



[anknewsletter@gmail.com](mailto:anknewsletter@gmail.com)

[www.ankurcinci.org](http://www.ankurcinci.org)

**Ankur Gujarati Samaj  
9502 Highland Avenue,  
Cincinnati OH 45242**

Namaste!

The Ankur Diwali celebration at the elements was a great way to meet all the community members and celebrate Diwali with them. The 2014 year will be coming to an end soon. A new Operating Committee and Board of Trustees will form for the year 2015. **Please step up, get involved and volunteer to be part of 2015 Ankur Operating Committee or Board of Trustees.**

We will have a health talk in early part of December and a General Body meeting in the later part of December.

Here are the upcoming events at Ankur in December 2014:

## Health Talk: Dementia!

**Are you at risk?**

Learn from Dr. Chandu Budev

Dementia isn't a specific disease. Instead dementia describes a group of symptoms affecting thinking and social abilities severely enough to interfere with daily functioning.

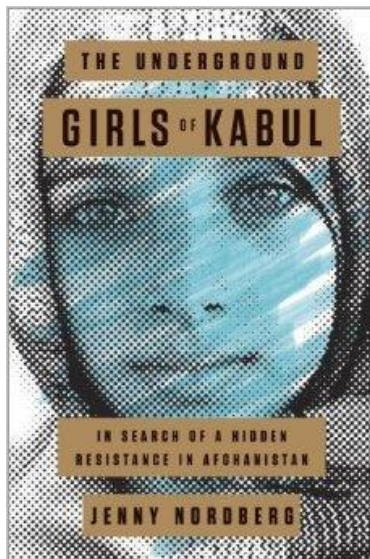
Dr. Chandu Budev will talk about -- what is dementia, Diagnosis, who is at risk, treatment, care of patient with dementia and also prevention.

- Date: **Saturday December 6<sup>th</sup>**
- Speaker: **Dr. Chandu Budev**
- Time: **4-6pm**
- Venue: **Ankur**
- Free event , **Tea and healthy snacks will be served**

## Book Club:

**Please note the change of date.**

The book club is reading the "Underground Girls of Kabul: In Search of a Hidden Resistance in Afghanistan" by Jenny Nordberg. The book club will meet at Ankur on Thursday December 4th (new date) to discuss the book. For any questions or further information, please call Minal Patel at [\(513\) 234-0569](tel:5132340569).



# General Body Meeting:

If you are interested in volunteering at Ankur and be part of the Operating Committee or BOT committee, please email us at [Anknewsletter@gmail.com](mailto:Anknewsletter@gmail.com) / call Bharti Noticewala: [\(513\) 563-2007](tel:(513)563-2007) / Rajal Bhutta: [\(513\) 791-0362](tel:(513)791-0362) / Nita Parikh: [\(513\) 237-3757](tel:(513)237-3757).

Please join us for the general body meeting and make your voice be heard and come with your ideas and recommendations.

Please help our community.

**Please step up, get involved and volunteer to be part of 2015 Ankur Operating Committee or Board of Trustees.**

- Date: **Sunday, December 21st**
- Time: **4-6 PM**
- Venue: **Ankur**
- **Pizza dinner will be served**

We have received a suggestion from an Ankur member that we should also offer annual benefactor membership. Ankur will charge annual \$200 family membership and all the Ankur events (such as monthly dinners, Diwali dinner, and play) will be free for these members, excluding all the classes such as yoga and bridge. This topic will be discussed at the General Body meeting. Ankur will continue to offer regular membership. Annual Membership: \$35 (Before March 31st) \$45 (After March 31st) \$501 Life Membership.

**We need suggestions from our members: Please send your suggestions to [Anknewsletter@gmail.com](mailto:Anknewsletter@gmail.com)**

**Yoga: New Yoga class starting December 1st on Thursdays.**

Ankur will continue the weekly Monday Yoga class with Herman on Mondays from 6:30 to 8 PM.

We are very happy to announce that Dilruba Rahman will start teaching Yoga on Thursdays 6:30 to 7:30 PM.

**Bridge Club: Come and Learn Bridge!**

Ankur Bridge club is inviting new players to come and enjoy a game of Bridge. Bhupen Joshi and Rekha Budev will teach them to play every Wednesday from 6:00 to 7:00. If you have any questions please call Bhupen Joshi at 489-1077 and Hari or Rekha Budev at 793-5951.

# Ankur At A Glance

## October 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<a href="#"><u>28</u></a> • Navratri	<a href="#"><u>29</u></a> • Yoga with Herman 6.30 to 8 PM • Navratri	<a href="#"><u>30</u></a> • Navratri	<a href="#"><u>1</u></a> • Bridge 6.45 to 10.30 PM • Navratri	<a href="#"><u>2</u></a> • Navratri	<a href="#"><u>3</u></a> • Dashera Havan, dinner and Garba	<a href="#"><u>4</u></a>
<a href="#"><u>5</u></a>	<a href="#"><u>6</u></a> • Yoga with Herman 6.30 to 8 PM	<a href="#"><u>7</u></a>	<a href="#"><u>8</u></a> • Drop-in Center Lunch • Bridge 6.45 to 10.30 PM	<a href="#"><u>9</u></a>	<a href="#"><u>10</u></a> • Sharad Purnima	<a href="#"><u>11</u></a>
<a href="#"><u>12</u></a>	<a href="#"><u>13</u></a> • Yoga with Herman 6.30 to 8 PM	<a href="#"><u>14</u></a>	<a href="#"><u>15</u></a> • Bridge 6.45 to 10.30 PM	<a href="#"><u>16</u></a>	<a href="#"><u>17</u></a>	<a href="#"><u>18</u></a>
<a href="#"><u>19</u></a>	<a href="#"><u>20</u></a> • <a href="#"><u>Yoga with Herman</u></a> <a href="#"><u>6.30 to 8 PM</u></a>	<a href="#"><u>21</u></a>	<a href="#"><u>22</u></a> • <a href="#"><u>Bridge</u></a> <a href="#"><u>6.45 to 10.30 PM</u></a>	<a href="#"><u>23</u></a>	<a href="#"><u>24</u></a> • Diwali celebration	<a href="#"><u>25</u></a>
<a href="#"><u>26</u></a>	<a href="#"><u>27</u></a> • <a href="#"><u>Yoga with Herman</u></a> <a href="#"><u>6.30 to 8 PM</u></a>	<a href="#"><u>28</u></a>	<a href="#"><u>29</u></a> • <a href="#"><u>Bridge</u></a> <a href="#"><u>6.45 to 10.30 PM</u></a>	<a href="#"><u>30</u></a>	<a href="#"><u>31</u></a>	<a href="#"><u>1</u></a>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 •Yoga with Herman 6.30 to 8 PM	28	29 •Bridge 6.45 to 10.30 PM	30	31	1
2	3 •Yoga with Herman 6.30 to 8 PM	4	5 •Bridge 6.45 to 10.30 PM	6	7	8
9	10 •Yoga with Herman 6.30 to 8 PM	11	12 •Drop-in Center Lunch •Bridge 6.45 to 10.30 PM	13	14	15
16	17 •Yoga with Herman 6.30 to 8 PM	18	19 •Bridge 6.45 to 10.30 PM	20 •Book Club 2PM	21	22
23	24 •Yoga with Herman 6.30 to 8 PM	25	26 •Bridge 6.45 to 10.30 PM	27	28	29
30	1 •Yoga with Herman 6.30 to 8 PM	2	3 •Bridge 6.45 to 10.30 PM	4 •Yoga with Dilruba 6:30-7:30pm	5	6 •Health Talk by Dr. Chnadu Budev