

513-724-1255



March/April 2025

Lifelong Learning

Newsletter

Union Twp. Center

4350 Aicholtz Rd.
Cincinnati, OH 45245
513-947-0617

Miami Twp. Center

6101 Meijer Dr.
Milford, OH 45150
513-248-4345



VOLUNTEER APPRECIATION

Volunteers are a BIG part of the daily operations of our centers. Whether you help at the front desk, help with food donations, help setting up tables, teaching crochet, or being a friendly greeter on the phone, YOU are an essential part of our growing center.

Front desk Volunteer, Ann Ohren, spoke of her experience: “The minute you walk through the doors at the UT center, you feel a sense of warmth, friendliness, and people working together. Watching people have fun, smile, laugh, and socialize brings me lots of pleasure. In my eyes, this is all gratifying.”

We thank each of you for volunteering!





Spring Spectacular



UNION TOWNSHIP CENTER

APRIL 25TH

11AM- 2PM

Have fun at our Spring Fling with a twist. We're going to change the rules just a bit, but everyone is sure to enjoy themselves and have a chance at winning some nice prizes. Lunch is included.

\$15.00 All inclusive



**DOOR PRIZES, FOOD,
AND FUN**



Union Twp.

ACTIVITIES

CLERMONT
SENIOR SERVICES
service with heart

Ice Cream

SOCIAL



4
MARCH

10:30
AM

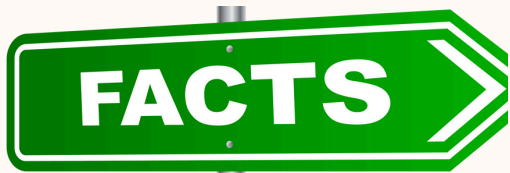
MIAMI TOWNSHIP CENTER

Get ready for a scoop time as we bring you an Ice Cream Social like no other! Join us for a day filled with laughter, delicious flavors, and a sprinkle of joy .
All are welcome !

SPONSORED BY ARBORS OF
MILFORD

Miami Twp.

ACTIVITIES



Persistent Medical Myths

Myths are widely held beliefs which are blatantly false or of unverifiable existence. Often, these ideas have been intertwined into people's perception of health, wellness, & medical treatment. We will discuss some of these myths and determine fact or fiction.

April 1

10:30

Miami Twp.

Spring Celebration & Volunteer Recognition

Let's celebrate warmer days and longer hours of sunlight as we jump into spring! Join us for a festive celebration to honor our dedicated and hard-working volunteers!

April 15

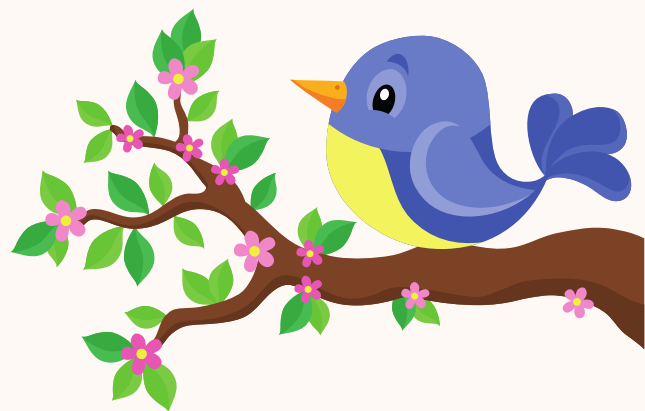
11:00

Miami Twp.

VIP Member: \$5

Non Member: \$8

Please RSVP to Miami Twp. Center staff



Miami Twp.

ACTIVITIES



Reach into the Recipe box



Staying Healthy

5 easy ways to add fruits and vegetables to dinner

Fruits and vegetables contain vitamins, minerals, and other nutrients that are essential for good health. That's one reason why a plant-based diet that includes lots of fruits and vegetables can lower your risk of developing life-threatening diseases such as heart disease, diabetes, and some cancers. And when you pile on the produce, there's less room for the unhealthy foods, too.

Dinner is typically the largest (and latest) meal of the day, and it's a good opportunity to make sure that you meet your daily quota for fruits and vegetables. Here are five easy ways to work more produce into dinner.

Roast vegetables. Roasting is a great way to let the deep, rich flavors of vegetables shine through. Bake cut vegetables at 375° F for 20 to 25 minutes or until they're lightly browned. You can roast any vegetable – from mushrooms, onions, eggplant, and zucchini to tomatoes, broccoli, and carrots – so don't limit yourself. Enjoy roasted veggies as a side dish, or toss them into pasta dishes and other recipes.

Poach veggies in low-sodium chicken broth and white wine. To poach, boil enough liquid to cover the vegetables. When it boils, add the vegetables. Turn down the heat to just below boiling and cook the vegetables for about five to seven minutes, until they're brightly colored and tender-crisp. Add garlic, basil, or tarragon for a flavor bonus. To retain nutrients, keep a watchful eye on the pot or set a timer so you don't overcook.

Smuggle fresh-cut vegetables into main dishes. Try adding mushrooms, peppers, zucchini, onions, or carrots into pasta sauces, casseroles, soups, stews, scrambled eggs, and chili.

Have a salad with dinner most days. Starting with a salad can help you consume fewer calories at the meal, as long as the salad is no more than 100 calories. A healthful salad consists of about 3 cups of dark-green leafy lettuce, ½ cup carrots, a tomato, ¼ cucumber, and 1 ½ tablespoons of low-calorie dressing. Try tossing in some petite peas, onions, celery, or peppers for an extra boost of nutrients.

Choose fruit – fresh or frozen, stewed or baked – for dessert. It all counts toward your daily produce quota. Dried fruits are healthy but high in calories, so eat them sparingly.

Union Twp. Activities

Mondays - 9:00 Euchre/Cards, 9:30 Chair Yoga via Zoom, 10:30 Watercolor Art Class, 12:30 beginner Line Dance with Ruby, 2:00 - 3:30 Chair Volleyball

Tuesdays - 8:00 & 9:00 Silver Sneakers, 10:00 Tai Chi, 11:00 Mahjonn

Wednesdays - 9:00 Basketball, 10:00 Crochet Class, 10:00 Chair Volleyball, Silver Sneakers Walking (check calendar), 12:30 Creative Quilters

Thursdays - 8:00 & 9:00 Silver Sneakers, 10:00 Tai Chi, 11:00 Rummikub, 1:00 Intermediate Line Dance with Phyllis

Fridays - 9:00 Basketball, 9:00 Pinochle, 12:00 Bridge (registration required for bridge)

Miami Twp. Activities

Mondays - 9:00 Billiards & Cards, 12:30 Bridge (registration required)

Tuesdays - 9:00 Chair Volleyball, 9:00 Pinochle, 9:30 Gathering, 10:00 Health & Wellness (1st only), 10:00 games, 10:00 Crochet, 11:30 Lunch, 12:00 Bingo

Wednesdays - 9:00 Billiards, Euchre, Cards, 1:00 Line Dance with Ruby, 2:15 Tap Dancing (1st & 3rd only)

Thursdays - 9:00 Pinochle, 9:00 Billiards, 9:00 Chair Volleyball, 2:30 Ping Pong, 2:30 Miami Sing Along (1st only)

Fridays - 9:30 Gathering, 10:00 Exercises, 11:30 Lunch, 12:00 Bingo

Schedules may change without notice, some classes require registration and/or fees