



September/October 2017

LATHREM Letter

**Parks, Recreation and Cultural Arts Department
Published for Members of the Lathrem Senior Center**

Bingo Bonanza

**Tuesdays, September 12
& October 10, 6 to 8 p.m.**

Join us the second Tuesday of every month for good food and themed BINGO! After enjoying a meal, we will play 8 rounds of BINGO with a cover-all to end the event. Each winner will receive a prize! Registration closes two days prior to the event date, and we do not allow walk-ins. A big thank you goes out to Oak Creek Terrace for being our prize sponsor! Fee: \$10.80/CIL member; \$12/resident; \$15/non-resident. September Theme: Welcome to the Wild, Wild West! (421588 A) October Theme: Monster Mash! (421588 B)

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Protecting Seniors against Fraud, Identity Theft and Scams Forum



Sponsored by MediGold in partnership with Kettering Health Network

Tuesday, September 19 from 3 to 6 p.m.

Charles I. Lathrem Senior Center

Older adults are often targets of fraud and scams. This educational event brings experts from several government agencies who will provide information and resources in the fight against fraud and scams. Agencies participating include: Office of the Ohio Attorney General; Social Security Administration; Pro Seniors/Senior Medicare Patrol; Ohio Dept. of Insurance/OSHIIP; Montgomery County Veterans Service Commission; Area Agency on Aging; Elder Crime Division, City of Kettering and Legal Aid of Western Ohio. Seldom does the public have access to such expertise in one venue.

Trusted experts will help you spot the warning signs, teach you how to combat predators, and how to report an incident in case you are targeted. Also on the agenda is an update on the new Medicare card that Medicare beneficiaries will soon be issued and the scam tactics already being used. Light refreshments will be provided. For reservations, call 1-800-888-8362.

This event is not sponsored by, nor affiliated with the Ohio Attorney General's Office or any not-for-profit organizations and/or government agencies participating at this event; neither do they endorse or recommend Medigold/Kettering Health Systems or any products or services affiliated with Medigold/Kettering Health Systems. Refreshments provided by MediGold.



Drums Alive

Drums Alive—Golden Beats

**Fridays, September 29 – November 3
from 10:45 to 11:45 a.m.**

Golden Beats is a unique Drums and Dance combination that encourages participants to stay active and improve their quality of life. This six-week program is specifically designed for the older adult population with fun, cultural and energetic beats to stimulate whole-brain and body activity and is taught by Dorie Phillips, MT-BC Drums Alive Certified Instructor. When we drum and dance, we are having fun! Class size is limited. Cost: \$35/CIL member; \$40/resident; \$45/non-resident. (421570 A/AA)

INFORMATION

Artist Spotlight: Linda Keller and Fran Watson

During September and October, we are happy to welcome back two artists' work in the Lathrem hallways: Linda Keller and Fran Watson. Stop by to see their fantastic pieces!

Linda Keller was born and raised in Dayton. She loved the arts in school and took a year of classes at the Dayton Art Institute. After marriage and moving to Beavercreek, Linda became involved in the wonderful art clubs of Beavercreek and Fairborn where she learned to paint in acrylics. She quickly started displaying in the outdoor festivals around the area. She also taught classes for children and adults through the Beavercreek Creative Arts Association. Her paintings have been on display as far away as Washington, D.C. After retiring, Linda decided to devote her time to mostly watercolors. She has studied with several well-known teachers and always takes advantage of any special workshops in the area. Linda has received numerous awards. She enjoys painting just about everything, especially from photos of her nine grandchildren. Linda is an active member of Fairborn Art Association, St. Luke in Beavercreek, St. Vincent DePaul Society, and Lathrem Senior Center.

Fran Watson has lived in Kettering 19 years since moving from North Carolina. Her Ohio daughter introduced her to decorative painting and she has been enjoying her art adventure using different media. Fran's art interests were formed by a mother and grandmother who painted porcelain plates and watercolor as well as her 4-H projects. In college she studied sculpturing with Master Sculpture Christian Petersen at Iowa State University and enhanced her interest in art while traveling and teaching in England. Fran is the volunteer coordinator of the Lathrem Hallway Art Exhibit. She is Program Vice President at Fairborn Art Association and a member of the Dayton Art Institute and various painting clubs that encourage other artists using various media. Fran has a daughter in Springfield, OH, and a daughter and son-in-law in Fargo, ND, with four grandchildren out of state and one great grandson in AZ.

Matter of Balance: Balance and Fall Program

Wednesdays, September 20 – November 8 from 1 to 3 p.m.

The Matter of Balance program, developed by the University of Boston Health and Disability Research Institute, provides training on how to prevent falls and what to do if you do fall. This 8-week program teaches techniques to prevent falls, address fears of falling and the program also teaches exercises that promote better balance. The exercises can even be done sitting in a chair for those who are unable to stand.

The class will be offered every Wednesday for 8 weeks starting September 20 through November 8. Due to the intensive level of this class, there are limited openings for this training and members are asked to attend all 8 classes. If you have any questions about this program contact Vickie Carraher at 296-3356. Registration is required. (421717 A)



CITY OF KETTERING

Kettering Mayor & Council

- Don Patterson, Mayor**
Don.Patterson@ketteringoh.org.....299.5512
- Robert Scott, Vice Mayor, District 1**
Rob.Scott@ketteringoh.org776.2315
- Bill Lautar, At Large**
Bill.Lautar@ketteringoh.org.....689.2205
- Amy Schrimpf, At Large**
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- Tony Klepacz, District 3**
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- Bruce E. Duke, District 4**
Bruce.Duke@ketteringoh.org299.2259
- Mark Schwieterman, City Manager**
Mark.Schwieterman@ketteringoh.org.....296.2412
- Steven Bergstresser, Assistant City Manager**
Steven.Bergstresser@ketteringoh.org296.2412
- Council Office Phone Number: 296.2416
Council Email: Kettcc@ketteringoh.org
Kettering Home Page: www.ketteringoh.org

SOCIAL

September Tasty Tour Lunch: Trailblazer Dining Room, Hueston Woods State Park Thursday, September 7

Leave Lathrem 10 a.m. return approx. 3 p.m.

Discover one of Ohio's best kept secrets! Whether you are craving healthy or hearty, you'll find plenty of choices at the Trailblazer Dining room. This spacious dining room has a massive stone fireplace and a spectacular view of Action Lake—the perfect location for an early fall lunch. Cost includes transportation and escort (lunch is on your own): \$22/CIL member; \$25/resident; \$30/non-resident. (421301 A/AA)

September Tasty Tour Dinner: Mel-O-Dee Restaurant Tuesday, September 26

Leave Lathrem at 3:30 p.m. return approx. 6 p.m.

Since 1965, the Mel-O-Dee Restaurant in New Carlisle has delighted customers throughout the Dayton area with home cooking fare. Family owned and operated for four generations, they are committed to serving the finest in traditional comfort food, and home baked bread and broasted favorites. Newly renovated after the recent tornado, it's better than ever. Cost includes transportation and escort (dinner on your own): \$14/CIL member; \$16/resident; \$18/non-resident. (421300 A/AA)

October Tasty Tour Lunch: Jimmies Ladder 11 Tuesday, October 10

Leave Lathrem at 11 a.m. return approx. 2 p.m.

Jimmies Ladder serves a diverse menu with the large influence from the original Upper Krust type sandwiches. The building it is housed in traces its colorful history back to the 1860's. This family owned restaurant is sure to delight and satisfy your lunch appetite. Cost includes transportation and escort (lunch is on your own): \$12/CIL member; \$14/resident; \$16/non-resident. (421301 B/BB)

October Tasty Tour Dinner: Amber Rose Thursday, October 26

Leave Lathrem at 3:30 p.m. return approx. 6 p.m.

The Amber Rose specializes in homemade Eastern European Cuisine including German, Lithuanian, Polish, Hungarian, Russian and Italian. Located in Old North Dayton, the building was originally built in 1810. It ran as a general store and deli until 1980. In 1989 it opened as a restaurant. Enjoy the European inspired dining room and a tasty fall dinner. Cost includes transportation and escort (lunch is on your own): \$12/CIL member; \$14/resident; \$16/non-resident. (421300 B/BB)

Lathrem Senior Center Holiday Hours

Lathrem will be closed in observance of the following holiday:

Monday,
September 4 –
Labor Day

Save the Date

for the annual Holiday Arts & Craft Show! Saturday, November 11 9 a.m. to 4 p.m.

Several vendors will be present selling unique handmade craft items just in time for the holiday shopping season. More information to come in the next issue!

ENRICHMENT

Lunch and Learn

Six Situations When a Trust Makes Cents



Tuesday, September 12 at 12:30 p.m.

Do you know the six situations when a trust makes cents, saves you money and protects your money? You should, because there is an 80% chance that one of those situations applies to you. Join Culpepper Law for this informative lunch and learn program that could possibly save you money. Cost: Free for CIL members; \$2/resident; \$4/non-resident. (421522 A/AA)

Buying/Selling on eBay

Tuesdays, September 12, 19 & 26 from 6:30 to 8:30 p.m.

Harness the power to put more money in your pocket. You will learn how to become an eBay seller, create listings, use better photography, monitor your listing, complete transactions and much more. Cost: \$27/CIL member; \$30/resident; \$45/non-resident. (421505 A)

Be Remembered

Thursday, September 14 from 1 to 2:30 p.m.



When someone searches your name, what do you want them to find? What are the messages you would like to leave the world. Join Courtney from Routsong Funeral Home as she helps you navigate a free website called "Be Remembered". Using this website you will learn how to collect, organize and archive your finest memories and thoughts. Bring a laptop or tablet or use Courtney's as she gets you started on this site. You will leave with a booklet on how to continue at home or with a loved one. Cost: Free for CIL members; \$2/resident; \$4/non-resident. (421551 A/AA)

Basic Massage Techniques

Monday, September 18 from 6:30 to 8:30 p.m.

Monday, October 16 from 6:30 to 8:30 p.m.

Have you ever wanted to give a great massage at home but couldn't figure out the right techniques or pressure points? Join Larry Chandler, Massage Therapist of Affinity Salon and day spa as we learn the ethics and health benefits of giving a good massage as well as several basic techniques that you can try at home on others. We will primarily be focusing on head, neck, back, shoulders and hands. Throughout the class, we will practice on others so we can apply what we have learned. Please note: This is a hands-on class. If you did not come with someone, you will be paired up so that we can apply what we have learned! Cost: \$19.80/CIL member; \$22/resident; \$25/non-resident. (Sept.: 421598 A; Oct.: 421598 B)

Simple Affordable Home Decorating

Wednesday, September 20 from 6 to 8 p.m.

Decorating doesn't have to be intimidating, overwhelming, or expensive. Discover what you can do quickly and easily to redecorate without spending a fortune. Linda Hunter, owner of R3 Interiors LLC will share with you how to utilize what you already own to refresh and redecorate. Learn how to avoid common decorating oversights, choose paint colors and more, for a home that you, your family and friends will enjoy. Cost: \$13.50/CIL member; \$15/resident; \$20/non-resident. (421501 A)

Reversible Mortgage

Thursday, September 28 at 1 p.m.



Have you heard of Reverse Mortgages and wonder just what they are all about and if it is the right option for you? The Home Ownership Center, a non-profit serving the Dayton area and a HUD certified counseling organization, will educate you on what a Reverse Mortgage is, how it works, the pros and cons and other information you need to help you make an informed decision. Time will also be available for questions and answers. Cost: Free for CIL members; \$2/resident; \$4/non-resident. (421533 A/AA)

ENRICHMENT

Organizing Classes

Organizing 101

Monday, September 25 from 6:30 to 7:30 p.m.

The thought of organizing can be daunting. Where do you start? How long will it take? What do I do first? The hardest part is getting started! But this is easier than you think. Learn the steps to organizing ANYTHING as well as specific tips and tricks for an organized life! Cost: \$13.50/CIL member; \$15/resident; \$18/non-resident. (421517 A)

Reducing Paper Clutter

Tuesday, October 3 from 6:30 to 7:30 p.m.

Now's the time to tame that paper clutter!! Maybe you need to freshen up your filing system (or create one). Learn how to maintain an organized system that makes year-end filing easy, saving you time and money. Cost: \$13.50/CIL member; \$15/resident; \$18/non-resident. (421524 A)

Scrapbooking & Craft Organization

Tuesday, October 24 from 6:30 to 7:30 p.m.

Are your scrapbooking and craft supplies taking over your life? Tami from Silver Lining Organizers will show you how to organize your craft supplies so you can easily find what you need to create your masterpieces! LOTS of unique and inexpensive tips and ideas will be presented to help you get INSPIRED! Cost: \$13.50/CIL member; \$15/resident; \$18/non-resident. (421531 A)

Are You an Energy Saver?

Friday, September 29 at 1 p.m.

How much do you really know about energy efficiency and keeping energy bills low? Test your knowledge during this fun and interactive presentation while learning fun facts and ways to reduce energy usage. You may be surprised to learn what the true energy users in your home are, and you may discover you can lower your utility bills even more! Presented by the Office of the Ohio Consumer's Council. Cost: Free for CIL members; \$2/resident; \$4/non-resident. (421525 A/AA)

FREE for
CIL Members

Cuba—People to People

Friday, October 6

Lunch at 12:30 p.m. Presentation at 1 p.m.

In late 2015 President Obama began normalizing relations with Cuba after more than 50 years of U.S. restrictions and permitted People-to-People visits in 2016. Mark Davis was one of the lucky ones to take advantage of this opportunity before the U.S. Federal Government again began prohibiting tours to Cuba in June 2017. Join Mark for an interesting PowerPoint presentation including sites, history and architecture and of course the vintage 1950's cars. A light Cuban inspired lunch will be served before the start of the presentation. Cost: \$7/CIL member; \$10/resident; \$15/non-resident. (421516 A/AA)

Smart Energy Living

Tuesday, October 10 at 1 p.m.

The Office of the Ohio Consumer Council is back for another informative program to help you save. Save money on your energy bills by making your home more energy efficient all year round. Hear tips on how to save money on your natural gas, electric, and water bills by making no-cost or low cost changes around the house. Learn about the benefits of Energy Star appliances, CFL light bulbs, programmable thermostats and other energy-saving tips. Cost: Free for CIL members; \$2/resident; \$4/non-resident. (421542 A/AA)

FREE for
CIL Members

Independent Living, Assisted Living, Other Choices—What's Right for Me?

Thursday, October 12 at 1 p.m.

Join Robert Harvey from Family Tree Residential Assisted Living Center and learn about the differences and options available when trying to determine what kind of facility might be best for you or a loved one. Learn what independent living, assisted living, skilled nursing facilities and long-term care all mean. Learn what red flags you need to look for, what questions to ask and how to find the true cost and uncover hidden costs. A light refreshment will be included. Cost: Free for CIL members; \$2/resident; \$4/non-resident. (421530 A/AA)

FREE for
CIL Members

ENRICHMENT

Cooking Classes

Savory Soups

Wednesday, September 13 from 6 to 8 p.m.

What better comfort food than soup on a cool fall day. Be prepared to make a rich creamy potato soup that will warm you down to your toes. Add another favorite, chicken tortilla soup. This hearty soup is a meal in itself. Served with warm tortilla strips and topped with sour cream that has a twist. These are sure to be family favorites. Walk away with recipes, a satisfied stomach and leftovers! Cost: \$27/CIL member; \$30/resident; \$35/non-resident. (421504 A)

Raw Vegan "Cooking" Class

Thursday, September 14 from 6:30 to 8 p.m.

Have you ever considered being a vegan but thought that vegans only eat rice and veggies? Are you currently a vegan but would love some new recipes to spice up your current menu? Or are you thinking about incorporating some healthier meals into to your current lifestyle? This raw vegan "cooking" class is perfect for you! We will be assembling raw guacamole, raw vegan tacos and raw brownies. Join us as we talk about veganism and put together some absolutely wonderful raw vegan dishes you'll love and love to share. Come hungry and ready to learn. Cost: \$25.20/CIL member; \$28/resident; \$32/non-resident. (421599 A)

Pumpkin Rolls

Wednesday, October 11 from 6 to 8 p.m.

Learn the art of making Momma K's delicious pumpkin roll with a cream cheese filling. These sound so simple but the trick is rolling them up in a terry cloth towel. Once you have mastered this, there is nothing you can't make. Such a wonderful treat for the holidays! Cost: \$31.50/CIL member; \$35/resident; \$40/non-resident. (421519 A)

AARP Smart Driver Course

Tuesday, October 17 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 as the result of a variety of research studies, volunteer insight and 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 and benefit. 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. (421506 A/AA)

Fall Pumpkin Centerpiece

Tuesday, October 17 from 6 to 8 p.m.

Join Jan Baker, professional floral designer, and owner of ARRANGEMENTS! as she helps us create fresh flower pumpkin centerpieces to brighten your home for the upcoming holidays. Bring scissors, paring knife and flower pruners. Cost: \$28.80/CIL member; \$32/resident; \$36/non-resident. A \$30 materials fee is due to the instructor at the beginning of class. (421590 A)

Prepare Home for Resale

Thursday, October 19 from 6 to 8 p.m.

When planning to sell a home, "staging" has become a necessary part of the process. Preparing your home for resale involves more than just eliminating surface clutter and cleaning. Linda Hunter, owner of R3 Interiors will share with you the benefits and process of staging your home. Learn staging basics, steps to take inside and outside, highlighting rooms and their features while creating an environment that is comfortable, warm and livable during the time your home is listed. Cost: \$13.50/CIL member; \$15/resident; \$20/non-resident. (421520 A)

SPORTS

Billiards Champions

Beginning in September, 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 a \$2/resident; \$4/non-resident fee.

Community Golf League Contest Winners

Community Golf Course

Scramble #1: Team #16 finished with 5 under par; Jack Warrell, Gary Favor, Jack Dempsey and Larry Nicholas.

Fewest Putts: Women: Barb Redenbo (17)
Men: Larry Schlea (15)

Most Pars: Larry Schlea (5 Pars)

Longest Putt: Women: Jeanette Wood
Men: Larry Schlea

Poker Hand: Women: Pat Madden
Men: Ellis Rogers

Longest Drive: Women: Jeanette Wood
Men: Jim Bolton

Hole in One!

Congratulations to Jack Warrell!

**Lathrem Golf League, Community Golf Course
June 8, 2017**



Hole #11: 95 Yards / 8 Iron
Jack Warrell has been playing golf since he was a teenager and this is his first Hole-in-One! It brought back memories of when he used to caddy for his father and he got to be present

to witness his father's first hole in one. He has been a member of the Lathrem Center since 2000. He also played basketball for University of Dayton from 1962-1966. He will be available in the Billiards room to sign autographs upon request.

Drop-in Schedule

Basketball (<i>KRC Gym</i>)	M/W/F 8:30 - 11 a.m. (Begins 9/25)
Short Tennis (<i>KRC Gym</i>)	M/W/F 8:30 - 11 a.m. (Begins 9/25)
Billiards (<i>CIL Billiards Rm</i>)	Anytime Lathrem is open.
Pickleball (<i>KRC Gym</i>)	T/Th 8:30 - 11 a.m. (Begins 9/26)
Shuffleboard (<i>Multipurpose Rm</i>)	M/W/F 8:30 - 11 a.m.
Shuffleboard (<i>Outdoor Courts</i>)	T/Th 9:30 a.m.
Volleyball (<i>KRC Gym</i>)	T/Th 8:30 - 11 a.m. (Begins 9/26) Sat 8:30 - 10:30 a.m. (Begins 9/23)
Cornhole (<i>Multipurpose Rm</i>)	M/W 1 - 3:30 p.m.
Bowling (<i>Woodman Lanes</i>)	W 9:15 a.m.; \$7/3 games

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.

Outdoor Pickleball

Drop-in Senior Pickleball plays at J.F. Kennedy Park on Tuesdays and Thursdays from 8 a.m. to noon, April 4 through October 19.

Cycle Paths

The CIL cycling group meets every Thursday at 9:15 a.m. The last scheduled ride is Thursday, October 26. Locations change weekly. All CIL members are welcome to attend. For further information, call 296-2480.

**KRC Gymnasium Closed
for floor refinishing
August 14 through September 22**

SEPTEMBER / OCTOBER

Activities listed below occur weekly unless otherwise noted. Items in bold are registered programs.

MONDAY

8 a.m. Outdoor Tennis (Ends 10/20)
 8:30 a.m. Drop-in Shuffleboard (8/14-9/30)
 8:30 a.m. Drop-in Basketball (Begins 9/25)
 8:30 a.m. Short Tennis (Begins 9/25)
 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 Screens (9/18)
 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
 6:30 p.m. PM Exercise
6:30 p.m. Basic Massage Techniques 101 (9/18, 10/16)
6:30 p.m. Organizing 101 (9/25)

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.

Cost: \$3/Kettering resident; \$6/non-resident. Patrons 55 and older may also use a Gymnasium Pass or Combination Punch Pass for admission to the drop-in session.

TUESDAY

8 a.m. Outdoor Pickleball (Ends 10/19)
 8:30 a.m. Drop-in Volleyball (Begins 9/26)
 8:30 a.m. Drop-in Pickleball (Begins 9/26)
8:30 a.m. Gentle Stretch Yoga (9/26 - 10/31)
 9 a.m. Flu Shots (9/19)
9 a.m. Smart Driving (10/17)
 9 a.m. Duplicate Bridge
 9:30 a.m. Outdoor Shuffleboard
10 a.m. Gentle Stretch Yoga (8/8 - 9/12)
11 a.m. Tasty Tour Lunch Jimmie Ladder (10/10)
 11 a.m. BP Only Screens (9/5, 10/3)
 11 a.m. A1C Screen (9/5)
 11 a.m. Osteo Screens (10/3)
Noon Daily Luncheon
12:30 p.m. When Trust Makes Cents (9/12)
1 p.m. Journey of the Heart (9/19, 10/17)
1 p.m. Smart Energy Living (10/10)
 1 p.m. Computer Help
 1 p.m. 500
 1 p.m. Bridge
 1 p.m. Canasta
3:30 p.m. Tasty Tour Dinner Mel-O-Dee (9/26)
6 p.m. Pumpkin Centerpiece (10/17)
6 p.m. Bingo Bonanza (9/12, 10/10)
 6 p.m. Wild Pinochle
6:30 p.m. Buying/Selling on eBay (9/12-9/26)
6:30 p.m. Reducing Paper Clutter (10/3)
6:30 p.m. Scrapbooking & Craft Organization (10/24)

WEDNESDAY

8 a.m. Outdoor Tennis (Ends 10/20)
 8:30 a.m. Drop-in Shuffleboard (8/14-9/30)
 8:30 a.m. Drop-in Basketball (Begins 9/25)
 8:30 a.m. Short Tennis (Begins 9/25)
 9 a.m. AM Exercise
 9:15 a.m. Bowling (*Woodman Lanes*)
 10 a.m. Stretch & Move (Chair)
 11 a.m. BP/BS Screens (9/20, 10/18)
Noon Daily Luncheon
 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 p.m. Savory Soups (9/13)
6 p.m. Simple Affordable Home Decorating (9/20)
6 p.m. Pumpkin Rolls (10/11)
 6:30 p.m. PM Exercise

Lathrem Senior Center Holiday Hours

Lathrem will be closed in observance of the following holiday:
 Monday, September 4
 - Labor Day

KRC Gymnasium Closed

for floor refinishing
 August 14 through
 September 22

SEPTEMBER 2017 CALENDAR

ams.

THURSDAY

8 a.m. Outdoor Pickleball (Ends 10/19)
 8 a.m. Community Golf (Ends 9/7)
 8:30 a.m. Drop-in Volleyball (Begins 9/26)
 8:30 a.m. Drop-in Pickleball (Begins 9/26)
8:30 a.m. Gentle Stretch Yoga (9/28 - 11/2)
 9:15 a.m. Cycle Paths
 9:30 a.m. Outdoor Shuffleboard
 10 a.m. Stretch & Move (Chair)
 10 a.m. Garden Club (9/28)
10 a.m. Tasty Tour Lunch Trailblazer Inn (9/7)
11 a.m. BP/BS Screens (9/14, 10/12)
11 a.m. Green Cleaning (10/19)
11 a.m. Lengthen & Strengthen
 Noon Daily Luncheon
1 p.m. Be Remembered (9/14)
1 p.m. Reversible Mortgage (9/28)
1 p.m. Assisted Living (10/12)
 1 p.m. Bridge
 1 p.m. Double Deck Pinochle
 1 p.m. Pinochle
3:30 p.m. Tasty Tour Dinner Amber Rose (10/26)
 5:30 p.m. Strength Training
6 p.m. Prepare Home for Resale (10/19)
 6 p.m. Euchre
 6:30 p.m. PM Exercise
 6:30 p.m. Crochet Group (2nd and 4th Thursdays)
6:30 p.m. Raw Vegan "Cooking" (9/14)

FRIDAY

8 a.m. Outdoor Tennis (Ends 10/20)
 9 a.m. Zumba Gold
 9:30 a.m. Show Choir
10:45 a.m. Drums Alive (9/29-11/3)
 Noon Daily Luncheon
12:30 p.m. Cuba (10/6)
1 p.m. Are You Energy Saver (9/29)
 1 p.m. Bunco (1st & 3rd Fridays)
 1 p.m. Bridge
 1 p.m. Double Deck Pinochle

SATURDAY

8:30 a.m. Drop-in Volleyball (Begins 9/23)
11 a.m. Wag O Ween (10/28)

SUNDAY

1 p.m. Double Deck Pinochle

September

S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Items in bold are registered programs.

WELLNESS

A1C Screenings

Kettering Medical Center

Tuesday, September 5 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. Hemoglobin A1C - \$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.

Hearing Screening

Monday, September 18 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.

Blood Pressure Screenings

Stop by Lathrem's lobby for complimentary blood pressure screenings on the following dates:

Date	Time	Provider
Tues., Sept. 5 & Tues., Oct. 3	11 a.m. - 1 p.m.	Kettering Health Network

Blood Sugar/Blood Pressure Screenings

Date	Time	Provider
Wed., Sept. 20 & Wed., Oct. 18	11 a.m. - 1 p.m.	Oaks of West Kettering
Thurs., Sept. 14 & Thurs., Oct. 12	11 a.m. - 1 p.m.	Brookdale of Kettering

Flu Shots

Friday, September 19 from 9 to 11 a.m.

Clark's Pharmacy will provide flu shots at the Lathrem Senior Center. Shots are covered by Medicare Part B and most insurance plans. Not all insurance providers cover shots so check with your provider to make sure your shot will be covered. If not covered, the fee is \$20. Appointments can be made beginning Wednesday, August 16 by calling 296-2480.

Drop-in Exercise Classes at Lathrem Senior Center

TITLE	DAY & TIME	WHO CAN ATTEND?	COST
A.M. Exercise <i>Aerobic conditioning, flexibility and strength exercises; medium fitness level.</i>	M/W 9 - 9:55 a.m.	Lathrem pass holders	\$2/Lathrem member \$3/resident and \$5/non-resident
ZUMBA Gold <i>Aerobic conditioning with flexibility and balance; all fitness levels.</i>	F 9 - 9:55 a.m.	45+ years old	\$2/Lathrem member \$3/resident and \$5/non-resident
Stretch & Move (Chair) <i>Good for beginners; low to medium fitness level; focus is strength and flexibility.</i>	M/W/Th 10 - 10:50 a.m.	45+ years old	\$2/Lathrem member \$3/resident and \$5/non-resident
Lengthen & Strengthen <i>Advanced class on strength and flexibility using weights, bands, chair and floor.</i>	M/Th 11 - 11:50 a.m.	45+ years old	\$2/Lathrem member \$3/resident and \$5/non-resident
Strength Training <i>Strength exercises using weights and bands; medium fitness level.</i>	M/W/Th 5:30 - 6:30 p.m.	45+ years old	\$2/Lathrem member \$3/resident and \$5/non-resident
P.M. Exercise <i>Aerobic conditioning, flexibility and strength exercises; medium fitness level.</i>	M/W/Th 6:30 - 7:30 p.m.	45+ years old	\$2/Lathrem member \$3/resident and \$5/non-resident

New schedule coming soon! Check at the CIL front desk.

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.

WELLNESS

Journey of the Heart: When is it time to consider a Nursing Home



Presented by: Gabrielle Douglas, Bereavement Coordinator, Heartland Hospice
Tuesday, September 19 from 1 to 2 p.m.

You are invited to join us for a monthly caregiver support group designed to address the unique needs of those caring for Dementia patients. This session will discuss when it is time to consider a Nursing Home. Cost: Free for CIL members; \$2/resident; \$4/non-resident. Register early by calling 296-2480. (421701 A/B)

Gentle Stretch Yoga

**Tuesdays, September 26 – October 31
from 8:30 to 9:15 a.m. (411305 A)**
**Thursdays, September 28 – November 2
from 8:30 to 9:15 a.m. (411305 B)**
**Tuesdays, September 26 – October 31
from 10 to 11:15 a.m. (411305 C)**

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. Registration begins September 1.

Osteoporosis Screening

Tuesday, October 3 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.

Journey of the Heart: Medical Strategies and Disease Progression



Presented by: Gabrielle Douglas, Bereavement Coordinator, Heartland Hospice
Tuesday, October 17 from 1 to 2 p.m.

You are invited to join us for a monthly caregiver support group designed to address the unique needs of those caring for Dementia patients. This session will discuss Medical Strategies and Disease Progression. Cost: Free for CIL members; \$2/resident; \$4/non-resident. Register early by calling 296-2480. (421702 A/B)

Green Cleaning

***Presented by: Tim Pritchard,
Five Rivers MetroParks***



Thursday, October 19 from 11 a.m. to Noon

Cleaning products have an impact on the natural environment and indoor air quality. Individuals can help ensure healthier households and protect aquatic habitat by choosing biodegradable, non-toxic cleaning agents and save money by learning how to create their own from common ingredients such as vinegar, lemon juice, and baking soda. Tim Pritchard, Sustainability Coordinator for Five Rivers MetroParks, will discuss the basic environmental science of cleaning and introduce participants to fun, easy, low-cost solutions for better practices. Cost: Free for CIL members; \$2/resident; \$4/non-resident. Register early by calling 296-2480. (471700 A/B)

TRAVEL

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:

Tuesday, September 5, 12:30 – 2:30 p.m. • **Thursday, September 21, 10 a.m. – Noon**
Tuesday, October 3, 12:30 – 2:30 p.m. • **Thursday, October 19, 10 a.m. – Noon**

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

Greenbrier Fall Getaway by Train

October 21 – 24 from \$1,199—Selling fast!

Get away from the hustle and bustle of life with JOY as we head to the luxurious Greenbrier Resort. Travel by motor coach to Huntington, WV to board Amtrak for a scenic train ride through the Appalachian Mountains and New River Gorge on your way to White Sulphur Springs, WV. Spend two days at Greenbrier to unwind and recharge, surrounded by the picturesque WV fall foliage. Play a round of golf, visit the spa, go bowling, try your luck at the casino, stroll the gardens, and more! Tour includes: motor coach transportation, one-way Amtrak ticket, three night's accommodations, three breakfasts and a \$100 food certificate at Greenbrier, \$20 Greenbrier Casino credit, taxes and gratuities on accommodations, luggage handling and a JOY Tour Director.

Amish Country Christmas

November 15 – 17 from \$499

Come along with JOY and celebrate the holidays in Ohio Amish Country! Have a homemade dinner in an Amish home before checking in to the Carlisle Inn in Sugarcreek. Spend the day touring the back roads of Amish country, shopping at two Amish Flea Markets, 'Tis the Season Christmas shop and Lehman's Hardware. Tour an Amish schoolhouse and the Amish and Mennonite Heritage Center in Behalt. Enjoy a performance of *Our Christmas Dinner* at the Ohio Star Theater and visit David Warther Carvings studio before returning home full of holiday spirit! Tour includes: motor coach transportation, two night's accommodations, four meals (two breakfasts and two dinners), all tours and attractions listed, taxes and gratuities on included meals, attractions, and accommodations, luggage handling and a JOY Tour Director.

A Broadway Holiday

November 28 – 30 land only from \$1,349

Visit New York City with JOY to experience two Broadway shows and some holiday shopping! Stay at the Hotel Millennium, located in Time Square. You will have Orchestra seating for two Broadway shows (*Beautiful*, the *Carole King Musical* and *Come From Away*) in the heart of the Theatre District. Tour the "Big Apple" and see all the holiday decorations throughout the city. You will see Fifth Avenue, Rockefeller Center, Greenwich Village, SoHo, Chinatown, Little Italy, Wall Street, the World Trade Center and much more! You will also visit the National 9/11 Memorial and Museum. Tour includes: motor coach transportation and airport transfers in New York, two night's accommodations, three meals (two breakfasts and one dinner), all tours and attractions listed, taxes and gratuities on included meals, attractions, and accommodations, driver and guide gratuities, luggage handling and a professional NYC tour guide.

Christmas Time in the Smokies

December 13 – 15 from \$449

There is no better time to visit the Smokies and feel the Christmas Spirit than when it is decorated for the holidays, featuring a Christmas lights riding tour of the area, with over nine million lights. You'll catch three great shows: *Soul of Motown* at the Grand Majestic Theater, Country Tonite Theater's *Christmas Show* and the Smoky Mountain Opry's *Christmas Spectacular*. There will be free time for shopping. The Christmas Place is the perfect stop for Christmas decorations and gifts, from the traditional to the unique. Tour includes: motor coach transportation, two night's accommodations, two breakfasts and two dinners, Winterfest lights driving tour, admission to three shows, baggage handling, taxes and gratuities on meals and accommodations and a JOY TOUR Director.

TRAVEL

Hawaiian Adventure: Three Islands

February 18 – 27, 2018 w/Airfare from \$5,599

\$100 off per person if booked prior to August 18

Let the spirit of "Aloha" be your guide on this leisurely three-island tour of Hawaii featuring three-night stays each in Oahu, Kauai and Maui. Enjoy your luxurious beachfront hotel in Waikiki. "Remember Pearl Harbor" and visit the USS Arizona Memorial. Embark on a wonderful journey along Oahu's famous North Shore. Relax and take in the natural beauty during a cruise along Wailua River. Admire the hula dance, an ancient Polynesian art form. Visit the largest Hawaiian coffee estate in Kauai and learn about the coffee bean's journey from tree to cup. See Waimea Canyon, the "Grand Canyon of the Pacific." In Maui visit the old royal capital of Lahaina, once home of the world's largest whaling fleets, where you can stroll through historic streets. Experience a traditional Polynesian luau, capping off your adventure through paradise. Tour includes: round-trip airfare from Cincinnati, air taxes and fees/surcharges (baggage fees not included), hotel/airport transfers in Hawaii, inter-island airfare, motor coach transportation, nine night's accommodations, thirteen meals (nine breakfasts and four dinners), all attractions and tours listed, taxes and gratuities on included meals, attractions and accommodations, luggage handling at hotels and a professional tour director.

Sun, Sand & Shows in Myrtle Beach

April 8 – 13, 2018 from \$1,099

Escape with JOY to the sun and sand in Myrtle Beach, SC! Spend one night enroute in Flat Rock, NC both directions. While in Myrtle Beach, enjoy a beautiful oceanfront suite at the Avista Resort in North Myrtle Beach. Attend two shows: *Legends in Concert* and *The Carolina Opry*. Tour Brookgreen Gardens by foot and on a Creek Excursion with a picnic luncheon on the grounds. There will be plenty of free time to simply relax and soak up the sun on the beach. Optional shopping and sightseeing excursions to Barefoot Landing, Pawleys Island and Broadway on the Beach will be available. Tour includes: motor coach transportation, five night's accommodations (three oceanfront), ten meals (five breakfasts, one lunch and four dinners), two shows, all attractions and tours listed, taxes and gratuities on included meals, attractions and accommodations, luggage handling and a JOY Tour Director.

The Best of Eastern Canada GTD

April 29 – May 6 w/Airfare from \$2,799

From the elegance of Quebec City to thundering Niagara Falls, an unforgettable journey awaits in the heart of Eastern Canada. Your journey begins in the second largest French-speaking city in the world, Montreal, where you will see Jacques Cartier Square, McGill University, Notre Dame Cathedral and Mount Royal. Next is Quebec City, home of the stately Chateau Fontelac and known for maple syrup! In Ottawa, shop in the Byward Market and visit the Rideau Canal (in winter, the world's largest skating rink). Journey to Rockport, gateway to one of the world's most beautiful areas. Take in the spectacular view on a memorable cruise through the unspoiled region of 1,000 islands. From Toronto, venture into Niagara-on-the-Lake for a relaxing stroll through this quaint and charming town. Then travel to Niagara Falls to view the awe-inspiring and thundering waterfall. Of course, a visit would not be complete without experiencing the incredible cruise at the base of the falls. Don't forget a (waterproof) camera! Tour includes: round-trip airfare from Cincinnati, air taxes and fees/surcharges (baggage fees not included), hotel/airport transfers in Montreal and Toronto, motor coach transportation, seven night's accommodations, eleven meals (seven breakfasts and four dinners), all attractions and tours listed, taxes and gratuities on included meals, attractions and accommodations, luggage handling at hotels and a 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, September 27 –

Derby Darlings & Champions \$109

Thursday, October 12 – **Sophie's Secret! \$94**

Wednesday, November 1 –

An Autumn Afternoon in Nashville, Indiana \$99

Wednesday, December 6 –

Christmas Past & Present \$99

Call about our early booking discounts to see if there is a discount available for the tour you want!

ONGOING ACTIVITIES

Weekly Activities

Activity	Day	Time	Location
Daily Luncheon	M-F	Noon	Lathrem
<i>Sign up 10 a.m. to Noon the day before.</i>			\$2 donation
<i>Provided by Senior Resource Connection</i>			

Performing Group Practice

Joyful Musicians	Th	10:30 a.m. – Noon	Lathrem
<i>A stringed array of players performing and 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.</i>			

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

Arts & Crafts

Lady Crafters	F	9:30 – 11:30 a.m.	Lathrem
<i>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.</i>			

Education

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

Cards & Games

500	Tues.	1 – 4 p.m.
<i>Bid Euchre</i>		
	Mon.	1 – 4 p.m.
<i>Bingo</i>		
	Wed.	1 – 3:30 p.m.
<i>Bridge</i>		
	Mon.	9:30 a.m. – 12:30 p.m.
	T/Th/F	1 – 4 p.m.
<i>Canadian Bid Euchre</i>		
	Mon.	5:30 – 8:30 p.m.
	Wed.	6 – 8:30 p.m.
<i>Canasta</i>		
	Tues.	1 – 4 p.m.
<i>Cribbage</i>		
	Mon./Wed.	1 – 4 p.m.
<i>Double Deck Pinochle</i>		
	Sun./Th/F	1 – 4 p.m.
<i>Duplicate Bridge</i>		
	Tues.	9 a.m. – 1:15 p.m.
<i>Euchre</i>		
	Mon.	1 – 4 p.m.
	Thurs.	6 – 8:30 p.m.
<i>Hand & Foot</i>		
	Wed.	1 – 4 p.m.
<i>Pinochle</i>		
	Thurs.	1 – 4 p.m.
<i>Scrabble</i>		
	Wed.	1 – 4 p.m.
<i>Wild Pinochle</i>		
	Tues.	6 – 8:30 p.m.

Monthly Activities

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

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

Garden Club — The Garden Club will meet Thursday, September 28 at 10 a.m. Gail Carone will be stepping down as coordinator of the group after 6 years. Please join us in thanking her for her wonderful leadership and service in providing interesting and informative meetings.

OUTREACH PROGRAMS

THE KETTERING CONNECTION

One Stop Shopping for Senior Services

Located at Town & Country Shopping Center
between Figlio and Artisan's

Phone: 937-296-3330

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

Monday	City of Kettering's Senior Service Coordinator, Vickie Carraher
Tuesday	City of Kettering's Senior Service Coordinator, Vickie Carraher
Wednesday	Blood Pressure Check 9 a.m. – Noon, The Oaks of West Kettering
Thursday	City of Kettering's Senior Service Coordinator, Vickie Carraher
Friday	City of Kettering's Senior Service Coordinator, Vickie Carraher

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

Senior Transportation Program

(All fees are each way.)

Appointments (medical or professional)

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

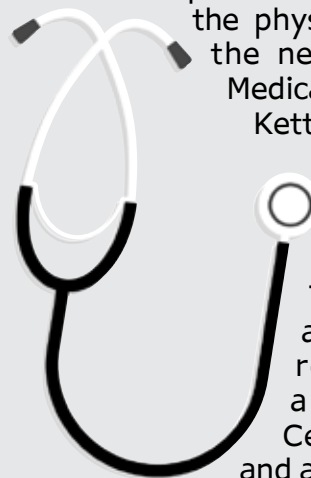
(about Senior Services)

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.



Medicare Open Enrollment

October 15 through December 7 of every year is Medicare Open Enrollment season. Every year during this time beneficiaries can change their Medicare for the coming year. From year to year your health care needs change—not to mention the plans themselves may drastically change coverage to the point that it may cost you a whole lot more out-of-pocket in the following year. It is important to look at your coverage annually so that there are no surprises the first time you go to the physician or pharmacy in the new year. Professional Medicare Counselors at The Kettering Connection can assist you with this difficult decision during the open enrollment period. These appointments are open to Kettering residents, volunteers and Lathrem Senior Center members only and are on a first come, first served basis. You can contact The Kettering Connection at 296-3330, Monday through Friday from 8:30 a.m. to 12:30 p.m. or by email at vickie.carraher@ketteringoh.org.





CITY OF KETTERING

PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT
3600 SHROYER ROAD • KETTERING, OHIO • 45429-2799

937.296.2400 • FAX 937.296.3242

playkettering.org



Wag-O-Ween

**Saturday, October 28
from 11 a.m. to 1 p.m.**

Join us for a fun afternoon of celebrating Halloween with your pup! We will have trick or treating set up for your dog, participate in the Walk and Wag 5k, and enter the pet costume contest. Participants will receive a complimentary "doggy" bag.

Schedule of Events

- 10:30-11 a.m. Registration for Walk and Wag
- 11 a.m. Walk and Wag 5k
- 11:30 a.m. K9 Unit Demonstration
- Noon Introducing Pets for Adoption
- 12:30 p.m. Doggie Costume Contest

Activities

Pet Adoptions, Food Trucks, Off Leash Play Zone and Children's Activities

Parks, Recreation and Cultural Arts Staff

Director Mary Beth Thaman

Lathrem Senior Center Staff

Division Manager of Recreation Facilities Sonja Rom
 Program Manager Anna Breidenbach
 Division Manager of Recreation Jim Engelhardt
 Program Coordinator Jena Bosworth
 Program Coordinator Brittany Kilburn
 Program Coordinator Kathy Schommer

Lathrem Senior Advisory Board

Karen Schmitt, Chair; Edna Vanderkarr, Vice-Chair; Secretary; Gail Carone; Jan Crosby; Lisa Fields; Harold Matlack; John Schmitt

Lathrem Senior Center Facility & Office Hours

Check the Facility Bulletin Board for Holiday Hours

Monday – Thursday	Facility:	8 a.m. – 8:30 p.m.
	Office:	8 a.m. – 8 p.m.
Friday	Facility:	8 a.m. – 5 p.m.
	Office:	8 a.m. – 4:30 p.m.
Saturday	Facility:	9 a.m. – 12 p.m.
	Office:	9 – 11:30 a.m.
Sunday	Facility:	12:30 – 4:30 p.m.
	Office:	1 – 4 p.m.

It is the policy of the City of Kettering not to discriminate against the disabled in employment or the provision of services.

For Further Information

Lathrem Senior Center 296-2480
 2900 Glengarry Drive, Kettering, Ohio 45420
 Transportation Reservations 296-2483
 Nutrition Reservations 296-3268
 Fax Line 296-3297
 Lathrem Website playkettering.org
 Email lathrem@ketteringoh.org
 Kettering Connection 296-3330
 Senior Service Coord. (Vickie Carraher) 296-3356