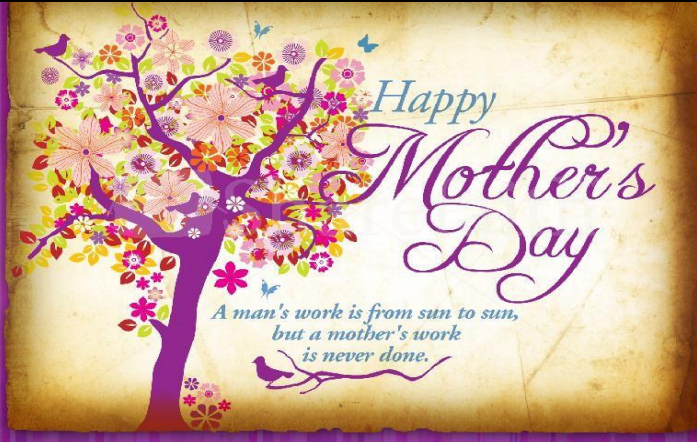


# Parents' Day Out



**Join us at the Parents Day Picnic and enjoy the evening with friends and family at *Fern Hollow shelter, Sharon Woods.***

**4:00 to 7:00 PM**

**Free event for Ankur members.**

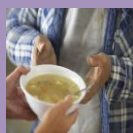
**Non-members: \$10**



***Our Menu: Delicious food cooked on-site by Moms' and Dads'***

- |                   |                   |                   |
|-------------------|-------------------|-------------------|
| • Pav Bhaji       | • Grilled Corn    | • Beer and Wine   |
| • Hot Bhajia      | • Water Melon     | available for \$2 |
| • Vegetable Pulav | • Chips and Salsa |                   |
| • Kadhi           | • Cold Lemonade   |                   |

**Looking forward to seeing you at the Picnic. Please RSVP by June 15th 2015.**



## 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



### March & April fees:

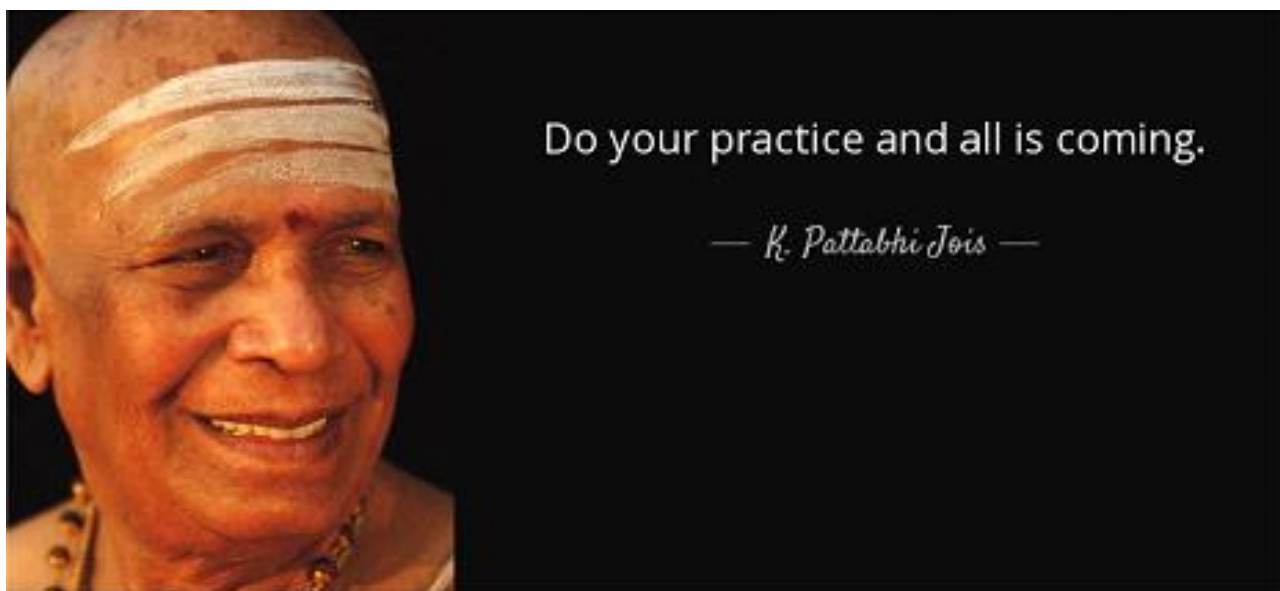
Ankur Members \$35

### Single class fees:

Members \$5, Non Members \$6

### Whole Year Session fees:

Ankur Members \$150



Do your practice and all is coming.

— K. Pattabhi Jois —

*“Anyone can practice. Young man can practice. Old man can practice. Very old man can practice. Man who is sick, he can practice. Man who doesn't have strength can practice. Except lazy people; lazy people can't practice yoga.”*

# 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](mailto:haribudev@yahoo.com) , rbudev@ [gmail.com](mailto:rbudev@gmail.com) or Bhupen Joshi at 489-1077 for more information.



## Ankur Book Club

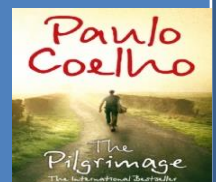
Monthly: June 18<sup>th</sup>, 2015, July: TBD

The book club recently read and discussed the book “The Pilgrimage” by Paulo Coelho. The following is the reading plan/schedule

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

June 18, 2015  
Ankur

“The Pilgrimage”  
By Paulo Coelho



July  
TBD

TBD –at the June meeting



## 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 & Raji Prasad for their continued help and support.

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

**SISTER CITY DANDIA RAAS EVENT ON JULY 26<sup>th</sup> 2015 AT  
AULT PARK**

*More information to follow.....*





## 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](mailto:K_jagruti@hotmail.com)

*\*2015 membership forms can be downloaded from Ankur web site @ [http://ankurcinci.com/images/2015\\_Ankur\\_Membership\\_Form.pdf](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 Noticewalla @ 513 -563-2007

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

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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



**Need Volunteers on  
June 21st 2015  
"Parents Day"**

**To help before and after the  
event, please contact**

**Nita Parikh at**

**[nitamehtaparikh@yahoo.com](mailto:nitamehtaparikh@yahoo.com)**

 **513-237-3757**

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

***9502 Highland Avenue, Cincinnati, Ohio 45242.***

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