



November/December 2017

LATHREM Letter

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

Holiday Arts & Craft Show

Saturday, November 11
from 9 a.m. to 4 p.m.

FREE!

This popular annual event showcases over 75 vendors throughout Kettering Recreation Complex and Charles I. Lathrem Senior Center. Vendors will display their festive holiday decorations and handmade gift items for you to get a start on your shopping. Admission is free to this one-day show! Interested vendors, please contact Brittany Kilburn, 296-2480 or brittany.kilburn@ketteringoh.org. Space is limited.

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Sounds of the Season Dinner and Concert



Tuesday, December 5 from 6 to 8 p.m.

Make this evening part of your Christmas season festivities. This is a great opportunity to visit with friends and share a nice holiday meal with all of the trimmings, followed by the inspirational sounds of the Kettering Civic Band's holiday concert. Please register by November 27. Cost: \$16.20/CIL member; \$18/resident; \$20/non-resident. (421579 A)

Grandma & Me Snowflake Tea

Sunday, December 10
from 2 to 3 p.m.

Calling all Grandmas, Nanas, Grammies (or what other distinguished title you go by). You are cordially invited to a special *Grandma and Me Snowflake Tea*.



Bring your grandchild ages 4 through 10 years for a special afternoon of holiday fun. We will enjoy snacks and tea, and make a few crafts together. Register in Advance by December 6. Ages: 4+. Cost per couple: \$18/CIL member; \$20/resident; \$25/non-resident; \$4/additional person. (421545 A/AX)

INFORMATION

Lathrem Hallway Art

November and December brings a family affair to the hallways of Lathrem! Three generations of the Gifford family will be presenting their work.

Connie S. Gifford, a native Daytonian, has resided in Kettering for 30 plus years. A 1999 Sinclair Community College graduate, she first started watercolor classes at Rosewood Art Centre with instructor Leonard Williams in 2011. She continues to paint, study watercolor, and develop as a watercolorist and has won several awards. She is an associate member of the Ohio Watercolor Society, and has a second painting accepted into the 2017 40th Annual Exhibition at the Columbus Museum of Art (including the traveling show). She is a member of the Western Ohio Watercolor Society and Fairborn Art Association.

James M. Gifford was born in Dayton and has resided in Kettering for over 30 years. Jim has enjoyed photography since setting up a makeshift darkroom as a Boy Scout developing black and white prints. He expanded his skills and took a variety of photographs while a Dayton police officer. Jim also worked in the darkroom and as a photographer for the *Fairborn Daily Herald*. His great love in photography is catching the unusual shot: a macro close-up of a bee on a flower; bikes at a university in England; and the majesty of nature. Jim recently retired from WPAFB, and is also an ordained Southern Baptist minister.

Brandi Gifford Harris is a Kettering resident. A 1998 Fairmont graduate, she resides in Kettering with husband Brock, and their two daughters, Destiny and Addison. A full-time nanny, she forms art around just that; children and family. Mostly candid shots of her day-to-day adventures with children, a 170-pound Great Dane named Monty, and a pint-size pit named Nikko, she has also begun to compose a book of the adventures relating to each picture. A book of humor, life, and love written in the style of Erma Bombeck, her favorite author. You can glimpse this humor through her photography.

Destiny Harris is a 9th grade student, with ecot online school, who has a love and passion for art and photography. A somewhat newbie to photography, Destiny has a natural eye for capturing a story through the eye of the camera. She hopes to continue with photography in the years ahead.

New Member Meet and Greet

Thursday, November 16 at 10 a.m.

Are you a new member of Lathrem but don't know where to begin? Or maybe you have thought of joining but haven't taken the leap? This is a perfect opportunity to learn more about Lathrem. At the *New Member Meet and Greet*, you will meet staff and volunteers, learn how to sign up for programs, and where the groups and activities are held. This informational time will help a new member get better acquainted. Please call Lathrem at 296-2480 to register. (421326)

Lathrem Senior Center Closures

Lathrem will be closed in observance of the following holidays:

November 23 & 24 (Thanksgiving/day after)

and closed for floor refinishing:

December 18 – January 2



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
Amy.Schrimpf@ketteringoh.org429.3896

Joseph D. Wanamaker, District 2
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Bruce E. Duke, District 4
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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

Winter Inclement Weather Information

Kettering Parks, Recreation and Cultural Arts Department (PRCA) will make decisions based on the severity of driving and weather conditions along with its ability to keep the sidewalks and parking lots in good condition. In the event of inclement weather conditions, PRCA may cancel programs/activities/special events, drop-in activities and/or close facilities based on the severity of the situation.

PRCA Facilities included in this group are Rosewood Arts Centre, Kettering Fitness & Wellness Center, Kettering Recreation Complex, Charles I. Lathrem Senior Center, and Habitat Environmental Center.

Programs/Activities are considered to be any registered/prepaid classes or activities that are led by an instructor or qualified facilitator. This includes daily drop-in exercise classes (land and water), CIL transportation, and drop-in/non pre-paid or planned art activities facilitated by a staff member.

Drop-in Activities are considered to be those that take place in areas of the facility where patrons pay a one-time fee to participate and do not need a person to lead the activity. Examples of these types of activities are: CIL bingo, Rosewood Studios, senior card groups and the senior lunch program.

PRCA does, however, need a staff member available at the Recreation Complex to supervise the facility and patrons for safety reasons. Examples of these types of activities are: open skate, drop-in gym (adult and youth), open swim, senior gym and the nursery.

Weekday Programs

In the event of severe snow and/or ice on Monday through Friday, a decision to cancel programs and/or close the facilities will be made by 4:30 a.m., Monday through Friday. Should the weather be inclement throughout the day, a decision will be made by 2 p.m. as to whether or not to conduct programs that begin at 3 p.m. or later.

Weekends

In case of severe snow and/or ice on Saturday and/or Sunday, a decision to conduct programs and/or classes will be made by 5:30 a.m. on Saturday and 7:30 a.m. on Sunday.

NEW! The department will only issue cancellation announcements via:

- Our website at www.playkettering.org;
- The free PlayKettering app (available to both Android and Apple operating systems).

Victorian Holiday Tea at Patterson Homestead

Saturday, December 2

Leave Lathrem at 1:30 p.m., return approx. 3:30 p.m.

At the Patterson Homestead, we will be served in the style of traditional afternoon tea: three delicious courses, consisting of breads, sandwiches, and desserts, all based upon historic Civil-War-era recipes. We will be greeted and served by Civil-War era costumed servers and will learn about the Patterson family, the historic homestead, and life in Victorian America. After tea we can tour the Homestead at our leisure where costumed interpreters will be available to answer any questions. Cost includes transportation, escort and program: \$38/CIL member; \$43/resident; \$48/non-resident. (321302 A/AA)

La Comedia Dinner Theatre *Timeless Memories of Christmas*

Thursday, December 14

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

Celebrate the joy of Christmas with this special La Comedian Dinner Theatre presentation of *Timeless Memories of Christmas*. This festive revue features your favorite Christmas carols, dazzling costumes and beautiful sets, and is sure to put you in the Christmas spirit. Price includes transportation, escort and the delicious buffet. Space is limited and deadline to sign up is November 14. Cancellation made after that date will be charge for ticket price. Cost: \$56/CIL member; \$60/resident; \$65/non-resident. (421301 C)

SOCIAL / ENRICHMENT

Out & About

November Tasty Tour Lunch: Spaghetti Warehouse

Tuesday, November 14

Leaving CIL at 11 a.m., return approx. 2 p.m.

Cool weather, comfortable ambiance and crazy good food. Spaghetti Warehouse is a great place to enjoy Italian-American delicacies. Choose from many Italian favorites including their popular 15-layer lasagna which takes three days to prepare or their famous spaghetti & hand rolled meatballs. Cost includes transportation and trip escort: \$12/CIL member; \$14/resident; \$16/non-resident. (421300 C)



Christmas Cookies and Carols

**Tuesday,
November 28
at 2 p.m.**

**FREE for
CIL Members**

Join us for an afternoon of Christmas carols performed by our very talented Show Choir. We will enjoy some holiday cookies as we get into the holiday season. Their lovely melodies and songs are sure to put us in the Christmas spirit. Cost: Free/CIL members; \$2/resident; \$4/non-resident. (421502 A)

Cooking Classes

Raw Vegan "Cooking" Classes

Thursday, November 2 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? 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 B)

Holiday Appetizers

Wednesday, November 15 from 6 to 8 p.m.

Join Momma K in the kitchen and make some fabulous appetizers for the upcoming holidays. She has so many recipes that she makes and has picked out three of her favorite for this fun, delicious class! We will spend our time making and tasting the following: water chestnuts wrapped in bacon with a sweet chili sauce, Southwestern tortilla roll-ups and a Reese's Pieces cheeseball to top it off! Please bring containers to take food home because there will be leftovers! Cost: \$27/CIL member; \$30/resident; \$35/non-resident. (421591 A)



Knitting 101

**Thursdays, November 2 & 9
from 6:30 to 7:30 p.m.**

Learning the basics of knitting is easier than you think! In this class you will find yourself creating a simple and colorful scarf in no time in this pressure free environment. You will learn techniques to easily build on as you go; there are only 2 basic stitches, knitting and purling, with those you can create anything with a little practice. Class size is small to offer more one-on-one help. Cost: \$27/CIL member; \$30/resident; \$35/non-resident. A \$20 materials fee is due to the instructor at the first class. (421507 B)

ENRICHMENT

Canal Life in Ohio during 1800's

Thursday, November 9 at 1 p.m.

Marla Fair, who works at the Johnston Farm in Piqua, will be here to present the life of Mrs. Johnston. Marla will come in costume for her portrayal of Mrs. Rachael Hoping Johnston, who left the ease and refinement of Philadelphia for the Ohio frontier along with her husband. Learn about this early settler of Piqua and life living by the canal. Marla Fair is also a writer, an artist, doll restorer, and co-owner of David Fair on the Square in Troy. A light refreshment will be served. Cost: \$5/CIL member; \$7/resident; \$9/non-resident. (421510 A)

Holiday Organization

Monday, November 13 from 6:30 to 7:30 p.m.

Are you experiencing pre-holiday stress syndrome? This condition is brought on by having too much to do in too little time. It is compounded by cleaning, baking, entertaining family and friends, buying and wrapping gifts, scheduling and attending holiday parties and decorating the house! Get things organized to make life less stressful at the holidays and year-round as a professional gives you the tips and tricks on how to do just that. Cost: \$13.50/CIL member; \$15/resident; \$18/non-resident. (421592 A)

Bingo Bonanza

Tuesdays, November 14

& December 12

from 6 to 8 p.m.

Join us the second Tuesday of every month for good food and themed BINGO! When you arrive, you will walk into a fun themed room and we will enjoy a meal. Once everyone has finished eating 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-ups. A big thank you goes out to Oak Creek Terrace for being our prize sponsor! Cost: \$10.80/CIL member; \$12/resident; \$15/non-resident. (421588 C/D)

November Theme: Give Thanks!

December Theme: Tis the Season!



Let's Talk Safety with Officer Ed Drayton

Monday, November 20 at 1 p.m.

Have you received phone calls from marketers or even those asking for personal information? Have you had a salesperson show up at your door stating that you need perfectly good trees trimmed or something repaired that isn't even broken? Join Officer Ed Drayton, City of Kettering Community Information Officer, as he teaches simple safety tips to keep you safe in and out of your home. Officer Drayton will also discuss the Kettering Safe Senior Program, safety tips to avoid ID thefts, scams and much more. You will learn "It's okay to be rude!" Cost: Free/CIL members. (421589 A)



Gone with the Wind under the Microscope

Thursday, November 30 at 1 p.m.

Richard Esposito is returning for a special presentation about one of the most famous movies of all time, *Gone with the Wind*. Richard will share with us fascinating facts and little known details about the author, book, movie and cast of this American classic. Frankly my dear, this should be very interesting. Cost: \$5/CIL member; \$7/resident; \$9/non-resident. (421518 A)

Create a Winter Porch Pot

Monday, December 4 from 6 to 8 p.m.

Join Jan Baker, professional floral designer, and owner of ARRANGEMENTS! as we make winter a little bit more fun and festive by creating a gorgeous winter arrangement using fresh mixed evergreens, birch branches and pine cones, ribbon and more. Participants will walk away with a completed project. Please bring scissors, paring knife and flower pruners. Cost: \$28.80/CIL member; \$32/resident; \$36/non-resident. A \$40 material fee is payable to the instructor at the class. (421593 A)

ENRICHMENT

Technology Classes

How to Maintain Your Computer for Beginners

Saturday, November 4 at 10 a.m.

Have you ever wondered what you should be doing to your computer to keep it running like new? There are a small number of things you can do to your computer that will make a huge difference. Learn those secrets and more from David Trifiro, a local computer repair business owner that helps home and small business users with their technology. Cost: \$5/CIL member; \$7/resident; \$10/non-resident. (421575 A)

Pinterest 101

Wednesday, November 8 at 1 p.m.

Want to get new decorating ideas for the holidays? What about new recipes, craft or gift giving ideas? You need to learn Pinterest. Join us for this class and walk away with some new skills using Pinterest. Learn how to set up an account, create your own boards to organize and save your favorite items (pins).

Bring your own devices and we'll do some one-on-one practicing to make sure you can take these skills home with you. This class is for Windows/Mac, iPhone/Android and tablet/iPad users. This class is taught by The Senior Tutor, who specializes in working with seniors to increase their technology interest and skills. Cost: \$25/CIL member; \$30/resident; \$35/non-resident. (421503 A)

Facebook 101—Beginning Facebook

Wednesday, December 6 at 1 p.m.

If your friends and family share their pictures on Facebook and you want to be able to see them, come to this class and learn how to sign up for Facebook, share pictures and information, find your friends, and more. We'll briefly touch on how to sell items on Facebook too. This is a working class so bring your devices. If you don't have one yet, we'll share. This class is designed for Windows/Mac, iPhone/Android and Tablet/iPad users. Taught by The Senior Tutor, this class is designed for seniors. Cost: \$25/CIL member; \$30/resident; \$35/non-resident. (421526 A)

Windows 10 Tips and Tricks & Holiday Tech Buying Tips

Saturday, December 9 at 10 a.m.

Windows 10 is one of the newest operating systems on the market. With its new design it has left many people wondering just how to operate it. David Trifiro from Layer 2 Computers will help us learn about some of the most common mistakes made with Windows 10 and how to fix them. David will also share some special holiday tech buying tips for the upcoming holidays. Cost: \$5/CIL member; \$7/resident; \$10/non-resident. (421576 A)

SPORTS

Billiards Champions

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 may participate for a \$3/resident; \$6/non-resident fee.

Outdoor Tennis

A special thank you to Jeanette Wood, Malcolm Berry and John Trevillian for working together to coordinate Drop-in Outdoor Tennis at Ernst Park this season.

Outdoor Shuffleboard

The Outdoor Shuffleboard season has come to an end and a great time was had by all. Thank you to Jim and Jan Rakestraw for helping take care of the courts, shuffleboard equipment and making phone calls throughout the summer.

SPORTS

Lathrem Golf League Winners

League Season Leaders:

Best Average Score:

Women: Karen Wolf (49), Jeanette Wood (49)
Men: Roger Peck (39)

Most Birdies:

Women: Barb Redenbo (1), Karen Wolf (1)
Men: Roger Peck (9), Jim Bolton (9)

Special thanks to Larry Schlea for picking up scorecards and delivering them to Lathrem every week.



As another golf season comes to a close, thanks to everyone for a wonderful season and being so flexible with all the rain delays and rescheduled contests. Registrations for next year will begin in March 2018; it will be great to see everyone again.

Outdoor Pickleball



Cycle Paths

As another cycling season comes to a close we would like to thank Ken and Diane Bish for their work in organizing the wonderful cycling trips for the 2017 year. Also, a special thanks to all the trip captains for their responsibilities each ride. Look for the planning meeting for the Cycle Paths 2018 season in the March/April edition of *Lathrem Letter*.



Drop-in Schedule

Basketball (<i>KRC Gym</i>)	M/W/F 8:30 – 11 a.m.
Short Tennis (<i>KRC Gym</i>)	M/W/F 8:30 – 11 a.m.
Billiards (<i>CIL Billiards Rm</i>)	Anytime Lathrem is open.
Pickleball (<i>KRC Gym</i>)	T/Th 8:30 – 11 a.m.
Shuffleboard (<i>Multipurpose Rm</i>)	M/W/F 8:30 – 11 a.m.
Volleyball (<i>KRC Gym</i>)	T/Th 8:30 – 11 a.m. Sat 8:30 – 10:30 a.m.
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

Stay active this winter by participating in any or all of our drop-in sports. See above drop-in schedule for specific days, times and locations. For more information, contact Jena at 296-2480.

NOVEMBER / DECEMBER

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

MONDAY	TUESDAY	WEDNESDAY
<p>8:30 a.m. Drop-in Shuffleboard 8:30 a.m. Drop-in Basketball 8:30 a.m. Short Tennis 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. Senior Safety (11/20) 1 p.m. Hearing Screens (11/20) 1 p.m. Public Health Department (11/20) 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. Holiday Organization (11/13) 6 p.m. Create a Winter Porch Pot (12/4)</p>	<p>8:30 a.m. Drop-in Volleyball 8:30 a.m. Drop-in Pickleball 8:30 a.m. Gentle Stretch Yoga (11/14 - 12/12) 9 a.m. Duplicate Bridge 10 a.m. Gentle Stretch Yoga (11/14 - 12/12) 11 a.m. A1C Screen (12/5) 11 a.m. BP Only Screens (11/7, 12/5) 11 a.m. Heart Check (11/7) 11 a.m. Tasty Tour Lunch (11/14) Noon Daily Luncheon 1 p.m. Hospice (12/5) 1 p.m. Computer Help 1 p.m. 500 1 p.m. Bridge 1 p.m. Canasta 2 p.m. Fall Travel Preview (11/14) 2 p.m. Christmas Cookies & Carols (11/28) 2 p.m. Creative Writing (11/21, 12/19) 6 p.m. Wild Pinochle 6 p.m. Sounds of the Season (12/5)</p>	<p>8:30 a.m. Drop-in Shuffleboard 8:30 a.m. Drop-in Basketball 8:30 a.m. Short Tennis 9 a.m. AM Exercise 9:15 a.m. Bowling (<i>Woodman Lanes</i>) 10 a.m. Stretch & Move (Chair) 11 a.m. BP/BS Screens (11/15, 12/20) Noon Daily Luncheon 1 p.m. Pinterest 101 (11/8) 1 p.m. Facebook 101 (12/8) 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. Holiday Appetizers (11/15) 6:30 p.m. PM Exercise</p>
	<p>6 p.m. Bingo Bonanza (11/14, 12/12)</p>	

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.

December 24 (Christmas Eve) – Kettering Recreation Complex closes early (No senior drop-ins)

December 31 (New Year's Eve) – Kettering Recreation Complex closes early (No senior drop-ins)

BER 2017 CALENDAR

ams.

THURSDAY

8:30 a.m. Drop-in Volleyball
 8:30 a.m. Drop-in Pickleball
8:30 a.m. Gentle Stretch Yoga (11/16 – 12/14)
10 a.m. Meet and Greet (11/16)
10 a.m. Tasty Tour LaComedia (12/14)
 10 a.m. Motivation and Health (11/2)
 10 a.m. Stretch & Move (Chair)
11 a.m. BP/BS Screens (11/9, 12/14)
 11 a.m. The 10 Warning Signs Alzheimers's (12/7)
 11 a.m. Lengthen & Strengthen
Noon Daily Luncheon
1 p.m. Gone with Wind (11/30)
1 p.m. Pioneer Days in Ohio (11/9)
 1 p.m. Bridge
 1 p.m. Double Deck Pinochle
 1 p.m. Pinochle
 5:30 p.m. Strength Training
 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" (11/2)
 6:30 p.m. Knitting 101 (11/2 – 11/9)

FRIDAY

8:30 a.m. Drop-in Shuffleboard
 8:30 a.m. Drop-in Basketball
 8:30 a.m. Short Tennis
 9 a.m. Zumba Gold
 9:30 a.m. Show Choir
Noon Daily Luncheon
 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
 9 a.m. Holiday Arts & Craft Show (11/11)
10 a.m. Maintaining Your Computer (11/4)
10 a.m. Window 10 Tips (12/9)
11:30 a.m. Victorian Tea (12/2)

SUNDAY

1 p.m. Double Deck Pinochle
 2 p.m. Grandma & Me Snowflake Tea (12/10)

November

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		

December

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 ³¹	25	26	27	28	29	30

Lathrem Senior Center Closures

Lathrem will be closed in observance of the following holidays:

November 23 & 24 (Thanksgiving/day after)

and closed for floor refinishing:

December 18 – January 2

Items in bold are registered programs.

WELLNESS

Blood Pressure Screenings

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

Date	Time	Provider
Tues., Nov. 7 & Tues., Dec. 5	11 a.m. - 1 p.m.	Kettering Health Network

Blood Sugar/Blood Pressure Screenings

Date	Time	Provider
Wed., Nov. 15 & Wed., Dec. 20	11 a.m. - 1 p.m.	Oaks of West Kettering
Thurs., Nov. 9 & Thurs., Dec. 14	11 a.m. - 1 p.m.	Brookdale of Kettering

Lets Get Motivated!

**Thursday, November 2
from 10 to 11 a.m.**

Kriss Haren MS, LPCC-S, Kettering Medical Center

Do you ever think to yourself, "I would really like to do (fill in the blank), but it's too much effort...?" If you have, you are definitely not alone! Join a fun and interactive discussion about ambivalence and how it affects our motivation at any age! Free for CIL members; \$2/resident; \$4/non-resident. Register early by calling 296-2480. (421705 A/B)



10-Minute Heart Check

Tuesday, November 7 from 11 a.m. to 1 p.m.

The Kettering Health Network will be providing a free 10-minute heart risk assessment (BP, pulse, BMI, O2 saturation) for members. No appointment is necessary.



Gentle Stretch Yoga

**Tuesdays, November 14 - December 12
from 8:30 to 9:45 a.m. (411305 D)**

**Tuesdays, November 14 - December 12
from 10 to 11:15 a.m. (411305 E)**

**Thursdays, November 16 - December 14*
from 8:30 to 9:45 a.m. (411305 F)**

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 for D/E: \$29/CIL member; \$34/resident; \$39/non-resident. Cost for F: \$27/CIL member; \$32/resident; \$37/non-resident. *No class on November 23. Registration for all classes begins November 1.

Drop-in Exercise Classes at Lathrem Senior Center

TITLE	DAY & TIME	WHO CAN ATTEND?	COST
Shape It Up! <i>Circuit style class using weights, bands and balls, chair and floor.</i>	M/W 9 - 9:55 a.m.	45+ years old	\$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, chair and floor; 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
Total Body Conditioning <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



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



Hearing Screening Monday, November 20 from 1 to 3 p.m.

FREE!

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

Prescription Drugs, Heroin, & You

**FREE for
CIL Members**

Monday, November 20 from 11 a.m. to Noon
Speaker: Michael Dohn, MD MSc,
Medical Director, Public Health –
Dayton & Montgomery County

Opioids are everywhere in the news today. Opioids are also being sold on the streets. Opioids are often in our medicine cabinets, too. Dr. Michael Dohn, Medical Director at Public Health – Dayton & Montgomery County, will review the current situation and discuss what is being done in the region. He will talk about responsible opioid use and answer your questions. Free for CIL members and \$2/resident; \$4/non-resident. Register early by calling 296-2480. (421704 A/B)

Hemoglobin A1C Screenings

Kettering Medical Center

Tuesday, December 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. 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.

Bah Humbug!

Coping with Grief and the Holidays

Speaker: Gabriele Douglas,
Bereavement Coordinator from
Heartland Hospice

**FREE for
CIL Members**

Tuesday, December 5 from 1 to 2 p.m.

Experiencing the holidays and special occasions without your loved one can cause you to feel sad, lonely and depressed. One of the best things that you can do to help yourself in time of grief is to talk about your experiences and feelings in a safe, confidential, non-judgmental environment. This program is an educational seminar and is designed to offer guidance and emotional support. The session will have structured time as well as time for open sharing by the participants. Cost: Free for CIL members; \$2/resident; \$4/non-resident. Register early by calling 296-2480. (421713 A/AA)

Know the 10 Signs

Presented by: Alzheimer's Association

Thursday, December 7
from 11 a.m. to Noon

**FREE for
CIL Members**

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. This program describes the 10 signs of Alzheimer's and dementia and gives tips on what to do if you see these changes in yourself or someone you know. Early detection of dementia gives you a chance to begin treatment, enroll in clinical studies, and plan for the future. Cost: Free for CIL members; \$2/resident; \$4/non-resident. Register early by calling 296-2480. (421703 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:

Thursday, November 2, 10 a.m. to Noon

Tuesday, November 14, 2 to 3:30 p.m.

—Travel Show (Please RSVP)

Thursday, November 30, 12:30 to 2:30 p.m.

Tuesday, December 12, 10 a.m. to Noon

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

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.

**Don't miss the
Travel Preview on
Tuesday, November 14
from 2 to 3:30 p.m.
Please call 296-2480
to RSVP! (421325)**

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 9 million lights. You'll catch 3 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, 2 night's accommodations, 2 breakfasts and 2 dinners, Winterfest lights driving tour, admission to 3 shows, baggage handling, taxes and gratuities on meals and accommodations and a JOY TOUR Director.

Hawaiian Adventure: Three Islands

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

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, 9 night's accommodations, 13 meals (9 breakfasts and 4 dinners), all attractions and tours listed, taxes and gratuities on included meals, attractions and accommodations, luggage handling at hotels and a professional tour director.

TRAVEL

Sun, Sand & Shows in Myrtle Beach

April 8 – 13 from \$1,099

Escape with JOY to the sun and sand in Myrtle Beach, SC! You will 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, 5 night's accommodations (3 oceanfront), 10 meals (5 breakfasts, 1 lunch and 4 dinners), 2 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, which is 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, 7 night's accommodations, 11 meals (7 breakfasts and 4 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, December 6 (2nd Coach added)–

Christmas Past & Present \$99

Tuesday, March 20 –

Walk Down Memory Lane \$89

Sunday, April 29 –

West Side Story at Historic Music Hall \$119

Wednesday, May 9 –

Bourbon Trail – Pt. 2 \$119

Wednesday, May 23 –

Dine Around in Richmond, IN \$97

Thursday, June 21 –

KY Governor's Mansion & Capitol Gardens \$99

Tuesday, July 10 –

A Tribute to Patsy Cline \$TBA

Wednesday, July 18 –

Wine, Worship & Sacrifice \$89

Discover Indiana's Amish Country

May 30 – 31 from \$279

Journey north to Amish Acres in Nappanee, IN for a 2-day immersion in Indiana's Amish culture. Tour the Amish Acres 1874 Homestead house and farm, take a wagon ride, bake a shoofly pie, attend a performance at the Round Barn Theatre built in 1811, tour the Amish countryside with a local guide and fill up on traditional Amish fare at the restaurant barn and Thresher's. There will also be time for shopping in downtown Nappanee and Coppes Commons. Tour includes: motor coach transportation, 1 night accommodation, 3 meals (1 breakfast, 1 lunch and 1 dinner), all attractions and tours listed, taxes and gratuities on included meals, attractions and accommodations, luggage handling and a JOY TOUR Director.

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
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.

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.

Cards & Games

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

Creative Writing Group — Meets the third Tuesday of the month from 2 to 4 p.m. at Lathrem Senior Center. Professor Joe Law of Wright State University mentors the group. This is a drop-in program; no advance sign-up required.

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?

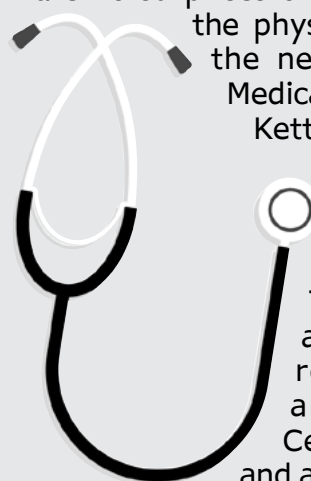
(about Senior Services)

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

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Accessibility & Emergency Assistance

For Kettering Homeowners:

- **Accessibility improvements:** Any improvement that would allow you to live more easily with a disability in your home. Some folks have asked for their washer and dryer to be moved upstairs, a roll in shower versus a tub, wall guards, lighted smoke detectors and more. Ramps and grab bars, door handles, lowered light switches and handrails all qualify as well. Call to discuss your idea.
- **Emergencies:** If your furnace goes out, you spring a leak in the plumbing or your lights are flickering, you could qualify for the emergency program. Any essential service for your home that stops functioning—call our office right away to discuss.

One person household limit is \$35,650 – to receive a grant the limit is \$22,300

Two person household limit is \$40,750 – to receive a grant the limit is \$25,450

To Qualify for a Loan: The homeowner must be income eligible and have equity (for accessibility improvements). Eligible homeowners could qualify for loans with interest rates of 1% and 0% depending on their housing costs as compared to their gross income.

To Qualify for a Grant: The homeowner needs to be very low-income (see above), and provide proof of accessibility needs from a third party.

Call 296-2441 ext 4022 for an application!

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