New Member Meet & Greet
Thursday, April 27 at 10 a.m.
This gathering is for new Lathrem members or someone just wanting to find out what the Senior Center has to offer. It will be a casual, informative time followed by a tour of the facility. There is no cost to attend, but please call 296-2480 to register. (221311 A)

Inside this Issue
Information.................. 2
Social Programs ........ 3-4
Enrichment Programs... 4-6
Travel ......................... 7,10
Calendar..................... 8-9
Wellness Programs... 11-12
Sports.........................13
On-going Activities .....14
Outreach ....................15
Contact the Staff ...........16

Swap and Shop
Saturday, April 29, 9 a.m. to 1 p.m.
We are here to help with your spring cleaning! Clean out your closets, craft rooms and basements to get ready for this one-day event. Swap books, and buy and sell craft items and garage sale items! Areas will be marked to aid in easy shopping.

Book Swap 10 a.m. to Noon
Books may be dropped off at Lathrem Senior Center April 21 through April 27. Book donors will receive a coupon with the number of books given. No magazines please. Bring that coupon on Saturday, April 29 to redeem for books. Books not redeemed by noon will be sold.

Re-Create It Sale & Community Garage Sale 9 a.m. to 1 p.m.
Turn those unused craft items into cash! Stamps, stickers, fabric and yarn are just a few of the items you may be collecting in storage boxes and would like to sell. But wait! Maybe you have more than just craft stuff and nowhere to sell it—rent a table in the garage sale area. All spaces are 10x10" and a limited number of spaces are available. Cost: $15/CIL member; $20/resident; $25/non-resident.
Contact Brittany Kilburn at 296-2480 for an application.

Grandma and Me Tea
Sunday, May 7 at 2 p.m.
Back by popular demand! Spring is a great time to celebrate our grandmothers—and grandchildren! Calling all Grandmas, Nanas, Grammies (or other distinguished title you go by). You are cordially invited to our special spring Grandma and Me Tea. Dress for the occasion. The event will include snacks and teas, and together we will make a few crafts and fun memories. Register in advance until May 10 or until full. Cost: $15/couple CIL member; $20/couple resident; $25/couple non-resident; $5/additional person. (221523 A/AA/AX)
Artist Spotlight: Lucy McAdams
Lucy McAdams may be legally blind, but her ability to see the bright spots of life with her attitude of gratitude is inspiring. Lucy always had an interest in art. She began painting in oils and opened a folk art painting business in the late 70’s until she married and had a growing family. More recently, Lucy met Olive Boyd who invited her to paint with a weekly group at the Hotel Gallery in Tipp City. It was in this group that Lucy was introduced to watercolors. Following her husband’s death, the decline of her vision and subsequent move to Kettering, she has reconstructed her life. With her enhanced vision and magnifying device from Visual Tech Connection, she continues to paint and share her painting talents with others. Lucy sketches and paints watercolor paintings on display during March and April at the Lathrem Center and also designs and paints greeting cards on sale at various locations. Lucy McAdams shares her artistic talents alongside her positive outlook on living an active life.

Anna’s Angle
Some days I amaze myself. Other days I put my keys in the refrigerator. I saw this quote recently and I had a pretty good laugh. I am uncertain of the author of this quote, but on any given day, I am sure that it is the truth for many of us!

If I have learned anything in this past year of incredible busyness, or organized chaos, it is that we have a pretty fantastic team here at Lathrem. This team encompasses all of the staff, as well as our center members. You are a great group to lift any of us up when we may be down and even to laugh and pull pranks when someone (whom shall remain nameless) attempts to sell you a free calendar!

You may have noticed a new face around Lathrem! Brittany Kilburn, our new Program & Events Coordinator, joined our team in January. Brittany is a newlywed who relocated to Kettering this past fall. She comes to us with great experience and even more energy! Please take the opportunity to stop by the desk and introduce yourself to Brittany.

I hope that many of you continue to amaze yourselves as we complete this winter and welcome spring. And on those days where you may not be as amazing and do find your keys in the refrigerator, I hope that you find a good laugh amongst your friends at Lathrem.
March Tasty Tour Lunch:
Ellie’s Restaurant & Bakery at Mills Park Hotel
Tuesday, March 14
Leave Lathrem at 11 a.m., return approx. 2 p.m.
Mills Park Hotel and Ellie’s Restaurant opened in April 2016 in Yellow Springs. The hotel is designed to resemble Mills house—the mansion Yellow Springs founder William Mills built around 1843. Located in the hotel lobby, the restaurant is named for the owners’ corgi, Ellie, and decorated with colorful drawings of Ellie and other dogs by local artists. The menu offers homemade baked goods, gourmet hot and iced beverages and southern inspired comfort foods. Cost includes transportation and escort (lunch is on your own). $12/CIL member; $14/resident; $16/non-resident. (121311 C/CC)

March Tasty Tour Dinner:
Doubleday’s Grill & Tavern
Thursday, March 30
Leave Lathrem at 4 p.m., return approx. 7 p.m.
Doubleday’s, one of Dayton’s popular local restaurants, has recently opened a new location in Austin Landing. Doubleday’s menu includes wings, pot pies, pretzel bun sandwiches, fish and chips, a wide variety of their popular “Monster Pizzas” and the best French onion soup in town. Cost includes transportation and escort (dinner is on your own). $12/CIL member: $14/resident; $16/non-resident. (121311 D/DD)

April Tasty Tour Lunch:
Cobblestone Café
Thursday, April 13
Leave Lathrem at 11 a.m., return approx. 2 p.m.
This charming café features tantalizing specialties made with only the finest and freshest ingredients, many of which are provided from the owner Rick Weber’s own organic garden, and include pasta, fresh seafood, extensive vegetarian selections, homemade soups, sandwiches and desserts. Their recipes are American-French inspired with simplicity but exceptional flavor. Spend some time browsing the gift shop where you can find handmade art and gifts of every kind. Cost includes transportation and escort (lunch cost is on your own). $12/CIL member; $14/resident: $16/non-resident. (221318 A/AA)

April Tasty Tour Dinner:
The Houston Inn
Tuesday, April 25
Leave Lathrem at 4 p.m., return approx. 7 p.m.
The Houston Inn, owned and operated by the Eves family for over forty-six years, is one of Southern Ohio’s most popular eateries. Their widely varied menu includes Lou Seniors’ original recipe fried chicken (a favorite since ’69), steaks, fish, pork and their signature FROG LEGS! Cost includes transportation and escort (dinner is on your own). $16/CIL member; $18/resident; $20/non-resident. (221317 A/AA)

Night at the Museum
Saturday, March 18
Leave Lathrem at 4 p.m., return approx. 8 p.m.
The Heritage Center of Clark County comes alive on this one special evening of history. We will take a guided tour and have the opportunity to converse with historical people of Clark County and Springfield’s past, including Lillian Gish, George Rogers Clark, Shawnee Chief Black Hoof, Teddy Roosevelt and more. Ladies in hoop skirts will mix with farmers from the 1920’s as the stories of Clark County will be told by those who used the artifacts in the museum in their real life. Shoppers will walk the streets of 1940’s Springfield. The Battle of Peckuwe will be remembered by Col. Clark and Chief Black Hoof. The military section will come to life with uniformed soldiers from the Revolutionary War to the War of 1812 to the Civil War to modern times. Before the tour, we will stop for a bite to eat at Un Mundo Cafe. If you like history, you will enjoy this evening. Cost includes transportation, escort and admission to the program (dinner is on your own). $42/CIL Member; $47/resident; $52/non-resident. (221315 A/AA)
Out & About

**Moon River and Me**  
Starring Jimmy Osmond  
Monday, July 10  
Leave Lathrem at 10 a.m., return approx. 5 p.m.  
Deadline to register is June 1.

Andy Williams is described a popular, American music singer whose voice was declared a national treasure. Andy hosted the Andy Williams Show from 1962 to 1971, and later developed The Moon River Theatre in Branson. Andy Williams and his smooth voice left an impression on the music world that will not be forgotten. Bringing those Andy Williams hits back into the spotlight, Jimmy Osmond (youngest of the Osmond entertainment family) has created Andy Williams *Moon River and Me*. This is the only show authorized by the Andy Williams estate to pay tribute to the award-winning music and life of Andy Williams. *Moon River and Me* is full of music, nostalgic footage, and special memories of Andy. Jimmy Osmond sings the songs that made his mentor and friend so beloved by millions and chart topping hits that Jimmy Osmond and his brothers made famous. Join us at Villa Milano in Columbus for lunch and the show. The cost includes transportation, trip escort, lunch and performance: $98/CIL member; $105/resident; $115/non-resident. (521141 A/AA)

---

**Spring Table Arrangement**  
Monday, March 27 from 6 to 8 p.m.  
Jan Baker of ARRANGEMENTS! will help you create a fresh table centerpiece with candles using a colorful mixture of assorted flowers to celebrate the upcoming season. Other easy spring flower arrangements will also be covered. These are sure to inspire you to create your own special arrangement at home. Please provide your own floral tools: knife, flower pruners and scissors. A $20 material fee is payable to the instructor at class. Cost: $27/CIL member; $30/resident; $35/non-resident. (221508 A/AA)

**Simple, Affordable Home Decorating**  
Thursday, April 13 from 6 to 8 p.m.  
Decorating doesn’t have to be intimidating or expensive. Linda Hunter, owner of R3 Interiors LLC, will share with you how to utilize what you already own to refresh and redecorate quickly and easily without spending a fortune. Learn how to avoid common decorating oversights, choose paint colors and more for a home that you, your family and friends will enjoy. Cost: $12/CIL member; $16/resident; $22/non-resident. (221508 A/AA)

**Party Time Flowers**  
Tuesday, April 25 from 6 to 8 p.m.  
Jan Baker of ARRANGEMENTS! will help you design party time flowers perfect for graduations, weddings, showers and birthdays. We will create three small centerpieces for you to take home that can be used to celebrate these special occasions. Please provide your own tools: knife, pruners and scissors. Bring a container to carry your creations home. A $40 material fee is payable to instructor at class. Cost: $20/CIL member; $25/resident; $30/non-resident. (221504 A/AA)

**Lathrem Garden Club**  
Thursday, April 20 at 10 a.m.  
Welcome back! The Lathrem Garden Club will begin it’s new season with an introduction to Five Rivers MetroParks. Learn the history of the park system and the advances made to the present day. We will look at the different park sites, classes, services available and, also, volunteering opportunities that the MetroParks has to offer.
Cooking Classes

Flavors from the Sea Workshop
Monday, March 6 at 6 p.m.
Does cooking seafood at home scare you a little; have you heard it is difficult to cook? And how do you know what’s in season or what to buy? Join Tom, owner of Foremost Seafood, and Chef David Glynn for this informative class. Learn the differences between common types of fish and seafood, helpful tips for judging freshness, selecting and purchasing fish, what’s in season and when, and what to avoid. Watch a cooking demo of fresh sea scallops from New England and ahi tuna. Class size is limited. Cost: $25/CIL member; $30/resident; $35/non-resident. (121503 A/AA)

Freezer Cooking 101
Thursday, March 9 at 6 p.m.
Minimize your time in the kitchen, save money and maximize time for what matters most. Learn tips and tricks for saving time and money on your cooking day and how to get started with your first menu. Learn the once-a-month system and get answers to frequently asked questions about freezer cooking. Sample a mini menu and take home the recipes. Cost: $22/CIL member; $25/resident; $30/non-resident. (221580 B/BB)

Freezer Cooking for 1 or 2 People
Thursday, April 13 at 6 p.m.
Freezer cooking isn’t just for large families, but can be adapted to a single person or couple. Learn how to create custom, small menus, how to use single serving containers and where to purchase them. Learn about cooking in small spaces and maximizing small freezers. Sample a menu perfect for 2 and take home the recipes. Cost: $18/CIL member; $23/resident; $28/non-resident. (221585 A/AA)

Freezer Cooking to Save Time
Saturday, April 22 at 9 a.m.
Learn to select meals that add time back into your month and minimize your effort on bulk cooking day by utilizing the “easy assembly” recipe. Sample an easy assembly mini menu and take home the recipes. Cost: $18/CIL member; $23/resident; $28/non-resident. (221590 A/AA)

Freezer Cooking for Allergies
Thursday, March 23 at 6 p.m.
Yes, you can freezer cook with food allergies! Learn how to make living with food allergies easier. You will learn tips on knowing and sourcing your ingredients and great tips for packing school lunches for those with food allergies. Sample a few allergen free meals and take home the recipes. Cost: $18/CIL member; $23/resident; $28/non-resident. (121595 A/AA)

An Evening with Orville Wright: Flying the First Aero Plane
Dinner and Live Presentation
Thursday, April 6 at 6 p.m.
On December 17, 1903, at 10:35 a.m., Orville Wright climbed aboard the 12-horse-power, 700-pound aircraft and flew it for 12 seconds. Those 12 seconds would change the world forever. Step back in time and join Orville Wright, portrayed by Tommy Collins, as he shares personal information about the brothers’ struggle to design, build and fly the first heavier-than-air machine that would carry a man aloft. Tommy Collins has portrayed Orville Wright at various events including National Park Service, Discovery Channel, Wright State and Carrillon Park. The evening will include a chicken dinner while engaging conversation with the Orville Wright impersonator who will tell of events leading up to the birth of aviation and preparation of the first flight and more. Cost: $15/CIL member; $18/resident; $20/non-resident. (221577 A/AA)
Automating Your Home Made Simple  
**Friday, March 10 at 10 a.m.**  
Making your life easier and being able to stay in your home longer can be as simple as purchasing a few products and a little bit of instruction. Join The Senior Tutor, Marianne Bailey, as she shows you how easy it can be. The class will have a live demonstration, fact sheets and pricing information so you can see if this would benefit you. If you have ever wondered if ALEXA would be right for you, check out this class. Cost: $20/CIL Member; $25/resident; $30/non-resident. (121515 A/AA)

Calling a Contractor  
**Wednesday, March 15 at 1 p.m.**  
Do you have a big project that needs done in your home and you are not sure where to start? Do you need a contractor but you are not sure how to find one or what types of questions to ask when interviewing them? Join Janice Hill, owner of Some Assembly Required LLC, as she helps you prepare to find the right contractor for your job. Learn how to set expectations, what credentials you need to expect and how to request them, where to find the right contractor for any size job and what to include in the contract to avoid hidden charges. Cost: $5/CIL member; $7/resident; $10/non-resident. (121520 A/AA)

Home Organizing  
**Tuesday, March 21 from 6:30 p.m. to 8 p.m.**  
This class is for those who find it emotionally difficult to organize their home. Before attacking the physical clutter, emotional barriers need to be addressed. Break free from clutter and let go of your perfectionism, stop procrastination, work against hoarding tendencies, discuss learning disabilities that are holding you back and let go of the guilt that accompanies organizing. Class discussion is led by professional organizer and weekly columnist of the *Dayton Daily News*, Lori Firsdon. Cost: $30/CIL member; $35/resident; $40/non-resident. (121528 A/AA)

Stay Safe Online  
**Saturday, March 25 at 10 a.m.**  
Join David Trifiro from Layer2Computers, LLC to learn how to be safe online. Learn 10 simple tips and tricks that will prevent 80% of problems online. Learn how to safely navigate, download, search and play on the internet. You will learn something new in this class with skills you can use at home. Cost: $5/CIL member; $7/resident; $10/non-resident. (121520 A/AA)

Overview Buying/Selling on eBay  
**Tuesday, March 28 from 6:30 to 8:30 p.m.**  
**Tuesday, April 18 from 6:30 to 8:30 p.m.**  
Join a professional tech to learn tips on buying and selling on eBay. Learn how to register with eBay and PayPal, research the marketplace, how to watch out for scams and more. Cost: $10/CIL member; $15/resident; $20/non-resident.

AARP Smart Driver Course  
**Tuesday, April 4 from 9 a.m. to 1 p.m.**  
AARP Driver’s safety offers the nation’s first and largest refresher course designed specifically for older drivers. This program has been improved with expert input and replaces the former Driver’s Safety Class. Many insurance companies will give you a multi-year auto insurance discount for taking this course. This class is just four hours, (plus time for certificates), and is designed for drivers over 50, although any licensed driver may enroll. No driving or written tests required. You will pay the instructor the day of class; the fee is $15 for AARP members and $20 for non-members. Bring your driver’s license and AARP membership card. Please pre-register with the Lathrem Center; space is limited. (221510 A/AA)
Questions about a trip?
One of your JOY TOUR & TRAVEL representatives will be at Lathrem Senior Center to assist you with trip selection and answer questions:

Thursday, March 2, 12:30 – 2:30 p.m.
Tuesday, March 14, 10 a.m. – Noon
Thursday, March 30, 12:30 p.m. – 2:30 p.m.
Tuesday, April 11, 10 a.m. – Noon
Thursday, April 27, 12:30 p.m. – 2:30 p.m.

You can reach JOY TOUR & TRAVEL at 800-875-4569 or 513-777-8221. All prices are double occupancy.

Soaring Eagle Casino & Resort – NEW!
April 3 – 5, 2017 from $385
Soaring Eagle Casino & Resort is a player’s paradise where you can experience Certified Hot™ gaming action and Four Diamond luxury. Casino features a wide variety of games including Blackjack, Craps, Roulette and many more. There are thousands of slot machines. The smoke-free Poker Room is open around the clock and offers Texas Hold’Em, Pineapple, Crazy Pineapple, Omaha, Seven Card Stud, Razz and multiple game formats. Enjoy the fitness center, spa center, or the free form swimming pool, as well as the 24/7 casino. Tour includes: Motor coach transportation, 2 night’s accommodations, $40 dining card ($20 dinner per person per night), $60 in gaming credit, taxes on hotel, luggage handling and JOY TOUR Director.

Circle Oregon & the Rose Festival
June 3 – 11, 2017 GTD land only from $2,482
This tour offers the breathtaking beauty & diversity of Oregon featuring Multnomah Falls and Coos Bay. Travelers will enjoy wine tasting at Valley View and Sokol Blosser Wineries, a dinner cruise aboard the Portland Spirit, a jet boat excursion on the Rogue River, shows at the Oregon Shakespeare Festival and Oregon Cabaret Theater, a dune buggy ride across the Oregon Dunes, a bay cruise onboard the Marine Discovery and ranger-guided tours of Timberline Lodge and Crate Lake. You will visit Oregon Coast Aquarium for a behind-the-scenes tour and dinner at the Shark Tank. Attend the 109th Rose Festival Grand Floral Parade & Queen’s Coronation, and enjoy free time in Jacksonville, Old Town Florence, Old Town Newport, Historic McMinnville, & Portland. So much to see and do! Tour includes: motor coach transportation; 8 nights accommodations, 15 meals (8 breakfasts, 2 lunches and 5 dinners); all admissions & fees for sightseeing; taxes & gratuities on meals & accommodations; all driver & guide gratuities; luggage handling; and professional tour director.

GET AWAY FOR THE DAY!
Register now for these great day trips!
Registration forms are available at Lathrem or by calling JOY TOUR & TRAVEL at 513-777-8221. Please call for descriptive flyers on any trip you are interested in.

Wednesday, March 22 – The Addams Family $89
Thursday, April 13 – “Motown the Musical” $129
Wednesday, April 19 – Snooty Fox Spring Shopping Tour $45
Wednesday, May 10 – The KY Bourbon Trail $99
Thursday, June 29 – Ride the Rails in Kentucky $89
Wednesday, July 12 – War Heroes of Ohio $89

Friday, August 18 – A Colorful History $99
Wednesday, September 27 – Derby Darlings & Champions $TBA
Thursday, October 12 – Sophie’s Secret! $94
Wednesday, November 1 – An Autumn Afternoon in Nashville, Indiana $99
Wednesday, December 6 – Christmas Past & Present $99
Activities listed below occur weekly unless otherwise noted. Items in bold are registered programs.

**Monday**
- 8:30 a.m. Drop-in Basketball
- 8:30 a.m. Drop-in Short Tennis
- 8:30 a.m. Drop-in Shuffleboard
- 9 a.m. AM Exercise
- 9:30 a.m. Bridge
- 10 a.m. Stretch & Move
- 11 a.m. Lengthen & Strengthen
- **Noon Daily Luncheon**
- 1 p.m. Hearing Screenings (3/20)
- 1 p.m. Healthy U (4/3 – 5/8)
- 1 p.m. Bid Euchre
- 1 p.m. Cornhole
- 1 p.m. Cribbage
- 1 p.m. Euchre
- 5:30 p.m. Strength Training
- 5:30 p.m. Canadian Bid Euchre
- 6 p.m. Flavors from the Sea Workshop (3/6)
- 6 p.m. Spring Table Arrangement (3/27)
- 6:30 p.m. PM Exercise

**Tuesday**
- 8:30 a.m. Drop-in Pickleball
- 8:30 a.m. Drop-in Volleyball
- **8:30 a.m. Gentle Stretch Yoga (4/25 – 5/30)**
- 9 a.m. Duplicate Bridge
- 10 a.m. AARP Smart Driving (4/4)
- 10 a.m. Brain Power (2/21 – 3/28)
- 10 a.m. Gentle Stretch Yoga (4/25 – 5/30)
- 11 a.m. Tasty Tour: Ellie’s Restaurant (3/14)
- 11 a.m. A1C Screenings (3/7)
- 11 a.m. BP Only Screens (3/7 – 4/4)
- **Noon Daily Luncheon**
- 1 p.m. Creative Writing (3/21, 4/18)
- 1 p.m. Computer Help
- 1 p.m. Golf Class (3/7 – 3/28)
- 1 p.m. Grief Support Group (3/21, 4/18)
- 1 p.m. 500
- 1 p.m. Bridge
- 1 p.m. Canasta
- 4:30 p.m. Tasty Tour: Houston Inn (4/25)
- 5:30 p.m. Knitting 101 (3/14 & 3/21)
- 6 p.m. Wild Pinochle
- 6:30 p.m. Home Organizing (3/21)
- 6:30 p.m. Overview: eBay (3/28)

**Wednesday**
- 8:30 a.m. Drop-in Basketball
- 8:30 a.m. Drop-in Short Tennis
- 8:30 a.m. Drop-in Shuffleboard
- 9 a.m. AM Exercise
- 9:15 a.m. Bowling (Woodman Lanes)
- 10 a.m. Stretch & Move (Chair)
- 11 a.m. BP/BS Screens (3/22, 4/26)
- **Noon Daily Luncheon**
- 1 p.m. Calling A Contractor (3/15)
- 1 p.m. Bingo
- 1 p.m. Cornhole
- 1 p.m. Cribbage
- 1 p.m. Hand and Foot
- 1 p.m. Scrabble
- 5:30 p.m. Strength Training
- 6 p.m. Canadian Bid Euchre
- 6:30 p.m. PM Exercise
<table>
<thead>
<tr>
<th><strong>Thursday</strong></th>
<th><strong>Friday</strong></th>
<th><strong>Saturday</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>8 a.m. Community Golf League (4/20 – 9/7)</td>
<td>8:30 a.m. Drop-in Basketball</td>
<td>8:30 a.m. Drop-in Volleyball</td>
</tr>
<tr>
<td>8:30 a.m. Drop-in Pickleball</td>
<td>8:30 a.m. Drop-in Short Tennis</td>
<td>9 a.m. Freezer Cooking to Save Time (4/22)</td>
</tr>
<tr>
<td>8:30 a.m. Drop-in Volleyball</td>
<td>8:30 a.m. Drop-in Shuffleboard</td>
<td>10 a.m. Staying Safe Online (3/25)</td>
</tr>
<tr>
<td>8:30 a.m. Gentle Stretch Yoga (4/27 – 6/1)</td>
<td>9 a.m. Zumba Gold</td>
<td>4 p.m. Night at the Museum (3/18)</td>
</tr>
<tr>
<td>9 a.m. Kettering College (4/27)</td>
<td>9:30 a.m. Show Choir</td>
<td></td>
</tr>
<tr>
<td>10 a.m. Garden Club (4/20)</td>
<td>10 a.m. Automating Your Home Made Simple (3/10)</td>
<td></td>
</tr>
<tr>
<td>10 a.m. Stretch &amp; Move (Chair)</td>
<td>Noon Daily Luncheon</td>
<td></td>
</tr>
<tr>
<td>10:30 a.m. Cycling Meeting (3/9)</td>
<td>1 p.m. Bunco (1st &amp; 3rd Fridays)</td>
<td></td>
</tr>
<tr>
<td>10:30 a.m. Community Golf Meeting (3/2)</td>
<td>1 p.m. Bridge</td>
<td></td>
</tr>
<tr>
<td>11 a.m. Tips to Build Your Immunity (3/30)</td>
<td>1 p.m. Double Deck Pinochle</td>
<td></td>
</tr>
<tr>
<td>11 a.m. Tasty Tour: Cobblestone Café (4/13)</td>
<td>1 p.m. Pinochle</td>
<td></td>
</tr>
<tr>
<td>11 a.m. BP/BS Screens (3/9, 4/13)</td>
<td>4:30 p.m. Tasty Tour: Doubleday’s (3/30)</td>
<td></td>
</tr>
<tr>
<td>11 a.m. Lengthen &amp; Strengthen</td>
<td>5:30 p.m. Strength Training</td>
<td></td>
</tr>
<tr>
<td>Noon Daily Luncheon</td>
<td>6 p.m. Evening with Orville Wright (4/6)</td>
<td></td>
</tr>
<tr>
<td>1 p.m. Mold and Moisture (4/6)</td>
<td>6 p.m. Euchre</td>
<td></td>
</tr>
<tr>
<td>1 p.m. Cardiac Imaging (3/16)</td>
<td>6 p.m. Freezer Cooking 101 (3/9)</td>
<td></td>
</tr>
<tr>
<td>1 p.m. Bridge</td>
<td>6 p.m. Freezer Cooking for Allergies (3/23)</td>
<td></td>
</tr>
<tr>
<td>1 p.m. Double Deck Pinochle</td>
<td>6:30 p.m. PM Exercise</td>
<td></td>
</tr>
<tr>
<td>1 p.m. Pinochle</td>
<td>6:30 p.m. Crochet Group (2nd and 4th Thursdays)</td>
<td></td>
</tr>
</tbody>
</table>

**Sunday**

1 p.m. Double Deck Pinochle

**Senior Gymnasium Drop-in (Age 55 plus)**

This is a chance to play a pick-up game with your friends. CIL Center members get in free with their CIL membership card or key fob.

Non-CIL members pay a drop-in rate based on their residency. During this time, spectators are permitted in the gymnasium or gym lobby area, but not on the playing surface of the gym floor. The fee is $3/Kettering residents and $6/non-residents.

Patrons 55 and older may also use a Gymnasium Pass or Combination Punch Pass for admission to the drop-in session.

Items in bold are registered programs.
Mystery Tour – The Plain and the Prestigious
June 6 – 8, 2017 from $519
Always an annual favorite for JOY travelers, this year will be as exciting and fun as previous years. Titled “The Plain and the Prestigious,” you will be scratching your head at the clues until you reach your destination... Tour includes: motor coach transportation, 2 nights accommodations, 5 meals (2 breakfasts, 1 lunch and 2 dinners), all admissions & fees for sightseeing, taxes & gratuities on meals & accommodations, luggage handling and a JOY TOUR Director.

Yellowstone Experience & Wildlife Safari
July 31 – August 6, 2017 GTD land only from $1,995
See the majesty and wonder of the world’s first National Park! It is a mysterious land of steaming geysers, fumaroles, and bubbling mud pots. Witness an Old Faithful eruption and see the upper and lower falls at the “Grand Canyon of Yellowstone”. Take a professionally guided Wildlife Safari through Lamar Valley, Norris Geyser Basin, and Mammoth Hot Springs. Visit the Grizzly & Wolf Discovery Center to learn about Yellowstone’s top two predators. Tour the neighboring Grand Teton National Park with a stop at historic Jackson Lake Lodge and the picturesque Jenny Lake and that’s not all! You will also experience a guided Scenic Float Trip on the Snake River and visit Jackson, an old cowboy town with hundreds of art galleries, shops, attractions, and restaurants. Make sure to bring extra batteries for your cameras, as you will not want to miss a single second of this wonder filled trip! Tour includes: motor coach transportation, 6 nights accommodations, 12 meals (6 breakfasts, 1 lunch, and 5 dinners), all entrance fees to attractions, National Parks, and Monuments mentioned, tours mentioned, taxes & gratuities on included meals & accommodations, luggage handling and a professional tour director.

A Great Lake Journey
August 7 – 12, 2017 from $1,699
Travel with JOY along the scenic coastline of Great Lake Huron. You will travel to Houghton Lake, MI to Thunder Bay, MI to Little Current in Ontario, Canada to Sault Ste. Marie, MI with many interesting stops along the way. Explore the Shipwreck Century exhibit at the Thunder Bay Maritime Heritage Center, where you can walk the deck of a life-size replica of a Great Lake schooner. Take a horse-drawn carriage ride over a river and through the woods. Drive across the Mighty Mac Bridge and stop at the Soo Locks Visitor Center to learn how the locks work and the role of the U.S. Army Corps of Engineers on the Great Lakes. Spend a day and night on the magnificent Manitoulin Island (its name means “God’s Island”), believed to be the world’s largest island in a freshwater lake. While on the island, you will learn about the rich history and culture of the First Nation of Ojibway. Board a ferry to travel from South Baymouth to Tobermory and continue by motor coach to Sarnia in Ontario, Canada where you will overnight before heading home with many wonderful memories of your journey around a Great Lake. Tour includes: motor coach transportation, ferry to Tobermory, 5 nights accommodations, 12 meals (5 breakfasts, 2 lunches and 5 dinners), all touring and admissions noted above plus more, taxes & gratuities on included meals & accommodations, luggage handling and a JOY Tour Director.

Saints, Sinners & Wine
August 28 – 30, 2017 from $569
Depart with JOY for Jackson, MI. You will tour the Sandhill Crane Vineyard Winery, complete with an elegant sit down dinner and wine tasting. You will tour St. Demetrius, the Historic Jackson Prison, visit nearby Albion where the notorious Purple Gang spent some time, and have dinner at Historic Cascades Manor House located in Cascades Park. You will also stop by the Jackson Candy and Fudge Factory for some sweets, and tour the Jiffy Mix Plant in Chelsea. Tour includes: motor coach transportation, 2 nights accommodations, 5 meals (2 breakfasts, 1 lunch and 2 dinners), all admissions & fees for sightseeing, taxes & gratuities on meals & accommodations, luggage handling and a JOY TOUR Director.
A1C Screenings
*Kettering Medical Center*
**Tuesday, March 7 from 11 a.m. to 1 p.m.**

Nearly one-third of those with diabetes are unaware that they have the disease. The A1C test measures a person’s average blood glucose control for the past two to three months. This test is performed by a finger stick and the results are immediate. Cost: $5 for Years Ahead members; all others $10. To register, please call 937-558-3988. Prices and availability are subject to change without prior notification.

Blood Pressure Screenings
Stop by Lathrem’s lobby for complimentary blood pressure screenings on the following dates:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Provider</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues., March 7</td>
<td>11 a.m. – 1 p.m.</td>
<td>Kettering Health &amp; Network</td>
</tr>
<tr>
<td>&amp; Tues., April 4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Blood Sugar/Blood Pressure Screenings

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Provider</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs., March 9</td>
<td>11 a.m. – 1 p.m.</td>
<td>Brookdale of Kettering &amp; Thurs., April 13</td>
</tr>
</tbody>
</table>

Gentle Stretch Yoga
**Tuesdays, April 25 – May 30 from 8:30 to 9:45 a.m. (211307 A-AA)**
**Thursdays, April 27 – June 1 from 8:30 to 9:45 a.m. (211307 B-BB)**
**NEW CLASS!**
**Tuesdays, April 25 – May 30 from 10 to 11:15 a.m. (211307 C-CC)**

Take a yoga class designed for the senior adult and beginning yoga participant. Instructor Kim Zehnder has developed a combination yoga and gentle stretch class, providing many benefits such as stress reduction, relaxation, improvement in balance and flexibility. Deadline for registration is six days prior to the start date. Cost is $35/CIL member; $40/resident; $45/non-resident. Class registration begins on March 28.

Cardiac Wellness
**Thursday, March 16 from 1 to 2 p.m.**
**Presented by Kettering Medical College**

This is an opportunity to view technology from behind-the-scenes as we care for our patients. We will be utilizing CT images rendered into 3D models, with fly through of the heart’s vasculature system. If you have ever wanted to stand inside a heart vessel, come see. We will also be discussing heart and stroke symptoms as well as some preventative care. Free for CIL members; $2/resident; $4 non/resident. Register by calling 296-2480. (121708 A/B)

---

**Drop-in Exercise Classes at Lathrem Senior Center**

<table>
<thead>
<tr>
<th>Title</th>
<th>Day &amp; Time</th>
<th>Who Can Attend?</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>A.M. Exercise</td>
<td>M/W 9 - 9:55 a.m.</td>
<td>Lathrem pass holders</td>
<td>$2/Lathrem member</td>
</tr>
<tr>
<td><strong>Aerobic conditioning, flexibility and strength exercises; medium fitness level.</strong></td>
<td></td>
<td>$3/resident and $5/non-resident</td>
<td></td>
</tr>
<tr>
<td>ZUMBA Gold</td>
<td>F 9 - 9:55 a.m.</td>
<td>45+ years old</td>
<td>$2/Lathrem member</td>
</tr>
<tr>
<td><strong>Aerobic conditioning with flexibility and balance; all fitness levels.</strong></td>
<td></td>
<td>$3/resident and $5/non-resident</td>
<td></td>
</tr>
<tr>
<td>Stretch &amp; Move (Chair)</td>
<td>M/W/Th 10 - 10:50 a.m.</td>
<td>45+ years old</td>
<td>$2/Lathrem member</td>
</tr>
<tr>
<td><strong>Good for beginners; low to medium fitness level; focus is strength and flexibility.</strong></td>
<td></td>
<td>$3/resident and $5/non-resident</td>
<td></td>
</tr>
<tr>
<td>Lengthen &amp; Strengthen</td>
<td>M/Th 11 - 11:50 a.m.</td>
<td>45+ years old</td>
<td>$2/Lathrem member</td>
</tr>
<tr>
<td><strong>Advanced class on strength and flexibility using weights, bands, chair and floor.</strong></td>
<td></td>
<td>$3/resident and $5/non-resident</td>
<td></td>
</tr>
<tr>
<td>Strength Training</td>
<td>M/W/Th 5:30 - 6:30 p.m.</td>
<td>45+ years old</td>
<td>$2/Lathrem member</td>
</tr>
<tr>
<td><strong>Strength exercises using weights and bands; medium fitness level.</strong></td>
<td></td>
<td>$3/resident and $5/non-resident</td>
<td></td>
</tr>
<tr>
<td>P.M. Exercise</td>
<td>M/W/Th 6:30 - 7:30 p.m.</td>
<td>45+ years old</td>
<td>$2/Lathrem member</td>
</tr>
<tr>
<td><strong>Aerobic conditioning, flexibility and strength exercises; medium fitness level.</strong></td>
<td></td>
<td>$3/resident and $5/non-resident</td>
<td></td>
</tr>
</tbody>
</table>

Payment Option: If you have a current Lathrem Membership pass, you are eligible to purchase a Lathrem Exercise pass. The Lathrem Exercise pass costs $45 and allows you to attend the above classes at no additional fee.

Note: Please consult your physician before beginning any exercise program.
Are You Ready to Live a Healthier Life?  
**Presented by Area Agency on Aging**

**Healthy U**

**Mondays, April 3 – May 8 from 1 to 3:30 p.m.**

The Area Agency on Aging urges you to start down your own path to better health by attending Healthy U where you will learn skills and coping strategies needed to manage your symptoms and live a healthier life. Healthy U is an interactive, small group workshop that has been proven to improve quality of life and reduce health care expenses by increasing self-confidence and providing new skills so that participants can better manage their symptoms and feel healthier. The program focuses on common problems like chronic pain, nutrition, exercise, medication use, emotions, and communicating with doctors and family about your illness. Participants develop skills and coping strategies to manage their symptoms through action planning, interactive learning, problem-solving, decision-making, and social support. Free for CIL members. Non-members are able to sign up on March 13. Register early by calling 296-2480.

---

**Osteoporosis Screening**

**Tuesday, April 4 from 11 a.m. to 1 p.m.**

This screening will determine bone loss without using radiation. A Kettering Health Network registered nurse will administer this simple test that takes less than five minutes. Results are immediate and counseling is provided. Cost: $5 for Years Ahead members; all others $10. To register, please call 937-558-3988. Prices and availability are subject to change without prior notification.

---

**Mold and Moisture in Your Home**

**Presented by Kelli Steward**

**Regional Air Pollution Control Agency - RAPCA**

**Thursday, April 6 from 1 to 2 p.m.**

Learn how to identify a mold issue, how to fix mold and water damage in your home, and what to do if you think mold exposure is affecting your health. Information provided is based on United States Environmental Protection Agency guidelines. Free for CIL members; $2/resident; $4/non-resident. Register early by calling 296-2480. (221703 A/AA)

---

**Tips to Boost Your Immunity System**

**Sponsored by Kettering Medical Center**

**Thursday, March 30 from 11 a.m. to 12 p.m.**

This presentation is an informal discussion regarding healthy behaviors to strengthen one’s immune system and increase resistance to disease. Free for CIL members; $2/resident; $4/non-resident. Register early by calling 296-2480. (121707 A/B)

---

**Radiology Tests**

**Sponsored by Kettering Medical College**

**Thursday, April 27 from 9 to 10:30 a.m.**

Would you like to learn about the imaging exams your doctor may be ordering for you? This information will be presented by Kettering College advanced imaging students and will discuss the imaging modalities of Computed Tomography (CT or Cat scan) and Magnetic Resonance Imaging (MRI). In this introduction to CT and MRI; basic knowledge of the machine will be discussed along with safety issues related to each modality, the length of the exam, and specific areas of the body that are visualized. A question and answer time will be given at the end of the presentation. Free for CIL members; $2/resident; $4/non-resident. Register early by calling 296-2480. (221702 A/B)

---

**Hearing Screenings**

**Monday, March 20 from 1 to 3 p.m.**

Take advantage of this free hearing screening offered by Miracle Ear Hearing Center. Call 296-2480 to schedule your 15-minute screening.

---

**The Grief Corner**

**Sponsored by Heartland Hospice**

**Tuesday, March 21 (121704 A/B) and April 18 (221704 A/B) from 1 to 2 p.m.**

As part of our Community Outreach Program, Heartland Hospice is pleased to offer bereavement services to members of Lathrem Senior Center. The Grief Corner, a drop-in bereavement support group, will be offered every 3rd Tuesday of the month from 1 to 2 p.m. This grief support group is designed to offer guidance and emotional support to those grieving the loss of a loved one. The program is a community service of Heartland Hospice. Free for CIL members; $2/resident; $4/non-resident. Register early by calling 296-2480.

---

**Tips to Boost Your Immunity System**

**Sponsored by Kettering Medical Center**

**Thursday, March 30 from 11 a.m. to 12 p.m.**

This presentation is an informal discussion regarding healthy behaviors to strengthen one’s immune system and increase resistance to disease. Free for CIL members; $2/resident; $4/non-resident. Register early by calling 296-2480. (121707 A/B)

---

**Radiology Tests**

**Sponsored by Kettering Medical College**

**Thursday, April 27 from 9 to 10:30 a.m.**

Would you like to learn about the imaging exams your doctor may be ordering for you? This information will be presented by Kettering College advanced imaging students and will discuss the imaging modalities of Computed Tomography (CT or Cat scan) and Magnetic Resonance Imaging (MRI). In this introduction to CT and MRI; basic knowledge of the machine will be discussed along with safety issues related to each modality, the length of the exam, and specific areas of the body that are visualized. A question and answer time will be given at the end of the presentation. Free for CIL members; $2/resident; $4/non-resident. Register early by calling 296-2480. (221702 A/B)

---

**Hearing Screenings**

**Monday, March 20 from 1 to 3 p.m.**

Take advantage of this free hearing screening offered by Miracle Ear Hearing Center. Call 296-2480 to schedule your 15-minute screening.

---

**The Grief Corner**

**Sponsored by Heartland Hospice**

**Tuesday, March 21 (121704 A/B) and April 18 (221704 A/B) from 1 to 2 p.m.**

As part of our Community Outreach Program, Heartland Hospice is pleased to offer bereavement services to members of Lathrem Senior Center. The Grief Corner, a drop-in bereavement support group, will be offered every 3rd Tuesday of the month from 1 to 2 p.m. This grief support group is designed to offer guidance and emotional support to those grieving the loss of a loved one. The program is a community service of Heartland Hospice. Free for CIL members; $2/resident; $4/non-resident. Register early by calling 296-2480.

---

**Tips to Boost Your Immunity System**

**Sponsored by Kettering Medical Center**

**Thursday, March 30 from 11 a.m. to 12 p.m.**

This presentation is an informal discussion regarding healthy behaviors to strengthen one’s immune system and increase resistance to disease. Free for CIL members; $2/resident; $4/non-resident. Register early by calling 296-2480. (121707 A/B)

---

**Radiology Tests**

**Sponsored by Kettering Medical College**

**Thursday, April 27 from 9 to 10:30 a.m.**

Would you like to learn about the imaging exams your doctor may be ordering for you? This information will be presented by Kettering College advanced imaging students and will discuss the imaging modalities of Computed Tomography (CT or Cat scan) and Magnetic Resonance Imaging (MRI). In this introduction to CT and MRI; basic knowledge of the machine will be discussed along with safety issues related to each modality, the length of the exam, and specific areas of the body that are visualized. A question and answer time will be given at the end of the presentation. Free for CIL members; $2/resident; $4/non-resident. Register early by calling 296-2480. (221702 A/B)
**Sports**

**Billiards Tournament**
Congratulations to Steve Knowis, first place and Bob Schumeth, second place winners in the January billiards tournament. Tournaments will be held every Monday at 12:30 p.m. with the final playoff game on the last Monday of each month. To participate you must sign up in advance. All members are welcome to participate at no cost and non-members can participate for $2/resident; $4/non-resident.

**Community Golf League**
**Planning Meeting**
**Thursday, March 2 at 10:30 a.m.**
This planning meeting provides an opportunity to meet fellow players, receive a registration packet and learn details about the league. Independent golfers are welcome, foursomes will be established upon registration. Meeting is held at Lathrem Senior Center.

**Community Golf League**
Thursday Mornings from April 20 through September 7 at the Community Golf Course. League fee is $38. Must be a CIL member to register, please call 296-2480. (221714 A)

**Cycle Paths Planning Meeting**
**Thursday, March 9 at 10:30 a.m.**
This CIL cycling meeting includes developing a schedule, weekly captains and reviewing CIL cycling guidelines and safety measures. All interested members are welcome to attend this meeting at Lathrem Center.

**Cycle Paths**
The CIL cycling group meets every Thursday at 9:15 a.m. Locations change weekly. Cycle packet and schedule will be available at the CIL front desk beginning March 24, 2017. All CIL members are welcome to attend. For further information, call 296-2480.

---

**Drop-in Schedule**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Billiards (CIL Billiards Rm)</td>
<td>Anytime Lathrem is open.</td>
</tr>
<tr>
<td>Basketball (KRC Gym)</td>
<td>M/W/F 8:30 – 11 a.m.</td>
</tr>
<tr>
<td>Short Tennis (KRC Gym)</td>
<td>M/W/F 8:30 – 11 a.m.</td>
</tr>
<tr>
<td>Shuffleboard (Multipurpose Rm)</td>
<td>M/W/F 8:30 – 11 a.m.</td>
</tr>
<tr>
<td>Shuffleboard (Outdoor courts)</td>
<td>Tu 6 p.m. – dark, Sat 9 a.m.</td>
</tr>
<tr>
<td>Cornhole (Multipurpose Rm)</td>
<td>M/W 1 – 3:30 p.m</td>
</tr>
<tr>
<td>Bowling (Woodman Lanes)</td>
<td>W 9:15 a.m.; $7/3 games</td>
</tr>
<tr>
<td>Pickleball (KRC Gym)</td>
<td>T/Th 8:30 – 11 a.m.</td>
</tr>
<tr>
<td>Volleyball (KRC Gym)</td>
<td>T/Th 8:30 – 11 a.m. Sat 8:30 – 10:30 a.m.</td>
</tr>
</tbody>
</table>

**Outdoor Tennis**
Drop-in senior tennis plays at Ernst Park on Mondays, Wednesdays and Fridays from 8 a.m. to Noon, April 3 through October 20, 2017.

**Outdoor Pickleball**
Drop-in senior pickleball plays at JF Kennedy Park on Tuesdays and Thursdays from 8 a.m. to Noon, April 4 through October 19, 2017.

**Golf Lessons**
**Tuesdays, March 7 through March 28 from 1 to 2:15 p.m.**
Rollandia Golf Course PGA professional Jim Rue has created a program aimed at increasing club head speed and increased distance and will add 20 yards to your driver. It will also include practice with the putter, short game. This class will be a short review of the previous weeks but will target the driver and increasing each student’s distance! Class size is limited, so sign up early. The last class on March 28 will meet at Rollandia Golf Course. Cost: $65/CIL members; $70/resident; $75/non-resident. Register early by calling 296-2480. (121711 A/B)
Weekly Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Luncheon</td>
<td>M-F</td>
<td>Noon</td>
<td>Lathrem</td>
</tr>
<tr>
<td>Sign up 10 a.m. to Noon</td>
<td></td>
<td></td>
<td>$2 donation</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Provided by Senior Resource Connection</td>
</tr>
</tbody>
</table>

Performing Group Practice

| Joyful Musicians           | Th   | 10:30 a.m. – Noon | Lathrem |
|                           |      |                 |         |
| A stringed array of players performing singing a variety of music from the 40's, 50's, and more. This group welcomes anyone who plays a soft sound instrument or just enjoys singing. |

| Show Choir                | F    | 9:30 – 11 a.m.   | Lathrem  |
|                           |      |                 |         |
| A dazzling vocal ensemble for anyone who enjoys singing. |

Arts & Crafts

| Lady Crafters             | F    | 9:30 – 11:30 a.m. | Lathrem |
|                          |      |                 |         |
| Create homemade items for the Annual Arts & Crafts Show or enjoy working on personal items in a creative social environment. Donations of craft supplies are appreciated. |

Education

| Computer Help             | T    | 1 – 3 p.m.      | Lathrem Library |
|                          |      |                 |                 |
| Volunteer-led individual instruction for computer and digital cameras. Members only, no cost. |

Monthly Activities

Bunco — Meets the first and third Fridays from 1 to 3:30 p.m.

Creative Writing Group — Meets the third Tuesday of the month, 1 to 3 p.m. at Lathrem Senior Center. Professor Joe Law of Wright State University mentors this group. This is a drop-in program; no advance sign-up required.

Crochet Group “Crooked Hookers” — Meets the second and fourth Thursday of the month at 6:30 p.m. in the Lathrem Library.

Garden Club — Meets the third Thursday of the month at 10 a.m. This group welcomes anyone interested in gardening. This group will resume April 20.

Cards & Games

<table>
<thead>
<tr>
<th>Cards &amp; Games</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>500</td>
<td>Tues.</td>
<td>1 – 4 p.m.</td>
</tr>
<tr>
<td>Bid Euchre</td>
<td>Mon.</td>
<td>1 – 4 p.m.</td>
</tr>
<tr>
<td>Bingo</td>
<td>Wed.</td>
<td>1 – 3:30 p.m.</td>
</tr>
<tr>
<td>Bridge</td>
<td>Mon.</td>
<td>9:30 a.m. – 12:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>T/Th/F</td>
<td>1 – 4 p.m.</td>
</tr>
<tr>
<td>Canadian Bid Euchre</td>
<td>Mon.</td>
<td>5:30 – 8:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>Wed.</td>
<td>6 – 8:30 p.m.</td>
</tr>
<tr>
<td>Canasta</td>
<td>Tues.</td>
<td>1 – 4 p.m.</td>
</tr>
<tr>
<td>Cribbage</td>
<td>Mon./Wed.</td>
<td>1 – 4 p.m.</td>
</tr>
<tr>
<td>Double Deck Pinochle</td>
<td>Sun./Th/F</td>
<td>1 – 4 p.m.</td>
</tr>
<tr>
<td>Duplicate Bridge</td>
<td>Tues.</td>
<td>9 a.m. – 1:15 p.m.</td>
</tr>
<tr>
<td>Euchre</td>
<td>Mon.</td>
<td>1 – 4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Thurs.</td>
<td>6 – 8:30 p.m.</td>
</tr>
<tr>
<td>Hand &amp; Foot</td>
<td>Wed.</td>
<td>1 – 4 p.m.</td>
</tr>
<tr>
<td>Pinochle</td>
<td>Thurs.</td>
<td>1 – 4 p.m.</td>
</tr>
<tr>
<td>Scrabble</td>
<td>Wed.</td>
<td>1 – 4 p.m.</td>
</tr>
<tr>
<td>Wild Pinochle</td>
<td>Tues.</td>
<td>6 – 8:30 p.m.</td>
</tr>
</tbody>
</table>
Located at Town & Country Shopping Center
between Figlio and Artisan’s
Phone: 937-296-3330

Kettering Health Network will provide blood pressure screenings on the 4th Monday of each month.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8:30 a.m. – 12:30 p.m.</td>
<td>City of Kettering’s Senior Service Coordinator, Vickie Carraher</td>
</tr>
<tr>
<td>Tuesday</td>
<td>8:30 a.m. – 12:30 p.m.</td>
<td>City of Kettering’s Senior Service Coordinator, Vickie Carraher</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9 a.m. – Noon</td>
<td>Blood Pressure Check, The Oaks of West Kettering</td>
</tr>
<tr>
<td>Thursday</td>
<td>8:30 a.m. – 12:30 p.m.</td>
<td>City of Kettering’s Senior Service Coordinator, Vickie Carraher</td>
</tr>
<tr>
<td>Friday</td>
<td>8:30 a.m. – 12:30 p.m.</td>
<td>City of Kettering’s Senior Service Coordinator, Vickie Carraher</td>
</tr>
</tbody>
</table>

---

**Open Monday – Friday, 8:30 a.m. – 12:30 p.m.**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8:30 a.m. – 12:30 p.m.</td>
<td>City of Kettering’s Senior Service Coordinator, Vickie Carraher</td>
</tr>
<tr>
<td>Tuesday</td>
<td>8:30 a.m. – 12:30 p.m.</td>
<td>City of Kettering’s Senior Service Coordinator, Vickie Carraher</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9 a.m. – Noon</td>
<td>Blood Pressure Check, The Oaks of West Kettering</td>
</tr>
<tr>
<td>Thursday</td>
<td>8:30 a.m. – 12:30 p.m.</td>
<td>City of Kettering’s Senior Service Coordinator, Vickie Carraher</td>
</tr>
<tr>
<td>Friday</td>
<td>8:30 a.m. – 12:30 p.m.</td>
<td>City of Kettering’s Senior Service Coordinator, Vickie Carraher</td>
</tr>
</tbody>
</table>

---

**Senior Transportation Program**

(All fees are each way.)

**Appointments (medical or professional)**

| Local – $3 (within Kettering limits) | Out of town – $5 (certain limitations apply) |

**Group Shopping Trips**

- Local grocery stores – $2
- Lathrem Senior Center
  (Mon. – Fri. daytime) All senior activities – $2

Program is open to Kettering residents age 60 and older. A $10 yearly registration fee is required to utilize the service, and a rider’s card of $10, $20 or $40 must be purchased to pay for rides. Contact Lathrem Senior Center at 296-2480 to register and receive a rider’s packet with program details.

---

**Ask Vickie?**

(about Senior Services)

Need information about caring for a loved one or assistance picking a Medicare plan? Then ask Vickie Carraher, City of Kettering Senior Service Coordinator. Vickie is available to meet at Lathrem Senior Center by appointment only; please call 296-3356.

---

Community Golf League Planning Meeting

Thursday, March 2 at 10:30 a.m.

Don’t miss the Cycle Paths 2017 Planning Meeting on Thursday, March 9 at 10:30 a.m.
You don't want to miss these upcoming programs!

Golf Lessons
Beginning Tuesday, March 7

Calling a Contractor
Wednesday, March 15

An Evening with Orville Wright
Thursday, April 6

New Member Meet & Greet
Thursday, April 27

Swap & Shop
Saturday, April 29