



ANDERSON SENIOR CENTER

A COMMUNITY SERVICE OF SENIOR INDEPENDENCE.

WWW.ANDERSONTOWNSHIPSENIORCENTER.COM

September & October 2010

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
Mary Blevins -Front Desk
Alice Tomlinson -
Receptionist/Secretary
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
Chris Kolar-Driver

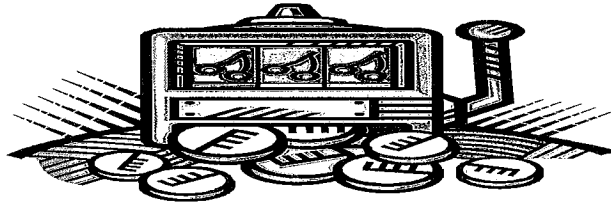
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**Center Will Be
CLOSED**

**Monday, Sept 6
Labor Day**

Grand Victoria Casino Trip

Thursday, September 30



Grand Victoria is sending a Crown Motor Coach to pick us up so you can relax and travel in comfort with your friends from ASC. This is a great trip package! You will receive a \$10 Slot Play Per Person, \$5 Cash Coupon Per Person. Signup is currently taking place, so make your reservation today.

*Please complete a manifest for casino when signing up for trip.

Depart ASC: 8:45 am

Return: 3:00 pm

Cost: \$20 members, \$25 non- members

Reservations by 9/16

ANIMALS ON WHEELS

Thanks to all who have made a donation to this program. But the need for dog food, cat food (dry and canned) bird seed, as well as small bags of cat litter, is still great.

Please help by making any type of donation of unopened food to help our homebound seniors who do not have enough money to feed their animals.

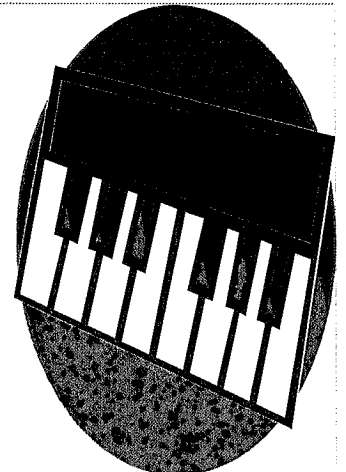
If you have any questions, please call Jeannie at 474-3100.

CLAVINOVA CONNECTION

Recreational Music Making program that teaches you piano without the need for learning scales and reading music. The program is FREE and is very good for people dealing with stress and for caregivers to have some enjoyable time away from home.

NEW 8- week Sessions offered at various times

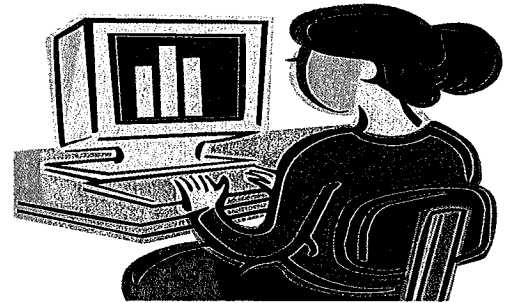
Call Mary Wolff for more information



Computer training, job search, and more.....

JOB SEARCH MODE?

Did you know Cincinnati has one of the best job search help networks in the United States?



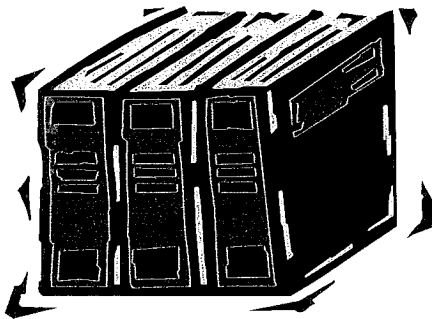
Computer Club Meetings

Thursdays @ 11:45

Sept 9 and Oct 14

Each Friday afternoon, beginning at 1 pm, **Job Search Learning Lab** is held at the Anderson Senior Center. Consider joining us in learning and growing in the midst of job transition. For more information and other locations of our meetings, see our web site at <http://jobsearchlearninglabs.wikidot.com>

The Computer classes are in full swing and we are now signing up for October classes. Classes tentatively scheduled include Basic Computing, Intro to Computers, Intermediate Computing, Word Processing, Excel Spreadsheets, Creating Music CDs, Digital Photography, and Video CD—Photostory. **Classes begin October 4th.**



The Book Club Meets every Third Thursday, at 1:00 p.m.

Sept 16 - Dewey: Small-Town Library Cat by Vicki Myron

Oct 21 - The Girl singer (autobiography) by

Rosemary Clooney

Please call to check on book or if we have had to cancel.

Mary Sue Kamphaus 231-0985

Creative Aging Presents:

Sept & Oct Birthday

Entertainment

Wednesday, Sept 1

Sally Lukasik will entertain us with accordion music starting at 10:30 a.m.

Wednesday, Oct 6

Fred Hannah and Friends

Country and Bluegrass music

Make your reservation now, by call the Center 474-3100

For more information go to www.andersontownshipseniorcenter.com and click on Computer Classes or call Alice at 474-3100 to schedule a class

Knitting Yarn Needed

If you have extra yarn, any color, laying around your house, please donate it to the Senior Center. We have someone who can turn that unused yarn into afghans. Bring your yarn in and give it to Alice in the front office. Thanks!



Anderson Senior Center.....

A community of Senior Independence

7970 Beechmont Avenue

Cincinnati, Ohio 45255

www.andersontownshipseniorcenter.com

www.seniorindependence.com



Laughter is the best medicine!

Patti's Cocktail Humor

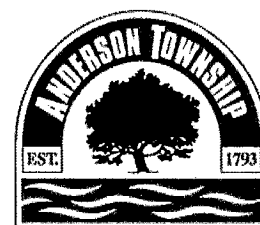
A farmer was tending his field when a bus full of politicians crashed into his tree. A day later, the sheriff came out and saw the bus and asked the farmer where the politicians were. The farmer said he buried them in his yard. "ALL of them were dead?" asked the sheriff. The farmer replied: "Some said they weren't, but you know how politicians lie."

For more information about the non-medical services provided by us please call 513-469-2273 and ask for DeAnna today!



A COMMUNITY SERVICE OF SENIOR INDEPENDENCE

Funding from the following sources:



SIGN UP PROCESS

FOR TRIPS AND EVENTS

We will begin signing up for trips on:

Monday, August 23th

beginning at 10:30 a.m.

Members who have paid extra for first-class postage and who are receiving e-mailed newsletters 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.

Cancellation/Refund Policy:

Refunds will be issued ONLY if you cancel prior to registration deadline or if your spot can be filled.

If special financial arrangements need to be made talk to Mary Wolff.

***Remember, your Membership must be current or you will be charged non-member rates.**

YOGA and Dancing

EVENING YOGA

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.

Halloween Party

Friday Oct. 29, 10:30 am

Halloween Costume Party and Lunch

Dress up and come join us for Tricks and Treats

CHAIR YOGA CLASS

A new yoga class will be held on Thursday, August 26th at 9:30 a.m.. This yoga class is for everyone because you sit in chairs while exercising. The first class will be a **free** demonstrative class. For more information, call Claire at 474-3100.



WALKING CLUB

September

- 9/1 Woodland Mound Park
- 9/8 Withrow Nature Preserve
- 9/15 Veterans Park, Clermont
- 9/22 Clepper Park, Clermont
- 9/29 Veterans Park, Anderson

October

- 10/6 Beech Acres Park
- 10/13 Julifs Park
- 10/20 Woodland Mound Park
- 10/27 Withrow Nature Preserve

Fall Classes Resume

Monday: Sept 13, Beginner Pattern Dance @ 11:30 a.m.

Tuesday: Sept 7, Tap Dance @ 10 a.m.

Questions: Call your teacher

Medicare Questions?

Call Mary or Jeannie for help

They are certified OSHIIP trained volunteers

474-3100

Tips for Trips and Events

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.

WEEKLY ACTIVITY CALENDAR September and October 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. Check out Computer classes on-line or by calling 474-1049.

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Aerobics	10:00 Chair	9:30 Walking Club	9:30 am Chair YOGA	9:30 Aerobics
11:30 Beginner	Volleyball	10:00 Line Dancing		
Pattern Dance	10:00 Tap Dancing			10:30 Sing-a-long
12:00 Bridge	11:00 Arthritis Exercise	10:00 Mixed Cards	9:00 Watercolors	Dining Rm 3rd Friday
1:00 Steppers	11:00 Duplicate Bridge	10:00 Woodcarvers	10:30 Piano Music In Dining Room	10:45 Bible Study
	1:00 Quilting	11:00 Duplicate Bridge		12:00 Mixed Cards
2:00 Clavinova Connection			11:45 Computer Club	12:30 BINGO
			Mtg. 2nd Thursday	1PM Job Search Learning Lab
2:30 Genealogy 2nd Monday		2:30 Tai Chi	1:00 Book Club	
		7:00 Line Dance	3rd Thursday	
			Square Dance	
7:00 Yoga		Open til 8:00 pm	2nd and 4th of month	

Clavinova Connection recreational music making classes : Sign up for 8 week classes Level 1
Call Mary Wolff for more information: 474-3100 ext. 103

Volunteer Spotlight by Ginny Hunter

FEATURING: **Cliff Reeder**

A plain piece of wood becomes a handsome cane with an eagle on the top in the hands of Cliff Reeder, a member of the wood carving group at the senior center. The canes are presented to soldiers injured in the line of duty since 9/11. Cliff also makes small copper crosses of scrap metal for our troops in Afghanistan and Iraq. Cliff is 89, proving once again that there is no age limit on doing good, even remarkable work. "I'm not content unless I'm busy making something or repairing something. I like to keep my hands busy," he said. As a child, he was inspired to take up wood carving by his grandfather, who lived with Cliff's family. Now he's working on his 41st cane and has completed 14 dozen crosses for soldiers. Cliff met one recuperating soldier when the man came home to Fairfield for Christmas and personally presented a cane to him. His current work in progress will be presented to a wounded soldier to be flown to Cincinnati from Walter Reed Hospital in Washington for a 9/11 ceremony at Cintas Center, Xavier University. The group which ships the eagle canes to the wounded pays for the shipping costs, but it's up to Cliff and the other cane-makers around the country to get the wood and other materials needed. After Cliff was featured in the Sunday Enquirer this summer, a woman in Blue Ash sent him a check to help defray costs. He knows the soldiers like to receive his crosses because of thank you letters from Afghanistan. Cliff said the soldiers hang the crosses on the chain with their dog tags. A naval commanding officer wrote, "Word got around about the crosses and they disappear quickly." Cliff sends the crosses to Dick and Jane Walton of Tempe, Ariz., who ship packages of personal items to our troops in the Middle East on a regular basis. Besides his involvement in the Anderson Senior Center wood carvers, directed Don Hogue, Cliff is active in three other wood carving groups and is a deacon of the Mt. Washington Presbyterian Church. He was a master sergeant in the Marines serving in the Pacific in World War II. After his military service, he worked for Cincinnati Bell until retirement. The wood carvers meet at 9:30 a.m. Wednesdays.

The wood carvers meet at 9:30 a.m. Wednesdays at the Anderson Senior Center Bay Room

September 2010 Trips and Programs

September Birthday Party

Wednesday, September 1.

Accordion music by: Sally Lukasik

Time: 10:30 Lunch: 11:30

Members celebrating September birthdays dine for free. All are welcome for suggested donation price.

Reservations by: 8/25.

Educational Program

History of the Cincinnati Zoo and Botanical Garden Slide Show

Thursday, September 2.

This program shows early scenes of the zoo to present day. This interesting look at the zoo features many favorite animals.

Time: 12:30

Cost: Free Reservations by:8/26

Mystery Lunch

Tuesday, September 7

Depart: 12:00, return: 2:30

Cost: \$5 members, \$7 guests.

Price includes: trip and suggested transportation donation.

Bring \$ for lunch.

Reservations by: 9/1

Day at the Taft Museum

Lunch and Tour of The Taft

Special exhibit-American Elegance

Chintz Appliqué Quilts 1780-1850

Wednesday, September 22

Day includes: private tour of quilt exhibit, lunch and access to Taft Museum.

Depart 10:45, Return: 2:30

Cost: \$35 members, \$40 guests

Price includes: tour, lunch choice of 2 entrees, dessert, tea, coffee and suggested transportation donation.

Reservations by: 9/15

Valley Vineyards Tour and Cookout

Wine Tasting

Thursday, September 16

Depart ASC: 10:00 Return: 2:00

Cost: \$40 members, \$45 guests

Enjoy delicious meal in a great setting,

Cookout includes: Choice of Steak or Salmon, salads, sides, breads, and homemade dessert buffet, beverages, wine, (non alcoholic choices available.)

Price includes: trip, lunch and tour, wine tasting and suggested transportation donation. Reservations by: 9/9

* Please indicate meal choice when signing up.

Nutrition Program

Topic: High Blood Pressure

Thursday, September 23

Presenter: Paula Martinez RD

Educational, fun, program will enlighten you with some easy health tips.

Time: 10:30 Cost: Free

Cincinnati Art Museum Trip

Tuesday, September 28

Guided tour of Impressionism Art

Thomas Gainsborough exhibit.

Departure: 12:00 return: 3:00

Cost: \$6 members, \$9 guests

Price includes: trip, suggested transportation donation

Reservations by: 9/21

Grand Victoria Casino Trip

Thursday, September 30.

Travel in comfort aboard a luxury motor coach, a day of gaming at Grand Vic.

Day Trip package:

\$10 slot play \$5 cash coupon

Boarding: 8:45 am Return: 3:00

Cost: \$20 members, \$25 guests.

Reservations by: 9/16

* Please complete manifest for casino when signing up for trip.