

*Wishing you a
Happy
Independence Day!*



**Sare Jahan Se Achcha
Hindustan Hamara**

UPCOMING

EVENTS



2016 NAVRATRI CELEBRATION SCHEDULE
October 1, 2016 to October 15, 2016
@ANKUR 9502 Highland Avenue, OH 45242

Date	Time	Program Details
October 1 th 2016 to October 10 th 2016	8:00 - 9:30 PM	Garba, Raas , Aarti & Prasad
October 11 th 2016 Tuesday	6:30 PM	Vijaya Dasmi & Dasera Havan followed by Aarti, Dinner & Garba, Raas <i>Dinner \$ 6.00 per person</i>
October 15 th 2016 Saturday	6:00 PM	Sharad Poonam Garba Raas, Aarti followed by Dinner @ 9:00 PM <i>Dinner \$ 6.00 per person</i>



Garba sponsorship donation \$35.00 per Family and up

❖ **Check payable to "Ankur"**
Bharti Noticewala for Sponsorship & Prasad



513 -563-2007



We thank all the Participants and volunteers for their participation and time commitment to make this a memorable event. The event was full of enthusiasm and strong community spirit.

We also thank Tandoor restaurant and other sponsors for their contributions to the event.



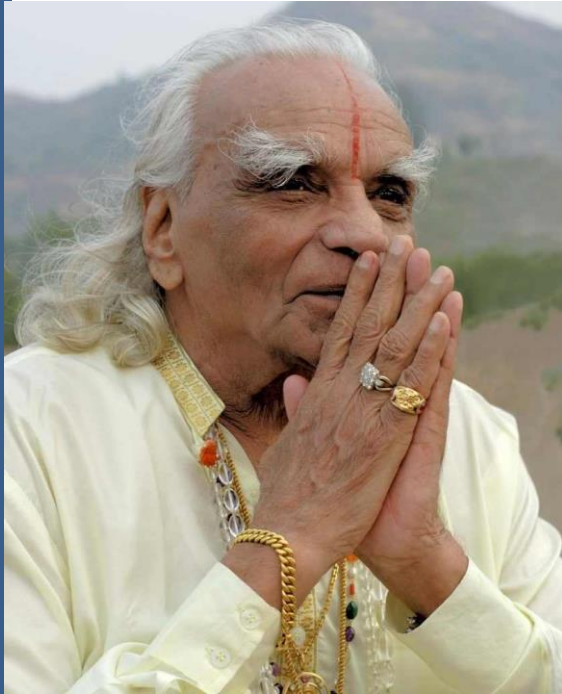
Ankur Activities



Yoga with Herman Ranpuria

(Monday 6:30 to 8:00 PM)

Yoga for all levels and abilities from complete beginners to the most advanced – All are welcome



B.K.S. Iyengar
1918 - 2014

“Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.”

“Yoga teaches us to cure what need not be endured and endure what cannot be cured.”

“Words cannot convey the value of yoga – it has to be experienced.”

BRIDGE

Weekly – Wednesday 7:00 PM – 9:30 PM



Anyone who enjoys Bridge is invited to come with a partner and play on Wednesday nights at ANKUR.

Interested in learning Bridge? Please contact Bhupen Joshi at 489-1077 (bhupenjoshi1@gmail.com) and Rekha Budev @ 793-5951 for more information.

Ankur Book Club



Monthly:

The next book club meeting will be held on August 25, 2016.

Time: 2:00 p.m. at Ankur Gujarati Samaj.

Book: Shanghai Girls by Lisa Lee.

Date to be announced for "The Nightingale" by Kristen Hannah.

Please contact Minal Patel at 234-0569 to join Ankur Book Club or for more information.



Drop-In Center – Homeless Shelter Lunch Monthly: Second Wednesday every month)



For over 12 years, Ankur volunteers have quietly and consistently served at The Drop-In Center monthly lunch, traditional Thanksgiving meal, winter wear at Christmas as well as donations to those who are homeless in Cincinnati serving society and those in need.

A group of truly devoted Ankur volunteers led by Bharti Noticewala, Induben Patel , Leelaben Patel with help from Mehul Parikh donate, prepare and serve lunch to over 150 homeless people every month at The Drop-In Center which is Greater Cincinnati's largest homeless shelter, located in Over-the-Rhine.

Special thanks to Shilpa Desai, Julie Desai, Geeta Matani, Uma Shah, Mehul Parikh Induben & Leelaben Patel & Raji Prasad for their continued help and support to the community



thank
you!



To help serve lunch or donate food items or money, please contact **Bharti Noticewala 513-563-2007.**



2016 Ankur Annual Membership

Membership fee for January to December 2016 is now due.

- Annual Membership: \$35.00
- Life Membership:\$501

Members other than life members are requested to send their annual membership check payable to “Ankur Gujarati Samaj” and membership form* to: ANKUR, c/o Kashmira Bapat, 11870, Shenandoah Trace , Loveland , OHIO 45140.

Please contact Kashmira Bapat 513-677-9637 or email @ Knbapat1@yahoo.com

**2016 membership forms can be downloaded from Ankur web site @*

[http://ankurcinci.com/images/2016 Ankur Gujarati Samaj Membership Form.pdf](http://ankurcinci.com/images/2016_Ankur_Gujarati_Samaj_Membership_Form.pdf)

What would you like added to Ankur community?

Would you like to submit a recipe, activity idea, interesting article etc. to Ankur newsletter?

Please email your ideas and suggestions to Parul Dalal at anknewsletter@gmail.com

2015 Operating Committee

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Board of Trustees

Bharati Noticewalla 513 -563-2007
Rasila Parikh 513- 247-9404
Shashank Patel 513-733-8838
Vijay Parikh 513-733-0245



Ankur thanks Herman Ranpuria for volunteering to conduct yoga classes on an honorary basis.

A big thankyou to the Bridge club for their valuable support and contributions to Ankur Samaj

If you or someone you know, is not receiving Ankur News letter or your address has changed , please contact Parul Dalal at anknewsletter@gmail.com

9502 Highland Avenue, Cincinnati, Ohio 45242.

www.ankurcinci.org