

**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)



A COMMUNITY SERVICE OF **SENIOR INDEPENDENCE**

*Attention: BINGO CANCELED FRIDAY SEPT 30th... To prepare for OPEN HOUSE* September and October 2011

**Anderson Speaks....**in September to the Director and Computer Club Director about the recently donated computers for the learning lab. The story begins back in January when boy scout Alex Marcellus approached Nancy Dunton and Kay Carr offering donated laptops in exchange for the center helping him achieve his Eagle Scout Badge. In the end the center gained new laptops, Alex receives his Eagle Scout badge and AC-TV interviews all parties and will be showing the episode on AC-TV in September.

**“Please check your local listing”**

Please join us Saturday October 1, 2011 from 10:00-1:00. The center will host an open house to promote the various groups and activities here at the center. We will be asking group leaders to provide information about their club. The open house will be a great time to meet new members for the center or your group. We will provide light refreshments. If you are a member of the center bring in a friend and encourage them to join that day.



**BIBLE STUDY GROUP by: Rev. Lovell.** Would you agree that each of us receives benefits from being part of a caring group of people, and that our lives can be enriched through a thoughtful sharing and study of the Bible? We agree! For the past 10 years we have been meeting at the center each **FRIDAY @ 10:45**. Usually, we study a portion of the new testament, or a book, or a theme. Our group is composed of people from several different denominations and is led by Rev. Robert Lovell, a retired minister, in the United Methodist Church. We extend a warm friendly invitation to all seniors who are interested in fellowship and faith. None of us are experts, but together we seek light and truth and power from God's Word for the living of our lives. *Please come and "check it out".*

**Senior Center Survey** Each year we conduct a survey to see how the needs of our members and clients has changed. Enclosed in the newsletter is the 2011 survey. We hope you take time to review it and give us your thoughts. In this world of change we strive to keep current and offer things of interest to our members. Please return survey to the center when it is completed. *Thank you*

Nancy Dunton.....	Director
Claire O'Connell.....	Activities
Julie Cecil, Jim Popp, Nancy White, Pam Griffith .....	Transportation
.....	Meals on Wheels & Service Coordination
Eileen Helmick, Pam Griffith .....	Kitchen
Ginny Rottinghaus .....	Reception
Charlotte Gebhart, Mary Blevins .....	Mature Services Program
Libby Feck.....	Director of Program Services

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Exercise 11:00 Clavinova 12:00 Bridge 1:00 Steppers 1:00 Clavinova 2:15 Clavinova	10:00 Clavinova 10:00 Chair Volleyball 10:00 Tap Dance 11:00 Exercise 11:30 Duplicate Bridge group 1:00 Quilt Group 2:30 Clavinova	9:30 Walking Club 9:30 Woodcarvers 10:00Nurse-Blood Pressure 10:00 Line Dance 10:30 Monthly Birthday Party 10:30 Mixed cards-DR 11:30 Duplicate Bridge 12:30 Mahjongg 2:30 Tai Chi 7:00 Line Dance	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 12:00 Card group 12:30 Bingo 1:00 Job Search Learning Lab
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**Weekly Calendar of Activities**  
Subject to change without notice

**Walking Club Schedule**

We start promptly at 9:30 and walk for 30 minutes or one mile. Meet us at the Park!  
Sept7 Withrow Park  
Sept 14 Clepper Park Clermont  
Sept 21 Veterans Park Clermont  
Sept 28 Veterans Park Anderson  
Oct 5 Beech Acres Park  
Oct 12 Woodland Mound Park  
Oct 19 Julifs Park  
Oct 26 Withrow Park

**Book Club is held** every third Thursday at 1:00. We would love new faces to discuss our current readings. For September 15, our book is *Garlic and Sapphires* by Ruth Riechl. The October 20, selection is *Great Gatsby* by F. Scott Fitzgerald. All books can be borrowed from the Anderson Township Library. Questions call Mary Sue @ 231 -0985.



**Donations at the center** are collected at the front desk. We ask for a suggested donation of \$2.00 per person each time you visit for a club meeting or activity. This helps pay the many expenses our center generates. The dues we collect also go toward these expenses. Thank you for your support.

**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

**September 2011 trips and events**

**September Birthday Party**  
**Wednesday, September 7**

Music: 10:30 Lunch: 11:30  
Cost: Free for September Birthdays. All welcome for suggested lunch donation price. Sign up by: 9/6  
Cake Sponsor: Eastgate CareSpring

**ROMEO Men's Mystery Lunch**  
**Friday, September 9**

Depart ASC: 11:00 return: 2:00  
Retired old men eating out  
Cost: \$6, transportation suggested donation. Bring \$ for your lunch.

**Ohio EPA Program**  
**Understanding Alerts**  
**Monday, September 12**

Time: 10:30 Cost: none  
Come to this free informational program to learn and ask questions about the weather alert system.

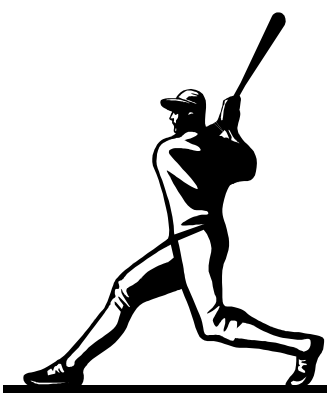
**Snooty Fox lunch & Bus Tour**  
**Thursday, September 15**

Depart: 9:30 am, Return-3: 30 pm  
Shop several locations of this specialty consignment store. Featuring: discounts, lunch and surprises.  
Cost: \$20 members, \$25 guests  
Price includes: lunch trip and suggested transportation donation.  
Reservations by: 9/8



**Red's vs. Brewers**  
**Sunday Sept. 18**

Depart ASC: 11:30  
Game time 1:10  
Cost: \$60 members, \$65 guests.  
Cost includes: field level seat, ballpark buffet, beverages, access to Picnic tent, and suggested transportation donation. Reservations by: 9/12



Last Red's trip this season.

**Cincinnati Memories**  
**Monday September 19**

Time: 10:30 Cost: none  
Enjoy this virtual tour of Cincinnati landmarks.

**Juliet Women's Mystery Lunch & Shopping**  
**Wednesday September 21**

Depart: 10:30am Return-2: 30pm  
Cost: \$8 members, \$11 guests  
Price includes: suggested transportation donation. Reservations by: 9/21  
Bring \$ for lunch and shopping

**American Red Cross Emergency Preparation Program**  
**Monday September 26**

Time: 10:30 Cost: none  
Emergencies and disaster can strike quickly and without warning. American Red Cross will give you the needed information on how to be prepared.

**Wolff Planetarium Trip and lunch**  
**Wednesday, September 28**

Depart: 10:00am-2:00pm  
Explore the celestial sky, and enjoy lunch out at surprise location.  
Cost: \$11 members, \$13 guests  
Price includes: admission and suggested transportation donation. \*Bring \$ for lunch.  
Reservations by: 9/ 21

**October 2011 trips and events**

**October Birthday Party**  
**Wednesday October 5**

Oktoberfest Theme  
Music 10:30am Lunch: 11:30am  
***Roll out the barrel.***  
Cost: Free for October birthdays, All welcome for suggested donation. Reservations by: 10/3  
Cake sponsor: Home Instead

**Keenland Trip on Crowell Motor Coach**  
**Friday, October 7**

Depart ASC: 9:30am return: 6:00pm  
Join us as we go ***off to the races***  
Cost: \$30 members, \$35 guests.  
**Lunch not included** Price includes: motor coach, reserved seating.  
Reservations by: 9/23



**Balance Screening and fall risk assessment.**

**Monday, October 10**  
Time: 10:30am-12:00 pm  
Sign up for an appointment with Dr. Shumrick, for fall risk assessment  
The first line of defense against falls is **prevention**.  
Cost: Free Reservations by: 10/3

**Marjorie P. Lee Retirement Home Tour**

**Thursday, October 13**  
Depart ASC: 11:00 am Return: 2:00 pm  
Cost: FREE  
Enjoy a tour and lunch at this Premier Retirement community.  
Reservations by: 10/6

**"Is this normal?"**  
**Monday, October 17**

Time: 10:30am  
Free: Educational Program  
Aging: What's normal? What is not?  
Learn the differences between normal aging and abnormalities related to aging and suggestions on how to meet these challenges. Speaker provided by: Caregiver Assistance Network

**Cincinnati Museum Center**  
**Omnimax Theater and lunch**  
**Wednesday Oct 19**

Presents: Rocky Mountain Express  
Depart 10:30 am return: 2:30  
Travel through the Canadian Rockies on a steam train for an adventure of a lifetime.  
\$10 members, \$13 guest  
Price includes: movie and suggested transportation donation, \*Bring \$ for Lunch out after the show.  
Reservations by: 10/12

**Cincinnati Symphony Orchestra**  
**and Wynonna Judd**  
**Sunday, October 23**

Depart 1:00  
Show time: 2:00pm- Return?  
Grammy winner Wynonna Judd  
Cost: \$40 members \$45 guests  
Reservations by: 10/17



**Brain Fitness by: Dr. Roger Landry**  
**Lunch out and Learn at Lianfair**  
**Wednesday Oct 26**

Depart: 9:00 Return 2:00.  
This interactive and educational program will help you find new and exciting ways to keep your brain functioning at its peak.  
Cost: \$10 members, \$13 guests  
Price includes: lecture and suggested transportation donation.  
Bring \$ for lunch out. Reservations by: 10/19.

**Cincinnati Ballet presents "Giselle"**  
**Friday Oct 28**

Depart 9:30 return 2:30  
Cost: \$20. members \$25. guests  
Price includes ballet and suggested transportation donation.  
Bring \$ for lunch out.

**Halloween Party**  
**Monday, October 31.**

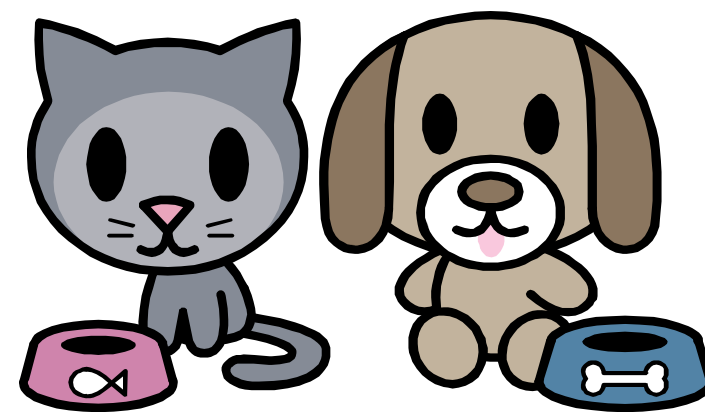
Time 10:30 at the center  
Come in Costumes for fun, contest prizes  
Cost: \$3 suggested donation for lunch



Jeannie Witschger passed away on July 18, 2011. She was a valued member of the team here at the center. Jeannie worked for many years at the center in a wide variety of positions. She started in the transportation department driving seniors to appointments and bringing them to the center. Later as the service/volunteer coordinator she handled the duties of scheduling and organizing events associated with seniors needing services. Jeannie scheduled the volunteers to do projects in and around seniors homes as well as projects here at the center. As the home delivered meals coordinator Jeannie worked closely with area case workers to establish meal routes and the meal needs for area seniors. She had a close relationship with all of the volunteer meals on wheels drivers. As a local resident in Anderson she participated in many community events and projects. She will be missed at the center by fellow employees and the seniors she served.

#### Pet Pantry Progress...

We asked for donations of dog and cat food, we got it. We asked for money, we received it. We needed litter and toys, we have them. And the outpouring of help continues. The small pets we deliver to are grateful, we can tell by the wagging tails! We have set up baskets in the lobby for donated items. This program will grow with every kibble that comes in. Thank you for your continued support.



**Senior Fitness program 3 times a week** at the center. The center offers exercise classes Monday and Friday at 9:30 and Tuesday at 11:00. The classes are structured toward the mature adult. We include balance, stretching, strength training, endurance and cardiovascular in the 45 minute workout. Two of the classes are taught by Kelly a professional Group Fitness Instructor and the Wednesday morning class is lead by our own Claire O'Connell activities coordinator. The cost for each class is \$3.00 per visit. Drop in's are welcome.

#### **AVON fund raiser coming in December.**

**Details to come. Check the front desk and Ginny can tell you which AVON book we will use.**

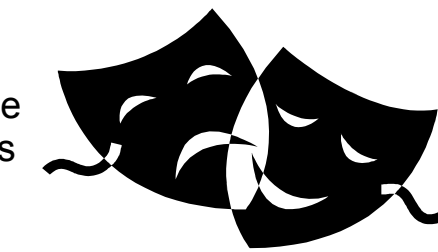


**Clavinova Classes**  
**Begin again September 26th.** Call Ginny and reserve your spot in class. Classes are small to keep the instruction one on one. The Clavinova is a versatile digital piano that uses a series of lights to guide play. This is a health and wellness exercise. No musical experience is needed. Our own Ginny Rottinghaus is the trained facilitator for our classes.

**Computer Learning Center is back in session. The summer break is over and seniors wanting to learn computer skills are attending classes. We offer three levels of computer courses. "The Basic The Intermediate and The Advanced" are all available. Classes are \$40.00 for paid members here at the center. The classes are limited to nine students at a time. We use laptop computers and have the latest software loaded and ready to go. We recently had the privilege of helping an Eagle Scout get his badge and in return he donated laptops to our computer learning center. Our volunteer teachers also teach courses in Excel spreadsheet, Creating Music CD's, Word processing and internet. Pick up a schedule at the center.**

**YARN DONATIONS NEEDED:** Do you have left over unwanted yarn in your closet? WE WANT IT! Donated new or used yarn or cash will be used for charity projects such as prayer shawls for Mercy Anderson Hospital patients or chemo caps. Please bring your donations to the reception desk at the center. These donations will go to the Hooks and Needles group that meets here once a month.

**Senior Theatre Company** has been established and they will meet August 11th at 2:30 at the center. Anyone interested feel free to join in. Questions call Lynne @ 513-624-8665 or email her at mlarson@zoomtown.com.



Neither rain or lightning or even big puddles of water stopped the shoppers at the White Elephant sale in August. A dedicated group of volunteers worked tirelessly for weeks preparing items for the sale that benefited the center. There were books, bags, cards, glassware, baskets, handmade items, Christmas décor and much more. Members dropped off items all through July. The team organized priced and displayed everything in the dining room. Later that same morning the monthly birthday party was held. All in all it was a big day at the center rain or shine.

#### **Display case schedule.**

**Thank you to the Quilters Group for their beautiful display of handmade items. The next group in our display case will be the new Hooks and Needles knitting group. They will display items from September through October.**

**Following them will be a special Holiday Display with items for sale.**

**Any group that would like to display and sell their wares please see Nancy to discuss prices and availability of the cabinet. We ask that a portion of the proceeds go to the center to support its many functions.**