



January/February 2018

LATHREM Letter

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

Save the Date! Second Chance Senior Prom



**Tuesday,
March 27
from 5 to 8 p.m.**

Relive those moments of years past and enjoy your second chance at prom! This event is a partnership with the students of Fairmont High School. More information to come!

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Dayton Inventions

Thursday, January 25

Dayton inspired lunch served at 12:30 p.m.

Presentation begins at 1 p.m.

At one time Dayton was known as the City of a Thousand Factories. Inventions from Dayton are responsible for a wide range of ideas that have changed the world and created hundreds of thousands of jobs. James Ritty's invention of the cash register led to NCR. Kettering's automobile self-starter led to Delco. Thomas Midgley's leaded gasoline led (no pun intended) to Ethyl Corporation. And the Wright Brothers' airplane... well that led to nearly everything else. Lunch will be inspired by some of Dayton's favorite eats. Heartland of Kettering will be sponsoring desserts and drinks. Cost: \$6/CIL member; \$8/resident; \$10/non-resident. (121526 A)

The Phantom of the Opera

Thursday, April 12

Leave Lathrem at 1 p.m.



Breathtaking! Join us for this spectacular new production of Andrew Lloyd Webber's *The Phantom of the Opera*. Critics are raving that this production is "bigger and better than ever before" and features a brilliant new scenic design and award-winning original costumes and lighting designs. This production boasts many exciting special effects including the show's legendary chandelier. This beloved story and thrilling score will be performed by a cast and orchestra of 52, making this *Phantom* one of the largest productions now on tour. Deadline for registration is February 28. Cost includes ticket, transportation and escort: \$88/CIL member; \$93/resident; \$98/non-resident. (121310)

INFORMATION

Anna's Angle



" No act of kindness, no matter how small, is ever wasted." I think these are fitting words for the volunteers of Lathrem. Thank you to all of you! Many of you were recognized in November for your various volunteer efforts and hours

put forth to help the City of Kettering continue to be a fantastic place. We are always looking for more volunteers!

If you have a lovely voice and enjoy sharing your gift with others, please consider joining the Kettering Senior Show Choir. This lively group performs out in the community and its members are great ambassadors for Lathrem. Practices are held Friday mornings at Lathrem.

Did you know that Lathrem is one of the busiest locations for the AARP Senior Tax Aide? The preparers are volunteers but so are the people who call and remind you of upcoming appointments. We also have volunteers that check in the participants during tax time. If you are interested in spending a morning or afternoon here each week February 1 through April 18 to help with tax registration, please stop by the Lathrem front desk.

Artist Spotlight: Judith Hadley

As you travel the CIL hallways be sure to check out our featured artist for January and February! Intrigued by the different results of painting on Yupo and Arches paper, Judith Hadley created this watercolor exhibit. The slick, shiny effect produced by watercolor on Yupo is countered by the soft, delicate outcome on the Arches paper.

This exhibit is done in watercolor, but she uses a variety of media in creating art: colored pencils, ink, oil paints, watercolor paints, acrylic paints, watercolor inks, scratchboard, sculpture and quilting. Local exhibit venues include Christ United Methodist Church, the Lathrem Center and Expressions Coffeehouse.

Kettering Senior Show Choir

Do you love to sing, enjoy sharing your talent and are you looking for a fun group? The Kettering Senior Show Choir is currently accepting new members. The choir is all volunteers singing four-part harmony music at various locations throughout the greater Dayton area. Practice is at the Kettering Lathrem Senior Center, Fridays 9:30 to 11:30 a.m. The choir performs about 40 times during the year. Auditions are not required; however, a knowledge of music would be helpful. To get more information or join, call 937-435-8066.

Lathrem Senior Center Closures

Lathrem will be closed in observance of the following holidays:

January 15 (Martin Luther King, Jr. Day)
February 19 (Presidents' Day)



CITY OF KETTERING

Kettering Mayor & Council

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Council Office Phone Number: 296.2416
Council Email: Kettcc@ketteringoh.org
Kettering Home Page: www.ketteringoh.org

INFORMATION / SOCIAL

Income Tax Assistance

The AARP's Tax Counseling for the Elderly (TCE) program will be offered at Lathrem Senior Center once again this year. Trained volunteers will assist in the filing of basic 2017 tax returns. Appointments are limited to one hour per client, so no complicated returns can be completed. The service is free for all. Appointments are available weekdays, February 1 – April 18, 2018. We will begin scheduling appointments on January 16. Call 296-2480 to schedule an appointment.

Important guidelines of the program:

- Volunteers will prepare basic forms including the following: 1040EZ, 1040A with Schedules 1, 2, 3 and EIC; 1040 with Schedules A, B, C-EZ, D, EIC, R and SE; 1040-V; 1040-ES.
- Volunteers are not trained to handle partnerships, income from rental property, or businesses.
- Please bring the following to your appointment: relevant paperwork for your 2017 taxes and a copy of your 2016 return.

It's Tax Season Again!

Our very own AARP tax preparer, Bob Ellis will present a two-part series to get us ready for the tax season. Sign up for one or both sessions. Save your questions for the second session and Bob will provide you with all the answers. Both seminars are free, but registration is required.

Getting Your Papers in Order — What are the Changes? — Friday, January 19 from 10:30 a.m. to Noon (121517 A)

Ways to Save on Your Taxes and Ask the Preparer — Friday, January 26 from 10:30 a.m. to Noon (121517 B)

Do you have a friend that wants to check out Lathrem or is interested in our activities?

We have a guest visit for \$3 residents and \$6 non-residents. This provides access to any of our drop-in activities, with the exception of exercise.

January Tasty Tour Lunch: Old Bag of Nails Pub

Tuesday, January 23

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

One of the newer eateries in Centerville, Old Bag of Nails offers a variety of daily luncheon specials and some of the tastiest fish in town. Cost includes transportation and escort: \$10/CIL member; \$12/resident; \$14/non-resident. (121311)

February Tasty Tour Lunch: China Dynasty

Tuesday, February 13

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

Join us as we celebrate the Chinese New Year, the year of the Dog. We will visit China Dynasty, south Dayton's finest Chinese and Asian restaurant. This chef-owned and operated Chinese restaurant was highly recommended by the *Dayton City Paper* food critic who did a presentation for us a few months back. Chinese, Thai and Japanese foods are all noted for their low calorie, low-fat, fiber rich content that is not only good for you but tastes great. Cost includes transportation and trip escort: \$10/CIL member; \$12/resident; \$14/non-resident. (121311 B)

Bingo Bonanza

Tuesdays, January 9 & February 13 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 eight rounds of BINGO with a coverall 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. (121560 A/B)

**January Theme: Winter Wonderland
February Theme: Valentine's Day**



ENRICHMENT

Home & Organizing Classes

Picking and Caring for Your Houseplants

Friday, January 12 at 10 a.m.

Barb Kedler from Knollwood Garden Center will be here to help us learn how to pick and care for our houseplants. After you pick that perfect plant, caring for it the right way is just as important as picking the right one. With a little preparation and some care you can learn how to keep them looking beautiful for years. Cost: \$5/CIL member; \$7/resident; \$10/non-resident. (121518)

Organizing End of Year Files

Monday, January 22 from 6:30 to 7:30 p.m.

Now's the time to clean out your files! 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. (121538 A)

Simple Affordable Home Decorating

Thursday, February 8 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, painting tips and more, for a home that you, your family and friends will enjoy. Cost: \$13.50/CIL member; \$15/resident; \$20/non-resident. (121528 A)

Organizing 101

Wednesday, February 28

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. (121590 A)

Multi-Generational Class

Learn to Make a Tie Blanket!

Tuesday, January 16 from 6 to 8 p.m.

Learn to make a cute, no-sew fleece blanket with step-by-step instructions, and walk away with a beautiful, personalized creation! These blankets can be easy to make once you get the hang of it and make perfect gifts or the right accent piece for your home! Materials not included in fee. List available on website upon registering. Participants who do not want to purchase materials can assist in making blankets that will be donated to the Children's Hospital for the Linus Project. Please note that this is a multi-generational class so kids ages 10+ can register but must register with an adult. Cost: \$18/CIL member; \$20/resident; \$25/non-resident. (121595 A)

Understanding Ingredient & Nutrition Labels

Thursday, January 18 at 1:30 p.m.

Don't be intimidated by nutrition and ingredient labels even though they can be tricky to navigate. Learn how to identify industry tricks and learn alternate names for sugars, MSG, and other ingredients in this interactive presentation. Brian Rayburn, from Flexitrition will help you take control of your health. Cost: \$9/CIL member; \$11/resident; \$13/non-resident. (121511)

Drums Alive—Golden Beats

Fridays, January 19 to February 23

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. When we drum and dance we are having fun! This class is taught by Dorie Phillips, MT_BC Drums Alive Certified Instructor. Class size is limited. Cost: \$35/CIL member; \$40/resident; \$45/non-resident. (121508 A)

ENRICHMENT

Adult Magic Class

Tuesday, January 23 from 5 to 6:30 p.m.

Magic Dave will teach you tricks that you can perform for your kids, grandkids, nieces and nephews! You will receive hands-on training, custom magic tricks and resources to continue with your journey into the world of magic and illusion! We guarantee that you will have fun with this class! Cost: \$22.50/CIL member; \$25/resident; \$30/non-resident. (121597 A)

Cremation College

Tuesday, January 30 at 1 p.m.

Join Eric Watne from David's Cemetery and learn everything you wanted to know about cremation but were afraid to ask. Learn the history of modern cremation and the cremation process. Get answers to some common concerns. Is cremation for me? How does my religion affect my choice of cremation? What are my options with cremation? Learn about the emotional and economic impact of cremation. Cost: Free for CIL members; \$2/resident, \$4/non-resident. (121513 A)



Don't Burn—Learn Fire Safety and More

Thursday, February 1 at 1 p.m.

Join John Moore, Fire Service Specialist with the Kettering Fire Department, as he teaches us how to be fire smart. Learn about fire prevention in the home including kitchen, storage, candles and more. Learn about fire preparedness including smoke alarms, exit plans and drills and carbon monoxide prevention and detection. Hear about Kettering Fire Department emergency operations and how to be prepared if you need to call for help. Cost: Free/CIL members; \$2/resident; \$4/non-resident. (121523)



Cabin Fever Reliever

Color, Coffee and Conversation

Friday, February 2 at 10 a.m.

Are you suffering from cabin fever? Do you need to get out of the house and engage in some social conversation? Join us for a morning of coloring, conversation and coffee. Coloring is becoming a popular form of stress relief for adults as well as keeping minds lively and active. Join this new craze and come to our first coloring event. We will provide the coloring sheets and colored pencils as well as coffee. Come prepared to destress and enjoy the time in conversation and coloring. Cost: Free/CIL members; \$2/resident; \$4/non-resident. (121575 A)



Computer Classes

Windows 10 Tips

Wednesday, January 24 at 2 p.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. Learn some of the most common mistakes made with Windows 10 and how to fix them. This class is presented by Marianne Bailey, The Senior Tutor. Cost: \$25/CIL member; \$30/resident; \$35/non-resident. (121514 A)

Google Travel

Monday, February 12 at 2 p.m.

The computer is a wonderful source of all kinds of information. Join Marianne Bailey, The Senior Tutor, and learn tremendous amounts of information about travel, directions and even a street-side view of various locations. Learn where to find it, how to use it and how to do it safely. Cost: \$25/CIL member; \$30/resident; \$35/non-resident. (121529 A)

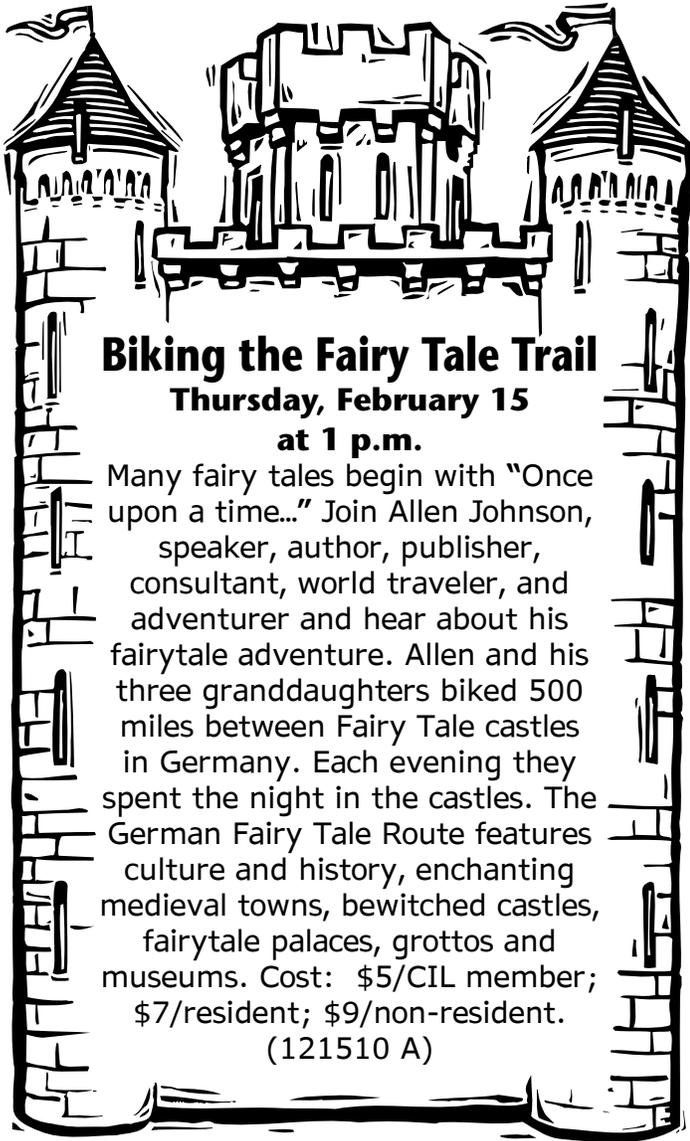


Knitting 101

Tuesdays, February 6 & 13 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 two 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. *\$20 materials fee due to instructor at first class. (121521 A)

ENRICHMENT



Biking the Fairy Tale Trail

**Thursday, February 15
at 1 p.m.**

Many fairy tales begin with "Once upon a time..." Join Allen Johnson, speaker, author, publisher, consultant, world traveler, and adventurer and hear about his fairytale adventure. Allen and his three granddaughters biked 500 miles between Fairy Tale castles in Germany. Each evening they spent the night in the castles. The German Fairy Tale Route features culture and history, enchanting medieval towns, bewitched castles, fairytale palaces, grottos and museums. Cost: \$5/CIL member; \$7/resident; \$9/non-resident. (121510 A)

Trash or Treasure?

Tuesday, February 20 from 6:30 to 7:45 p.m.

For the first time, we will be joined by Joe Landis, an expert at Belmont Coin and Jewelry. Learn all about what you may have which might be of value. How does this process work? What can you look for to know if your possessions are trash or treasure? Free appraisals will be done at the end of the class. Cost: \$9/CIL member; \$10/resident; \$15/non-resident. (121585 A)

Cooking for 1 or 2

Thursday, February 22 at 1:30 p.m.

If you're not cooking for an army, recipes and prep can be frustrating. Make cooking fun again with ideas, tips and tricks for creating meals that are "just the right size" Brian Rayburn of Flexitrition will both educate you as well as show you how to prep and make a meal that won't leave you with leftovers for days or food that goes to waste. Don't forget, you'll enjoy a few samples/tastes as well. Cost: \$9/CIL member; \$11/resident; \$13/non-resident. (121515)

Multi-Generational Class

Bicycle Maintenance: How to Change a Flat and More!

Thursday, February 22 from 6 to 7:30 p.m.

This class is for any rider who would like to learn basic care for their bicycles. K & G Bike Center will cover such topics as wheel removal, flat tire repair, simple adjustments for seats and handlebars, lubrication, cleaning and more. This class is intended to make any rider feel more comfortable in handling the most common bicycle issues and how to know when a problem needs a mechanic's attention. Kids ages 10+ are able to participate but must register with an adult. Cost: \$6.30/CIL member; \$7/resident; \$10/non-resident. (121582 A)



Consumer Fraud

Monday, February 26 from 6 to 7 p.m.

This class will provide tips designed to help you prevent being a victim of fraud whether in a store, on the phone, opening the mail, on a computer or at your door. Scammers change up their scams on a regular basis. This class will help you think preventatively to protect yourself and will include how to report consumer fraud. Consumer resource contacts in Ohio will be part of the information distributed. Cost: \$3.60/CIL member; \$4/resident; \$6/non-resident. (121588 A)

SPORTS

Winter Golf Tune-up with Jim Rue, PGA

**Tuesdays, March 6 – March 27
from 1 to 2:15 p.m.**

Rollandia's PGA professional, Jim Rue, has created an exciting winter golf tune-up aimed at getting you ready for a great year of golf. This 4-week program includes the following:

Week 1: Total short game evaluation: putting, chipping and pitching. Proper technique will be taught.

Week 2: The focus will be on irons and hybrids.

Week 3: The driver—Aside from the putter, this may be the most important club in the bag. Work to add at least 10 yards to each participant's drive!

Week 4: Meet at Rollandia Golf Center where each student will have individual analysis of their swing.

For further information, please call Jim Rue at (937) 287-8715. Class size is limited, so sign up early by calling 296-2480. Cost: \$70/CIL member; \$75/resident; \$80/non-resident. (121711 A/B)

Cycle Paths Planning Meeting

Thursday, March 22 at 10:30 a.m.

The CIL cycling meeting includes developing a schedule, weekly captains and reviewing CIL cycling guidelines and safety measures. All interested members are welcome to attend this meeting at Lathrem. The cycling season will begin in April 2018.

2018 Community Golf League

Thursday Mornings, April 12 – August 30

Please register early; deadline is Monday, April 2. Golf is a great way to exercise, get outside and meet new people. We have a mixed golf league at the Community Golf Course for our CIL members. League registration forms and packets are available at the meeting and at the CIL front desk. For more information about our wonderful league, you are welcome to attend the planning meeting on March 8 or contact Jena Bosworth (296-2480). League fee is \$38. To register, please call 296-2480. (221714 A)

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 9:30 – 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
<i>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.</i>	

Planning Meeting

Community Golf League

Thursday, March 8 at 10:30 a.m.

The Planning meeting provides an opportunity to meet fellow players, receive a registration packet, and learn details about the league. Independent golfers are welcome, foursomes can be established upon registration. You do not have to be a member to attend the meeting.

Billiards Tournament

Congratulations to Lew Reinheimer, first place and Steve Knowis and Tom Ruebusch, second place winners in the October Billiards Tournament. Winners of November tournament: first place Steve Knowis, second place Bob Brunner, tie for third place Tom Ruebusch and Lew Reinheimer. 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.

JANUARY / FEBRUARY

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

MONDAY

8:30 a.m. Drop-in Basketball
 8:30 a.m. Short Tennis
 9 a.m. AM Exercise
 9:30 a.m. Drop-in Shuffleboard
 9:30 a.m. Bridge
 10 a.m. Stretch & Move
 11 a.m. Lengthen & Strengthen
 11 a.m. Food Bank (2/5)
 11:30 a.m. Kettering Medical Center (1/29)
Noon Daily Luncheon
 1 p.m. Hearing Screens (2/12)
 1 p.m. Bid Euchre
 1 p.m. Cornhole
 1 p.m. Cribbage
 1 p.m. Euchre
2 p.m. Google Travel (2/12)
 5:30 p.m. Strength Training
 5:30 p.m. Canadian Bid Euchre
6 p.m. Consumer Fraud (2/26)
 6:30 p.m. PM Exercise
6:30 p.m. Organizing End of Year Files (1/22)

TUESDAY

8:30 a.m. Drop-in Volleyball
 8:30 a.m. Drop-in Pickleball
8:30 a.m. Gentle Stretch Yoga (1/2 - 2/6)
 9 a.m. Duplicate Bridge
10 a.m. Gentle Stretch Yoga (1/2 - 2/6)
11 a.m. A1C Screen (1/2)
 11 a.m. Meijer Curbside Service (2/6)
 11 a.m. BP Only Screens (1/2, 2/6)
11 a.m. Tasty Tour Old Bag of Nails (1/23)
11 a.m. Tasty Tour China Dynasty (2/13)
Noon Daily Luncheon
1 p.m. Cremation College (1/30)
 1 p.m. Brain Power (1/16 - 2/20)
 1 p.m. Hospice (12/20)
 1 p.m. Computer Help
 1 p.m. 500
 1 p.m. Bridge
 1 p.m. Canasta
1:30 p.m. Cooking for 1-2 (2/22)
 2 p.m. Creative Writing (11/21, 12/19)
5 p.m. Adult Magic Class (1/23)
 6 p.m. Wild Pinochle
6 p.m. Learn to Make a Tie Blanket (1/16)
6 p.m. Bingo Bonanza (1/9, 2/13)
6:30 p.m. Knitting 101 (2/6 & 2/13)
6:30 p.m. Trash or Treasure? (2/20)

WEDNESDAY

8:30 a.m. Drop-in Basketball
 8:30 a.m. Short Tennis
 9 a.m. AM Exercise
 9:15 a.m. Bowling (*Woodman Lanes*)
 9:30 a.m. Drop-in Shuffleboard
 10 a.m. Stretch & Move (Chair)
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
2 p.m. Windows 10 (1/24)
 5:30 p.m. Strength Training
 6 p.m. Canadian Bid Euchre
 6:30 p.m. PM Exercise
6:30 p.m. Organizing 101 (2/28)

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.

RY 2018 CALENDAR

ams.

THURSDAY

8:30 a.m. Drop-in Volleyball
 8:30 a.m. Drop-in Pickleball
8:30 a.m. Gentle Stretch Yoga (1/4 - 2/8)
 10 a.m. Stretch & Move (Chair)
10:45 a.m. Drums Alive (1/19 - 2/23)
11 a.m. BP/BS Screens (1/11, 2/8)
 11 a.m. Lengthen & Strengthen
Noon Daily Luncheon
12:30 p.m. Dayton Inventions (1/25)
1 p.m. Biking the Fairy Tale Trail (2/15)
1 p.m. Fire Safety (2/1)
 1 p.m. Bridge
 1 p.m. Double Deck Pinochle
 1 p.m. Pinochle
1:30 p.m. Nutrition Labels (1/18)
 5:30 p.m. Strength Training
6 p.m. Simple Affordable Home Decorating (2/8)
6 p.m. Bicycle Maintenance: How to Change a Flat & More! (2/22)
 6 p.m. Euchre
 6:30 p.m. PM Exercise
 6:30 p.m. Crochet Group (2nd and 4th Thursdays)

FRIDAY

8:30 a.m. Drop-in Basketball
 8:30 a.m. Short Tennis
 9 a.m. Zumba Gold
 9:30 a.m. Drop-in Shuffleboard
 9:30 a.m. Show Choir
10 a.m. Caring for Houseplants (1/12)
10 a.m. Color Conversation (2/2)
 11:30 a.m. Lunch and Learn: Keeping Healthy During the Winter (1/12)
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

SUNDAY

1 p.m. Double Deck Pinochle

January						
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			

February						
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			

Lathrem Senior Center Closures

Lathrem will be closed in observance of the following holidays:

January 15 (Martin Luther King, Jr. Day)
 February 19 (Presidents' Day)

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., Jan. 2 & Tues., Feb. 6	11 a.m. - 1 p.m.	Kettering Health Network

Blood Sugar/Blood Pressure Screenings

Date	Time	Provider
Thurs., Jan. 11 & Thurs., Feb. 8	11 a.m. - 1 p.m.	Brookdale of Kettering

A1C Screenings

Tuesday, January 2 from 11 a.m. to 1 p.m.

Kettering Medical Center

Are you at risk for pre-diabetes? Do you know your risk for pre-diabetes? Take a pre-diabetes risk quiz with a nurse and find out. This quiz is not for known diabetics. If the quiz shows you are at risk you can take an A1C test. An A1C screening shows your average blood sugar numbers for the past three months. Quiz is free. If an A1C is required, cost is \$10. Call 937-558-3988 for appointment. Prices and availability are subject to change without prior notification.

Hearing Screening

Monday, February 12 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.

FREE!

Gentle Stretch Yoga

Session 1

Tues., Jan. 2 - Feb. 6, 8:30 - 9:45 a.m. (111355 A)

Tues., Jan. 2 - Feb. 6, 10 - 11:15 a.m. (111355 B)

Thurs., Jan. 4 - Feb. 8, 8:30 - 9:45 a.m. (111355 C)

Session 2*

Tues., Feb. 20 - Mar. 20, 8:30 - 9:45 a.m. (111355 D)

Tues., Feb. 20 - Mar. 20, 10 - 11:15 a.m. (111355 E)

Thurs., Feb. 22 - Mar. 22, 8:30 - 9:45 a.m. (111355 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 A, B, C: \$35/CIL member; \$40/resident; \$45/non-resident. *Cost for D, E, F: \$ 29/CIL member; \$34/resident; \$39/non-resident and registration begins January 9.

10-Minute Heart Check

Tuesday, February 6

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.

FREE for CIL Members

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/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/Th 6:30 - 7:30 p.m.	45+ years old	\$2/Lathrem member \$3/resident and \$5/non-resident

Check out our new classes!

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

Lunch and Learn

Keeping Healthy through the Winter Months

Friday, January 12 from 11:30 a.m. to 12:30 p.m.

Presented by Kingston of Miamisburg

For many, the winter months brings with it respiratory illnesses. Join Shereen and Tracy from Kingston of Miamisburg as they discuss ways to keep healthy and protect yourself against infections. Participants will also learn about early signs and symptoms that an infection may be beginning, when to see your doctor, and when to go to the emergency room. Lunch provided. Free for CIL members and \$2/resident; \$4/non-resident. Register early by calling 296-2480. (121703 A/B)



Brain Power! The Mind Fit Series: Activities to Boost Brain Health

Tuesdays, January 16 – February 20 from 1 to 2 p.m.

Sponsored by Home Care Assistance

Just like the body, the brain can show signs of aging over time. While this is a natural result of growing older, there are positive lifestyle changes you can make to keep your mind sharper for longer. Join us for a fun, FREE and informative six-part series, led by brain fitness expert Mark Febus from Home Care Assistance. In this Mind Fit Series, you will learn about proactive ways to enhance cognitive functioning, including fun group activities used in the Cognitive Therapeutics Method™, a science-based cognitive stimulation program. Free for CIL members and \$2/resident; \$4/non-resident. Register early by calling 296-2480. (121702 A/B)



Meijer's Curbside/Delivery Service

Tuesday, February 6 from 11 a.m. to Noon

Josh Lyttle, Meijer Representative

This informational session will discuss the process on how to order curbside and delivery service for groceries online, cover costs and answer any questions in regards to this service. Free for CIL members and \$2/resident; \$4/non-resident. Register early by calling 296-2480. (121701 A/B)



Bladder, Bladder, What's the Matter?

Monday, January 29 from 11:30 a.m. to 1 p.m.

Kettering Medical Center

(Lunch provided 11:30 a.m. to noon; presentation begins at noon.) Do you know where every bathroom from here to the mall, work, and back is located? Do you feel your bladder is running your life? Have you ever wondered what is considered normal about your bladder and incontinence? Want to learn tips to improve bladder health and decrease incontinence? Come to a presentation and discussion about bladder health and incontinence with a pelvic floor control therapist and learn how to improve your overall functioning. Free for CIL members and \$2/resident; \$4/non-resident. Register early by calling 296-2480. (121707 A/B)



The Foodbank

Monday, February 5 from 11 a.m. to Noon

Presented by Michael Shannon, Senior Food Box Coordinator and Data Specialist

One in six people in Montgomery, Greene, and Preble counties struggle with hunger. The Foodbank's vision is no one should go hungry. Join us as we find out more on how The Foodbank is working to solve hunger in the Miami Valley. The Foodbank will also offer applications to interested senior citizens (60 and older) who would like to sign up for CSFP (Commodity Supplemental Food Program) our monthly food box program. Free for CIL members; \$2/resident; \$4/non-resident. Register early by calling 296-2480. (121700 A/B)



"Starry Starry Nights" Managing Loneliness

Tuesday, February 20 from 1 to 2 p.m.

Speaker: Gabriele Douglas, Bereavement Coordinator from Heartland Hospice

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. Free for CIL members and \$2/resident; \$4/non-resident. Register early by calling 296-2480. (121704 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, January 4, 12:30 – 2:30 p.m. • **Tuesday, January 16, 10 a.m. – Noon**

Thursday, February 1, 10 a.m. – Noon • **Tuesday, February 13, 12:30 – 2:30 p.m.**

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

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.

Planes, Trains & Corvettes

March 15 – 16 from \$319

Travel to Bowling Green, KY for a trifecta of motion. You will stop for lunch and time to shop in Historic Glendale, KY. Once in Bowling Green, you will get to explore Aviation Heritage Park (weather permitting), currently displaying 5 aircraft. Its mission is to recognize and celebrate the many South Central Kentucky men and women who have contributed to American aviation. Also, tour the Historic Railpark and Train Museum located in the L&N Train Depot built in 1925. Included in the tour are the 6 historic railcars located on the tracks behind the museum. And finally, celebrate America's sports car at the National Corvette Museum including a BBQ luncheon and self-guided tour of the exhibits. 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.

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.

Chicago's Art & Architecture

May 14 – 16 from \$849

Head to Chicago, "the Windy City", to experience the beauty of its art and architecture. You will be staying at the famous Palmer House, a member of the Historic Hotels of America®. It is also the site where the brownie was created! Explore over 5,000 years of creativity at the Art Institute of Chicago, where you can view masterpieces from Dali, Grant Wood, Matisse, Picasso, Monet, Degas, van Gogh and many more! Learn the history and inspiration for over 50 buildings in the city on an architecture river cruise aboard Chicago's First Lady. Walk in the footsteps of Frank Lloyd Wright as you tour his home and studio in Oak Park, IL. Discover the development of Wright's style between 1889 and 1909, and trace the evolution of American residential architecture on a walking tour through the Frank Lloyd Wright Historic Neighborhood. You will also have free time in the city and at Navy Pier to explore at your leisure. Tour includes: motor coach transportation, 2 night's accommodations, 3 meals (2 breakfasts and 1 dinner), all attractions and tours listed, taxes and gratuities on included meals, attractions and accommodations, luggage handling and a JOY Tour Director.

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.

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.

Tuesday, March 20 –

A Walk Down Memory Lane \$95

Wednesday, April 18 – **Keeneland** \$99

Wednesday, May 9 – **Bourbon Trail – Pt. 2** \$119

Wednesday, May 23 –

Dine Around in Richmond, IN \$97

Thursday, June 21 – **Kentucky Governor's**

Mansion & Capitol Gardens \$99

Wednesday, July 10 – **In Praise of Patsy** \$119

Wednesday, July 18 – **Wine, Worship & Sacrifice** \$89

Wednesday, August 15 – **B&B Riverboat Cruise** \$95

Wednesday, August 29 – **Mystery Trip** \$TBD

Tuesday, September 18 –

National Museum of the US Air Force \$65

Thursday, October 4 – **Noah's ARK Encounter** \$99

Friday, October 19 – **Fall Train to Metamora** \$99

Thursday, November 1 – **"White Christmas"** \$99

Wednesday, December 5 –

Legendary Lights of Clifton Mills \$79

ONGOING ACTIVITIES

Weekly Activities

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

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./Wed.	5:30 – 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 Thursdays of the month at 6:30 p.m. in the Lathrem Library.

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

HEALTH 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.



Don't miss out on Drums Alive!
Register now for the next section!





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

Don't let winter keep you at home—Come to the CIL and participate in our classes and events!

- Home Organization Classes
 - Drums Alive–Golden Beats
 - Cooking Classes
 - Bingo Bonanza
 - Dayton Inventions Lunch and Presentation
 - Health Screenings
 - Exercise Classes
- and more!



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