

The Senior Times

Chair Volleyball Social

Friday, August 1

Evendale

We will meet at the center
at 8:00am and carpool.



Fernald Preserve
The area's newest and most unique nature preserve, will open this summer!
Opening Celebration
August 20
6:30pm
The Fernald Preserve will be open from 7 a.m. to dusk, 7 days per week. The Visitors Center is open on Wednesday, Thursday, Friday, and Saturday from 9 a.m. to 5 p.m.

Dennis Heyob, Crosby Township Farmer, in Harvest Time. Picture taken by Carolyn Innis. Thanks for sharing your photos.

Weekly Activities at a Glance:

Exercise—Tuesdays and Thursdays at 10am

Tai Chi Exercise—Wednesdays at 12:30

Chair Volleyball—Tuesdays 12:30 and Fridays at 10am

Flu Shots

October 13

12-3pm

Sign up

at the Center!



Be Prepared Ohio

Seniors and people with disabilities have special needs during emergencies. Join us for a first-of-its kind event that will help you prepare. **Free admission** for seniors, disabled persons, families, and caregivers. CEUs available for professionals*.

Sharonville Convention Center
11355 Chester Road, Sharonville, OH 45246
September 22, 2008 • 8 AM - 4 PM

Information: (513) 345-8643 • www.help4seniors.org

Sponsored by Council on Aging of Southwestern Ohio and the Emergency Preparedness Collaborative
*A processing fee will apply for CEUs

Do you need to refresh your driving skills? Do you need a discount on your auto insurance?

AARP Drivers Safety Course

October 27 & 28

12 - 4pm

Cost: \$10

Please sign up to reserve your spot!



Stop and smell the flowers this summer!

Upcoming Senior Day

August 12th

- Lunch—11:30am at the Center! (Note that this is a change!) We will have a Chicken Dinner provided to us by HUMANA. No cost.
- Business Meeting—1:00
- BINGO—immediately following

Decorations: Marie Adler and Ethel Meyer

Renfro Valley Trip coming in December...

*Details on the counter in the Center. Cost is \$74.

Get some exercise this summer—here are some options:

*Walking Trail

*Tai Chi

*Video

All located at the Center!



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