



India Independence Day Dinner & Entertainment
AUGUST 14th 2015 - 7.00 PM @ ANKUR

Join us for an evening filled with fun & music. Dinner provided by Bhartiben Noticewala & friends to celebrate India's 69th Independence day

Optional Dress code : Theme Independence day

\$ 10.00 per person (Ankur Members)

\$ 12.00 per person (Non-Members)

UPCOMING

EVENTS



2015 NAVRATRI CELEBRATION SCHEDULE
October 13, 2015 to October 25, 2015
@ANKUR 9502 Highland Avenue, OH 45242

Date	Time	Program Details
October 13 th 2015 to October 21 st 2015	8:00 - 9:30 PM	Garba, Raas , Aarti & Prasad
October 22 nd 2015 Thursday	6:30 PM	Vijaya Dasmi & Dasera Havan followed by Aarti, Dinner & Garba, Raas <i>Dinner \$ 5.00 per person</i>
October 25 th 2015 SUNDAY	6:30 PM	Sharad Poonam Garba Raas, Aarti followed by Dinner @ 9:00 PM <i>Dinner \$ 5.00 per person</i>



Garba sponsorship donation \$35.00 and UP
❖ *Check payable to "Ankur"*



Bharti Noticewala for Sponsorship & Prasad



513 -563-2007

UPCOMING EVENTS



2015 DIWALI DINNER & TALENT SHOW

Ankur Invites entries for Diwali Talent show to be held on Saturday, November 7th 2015 from the following age groups:
5 entries from each of the following age groups

- ❖ 5 to 10 years
- ❖ 11 to 15 years
- ❖ 16 & above

Duration of Items - 5 mins.
Group participation – Min.
4 participants per group
Dance or SKIT

Entries entertained on first come first serve basis to be submitted by **September 10th 2015** by email at ***Nitamehtaparikh@yahoo.com***
More details to follow in September newsletter

Ankur Ball room dance workshop (Re-scheduled -TBD)

***by Rohan & Saloni Hemani
followed by refreshments
Details awaited***





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



July & August fees: Ankur Members \$35

Single class fees:

Members \$5, Non Members \$6

Whole Year Session fees:

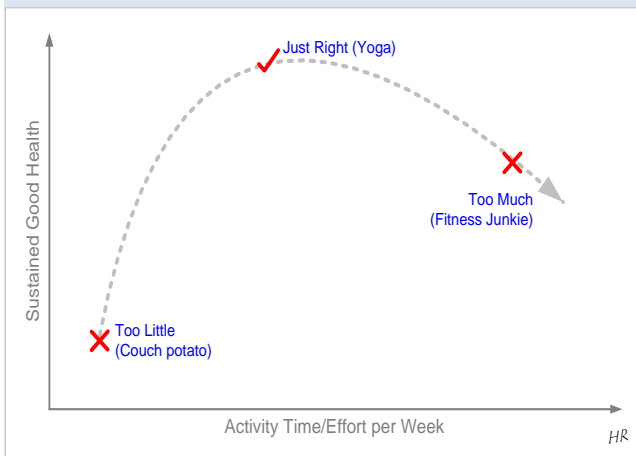
Ankur Members \$150

Most of you would agree that the couch potato is not where we want to be. The other extreme also is not great. None of us wants to spend three hours a day at the gym. Also, years of cardio will take its toll on the joints, the back, the neck, etc.

Of course yoga is not the only choice for that optimum sweet spot between the two extremes, but it does offer a proven (over thousands of years) option. The old yogis did not devise the asana practice to become athletes.

Their goal was for a system which was just enough to stay healthy. Minimum time, minimum effort, minimum risk, maximum benefit.

Where do you want to be on this graph?



BRIDGE

Weekly – Wednesday 7:00 PM – 9:30 PM



Interested in learning Bridge? Come to Ankur Bridge Club in a group of 4 players and Bhupen Joshi and Rekha Budev will teach the basics of this game.

Anyone who enjoys Bridge is invited to come and play on Wednesday nights at ANKUR. Players should arrive at 6:45 PM so everyone can help set up tables and equipment downstairs. The aim is to be seated with partners by 7:00 PM so play can begin. A prompt start is to achieve a timely finish.

Please contact Hari or Rekha Budev at 513- 793-5951 or haribudev@yahoo.com , rbudev@ [gmail.com](mailto:rbudev@gmail.com) or Bhupen Joshi at 489-1077 for more information.



Ankur Book Club

Monthly: September 16th 2015

The book club recently read and discussed the book "All THE LIGHT WE CANNOT SEE " by Anthony Doerr The following is the reading plan/schedule

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

Sept. 16th, 2015
2:00 PM
Ankur

The Girl with Dragon Tattoo
By Stieg Larsson

Three Rivers of Tears
By Lopa Mukherji





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.**

2015 Ankur Annual Membership

Membership fee for January to December 2015 is now due.

- Annual Membership:\$35
- 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 Jagruti Khandhadia, 4446 Wilderness Way Mason, OHIO 45040.

Please contact Jagruti Khandhadia at 513-253-9004 or email @ K_jagruti@hotmail.com

**2015 membership forms can be downloaded from Ankur web site @ http://ankurcinci.com/images/2015_Ankur_Membership_Form.pdf*



Fully renovated Ankur Facility @ 9502 Highland Avenue, Cincinnati, Ohio 45242 is now available on rent for parties and other occasional events

Please Contact Building Rental Manager for information
Bhartiben Noticewala @ 513 -563-2007
bnoticewala@gmail.com

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

President

Rashmi Vyas 513-520-5347
madrush@gmail.com

Vice President

Ajay Munsif 859-803-4432
ajaymunsif@yahoo.com

Treasurer

Kashmira Bapat 513-677-9637
Knbapat1@yahoo.com

Cultural Director

Nita Parikh 513-237-3757
nitamehtaparikh@yahoo.com

Membership

Jagruti Khandhadia 513-253-9004
K_jagruti@hotmail.com

Editor

Parul Dalal 513-349-4637
Prakashparul100@gmail.com

Building Rental Manager

Bharati Noticewala 513 -563-2007
bnoticewala@gmail.com

Board of Trustees

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



**Need Volunteers on
August 14 2015
India Independence
Day Dinner**

**To help before and after the
event @ Ankur**

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