

# The Senior Times

## 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

Refresh your driving skills! No tests!

## AARP Drivers Safety Course

October 27 & 28

12 - 4pm

Cost: \$10

*Must attend both days to receive credit.  
Check with insurance company for discount.*

*Please sign up to reserve your spot!*

## Senior Art Show

October 17-29

Tri-County Mall

If you would like to go to lunch  
and see the artwork—let's meet  
on Friday, October 24th at 12:00

We can carpool to Tri-County!

## Trivia—Is your memory in tact?

1. What phenomena made popular in the  
1950s allowed everyone to become an artist?

- A. Paint -by-number sets
- B. Paint Rollers
- C. Feathery Brushes

Put your name and answer in the basket in Kim's  
office for a chance to win a door prize!



## Be Prepared Ohio

*I will be attending this event—  
see me for more details!*

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](http://www.help4seniors.org)**

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

**Renfro Valley Trip** coming in De-  
cember...

\*Details on the counter in  
the Center. Cost is \$74. Not many  
spots left—sign up today!

## Upcoming Senior Day

**September 9th**

- Lunch—11:30am at Gold Star in Harrison!
- Business Meeting—1:00
- BINGO—immediately following

**Decorations: Marjorie Hornbach and Sue Corson**

## Flu and Pneumonia Shots

October 13th

12-3pm

**Free** for Medicare  
Part B Recipients.  
Non-medicare cost  
\$30 (flu) and \$45  
(pneumonia).

**Sign up  
at the Center!**



Watch out

for the buses!



Thanks Lester Sterwerf for shar-  
ing your antique collection!



**Kim Downey**  
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*\*Calendar on Back\**