

**Anderson Township Senior Center**

7970 Beechmont Ave.  
Cincinnati, Oh. 45255

**513-474-3100**

- [www.andersontownshipseniorcenter.com](http://www.andersontownshipseniorcenter.com)
- [www.seniorindependence.org](http://www.seniorindependence.org)
- [www.icaregiver.org](http://www.icaregiver.org)
- [www.help4seniors.org](http://www.help4seniors.org)
- [www.andersontownship.org](http://www.andersontownship.org)

Nancy Dunton.....	<i>Director</i>
Claire O'Connell.....	<i>Activities</i>
Julie Cecil, Jim Popp, Nancy White.....	<i>Transportation</i>
Jeannie Witschger.....	<i>Meals on Wheels &amp; Service Coordination</i>
Eileen Helmick, Pam Griffin.....	<i>Kitchen</i>
Ginny Rottinghaus.....	<i>Reception</i>
Rick Behymer, Charolette Gebhart, Mary Blevins, Nelia Miller.....	<i>Mature Services Program</i>
Libby Feck.....	<i>Director of Program Services</i>



A COMMUNITY SERVICE OF SENIOR INDEPENDENCE.

The 2011 Volunteer Luncheon was a great event. The 2011 Triumph Award winner was Mr. Art Fusaro.

July/August 2011

His contribution to the center has been another great year of "touching lives" through computer training. The computer lab at the center has been operating for over 15 years and Art has been involved from day one. The classes have taught over 400 people new skills with the computer. Over the years Art has taught intermediate computing, creating music cd's, graphics and greeting cards as well as advanced graphics. There are times Art teaches two classes per day and almost always teaches two classes a week. Whenever there is a need to sit down and discuss computer center issues he is always will to donate even more of his time. His commitment, drive, ambition and dedication make him a valued asset at the center. Congratulations to Art Fusaro, our 2011 Triumph Award Winner and thank you to all of our volunteers who "make it happen" every day!



**White Elephant Sale .....WEDNESDAY AUGUST 3rd....Details inside.....**

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Exercise 12:00 Bridge 1:00 Steppers 1:00 Clavinova1	10:00 Clavinova2 10:00 Chair Volleyball 10:00 Tap Dance 11:00 Arthritis Exercise 11:30 Duplicate Bridge	9:00 Nurse-Blood Pressure 9:30 Walking Club- offsite 9:30 Woodcarvers 10:00 Line Dance 10:30 Monthly Birthday Party	9:00 Watercolors 10:00 Chair Yoga 10:30 Clavinova 11:00 Piano Music 1:00 Line Dance 1:00 Computer Lab	9:30 Exercise 10:45 Bible Study 11:30 Card group 12:30 Bingo 1:00 Job Search Learning Lab
9:30 Exercise 12:00 Bridge 1:00 Steppers 1:00 Clavinova1 2:30 Genealogy Club	10:00 Clavinova2 10:00 Chair Volleyball 10:00 Tap Dance 11:00 Arthritis Exercise 11:30 Duplicate Bridge 1:00 Quilt Group	9:00 Nurse-Blood Pressure 9:30 Walking Club- offsite 9:30 Woodcarvers 10:00 Line Dance 11:30 Duplicate Bridge 2:30 Tai chi	9:00 Watercolors 10:00 Chair Yoga 10:30 Clavinova 11:00 Piano Music 11:30 Computer Club 1:00 Line Dance 1:00 Computer Lab	9:30 Exercise 10:45 Bible Study 11:30 Card group 12:30 Bingo 1:00 Job Search Learning Lab
9:30 Exercise 12:00 Bridge 1:00 Steppers 1:00 Clavinova1	10:00 Clavinova2 10:00 Chair Volleyball 10:00 Tap Dance 11:00 Arthritis Exercise 11:30 Duplicate Bridge	9:00 Nurse-Blood Pressure 9:30 Walking Club- offsite 9:30 Woodcarvers 10:00 Line Dance 11:30 Duplicate Bridge 2:30 Tai chi	9:00 Watercolors 10:00 Chair Yoga 10:30 Clavinova 10:00 Bridge Club 11:00 Piano Music 12:00 Bridge Group	9:30 Exercise 10:45 Bible Study 11:30 Card Group 12:30 Bingo 1:00 Job Search Learning Lab
9:30 Exercise 12:00 Bridge 1:00 Steppers 1:00 Clavinova1 2:30 Hooks & Needles	10:00 Clavinova2 10:00 Chair Volleyball 10:00 Tap Dance 11:00 Arthritis Exercise 11:30 Duplicate Bridge 1:00 Quilt Group	9:00 Nurse-Blood Pressure 9:30 Walking Club- offsite 9:30 Woodcarvers 10:00 Line Dance 11:30 Duplicate Bridge 2:30 Tai chi	9:00 Watercolors 10:00 Chair Yoga 10:30 Clavinova 11:00 Piano Music 1:00 Line Dance 1:00 Computer Lab 1:00 Photo Club	9:30 Exercise 10:45 Bible Study 11:30 Card group 12:30 Bingo 1:00 Job Search Learning Lab

Please remember the center welcomes your donations each and every time you attend. Every dollar you donate goes toward coffee, supplies, set up of tables, copies for classes, utilities and all things associated with operating the Anderson Township Senior Center.

## Weekly Calendar of Activities

### Walking Club Schedule

July 6 Veterans Park, Clermont  
 July 13 Veterans Park, Anderson  
 July 20 Beech Acres  
 July 27 Jullifs Park  
 Aug. 3 Clepper Park, Clermont  
 Aug. 10 Veterans Park, Clermont  
 Aug. 17 Veterans Park, Anderson  
 Aug. 24 Beech Acres  
 Aug. 31 Woodland Mound Park

### Donations of yarn are

**always accepted.** We have a wonderful volunteer who will knit lap blankets with your yard. These blankets are then donated to a local nursing home for use by the residents there. You can feel sure that your donation will go to a worthy cause. Please drop yarn off at the front desk.



**Are you a volunteer at the center?** Do you sign in each time you volunteer your time and energy at the center? You Should! The 2011 Volunteer sign in book it located at the information desk in the lobby. We hold a banquet each year to honor those people and we don't want to miss anyone! Next time you are in to volunteer stop and sign in. *Thanks*

### ATTENTION: Home Owners...If you have a plumbing problem, Don't Panic!

#### "How to Get A "Top Talent Plumber to Show Up On-Time, So You Don't Waste Time"

You have a busy schedule. You value your time, and you don't want to waste a day waiting for a plumber to show up. Most plumbing companies won't give you a real appointment. They say "We'll be there between 10 and 4." Now there is a new way to get your plumbing problem fixed, save money, and more importantly get a precise **Appointment Window** so you don't have to waste time waiting. For your Appointment Window:



Call Now 271-6720  
**Forsee Plumbing Co., Inc.**  
**#1 Plumber in Cincinnati**  
**513-271-6270**

**As an Anderson Township Senior Center member, preset this ad and you will receive \$10 off the \$39 service call fee.**

OH State License PL 16160  
 KY Ste License M7256

Cash, Check, Maser Care and Visa Accepted

[www.ForseePlumbing.com](http://www.ForseePlumbing.com)



### Why Advertise in the Newsletter ?

Distribution of 1500 copies to area seniors every other month including Mt. Washington, California, Newtown, Anderson Township, Terrace Park and more.

Business Card Ad	35.00	Whole Page Ad	200.00
¼ Page Ad	75.00	Whole Page Insert	150.00
½ Page Ad	125.00	All Ads must be camera ready	

E-mail to [ndunton@seniorindependence.org](mailto:ndunton@seniorindependence.org)

Checks payable: Anderson Senior Center

## JULY 2011 Trips & Events

### Super Event July Birthday Party Wednesday, July 6

10:30: entertainment, 11:30 Lunch  
The **Dancing Grandmas** will perform.  
Special guest Denny Duvall will play the Clavinova.

Cost: None for members with July birthday, all welcome at suggested lunch donation price of \$3.00. Reservations by: 7/5.

### Concert on Fountain Square Thursday, July 7

Depart: ASC 10:30 Return: aprox.2:30  
Relax and enjoy acoustic music on the square, or visit downtown shops and eateries. Lunch on your own.

Cost: \$10 members, \$13 guests  
Price includes: trip and suggested transportation donation. Reservations by: 6/30

### Wells Fargo Educational Program Monday, July 11 Time: 10:30

Join us for an Educational discussion on income and investment strategies during retirement. Snacks provided.  
Cost: None Reservations requested.

### Dinner at Vito's Café Wednesday, July 13

Depart ASC: 4:30 PM  
Return: 9:00 PM

Vito's is the home of the singing waiter. Truly a unique dining experience, Waiters sing and serve a delicious 4 course Italian meal with dessert, coffee & tea. Cash bar available.

Cost: \$50 members, \$55 guests.  
Price includes: trip, dinner and suggested transportation donation. Reservations by: 7/6



### *Premier July Event*

#### Croswell Bus Trip to Lebanon.

Thursday, July 21 Lebanon Sale Days  
Depart ASC: 9:00 Return: 3:00  
Relax and enjoy the ride aboard a luxury motor coach. Historic Lebanon is featuring their **summer bargain days**.

Enjoy the shops and extra values, with plenty of room for your purchases. Have lunch at the Golden Lamb or choose from the other dining options.  
**Cost: only \$20 members, \$25 guests.**  
Includes: motor coach ride & coupon book. Lunch on own.  
Reservations by: 7/14. *If dining at the Golden Lamb let us know and we can*

#### Movie and Popcorn Tuesday, July 26.

Academy Award winner  
"The Kings Speech" is the feature film.  
Time: 12:30 Cost: None

#### Mystery Lunch-Thursday, July 28

Depart ASC 10:30 Return: 1:30  
Cost: \$8 members, \$11 guests.  
Cost covers suggested transportation donation to mystery lunch spot. Bring own lunch money. Reservations by: 7/21

#### Hamilton County Park District

##### Show: It's a Wonderful Death

##### Sweet Wine Banquet Center

##### Murder Mystery Dinner

##### Saturday, July 30.

Doors open 6:30 Dinner: 7:00 Enjoy an evening of humor and fun at the Murder Mystery Dinner. **Meet your ASC friends** at Sweet Wine Banquet Center Vineyard Golf Course at Woodland Mound Cost: \$34.00 special price

**Limited number of tickets available.**

## AUGUST Trips & Events

### August Birthday Party

#### Wednesday, August 3

Music: 10:30 Lunch: 11:30

Music by Sister Acts

Cost: None for members with August birthday, all welcome for suggested lunch donation of \$3.00. Reservations by: 8/1



### Newport Gangster Tour and Lunch

#### Thursday August 4

Depart ASC: 10:00 return: 2:00

Step-on-tour-guide narrates the history of the organized Crime in Newport Ky. Lunch following at *The Syndicate*.

Cost: \$40 member's \$45 guest.

Price includes: trip, tour and **full lunch** with suggested transportation donation.  
Reservations by: July 21.

### Taft Museum and Lunch

#### Wednesday, August 10

Taft exhibit highlights *Tiffany Windows*

Depart: ASC 10:30 return: 2:30

"In The Company of Angels"

Seven Rediscovered Tiffany Windows.

Cost: \$35 member's \$40 guests.

Price includes: museum package docent guided tour, luncheon, with suggested transportation donation. Reservations by: July 29

### Hamilton County Park District

#### "Big Bugs" Sculptures at Glenwood

#### Gardens and Picnic

#### Wednesday August 17

Depart ASC: 9:30 Return: 1:30

Big Bugs features larger than life insect sculptures made of wood and other natural materials. Cost: \$12 member's \$15 guests  
Price includes: admission, box lunch with suggested transportation donation.

Reservations by: 8/10



### National Park Program Buffalo Soldier

#### Monday, August 22

Time: 10:30 am.

Step back in time to 1857.

Join **National Park Ranger Reggie**

**Murray** as he portrays the life as a Buffalo Soldier. His encampment will be set up outside the center (weather permitting) as he demonstrates a "Day in the life" of a buffalo soldier. Cost: none  
Reservations requested.

### *Premier August Event*

#### Croswell Bus to Hollywood

#### Casino

#### Wednesday, August 31

Depart ASC: 9:30 return: 2:30

Casino Day will include: luxury coach ride and **free lunch buffet**, a \$16.00 value, all yours for a:

Cost of: \$20 members \$25 guests. Invite your friends because we will have lots of room on the bus.  
Reservations by: August 17.

**Special Note:** A completed manifest is required for your players' card at Hollywood Casino in order to receive Free lunch buffet.

**Special Note:** This trip could be cancelled if we don't have enough tickets sold.

**Please register by August 17<sup>th</sup>!!**

#### **Thank you to our Event Sponsors:**

July Birthday Cake: *The ANDERSON*  
July Entertainment: *Always Best Home Care*  
August Birthday Cake: *Kris Hain Cincinnati Senior Care Consultants*

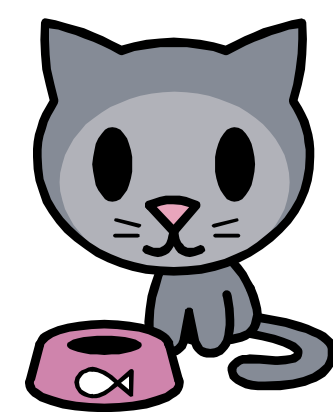
**We are not longer accepting food** for the food pantry. We have partnered with Inter Parish Ministry located at 3509 Debolt Rd. They have the manpower and space to operate a fully stocked and highly efficient Food Pantry. We will transfer any foods dropped off at the center to Inter Parish for their distribution.

*What we can do* is maintain a **PET FOOD PANTRY.** The

need is great for dog and cat food for the homebound senior. Pets play an important role in the lives of everyone. To the people that have pets they are like family. A pet offers companionship and affection. Some people must decide a meal for themselves or food for a beloved pet.



We can accept dog and cat food, small bags of cat litter and even chew toys. You can help brighten someone's day by thinking of their pet. We can deliver their meal as well as food for their "special friend". Animals are therapeutic and a great deal of comfort. We also accept cash donations to purchase food



and supplies. Any donations for the Pet Food Pantry will be used strictly for that purpose. Please help fill our shelves for the pets in peoples lives.

Your gift will be greatly appreciated.

### Chair YOGA

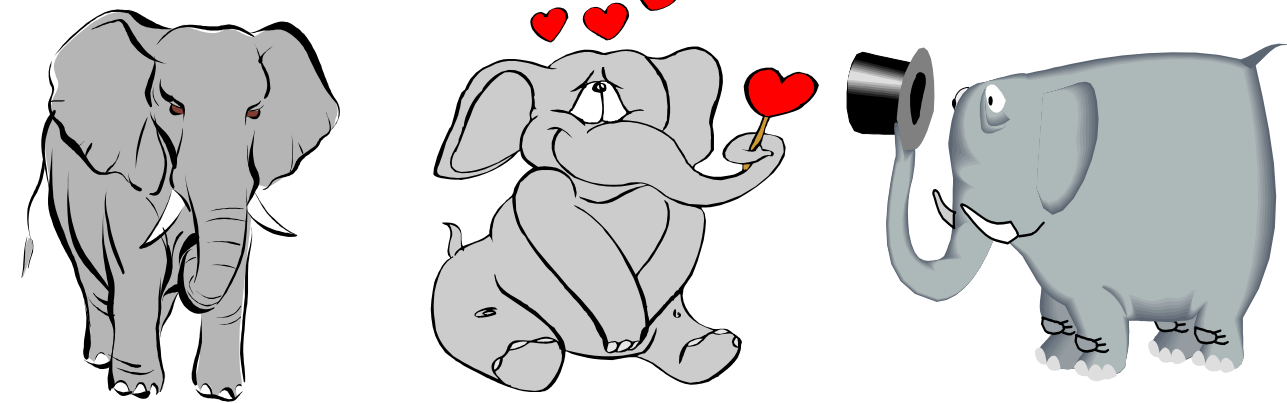
Thursdays at 10:00

\$3.00 suggested donation for class. Chair yoga is one of the gentlest forms of yoga available. Complicated maneuvers and complex movements are not present in chair yoga. Within this type of yoga class you can cover standing, seated and prone postures. Chair yoga has helped people with the symptoms of many health issues including: hypertension, anxiety, chronic fatigue syndrome, arthritis, vertigo, multiple sclerosis and chronic pain as well as many other health issues. Come and meet April Aloisio RYT as she demonstrates this popular exercise. "I am hoping to show elders that seated yoga movement with breath work and meditation can reverse the aging process. You're never too old to start your practice" says April. Many class members will stay after and listen to live piano music in the dining room. Yoga and live music will renew your spirit for the day. Please come join us.



### Clavinova Level One Class

**Begins July 18th at 1:00.** Call and reserve your spot in class. Classes are small to keep the instruction one on one. The Clavinova is a versatile digital piano that uses a series of lights to guide play. No musical experience is needed. This is a health and wellness exercise. Playing the Clavinova is a powerful means of self expression.



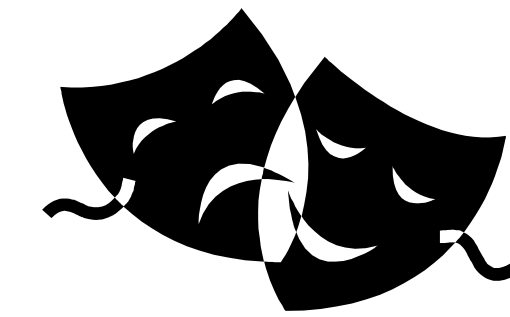
**White Elephant Sale at the Center**

**Bring your gently used and unwanted gifts to the center to resell. All proceeds will benefit the Anderson Senior Center.**

**We will be accepting donated items throughout July to get priced and sell at the sale. We will not be accepting clothes or furniture items. The sale will be AUGUST 3rd. The same day as the Birthday Party! So come for the party then stay and shop! Items will be reasonably priced, all items must go that day.....if you like it, you better buy it!**

### Senior Theatre Company

*What do you think?*



Props, sound sets, costumes, lights, nervous actors, excited audiences...all of this awaits you with the Anderson Senior Center Senior Theatre Company. Senior Theatre, in fact any theatre, allows you to learn skills you may not have used before or have been rusting away. According to the "Creativity and Aging Study" by Dr. Gene Cohen of George Washington University, the arts make mature adults happier and healthier. Researchers documented that "participation in the arts promoted mental and physical health, social engagement, enhanced community life and fostered lifelong learning." But it also offers you, the actor and/or technical staff, the art of cooperative participation. You will learn the language of theatre, how to use your instrument (the whole body), learn lines, listen to the other actors, blocking, how to deal with stage fright, accept thunderous applause and, incidentally, have lots of fun doing it. By keeping our goals, costs and casts small we can be the seedling that will grow amazingly. A small cast can create a wonderful production that can entertain many. A small core company will develop a powerful on and off stage bond, a family that will welcome new cousins. Please contact Lynne Aronson, Director, to express your interest at 513-624-8665 or e-mail her at mlaronson@zoomtown.com for more information.