holt

AVAILABLE FOR RENT

Need a place to rent for your next party or event. The Anderson Senior Center is available for rent. Call Libby Feck, Director at 474-3100 to schedule your date.

Healthy Lifestyle Activities

Now that summer is almost over, stay active by participating in one of the many healthy lifestyle activities held at the Center. We offer Aerobics, Pilates, dance classes, Chair Aerobics, Chair Volleyball, Walking Club, Tai Chi and Corn Hole. There is something for everyone. Keeping active keeps us young, healthy and stimulates the mind! Come join in the fun.

ATTENTION MEMBERS.....

Due to the fact that the availability of the bus from Llanfair Retirement Community is somewhat limited now, we are finding it necessary to schedule some of our outings in Chartered Motor Coaches (as you know, these vehicles are very comfortable and allow us to take more people on the trip). This along with the jump in fuel prices has caused a slight increase in some of our trip prices. Be assured that we have looked closely at what is the best price for our members.

We have also tried to offer some smaller closer trips that are offered at a lower price. **PLEASE PAY CLOSE**

ATTENTION TO DEADLINES. If we do not see a large enough interest in a trip, activity or program by deadline, we will cancel the event. Also, you must pay when you register. There have been many times that people have been on the list to go on a trip but have not paid. They do not show up on the day of the trip taking the place of a person who may have wanted to go. By paying when you register, it lets us know that you will show up. Thank you for adhering to these policies. It allows for smoother trips and more fun!

Your Center Staff

SEPTEMBER EVENTS, PROGRAMS AND TRIPS

September Birthday Party

Wednesday September 3

Entertainment provided by: Gigi and Carmen. Their music will delight you with standards by Frank Sinatra, Tony Bennet, Barbra Steisand and more.

Show Time: 10:30

Lunch: 11:30 No cost for all celebrating a September birthday.

Cost: \$2.50 (suggested lunch donation) for all others.

Complimentary cake and ice cream to all.

RSVP by: August 27

Ally's Beads for Beading Class

Date: Friday September 5

Day trip to Ally's to make your own bracelet. Receive materials and supplies to create your own style. Keep for yourself or make for that special hard to buy for friend.

Cost for class: \$15.00 (you pick beads.. some may be an additional cost.. the choice is yours) After class we will enjoy lunch at Bridge Cafe'.

Bring \$15.00 to pay directly to Ally's Beads and lunch money.

Cost for Transportation: \$7.00 members

\$12.00 guests

Reservations by: September 2

Departure Time: 10:00

Estimated return to ASC: 2:30

Golden Lamb Lunch and shopping in Lebanon

Date: Monday September 8

Departure: 10:00

Estimated return: 3:30

Board a luxury Croswell bus for the day and travel to historic Lebanon. Choose your favorites from menu. Then browse boutiques and antiques. Sure to be a lovely day out. Cost: \$16.00 members \$20.00 non-members. Reservations by 8/29.

Lawn Bowling & Picnic

Wednesday, September 10 Wednesday

Join us at Little Miami Park for Lawn Bowling. This is an ancient sport with its greatest popularity in Britain. It's available to us at the great new park in Newtown. No special knowledge equipment or skills is required to come give this fun sport a try. Members from Cinti Lawn Bowling Club will show us how to play and keep score. Shady spots next to the green as well as picnic shelter available for our use. Comfortable shoes is all you need for this fun day.

Time: 9:30

Cost: \$10.00 includes bowling, picnic and suggested donation for transportation.

RSVP: Sept. 5

AARP Safe Driving Class

Wednesday Sept.10 Thursday Sept. 11

Note early class time 8:30- 12.00 held in computer room.

Safe Driving 55 Alive Program is a nationwide recognized course designed especially for older drivers. Increase your confidence behind the wheel and refresh your driving skills. This 8 hour class will be broken into two four hour sessions.Attendance at both is required. Receive a certificate that can save you \$ on auto insurance too.

Time: 8:30 a.m. to 12:30 p.m.

Cost: \$10 members \$15 guests.(Please make \$10 check out to AARP).

Registration required

Annual Senior Center Indoor Garage Sale

Date: Saturday September 13. Hours: 9-2

MEMBER ONLY preview on Friday, September 12 at 3:00.

Accepting Donations ONLY during the week of September 8-12. Clean out those closets and drawers for unwanted usable items. Bring them to the Center during regular operation hours. All proceeds go to your senior center. Clothing, jewelry, accessories, china, glassware pots pans, decorations and linens are things we are looking for. No large furniture or appliances. Help us out buy pricing your donations.

Social Security Informational Session

Date: Monday September 15.

Topic: What every woman should know about social security. Survivorship benefits will be covered.

Public Affairs Security Specialist Susan Denny will present to ASC and answer questions. Stay informed.

Time:10:30

Cost: none (but stay for lunch at suggested donation price of \$2.50)

Reservations by: September 8.

Cincinnati Ballet Company Behind the Scenes Tour.

Date: Wednesday September 17

This tour provides a rare opportunity to see the dancers in action. We will visit the home of the ballet company on Central Parkway. We will have a unique chance to peek at the everyday workings of the ballet. Have an up-close and personal look at the dancers and their facility. Trip includes, transportation, tour, catered lunch and watching rehearsal.

Depart:10:45 a.m.

Estimated return time: 2:30

Cost:\$20.00 members, \$25 non-members

Reservations by: September 10.

Annual Transportation Fundraiser Grill Out.

Date: Friday September 19

Music Provided by: Fred Hannah and Friends

Entertainment begins 10:30

Lunch:11:30

Cost:\$6.00 members \$8 non-members

Don't miss the chance to show your appreciation for the transportation department for all the services you receive all year long. (Cash donations also accepted. Funds raised helps to maintain vehicles)

Reservations by: September 12.

Cincinnati Preservation Lecture on Cincinnati Architecture

Date: Monday September 22

Time:10:30

Cost:\$5.00 includes lecture and lunch

Learn all about the hidden treasures of the Queen City in a new slide show presentation.

Reservations by: September 15.

Shopping trip to Ikea Store in West Chester**Date: Tuesday September 23.**

Departure: 9:00

Return Approximately: 3:00

Cost:\$20.00 members \$25 non-members

Come see about the newest store in our area. Board a Croswell Motor coach and travel in style. We will be greeted by a member of the IKEA team who will best

explain how to shop at the giant store. Wear your walking shoes and bring your appetite and Dine at their gourmet

restaurant offering a wide selection of fantastic foods.

Reservations by: September 15.

Hearing Screening by Alice Kortyka**Thursday, September 25 Time: 10 – noon**

Once again, ASC friend Alice Kortyka will be here to do hearing screenings. Get your name on the list soon for this free service.

Sing-a-long with Jeannie**Date: September 26 10:30 a.m.**

Join others in the dining room for a fun sing-a-long

Local Mystery Lunch**Date: Tuesday September 30**

Departure: 11:00

Estimated return time: 1:30

Cost:\$5

It's a local lunch. Don't try to guess because we won't tell!

Reservations by: September 23.

October Birthday Party**Date: Wednesday October 1**

Entertainment:10:30

Lunch: 11:30

Cost: Free for those members celebrating an October Birthday and \$2.50 for others

Complimentary cake and Ice cream for all.

Reservations by: September 30.

Day Trip to Amish Country in Adams County**Date: Thursday October 2**

Departure: 8:30

Estimated return: 3:30

Cost:\$20.00 members, \$25.00 non-members.

Bring money for lunch and shopping. Board a Croswell motor coach and travel to the beautiful Amish community in

Adams County Ohio. Relax and enjoy the drive. Sample baked goods, homemade jellies and jams. Admire Amish

craftsmanship and enjoy a great day. Stops include Millers General Store and Kiems Bakery followed by a delicious lunch

at Moyers Winery.

Reservations by: September 30.

Casino Trip to Grand Victoria on Croswell Motor Coach**Date: Monday October 6**

Departure: 9:00

Est return time: 4:00

Gaming and lunch on your own.

Cost:\$20.00 members, \$25.00 non-members

Receive a \$5.00 cash coupon to use for buffet or gaming.

Reservations by: September 30.

Candy Making Class held at the Center**Date: Tuesday October 7**

Time:9:30-11:30 Cost:\$20.00

Fantasy and Frostings will be here to help us learn to make candy and eat some too. This will be a fun easy way to learn a new edible craft and save money by making your own holiday gifts and treats.

All supplies and materials will be provided. Reservations by: October 2.

Cirque du Soleil**Date: Friday October 10**

Departure: 2:30

Show: 3:30-5:30

Estimated return: 6:00pm.

Cost: \$55.00 includes show and transportation.

See the spectacular show in the brand new Kentucky Bank Center. Which is easily accessible for the handicapped. Amazing, entertaining, not to be missed event.

Reservations by: October 2

October Mystery Lunch**Lunch Only (sorry Shoppers your chance will be October 27)****Date: Wednesday October 15**

Departure: 10:30

Estimated return time: 1:30

Cost: \$5 members \$8 guests

Werner Coppel Holocaust Survivor Talk**Date: Thursday October 16**

Interesting & amazing tale of his experiences and insight. This is one you don't want to miss.

Time: 10:00

Cost: \$5 (includes lunch)

Reservations by: October 9

Sing-a-long with Jeannie**Date: October 17 10:30 a.m.**

Join others in the dining room for a fun sing-a-long

Osteoporosis and Nutrition Workshop**Date: Tuesday October 21**

Paula Martinez Dietitian for council on aging will present an informative program on Osteoporosis. It's beatable and treatable...find out how. Support your bones because they support you.

Time: 10:30 Cost: none but join us for lunch at suggested donation of \$2.50

Reservations by: October 14.

Croswell Day Trip to Keenland**Date: Wednesday October 22**

See the beauty of horse racing at Keenland the premier Kentucky track.

Departure: 9:30

Estimated return time: 7:30 p.m.

Cost: \$52.00 includes transportation and lunch buffet at Kilbern's.

Reservations by: September 30.

Don't wait till the last minute to RSVP. Need minimum of 30 passengers.

Monday Night Big Band Costume Ball**Date: Friday October 24**

Enjoy a great evening listening to the talented Monday Night Band as they take us back to the days of Big Band Music.

Dress-up in your favorite costume (costumes optional).

Time: 7- 9:30

Cost: \$8.00 per person \$10.00 for non-members

Mystery Lunch and Shopping Trip**Date: Monday October 27**

If you like to shop this is for you.

Departure: 10:30

Estimated return: 3:00

Cost: \$8 member \$12 non-members

Reservations by: October 20

Fall Flower Arranging Class

Date: Wednesday October 29

Time: 10:00(class will be 60- 90 minutes.

Cost: \$20

Donna Stamper owner of Jay's Flowers in Milford will be our instructor. Learn how to make a beautiful fall arrangement with new skills you can use all year through. All materials provided, and you will leave with a beautiful arrangement.

Minimum # of 10 participants required.

Reservations by: October 22

"Dracula" at the Aronoff--Cincinnati Ballet Company's performance

Date: Friday October 31 Halloween

Departure: 9:30

Ballet 10:30-12:30

Bring money for lunch downtown after the performance

Cost: \$20 for ticket and transportation

Reservations by: October 24.

Cincinnati Bell Lifeline Program

Lifeline is designed to assist qualifying consumers with their telephone services needs. These programs provide special discounts when obtaining service and provide a monthly service discount as well. Programs are available for new and existing customers of Cincinnati Bell. To receive an application, please call 513/565-5433.

Genealogy Group Meeting

On Sept 8, at 2 p.m., the genealogy group invites you to a family history / genealogy fair.

Come see what beginners and experts in the search of their family history have been doing.

There will be numerous displays, and a packet of material for beginners will be available.

Yard Sale

ASC will be holding it's annual yard sale on Saturday, September 13 from 9 am to 2 p.m. There will be a special member preview of items on Friday , September 12 from 3:00 to 4:00. This special preview is for MEMBERS ONLY.

If you would like to donate any items for the sale, we will be accepting donations **NO SOONER THAN** September 8. Please help us by pricing your items if possible.

All proceeds of the yard sale will benefit the Senior Center.

Our sympathy is extended to the family of members: Doris Sweet, Bill Berry, Cleda Miller. You will live on in our hearts forever.

17th Annual Community Day at the Races

Join in the fun at the 17th Annual Anderson Township Day at River Downs, Saturday August 30, 2008. Cost is \$15 for adults and \$10 for children 12-3 years of age. Anderson Senior Center will provide transportation to the race track. Call 474-3100 for ticket and transportation information. Show support of your community. Have fun at the race track!

Avon Fundraiser

The Center will be holding an Avon Fundraiser to make updates to our dining room on the following weeks.

October 20th

October 27th

November 3rd

Orders must be placed by Friday November 14th.

Please stop by the Center to look at an Avon Book and place your order.