

ANDERSON SENIOR CENTER

A COMMUNITY SERVICE OF **SENIOR INDEPENDENCE.**

Volume I, Issue I

WWW.ANDERSONTOWNSHIPSENIORCENTER.COM

JANUARY & FEBRUARY 2010

ANNUAL VISIT MARTY BRENNAMAN

Baseball, hotdogs, apple pie, and Marty Brennaman. It must be January at the Anderson Senior Center and a great way to lose the winter blues is by joining us on :

MONDAY JAN. 25TH

Marty speaking at 10:30 am

Lunch at 11:30 am

COST- \$6.00 Members

\$9.00 Guests

DEADLINE Jan. 19th

Marty will give us his view of the 2010 REDS and what the upcoming season has in store for REDS fans. Buy your tickets early.....



**Join us for the
GO RED
Campaign for
Healthy Hearts**

Thank you!

We had a great response for our Avon Fundraiser. A special thank you goes out to **Anne Kroger**, for working with the ASC by donating her compensation from the order to support our efforts to purchase Clavinova pianos for a music lab here at the Anderson Senior Center.

Anderson Senior Center
7970 Beechmont Avenue
Cincinnati, Ohio 45255
Phone: 513-474-3100
Fax: 513-474-6448

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Senior Center Staff

Mary Wolff-Director
Sarah Plahovinsak-Receptionist
Julie Cecil-Scheduler
Nancy White-Driver
Harry Manton-Driver
Jim Popp-Driver/Maintenance
Jeannie Witschger-HDM/
Service Coordinator
Eileen Helmick-Cook
Ginny Rottinghaus-Cook/
custodian
Claire O'Connell-Activities

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Center Closed
JANUARY 18TH
M.L. King Day

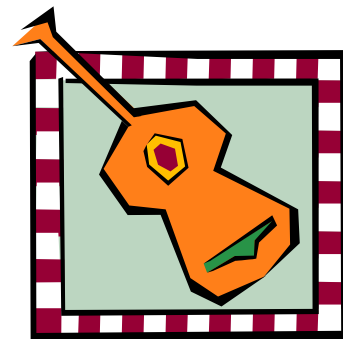
Elvis is in the building.....

guests
Reservations by: 1/8/10

Friday, January 15
Elvis Show and Sock Hop and lunch

Get ready to twist and shout "The King" will be in the house!
Celebrate national Elvis month and relive those fun days from the 50's.

Dust off those poodle skirts and blue suede shoes and have fun with your ASC friends.
Bring a pair of new socks to donate for the children at Beech Acres.
Time: 10:00
Cost: \$6 members, \$9



Tips for Trips and Events

ACTIVITY ANNOUNCEMENTS FROM CLAIRE

1. To make sure trip leaves on time please arrive 15 minutes prior to trip departure.

2. If you are unable to take a trip you have signed up for please call and cancel.

3. Refunds may not be able to be given if your spot is not filled.

4. When **dining out**, please bring cash, **\$20 composed of a \$10 bill, 1 \$5 bill and 5, \$1 bills.** This will help with check out process.

Senior Fitness-Mondays and Fridays 9:30-10:15

Is a non-impact cardiovascular program using strength training and balance exercises to maintain health and maintain current level of independence. All ages welcome.

Cost \$3 members, \$5 guests

Arthritis Exercise Class Tuesdays 11:00-11:45

Strengthen, Increase endurance and range of motion, balance and decrease pain.

Cost \$3 member \$5 guests

Tai Chi & Chi Kung Wednesdays

Tai Chi & Chi Kung Wednesdays

2:30-3:30 Involves slow, graceful, yet powerful movements to balance and strengthen the body. Easy as taking a walk. 1st class is free. Ongoing classes are \$8.00 per class. Instructor Jim Fitzpatrick

New Evening Yoga with Julie Lusk

Monday evenings-7:00-8:30 pm

Author of Desk Top Yoga with 30 years experience, Julie provides an enjoyable introduction to yoga postures, breathing techniques, and guided relaxation to tone your body, clear your mind and find peace. Good class for most fitness levels.

Six week segments- \$75 or \$15 per class.

Call Julie to register at 576-6662 or pay on the day.

Sharing and Caring

The Holiday Season is a wonderful time to donate and share with others who may be struggling. This year the Anderson Senior Center wishes to thank all the community partners who made this season special for homebound seniors:

Exchange Club

St. Timothy Church

Wish Tree

Anderson Senior Center

And the students of:

Mercer Elementary

St. Veronica School

McNicholas High School

Life insurance: How much and what type?

Well, that depends on *you*. But *you* can depend on *me* to help *you* get it right. Call today for a free, no-obligation Life Insurance Needs Analysis.



American Family Life Insurance Company
Home Office | Madison, WI 53783
www.aflac.com

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Julie Baker Agency
8298 Clough Pike, Suite 3
Cincinnati, OH 45244
j.baker@aflac.com
(513) 474-1800

Computer Classes for All Ages

The next session of Computer classes begins the week of January 4th, 2010 at the Anderson Senior Center Computer Learning Center. Basic computer classes offer a Basic Introduction to the Computer and the Internet and E-mail. Intermediate classes provide instruction in Intermediate Basic, Word Processing, Spreadsheets, Creating Greeting Cards, Creating CD's and Digital Photography Basics. These two-hour classes will be held once a week for five weeks. Ages 18 and over are welcome to attend. For class schedule, or further information:

www.andersontownshipseniorecenter.com and click on Computer Classes or call 474-3100.

Computer Club

Meetings

2nd Thursday of the month

January 14th

February 11th

11:45 am

Book Club

Meets

*Jan. 21-The Lace Reader
by Brunonia Barry*

*Feb. 18th-Atonement by
Ian McEwan*



Learning computers is fun!

NEW SIGN UP PROCESS FOR TRIPS AND EVENTS

In an effort to provide the fairest of all ways to allow members of the Anderson Township Senior Center so all have a chance to get to go on trips before they sell out, we will begin signing up for trips on:

Monday January 4th, 2010

We are eliminating the tickets and are just having people sign up on sheets and we will make a reminder call before the event.

Members who have paid extra for first-class postage must understand that you are receiving the mailing at home vs. coming to the center to pick it up. It does not guarantee that you will get the newsletter any faster than anyone else.

The only way to secure a place on the trip is to pay in full. If special financial arrangements need to be made talk to Mary Wolff.

Refunds for trips in which you cancel will only be refunded if we are able to fill your seat or space at the event.

Hopefully, these policies will make trips/events at ASC a fair and fun experience for everyone who wants participate and is an open process.

Sincerely,
Mary Wolff, Director ASC

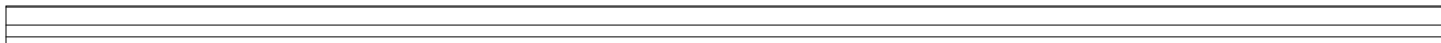
UPCOMING EVENTS

In April 2010

Reds Game Sunday April 11th 2010

**Reds VS Chicago Cubs
All you can eat Picnic Tent!
Cost: \$50 includes: buffet, field
level seat and transportation**

Broadway Series at the Aronoff Sunday Evening April 25th 2010 Mary Poppins Cost: \$42



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513-474-3100

Celebrating Sarah

Please join us on Tuesday, January 12th at Noon to wish our receptionist, Sarah Plahovinsak good-bye and best wishes as she leaves Anderson Township Senior Center for new adventures.

ADVERTISE IN THE NEWSLETTER

BENEFITS:

Distribution of 1500 newsletters bi monthly to senior citizens in the communities of Anderson Township, Mt. Washington, California, Newtown and Terrace Park. Members of the Anderson Senior Center are encouraged to show their appreciation to these companies by giving them their business.

Cost of Advertisement:

All advertisements must be camera ready and emailed to: mwolff@llanfair.oprs.org
Black & White Newsletter page is 8 1/2 x 11

Prices are for one bi-monthly newsletter:

Business Card Ad	\$ 35.00
1/4 page ad	\$75.00
1/2 page ad	\$125.00
Whole page	\$200.00
Whole page Insert	\$150.00 (if we copy it)
Whole page Insert	\$100.00 (if you copy it)

Checks made payable to: Anderson Senior Center

Save The Date!!!!!!

Tuesday, February 16
Mardi Gras at The New England Club
Wear your masks, beads, purple green, and gold.
We will celebrate in style with our neighbors at New England Club.
Depart ASC: 10:45
11:00 Appetizers then lunch followed by a tour of the building and then more entertainment and fun.
The day should be over by 3pm.
Cost: free

Make your reservations by: 2/9

Anderson Township Senior Center is funded by: Anderson Township Board of Trustees and Council on Aging of S.W. Ohio