

513-724-1255



May/June 2024

# Lifelong Learning

Newsletter

**SAVE THE DATE** **FREE EVENT** **FREE LUNCH**

CLERMONT SENIOR SERVICES  
service with heart

**June 13, 2024 10 a.m. - 2 p.m.**

**Senior Living Expo**  
Presented by:  
COA Council on Aging

**Consumer Protection Forum**  
Presented by:  
Park NATIONAL BANK

**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

We're planning more fun activities this year!  
Follow our Facebook page for more info.

## Union Twp. Center

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

## Miami Twp. Center

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

## Senior Living Expo Transportation

Transportation will be available to the Expo from 3 locations. A \$2 donation will be requested for service.

Bethel Woods - Pick up at 10:10

Crossings of Amelia - Pick up at 10:35

**Call 513-947-0617 to register for pick up from Amelia & Bethel.**


Miami Twp. Civic Center - Pick up at 10:35

**Please sign up at the center for Miami pick up.**

**SPACE IS LIMITED!**



## THE INSIDE WORKINGS OF THE AGING BRAIN



Join Gerontologist Patricia Faust, as she presents fascinating information about our brains. As we age, significant changes in our brains occur. Patricia will discuss those changes and what we can expect in each stage of our lives. 90 minutes

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**Union  
Township**

**6-5-24 @ noon**

**Miami  
Township**

**6-11-24 @ 10:00**

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## Crochet & Knitting Group

Do you like to knit, crochet, enjoy socializing with others, or any other needle work?

This group is for ALL fiber art enthusiasts!

**Join the group Wednesdays at 10am for lots of fun!**



## Dried Flower Ornament with Michelle

Create beautiful silk flower ornaments with Michelle.

All supplies included!

**Union Twp. 5/6 @ 1:00**

**Miami Twp. 5/7 @ 10:30**

\$1.50 per ornament

RSVP required



# Union Twp.

ACTIVITIES

## Glass Bead Bracelet with Laura

Make a glass bead bracelet with Laura. You choose your beads and coordinating colors to make a 7" bracelet customized to your size.

Laura will guide you along the way.

No experience necessary.

5/20 @ 1:00

\$10.00

please RSVP



## AARP Drive Smart

Since 1979, AARP Driver Safety has met the needs of older drivers through educational programs. The AARP Driver Safety course has continued to evolve with the times. The roads have changed, cars and the technology inside them have changed, even the people behind the wheel have changed. As drivers, if we don't keep up with those changes we put others or even ourselves at risk.

Participants are awarded a certificate of attendance for drivers 50 and older. Please check with your insurance company for possible discounts. You must call ahead to sign up for the class.

Please pay the instructor upon arrival.

6/20

10:00 - 3:00

AARP member - \$20.00

Non member - \$25.00



# Union Twp.

ACTIVITIES

# You're Invited!

## Welcome to Medicare

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

Then this **FREE Welcome to Medicare Event** is for you!

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

**When:** Wednesday May 22nd  
12:00pm

Learn about Medicare Part A and Part B benefits, the prescription drug benefit (Part D), Medicare Advantage plans, and Medicare supplement insurance.

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

## Questions?

Call the Ohio Department of Insurance's  
OSHIIP Division at  
**800-686-1578**



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SENIOR SERVICES**  
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# ONLINE GROCERY ORDERING CLINIC

Friday, June 7, 2024

10:00 - 12:00

Union Twp. Civic Center - Queen City Room

4350 Aicholtz Road

Cincinnati, OH 45245

**FREE  
TABLET!**

1 PER HOUSEHOLD

- ✓ Registration is limited, sign up by 5/24
- ✓ Kroger employees will be present
- ✓ Learn how to order groceries for pick up or delivery
- ✓ Attendees must be over 60 years of age

**Call to register: 513-536-4022**

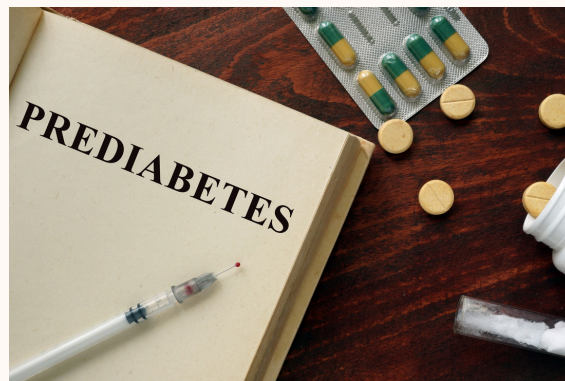
or email [jharcourt@clermontseniors.com](mailto:jharcourt@clermontseniors.com)

Made possible through the Clermont County Healthy Aging Grant

## Learn About Prediabetes

Prediabetes is a health condition where blood glucose levels are higher than normal, but not high enough to be diagnosed as Type 2 diabetes. Approximately 98 million American adults have prediabetes, of those, more than 80% are unaware they have the condition.

5/10 @ 10:30



# Miami Twp.

ACTIVITIES

## Cards with Kathy

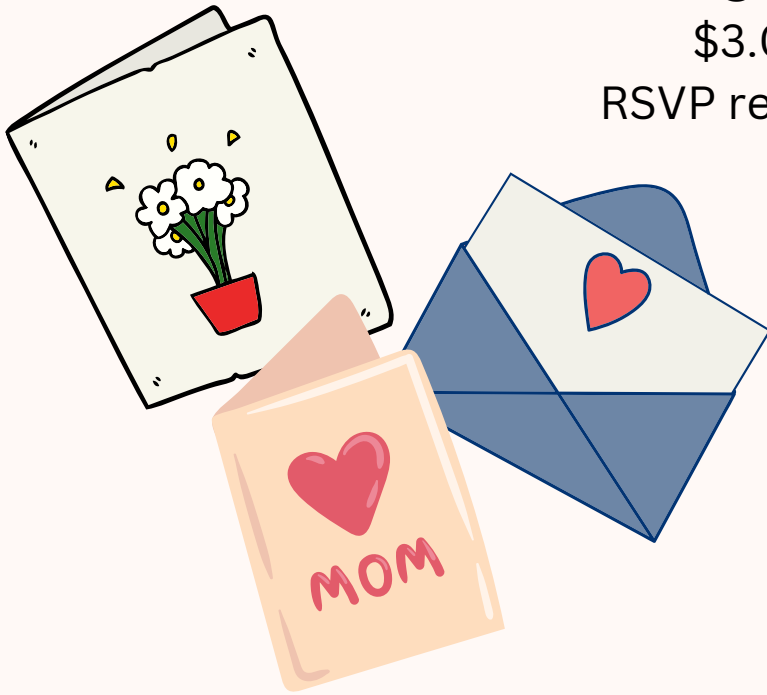
Kathy will teach you how to craft homemade cards using fancy crafting papers and specialty crafting scissors.

Cost includes several cards.

5/17 @ 10:00

\$3.00

RSVP required



## Type I & Type 2 Diabetes Education

Type I diabetes is an autoimmune disease in which the body destroys insulin producing cells in the pancreas. Type 2 diabetes causes insulin resistance. Learn about both types of diabetes in this educational presentation.

6/4

10:30



# Miami Twp.

**ACTIVITIES**



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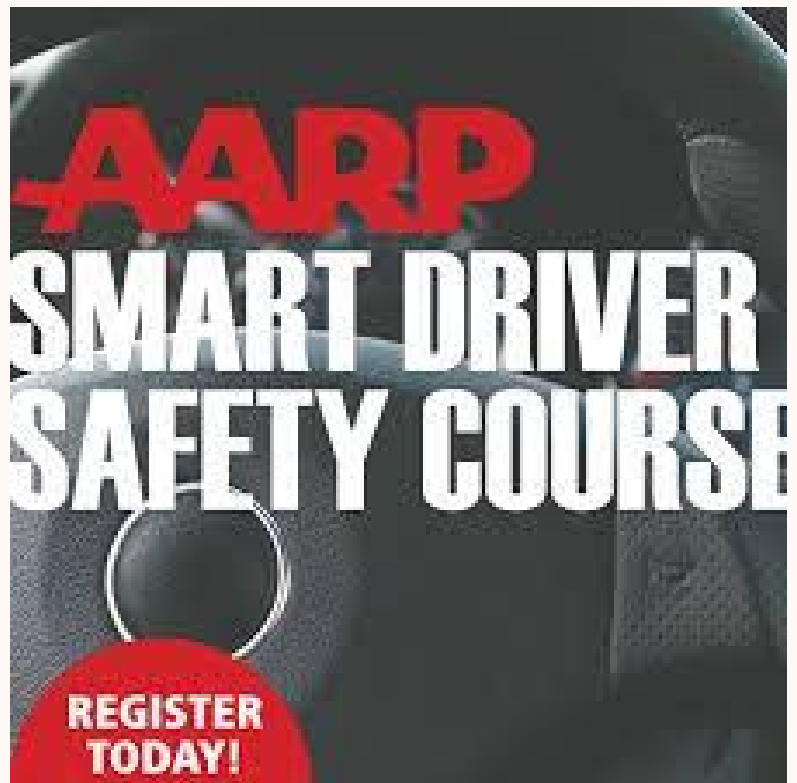
Please pay the instructor upon arrival.

6/6

10:00 - 3:00

AARP member - \$20.00

Non member - \$25.00



# **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 & 9:00 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, 11:00 Rummikub(1st-3rd only), 12:30 Bridge (4th only), 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, 11:30 Lunch, 12:00 Various Games

**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

**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