

513-724-1255



May/June 2023

# *Lifelong Learning*

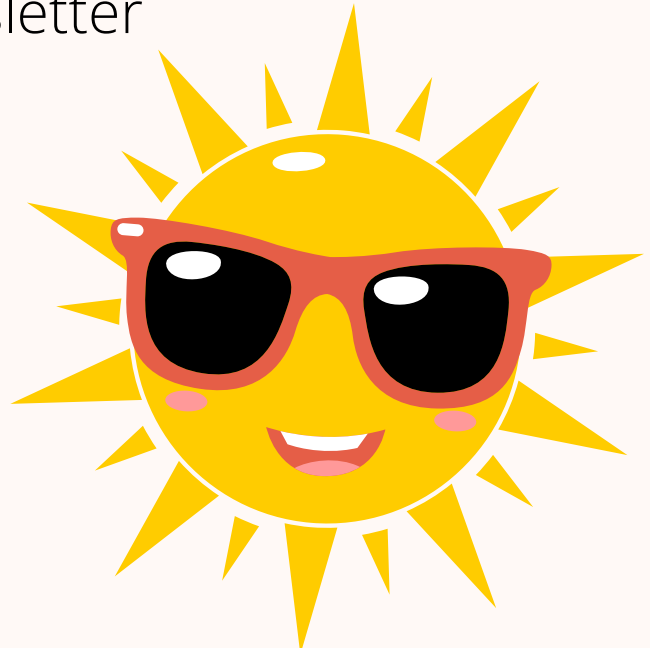
Newsletter

## **Union Twp. Center**

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

## **Miami Twp. Center**

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



# SAVE THE DATE

**FREE  
EVENT**

**June 8, 2023 10 a.m. -1 p.m.**

## **Senior Living Expo**

Presented by:



## **Consumer Protection Forum**

Presented by:



## **Senior Living Expo & Consumer Protection Forum**

### **Crossroads East Side**

4450 Eastgate South Drive  
Cincinnati, OH 45245

Join us for an exciting Expo  
featuring resources from over 25  
vendors!

**Reservations are not required**

**FREE  
LUNCH**

**CLERMONT  
SENIOR SERVICES**  
*service with heart*



# class

Walking is the #1 exercise for the majority of the population. All levels of walkers can benefit from this class. Class will meet inside the Lifelong Learning Center. Please sign in at the front desk as well as the Silver Sneakers roster inside our group exercise room. We will have a short stretch to warm up. Select your walking group or partner, and your route. We will use the gym in case of inclement weather. Bring water, a hat, sunglasses, and walking sticks or poles, if needed.

## Sign in at the center

Wednesdays at 11:00 am



## ACTIVITIES



- Will you be eligible for Medicare soon?
- Are you on Medicare but still have questions?
- Do you help a family member with Medicare issues?

**Where:** Clermont Senior Services  
Union Township Senior Center  
RSVP- 513-947-0617

**When:** Tuesday May 9th  
2:00pm

This event, presented by the Ohio Senior Health Insurance Information Program (OSHIIIP), is a service of the Ohio Department of Insurance. OSHIIIP staff are trained by the state and do not sell or promote any insurance companies, policies or agents.

Call the Ohio Department of Insurance's  
OSHIIIP Division at

**800-686-1578**



CLERMONT  
SENIOR SERVICES  
*service with heart*

EDUCATION  
*Series #3*

THE IMPACT OF CHRONIC  
DISEASE ON THE BRAIN



*Patricia Foust, MGS*

Patricia is a Brain Health Specialist



*Learn*

Chronic diseases increase the risk of dementia on the brain. Learn what risk factors are and how you can protect your aging brain.



*When*

May 3, 2023  
12:00 - 1:30  
Union Twp. Lifelong Learning Center  
4350 Aicholtz Road  
Cincinnati, OH 45245



CONTACT US

Bobbie Blevins  
513-947-0617  
Bblevins@clermontseniors.com

Union Twp.

ACTIVITIES



# What to do When Dementia Moves In?

Join Teresa Youngstrom as she leads this very informative workshop full of ideas to help make living with a person with dementia achievable.

FREE

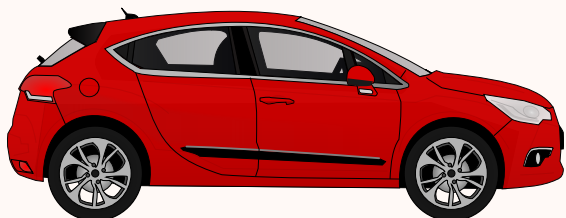
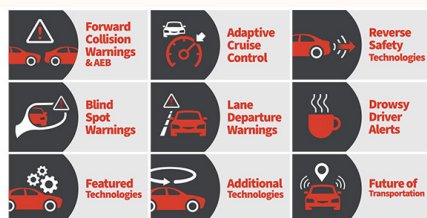
Teresa is the Owner of A Better Approach to Memory Care, and brings more than 38 years of clinical and leadership experience.

6/7 @ 12:00 - 1:30



Smart DriverTEK™

**TECHNOLOGY  
IS CHANGING  
THE DRIVING  
EXPERIENCE**



# Union Twp.

ACTIVITIES

## AARP Smart DriverTEK

Technology is changing the driver experience! This workshop will keep you in the know about the latest high-tech safety features in your current or future car.

FREE

RSVP to AARP website or  
513-947-0617

6/27 @ 2:00







## Mother's Day Flowers in a Teacup

This simple and elegant floral arrangement is easy to create and may be enjoyed as a pleasing display or use the teacup to savor your favorite tea. Teabag included.

\$5.00 - limited to 11 people  
513-248-4345 or, sign up at the  
center

5/12 at Miami Twp. @ 10:00  
6/6 at Union Twp. @ 11:00

## Celebrate the Women in our Lives!

In honor of Mother's Day, enjoy a fun-filled time celebrating the women in our lives. You will be served a luncheon of tea sandwiches, savory soup, and dessert. After our luncheon, we will have a time of memories in the kitchen. Bring an old recipe and/or cookbook that you still use today, and share your fondest memories.

\$5.00 - RSVP by 5/10

513-248-4345 or, sign up at the  
center

5/16 @ 11:00 - 1:00



# Miami Twp.

## ACTIVITIES

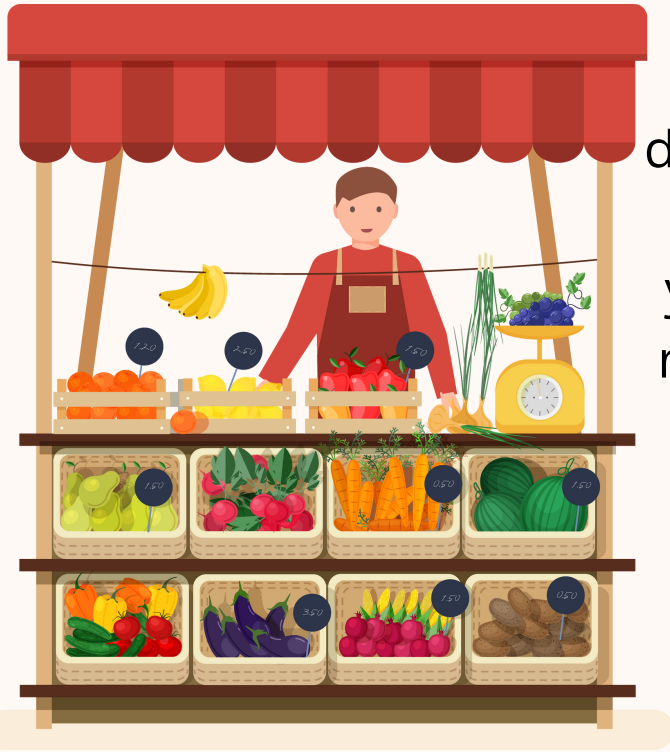


## Senior Farmers Market Coupon Distribution

Council on Aging will be on site to distribute Farmers Market Coupons to eligible applicants. If eligible, you will receive 10, \$5 coupons to redeem during the growing season at participating farmer's markets.

All coupons expire  
October 31, 2023

Call COA with questions  
513-721-1025  
5/16 @ 10:00 - 1:00

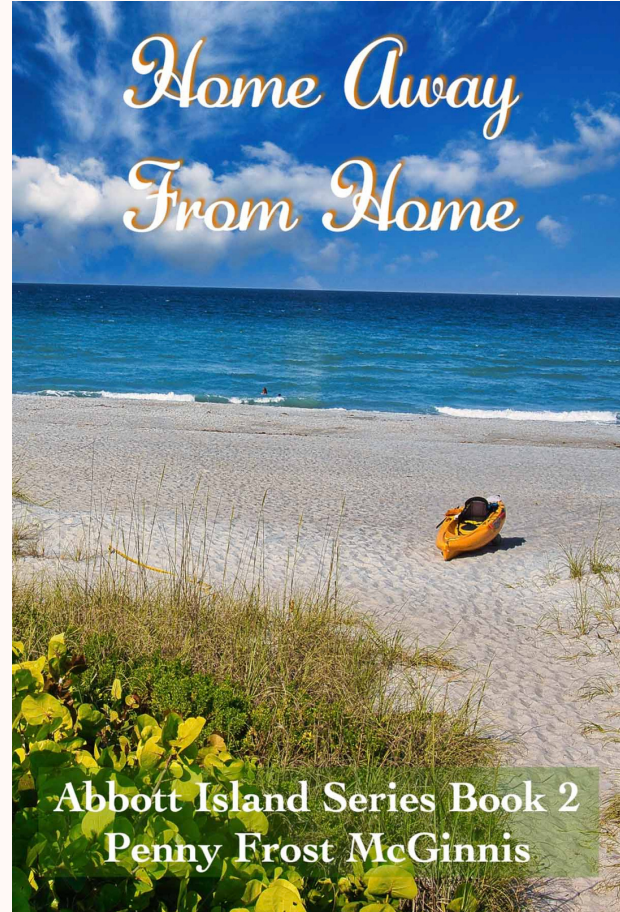


### Local Author - Penny McGinnis

Penny Frost McGinnis, Author of Home Where She Belongs and Home Away From Home, would live in a lighthouse or on an island if she could. Penny will discuss her latest book in the Abbott Island series  
6/6 @ 10:00

# Miami Twp.

## ACTIVITIES







## Wood Panel Floral Craft

Paint your wood panel, then choose paper flowers/foilage & create a pretty shelf of unique style to hang on your wall.

\$3.00

RSVP to Michelle or Lori @  
513-248-4345 or sign up at center  
6/9 @ 10:00

## America the Beautiful

Join us as we celebrate this great country! Lunch will be hamburgers, hot dogs, salad, & dessert.

Following lunch, Raison D'Etre will perform. This trio offers a versatile repertoire you won't want to miss!

6/27 @ 11:00 - 1:00

\$7.00

RSVP by 6/21 at the center or by  
calling

513-248-4345



# Miami Twp.

## ACTIVITIES



# Union Twp. Activities

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

**Tuesdays** - 8:00 Silver Sneakers, 10:00 Tai Chi, 11:00

Mahjongg

**Wednesdays** - 9:00 Basketball, 10:00 Crochet Class, 10:00

Chair Volleyball, 11:00 Silver Sneakers Walking, 12:30

Creative Quilters

**Thursdays** - 8:00 Silver Sneakers, 10:00 Tai Chi, 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 games, 11:30 Lunch, 12:00 Various

Games

**Wednesdays** - 9:00 Billiards, Euchre, Cards, 1:00 Line

Dance with Ruby

**Thursdays** - 9:00 Pinochle, 9:00 Billiards, 9:00 Chair

Volleyball, 2:30 Ping Pong

**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

