



March/April 2018

LATHREM Letter

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

Kettering Community Garage Sale

**Saturday, April 14
 from 9 a.m. to 2 p.m.**

We are here to help with your spring cleaning or treasure hunting! Clean out your closets, craft rooms and basements to get ready for this one-day event. Buy or sell gently used baby/kid items, and garage sale items! Areas will be marked to aid in easy shopping. This year we will be holding our regular Garage Sale and Children's/Baby Sale all in one! For more information on the event or about being a vendor, please turn the page!

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2nd Chance Senior Prom: "Oh the places you'll go...and have been!"



Sponsored by: Oak Creek Terrace

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

You are cordially invited to the Lathrem Center's first ever Senior Prom! Bring a date, come with friends or attend solo! We will have plenty of music, a DJ onsite for lots of dancing to take you back to the good ole days, photo opportunities and we have a delicious catered dinner planned featuring chicken Kiev, sliced roast beef in gravy, whipped mashed potatoes, California vegetable blend, tossed salad, dinner rolls and dessert! To finish off the night, we will coronate our first Lathrem Center Prom King and Queen! 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. Must register by March 22. **Cost: \$28.80/CIL couple; \$32/resident couple; \$38/non-resident couple; \$18/CIL Member; \$20/resident individual; \$25/non-resident individual.** (121589 A)

An Evening with Paul Revere— American Revolution Patriot

Thursday, April 19

Dinner at 5:30 p.m. Live Presentation starting at 6 p.m.

Join us for an entertaining evening as local amateur historian, Tommy Collins, portrays founding father Paul Revere, who is best known for alerting the colonial militia to the approach of British forces before the battle of Lexington and Concord. Tommy brings Paul Revere right into the room with the character, costume, and props, taking you back to the eve of the American Revolutionary War in 1775 Boston. We'll start the evening with a catered meal. **Cost: \$15/CIL member; \$20/resident; \$25/non-resident.** (12-29840)

INFORMATION

Lathrem Center Art Bio: Lucy McAdams

Lucy McAdams may be legally blind, but her ability to see the bright spots of life with her attitude of gratitude is inspiring. Lucy always had an interest in art. She began painting in oils and opened a Folk Art Painting business in the late 70's until she went to work full time. More recently Lucy met Olive Boyd who invited her to paint with a weekly group at the Hotel Gallery in Tipp City. It was in this group that Lucy was introduced to watercolors. Following her husband's death, the decline of her vision and subsequent move to Kettering, she has reconstructed her life. With her enhanced vision and magnifying device from Visual Tech Connection she continues to paint and share her painting talents with others. Lucy sketches and paints watercolor paintings on display during March and April at the Lathrem Center and also designs and paints greeting cards on sale at various locations. Lucy McAdams shares her artistic talents alongside her positive outlook on living an active life.

(continued from cover)

Community Garage Sale

Looking for a reason to get organized and gain back your space? Items may include anything from craft supplies, decorations, books, outdoor gear or simply anything miscellaneous! After all, one person's junk may be someone else's treasure!

Children's and Baby Sale

Have extra toys, new books, games and more taking up much needed space in your home? Become a vendor at the Kettering Community Garage Sale. Sorry, no soft toys (i.e. stuffed animals), clothing or diapers will be permitted. Example of acceptable items may include: rattles, plastic toys, furniture (no bedding), games, etc.

All spaces are 10' x 10' and a limited number of spaces are available. For **Community Garage Sale**: please contact Brittany Kilburn, 296-2480 or brittany.kilburn@ketteringoh.org. For **Children's and Baby Sale**: please contact Molly Gross, 296-2587 or molly.gross@ketteringoh.org.

Fall Prevention Program



1 in 5 falls lead to serious injury that require professional medical intervention. These statistics can be so scary that seniors limit their activities and become deconditioned making them much more likely to fall. A healthy balance must be developed between safety and fear.

The STEADI program developed by the CDC was developed to address these issues as well as provide individualized assessments to determine your personal risk for falls. Join us for a 4-week educational program which includes exercises and your free individualized fall risk assessment.

The class will be offered every Wednesday for 4 weeks starting April 4 from 1 to 3 p.m. Due to the intensive level of this class there are limited openings for this training and members are asked to attend all 4 classes. If you have any questions about this program contact Vickie Carraher at 296-3356. To register for this class, contact Lathrem at 296-2480. Class is free. (12-20880-A)



CITY OF KETTERING

Kettering Mayor & Council

- Don Patterson, Mayor**
Don.Patterson@ketteringoh.org.....299.5512
 - Bill Lautar, Vice Mayor, At Large**
Bill.Lautar@ketteringoh.org.....689.2205
 - Jacqueline Fisher, At Large**
Jacque.Fisher@ketteringoh.org 232.1637
 - Robert Scott, District 1**
Rob.Scott@ketteringoh.org776.2315
 - Joseph D. Wanamaker, District 2**
Joe.Wanamaker@ketteringoh.org.....296.1712
 - Tony Klepacz, District 3**
Tony.Klepacz@ketteringoh.org435.9830
 - 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

3G Connection: March Magic

Tuesday, March 6 from 5 to 6:30 p.m.

We are providing a special opportunity for grandparents and grandchildren to join us for a special evening of magic brought to you by Dave Davis, a local magician who will be putting on an exciting show. We will finish off the evening with learning some magic as well as making magic crafts to take home! Light refreshments will be provided. Cost is per couple (grandparent/grandchild): \$13.50/CIL member; \$15/resident; \$20/non-resident; \$4/extra child. (121539-A)

Grandma & Me Springtime Tea

Sunday, May 6 from 2 to 3:15 p.m.

Calling all Grandmas, Nanas, Grammies (or what other distinguished title you go by). You are cordially invited to our special spring *Grandma & Me Tea*. Dress for the occasion! This event will include snacks, teas and together, we will make a few crafts and fun memories. Register in advance until May 2 or until full. Cost is per couple (grandparent/grandchild): \$18/CIL member; \$20/resident; \$25/non-resident; \$4/extra child. (02-20609 A)



Bingo Bonanza

Tuesdays, March 13 & April 10
from 6 to 8 p.m.

Prizes sponsored by: Oak Creek Terrace

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. Cost: \$10.80/CIL member; \$12/resident; \$15/non-resident. (121560-C / 02-20600-A)

March Theme: Lucky as a Leprechaun!
April Theme: Viva Las Vegas!



Out & About

March Tasty Tour Lunch: Coldwater Café

Tuesday, March 13

Leave CIL at 10:45 a.m.; return approx. 2:30 p.m. The Coldwater Café is a unique restaurant housed in a former bank building in the heart of downtown Tipp City. Offering sophisticated choices on the menu alongside your more normal fare. If you are looking for a decadent dessert, look no further than the butter-drenched English Tea Cake. Cost includes transportation and trip escort: \$14/CIL member; \$16/resident; \$18/non-resident. (12-20801A)

April Tasty Tour Lunch: Hammel House Inn

Tuesday, April 10

Leave CIL at 10:45 a.m.; return approx. 2:30 p.m. Lunch at the Hammel House Inn is a delightful dining experience. Housed in one of Waynesville most historic building with a unique ambiance that is full of small town charm and hospitality. With all the delicious fresh food you may have difficulty making your selection. Cost includes transportation and trip escort: \$14/CIL member; \$16/resident; \$18/non-resident. (12-20801B)

April Tasty Tour Dinner: Hickory Bar-B-Q

Thursday April 26

Leave CIL at 4 p.m.; return approx. 6:30 p.m. Born of Hungarian decent the owners of The original Old Hickory Bar-B-Q on Brown Street opened in 1962. The restaurant is still family owned today and features their famous ribs and Hungarian cabbage rolls. Come hungry and ready to enjoy a Dayton favorite. Cost includes transportation and trip escort: \$12/CIL member; \$14/resident; \$16/non-resident. (12-20802B)

ENRICHMENT



Knitting 101

**Saturdays, March 3 & 10
from 10 to 11 a.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 with 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-B)

Multi-Generational Class

Learn to Make a Tie Blanket!

Wednesday, March 7 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+ may register, but must register with an adult. Cost: \$18/CIL member; \$20/resident; \$25/non-resident. (121595-B)

Downsizing Your Home

Thursday, March 8 from 6 to 8 p.m.

Where do you begin? What do you take with you? How do you make it all come together? Downsizing can be an overwhelming task. Linda Hunter, Owner of R3 Interiors LLC will share downsizing packing essentials, storage solutions, living small strategies and more. Cost: \$13.50/CIL member; \$15/resident; \$20/non-resident. (121544-A)

AARP Smart Driver Course

Thursday, March 15 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. (12-20826)

Waynesville—Museum at the Friends Home

Sponsored by Heartland of Kettering

Tuesday, March 20 at 1 p.m.

Join Dolly McKeenan and Lee Philpot for their presentation focused on the Religious Society of Friends or Quakers that founded the historic Miami Monthly Meeting in Waynesville, the schism that split the religious group, and how each emerged from this historic split. The role of the Quakers was abolitionists and conductors on the Underground Railroad in our area will also be included in the talk. Dessert and drinks will also be served with this presentation. Cost: \$5/CIL member; \$7/resident; \$9/non-resident. (21-20835)

ENRICHMENT

Floral Classes

Spring Table Arrangement

Tuesday, March 20 from 6 to 8 p.m.

Jan Baker of ARRANGEMENTS! will be helping you create a fresh table centerpiece with candles using a colorful mixture of assorted flowers to celebrate the upcoming season. Samples of other easy to do spring flower arrangements will be covered. These are sure to inspire you to create your own special arrangement at home. Please provide your own floral tools: knife, flower pruners and scissors. Cost: \$27/CIL member; \$30/resident; \$35/non-resident. ***\$35 materials fee is payable to the instructor at the start of class. (121534-A)**

Tea for 2 Table Arrangements

Monday, May 7 from 6 to 8 p.m.

Join Jan Baker, professional floral design, and owner of ARRANGEMENTS! as we provide this special opportunity for mother/daughter or grandmother/granddaughter to create a gorgeous arrangement for Mother's Day. Each pair will be creating their own tea cup fresh arrangement with miniature carnations, spray roses, daisies and baby's breath which will be sure to brighten your home! Each participant should bring scissors, paring knife and flower pruners. Class is geared toward ages 10+. Cost: \$19.80/CIL member couple; \$22/resident couple; \$25/non-resident couple. ***\$30 materials fee due to the instructor at the start of class for each couple. (02-20610 A)**

Preventing Fraud and Elder Financial Abuse

Thursday, March 29 at 1 p.m.

You have worked hard and now enjoying your retirement. Are you protecting yourself and your personal information? Are you actively monitoring the activity in your investment accounts? Hacking of sensitive personal information is a reality in today's world of cyberspace. This presentation will discuss how to enjoy your golden years by ensuring that your retirement nest egg is protected from fraudsters and scammers. Learn tip and steps that you can take to proactively protect your assets. Cost: Free/CIL members; \$2/resident; \$4/non-resident. (12-20830)



Internet Genealogy: How to Find Your Family

Saturday/Sunday, April 7 & 8 from 2 to 4 p.m.

Ever wonder where your family roots originated? What if we told you that there are resources out there, right at your fingertips, where you can find almost any family with just a little information? For the first time, we will be joined by Sam Maner, a credible Genealogist who is a current college professor at Pellessippi State Community College in Knoxville Tennessee. Sam has also worked for Ancestry.com, written 15 genealogy-related books and has done work for U.S. presidents George W. Bush, Bill Clinton and Barak Obama as well as the Director of the Schindler's List, John Herzog and Dolly Parton, just to name a few. Each participant will walk away with a copy of the Genealogy Collection Program, resources and more. Be ready to ask questions, bring all of the information that you can on your family and be ready to dig deep! Laptops are welcome but not required. Cost: \$37.80/CIL member; \$42/resident; \$46/non-resident. (221566-A)

Lunch and Learn

What is a Fraternal Financial Company—Is it right for me?

Tuesday, April 10 at 12:30 p.m.

Have you ever heard the term Fraternal Benefit Society but are not sure exactly what it is. Fraternal organizations began in the United States in the 1800's. Today more than 10 million people are members in fraternal organizations. Representative from Modern Woodmen of America will be here to explain the differences in traditional financial planning and a Fraternal Financial organization that bonds family life and also make a community impact. Cost: Free/CIL members; \$2/resident; \$4/non-resident. (12-201836)



ENRICHMENT



Adult Magic Class

Wednesday, April 11 from 5:30 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. (02-20604-A)

New Member Meet and Greet

Thursday, April 12 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 all 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. (12-20827)

Trash or Treasure?

Thursday, April 12 from 6:30 to 7:45 p.m.

Do you have an item that you believe might be of value and you don't know if you should hang onto it or not? Learn all about the appraisal process and discover what you can look for to know if your possessions are trash or treasure! We will be joined by an expert at Belmont Coin and Jewelry who can teach us the in's and out's on what this process would look like. Free appraisals will be done at the end of the class. Cost: \$9/CIL member; \$10/resident; \$15/non-resident. (02-20605A)

Lunch and Learn

Four Reasons to Avoid Probate

Tuesday, April 17 from 12:30 to 2 p.m.

Presented by Culpepper Law, LLC

Probate sounds so simple, yet it is a long, tedious and slow process. Learn why you want to avoid probate at all costs. Probate may actually cost more than you imagined. Cost: Free/CIL members; \$2/resident; \$4/non-resident. (12-20832)



Preparing Home for Resale

Thursday, April 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 LLC, 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. (02-20602-A)

Bicycle Maintenance & Safety

Wednesday, April 25 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 wheel removal, flat tire repair,



simple adjustments for seats and handlebars lubrication, a cleaning and more. This class is intended to make any rider feel more comfortable in handling the most common bicycle issues, and how and 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. (02-20603 A)

SPORTS

Winter Golf Tune-up with Jim Rue, PGA Tuesdays, March 6 – 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; learn proper technique.

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; each student will have individual analysis of their swing. For further information, please call Jim Rue at 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

The CIL cycling group meets every Thursday at 9:15 a.m. Locations change weekly. Cycle packet and schedule will be available at the CIL front desk beginning March 29, 2018. All CIL members are welcome to attend. For further information, call 296-2480.

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

Community Golf League Planning Meeting

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

This 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

Conratulations to Bob Bruner, first place, Steve Knowis, second place, and Tom Ruebusch, third place winners in the December Billiards Tournament. Tournaments will be held every Monday at 12:30 p.m. with the final playoff game on the last Monday of each month. To participate you must sign up in advance. All members are welcome to participate at no cost and non-members can participate for a \$2/resident; \$4/non-resident fee.

Outdoor Tennis

Drop-in senior tennis plays at Ernst Park on Mondays, Wednesdays and Fridays from 8 a.m. to noon, April 2 through October 19, 2018.

Outdoor Pickleball

Drop-in senior pickleball plays at J.F. Kennedy Park on Tuesdays and Thursdays from 8 a.m. to noon, April 3 through October 18, 2018.

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 a.m. Tools for Caregivers (3/5 - 4/9)
 9:30 a.m. Drop-in Shuffleboard
 9:30 a.m. Bridge
 10 a.m. Stretch & Move
 11 a.m. Lengthen & Strengthen
Noon Daily Luncheon
 1 p.m. Hearing Screens (4/16)
 1 p.m. Ask the Pharmacist (3/12)
 1 p.m. Bid Euchre
 1 p.m. Cornhole
 1 p.m. Cribbage
 1 p.m. Euchre
2 p.m. Internet Genealogy: Day 2 of 2 (4/8)
 5:30 p.m. Strength Training
 5:30 p.m. Canadian Bid Euchre
 6:30 p.m. PM Exercise

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

8:30 a.m. Drop-in Volleyball
 8:30 a.m. Drop-in Pickleball
8:30 a.m. Gentle Stretch Yoga (4/10 - 5/15)
 9 a.m. Duplicate Bridge
10 a.m. Gentle Stretch Yoga (4/10 - 5/15)
10:30 a.m. Tasty Tour Coldwater Café (3/13)
11 a.m. Tasty Tour Lunch Hammel House (4/10)
11 a.m. A1C Screen (3/6)
11 a.m. BP Only Screens (3/6, 4/3)
Noon Daily Luncheon
12:30 p.m. Fraternal Financial (4/10)
12:30 p.m. Avoiding Probate (4/17)
1 p.m. Waynesville Museum/Home (3/20)
 1 p.m. Golf Lessons (3/6 - 3/27)
 1 p.m. Computer Help
 1 p.m. 500
 1 p.m. Bridge
 1 p.m. Canasta
 2 p.m. Creative Writing (3/20, 4/17)
5 p.m. 3G Connection: March Magic (3/6)
5 p.m. 2nd Chance Senior Prom (3/27)
 6 p.m. Wild Pinochle
6 p.m. Spring Table Arrangement (3/20)
6 p.m. Bingo Bonanza (3/13, 4/10)

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
1 p.m. Fall Prevention (4/4, 4/11, 4/18, 4/25)
 5:30 p.m. Strength Training
5:30 p.m. Adult Magic Class (4/11)
6 p.m. Learn to Make a Tie Blanket! (3/7)
6 p.m. Bicycle Maintenance & Safety (4/25)
 6 p.m. Canadian Bid Euchre
 6:30 p.m. PM Exercise

2018 CALENDAR

ams.

THURSDAY

8 a.m. Community Golf League (4/12 – 8/30)
 8:30 a.m. Drop-in Volleyball
 8:30 a.m. Drop-in Pickleball
8:30 a.m. Gentle Stretch Yoga (4/12 – 5/17)
 9 a.m. Kettering College: Radiology Tests (4/26)
9 a.m. AARP Smart Driving (3/15)
 10 a.m. Stretch & Move (Chair)
10 a.m. Meet and Greet (4/12)
 10:30 a.m. Golf Meeting (3/8)
 10:30 a.m. Cycle Paths Meeting (3/22)
11 a.m. BP/BS Screens (3/8, 4/12)
 11 a.m. Lengthen & Strengthen
 Noon Daily Luncheon
1 p.m. Preventing Fraud (3/29)
1 p.m. Phantom of Opera (4/12)
 1 p.m. Bridge
 1 p.m. Double Deck Pinochle
 1 p.m. Pinochle
4 p.m. Tasty Tour Dinner Hickory BBQ (4/26)
5:30 p.m. Paul Revere (4/19)
 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 p.m. Preparing Home for Resale
6 p.m. Downsizing Your Home (3/8)
6:30 p.m. Trash or Treasure? (4/12)

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
10:45 a.m. Drums Alive Golden Beats (3/2 – 4/20)
12 p.m. Sit & Beat (3/2 – 4/20)
 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. Kettering Community Garage Sale (4/14)
10 a.m. Knitting 101 (3/3 & 3/10)
2 p.m. Internet Genealogy: Day 1 of 2 (4/7)

SUNDAY

1 p.m. Double Deck Pinochle
1:15 p.m. Irish Tea Patterson Homestead (3/4)
2 p.m. Internet Genealogy: Day 2 of 2 (4/8)

March

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

April

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					

Items in bold are registered programs.

WELLNESS

Sit N' Beats

Fridays, March 2 – April 13 (No class March 30) from Noon to 1 p.m.

Fridays, April 20 – May 25 (Session B)

This class is uniquely designed to utilize whole brain and body movement while SEATED. Each class will be equipped with a variety of fitness drums, drumsticks, maracas and more for participants to enhance physiological, social and cognitive functioning. Participants will use rhythmical drumming patterns to stimulate the brain in a fun and energetic way. Taught by Dorie Phillips, MT-BC Drums Alive Certified Instructor is sure to be fun. Cost: \$35/CIL member; \$40/resident; \$45/non-resident. (12-20846-B)

Drums Alive—Golden Beats

Fridays, March 2 – April 13 (No class March 30) from 10:45 to 11:45 a.m.

Fridays, April 20 – May 25 (Session B)

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. Dorie Phillips, MT-BC Drums Alive Certified Instructor will be while we drum and dance and have lots of fun. Class size is limited. Cost: \$35/CIL member; \$40/resident; \$45/non-resident. (12-20845-B)

Powerful Tools for Caregivers

FREE!

Mondays, March 5 – April 9, 9 to 11 a.m.

Kettering Health Network Community Outreach

This class is a 6-week program and meets once a week. This is an educational program designed to help family caregivers (no professional caregivers, please). This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country. This class will give you, the caregiver, the tools to: reduce stress, take care of yourself, make tough decisions, reduce guilt, anger, and depression. Class is free. Registration is required by Monday, February 26. Class size is limited so register early by calling Kettering Health Network Community Outreach, 1-800-888-8362.

A1C Screenings

Tuesday, March 6 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. (Not for known diabetics.) If high risk, you can take an A1C test, which 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.

Ask the Pharmacist Prescription Medications and Dietary Supplements

FREE for
CIL Members

**By Cathy Rosenbaum, PharmD MBA RPh CHC
Founder & CEO, Rx Integrative Solutions**

Monday, March 12 from 1 to 2 p.m.

Join us for an informative session in regard to prescription medications and dietary supplements. At the end of the presentation, attendees will be able to: review medications to avoid in seniors when possible, compare terms: generic, brand, bioequivalent, counterfeit (as in internet pharmacies), discuss pros/cons for taking multivitamins and other supplements, review drug/nutrient depletions and what to do about them. Do not bring any prescription medicine to the program. Leave your medicine at home. Make a copy of the prescription or write down the medication name. Free for CIL members and \$2/resident; \$4/non-resident. Register early by calling 296-2480. (12-20877-A)

Osteoporosis Screening

Tuesday, April 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 558-3988. Prices and availability are subject to change without prior notification.

WELLNESS

Gentle Stretch Yoga

Tuesdays, April 10 – May 15
from 8:30 to 9:45 a.m. (02-211307 A)
or from 10 to 11:15 a.m. (02-211307 C)
Thursdays, April 12 – May 17
from 8:30 to 9:45 a.m. (02-211307 B)

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: \$35/CIL member; \$40/resident; \$45/non-resident. Class registration begins on March 13. Priority registration will be held for CIL members until the registration deadline. Non-members should contact the front desk five days before session start to check on roster spot availability.

Radiology Tests

Presented by Kettering
Medical College Students
Thursday, April 26 from 9 to 10 a.m.



Would you like to learn about the Imaging exams your doctor may be ordering for you? This information will be presented by Kettering College Advanced Imaging students and will discuss the imaging modalities of Computed Tomography (CT or Cat scan) and Magnetic Resonance Imaging (MRI). In this introduction to CT and MRI basic knowledge of the machine will be discussed along with safety issues related to each modality, the length of the exam, and specific areas of the body that are visualized. A question and answer time will be given at the end of the presentation. Free for CIL members and \$2/resident; \$4/non-resident. Register early by calling 296-2480. (12-20876-A)

Drop-in Exercise Classes at Lathrem Senior Center

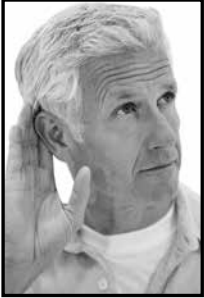


TITLE	DAY & TIME	WHO CAN ATTEND?	COST
Shape It Up! <i>Circuit style class using weights, bands and balls, chair and floor.</i>	M/W 9 - 9:55 a.m.	45+ years old	\$2/Lathrem member \$3/resident and \$5/non-resident
ZUMBA Gold <i>Aerobic conditioning with flexibility and balance; all fitness levels.</i>	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

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, April 16
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.

Blood Pressure Screenings

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

Date	Time	Provider
Tues., March 6 & Tues., April 3	11 a.m. – 1 p.m.	Kettering Health Network

Blood Sugar/Blood Pressure Screenings

Date	Time	Provider
Thurs., March 8 & Thurs., April 12	11 a.m. – 1 p.m.	Brookdale of Kettering

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, March 1, 12:30 – 2:30 p.m. • **Tuesday, March 20, 10 a.m. – Noon**
Thursday, April 5, 10 a.m. – Noon • **Tuesday, April 24, 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.

- Tulip Time in Holland, MI.....May 10 – 12from \$649**
- RCCL "Empress of the Seas" to Havana, Cuba.. May 17 – 21 cruise only from \$650**
- Luxury, Leisure & Lady Luck.....June 5 – 6from \$309**
- Circle Newfoundland & Labrador.....June 8 – 20 .. GTD land only from \$3,499**
- Lilacs & Leisure on Mackinac Island..... June 10 – 14from \$999**
- The Great Passion Play & the Ozarks June 18 – 23from \$959**
- Yellowstone Experience & Wildlife Safari ... June 18 – 24 .. GTD land only from \$1,995**
- Shakespeare in the Park (Louisville)..... July 14 – 15from \$329**
- Bardstown, Bourbon & Wine July 25 – 27from \$559**
- California Rail TourJuly 28 – Aug. 4 .. GTD land only from \$2,650**
- Best of Branson!August 1 – 4from \$769**
- Mystery Tour – A Step Through TimeAugust 21 – 23from \$559**
- Rock -n- Soul of MemphisSeptember 5 – 8from \$889**
- Cape Cod, Martha's Vineyard & Nantucket..September 9 – 14 land only from \$1,744**

TRAVEL

Limited Time Booking Discounts

Sun, Sand & Shows in Myrtle Beach.....	\$50 off per person
Best of Eastern Canada	\$75 off per person
Chicago's Art & Architecture	\$25 off per person
Lilacs & Leisure on Mackinac Island.....	\$50 off per person
Nantucket-Cape Cod	\$50 off per person
US/Europe River Cruises.....	\$100 off per person
TAP Guaranteed Departures*	5% off the price

***Circle Newfoundland & Labrador**

***Cowboys, Indians & Oil Barons**

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, April 25 – **Snooty Fox** \$49

Sunday, April 29 – **West Side Story at Music Hall** \$119

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** \$99

Tuesday, September 18 – **National Museum of the US Air Force** \$65

Thursday, October 4 – **Noah's ARK Encounter** \$105

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

Tuesday, October 30 – **An Autumn Afternoon in Brown County** \$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.





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

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Lathrem Senior Center: Membership Benefits

Our members have always known what a great deal we have at Lathrem—programs, classes, drop-in sports and exercise...the list goes on! Now those great benefits are getting even better! Beginning in September, members of the Lathrem Senior Center will receive 20% off all passes at the KRC/KFWC, 10% discount off all registered program pricing and \$1 discount off drop-in or admission pricing.

We are keeping things easy at CIL—the pricing you see in our Lathrem Letter will be the member pricing. Keep in mind these discounts are good everywhere—Rosewood, Habitat, KRC, KFWC!

Any questions, stop by the front desk!

Parks, Recreation and Cultural Arts Staff

Director Mary Beth Thaman

Lathrem Senior Center Staff

Division Manager of Recreation Facilities Sonja Rom
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