



LATHREM Letter

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

Older Americans Month Celebration

Friday, May 25

9 a.m. to 1 p.m.

**Presidential Banquet
Center**

May is Older American's Month. This is a time to celebrate all of the contributions that older individuals bring to our country. Montgomery County Council on Aging holds this annual event as a Miami Valley tradition that includes food, fun, prizes and an award for Senior of the Year. Tickets are \$3 and available at the Kettering Connection, open 8:30 a.m. to 12:30 p.m., Monday through Friday, in Town & Country Shopping Center. For more information, please contact Vickie Carraher at 296-3356.

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Grandma & Me Springtime Tea

Sunday, May 6, 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 by May 2 or until full. Price is per couple. Cost: \$18/CIL couple; \$20/resident couple; \$25/non-resident couple; \$4/extra person. (02-20609-A)



WW1—An Adventure of a Kettering Doughboy

Dinner and Presentation

Thursday, May 17, 5:30 p.m.

Join us for this special evening as we commemorate the 100th anniversary of the United States entrance into WW1. This program combines historic photos of the war and documents to bring this historic event to life through the experiences of a Kettering doughboy, Leland Norris. We will begin the evening with a chicken dinner. Cost: \$15/CIL

member; \$18/resident; \$20/non-resident. (13-20827)

INFORMATION / SOCIAL

Lathrem Center Art Bio:

Babs Ney

Babs says she has loved art ever since she could hold a crayon. She proudly had her own art exhibit at Chaminade Julianne her senior year in 1974 which consisted of wood carvings, pottery, paintings, drawings and mosaics. After having three children her art was confined to sewing and making gifts for family and friends. In 1991 Babs became an RN and once again her art took a backseat. In 2008 Babs and her husband moved to Kettering to take care of her mother stricken with Alzheimer's who is now 92 years old, bedridden and steadily declining. Seven years ago Babs took a colored pencil class with at Rosewood Art Centre and was quickly reunited with her long passion for art. She then took watercolor classes and she loves the challenging medium. Babs enjoys painting various subjects but when she started painting family pets, she began getting more and more requests. Babs Ney says she feels fulfilled in her lifetime taking care of babies in need and now her mother in need, but reuniting with art is self-fulfilling and fun.

3G Connection: Let's Go Lego's®!

Tuesday, June 19, 6 to 7:30 p.m.

We are providing a special opportunity for grandparents and grandchildren (age 4+) to join us as we focus on a specific Lego® challenge, games, crafts and some good ole Lego® free time with your grandchild! Please note: All bricks and materials are supplies and not taken home by the participants. Cost: \$13.50/CIL member couple; \$15/resident couple; \$20/non-resident couple; \$4/extra child. (03-20606-A)



Lathrem Senior Center Holiday Hours

Lathrem will be closed on Monday, May 28 in observance of Memorial Day.



CITY OF KETTERING

Kettering Mayor & Council

- Don Patterson, Mayor**
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 - Steven Bergstresser, Assistant City Manager**
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Kettering Home Page: www.ketteringoh.org

Bingo Bonanza

Tuesdays, May 8 & June 12,
6 to 8 p.m.



Prizes sponsored by Oak Creek Terrace

Join us the 2nd 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. Cost: \$10.80/CIL member; \$12/resident; \$15/non-resident (May: 02-20600-B; June: 03-20600 A)

May Theme: Start Your Engines!

June Theme: Take Me Out to the Ball Game!

We had a wonderful time at our very first 2nd Chance Senior Prom! Thank you to Oak Creek Terrace for being our title sponsor and for all of the hard work that the Fairmont High School student volunteers put into the prom to make it fun and memorable evening for all who attended! We hope to see you next year!



ENRICHMENT

May Tasty Tour Lunch: Bullwinkle's Top Hat Bistro

Thursday, May 24

Leave CIL at 10:45 a.m.; return approx. 2 p.m.

Bullwinkle's Top Hat Bistro was started in 1986 and quickly became known as one of the Miami Valley's hot spots for great food. This forged Bullwinkle's into one of southwest Ohio's more successful independent eateries. The cornerstone of the restaurant's reputation is its Award Winning Ribs and traditional BBQ. If ribs are not your thing, you're sure to satisfy your appetite from their large menu. Cost includes transportation and trip escort: \$14/CIL member; \$16/resident; \$18/non-resident. (13-20801A)

May Tasty Tour Dinner: Carrabba's Italian Grill

Tuesday, May 15

Leave CIL at 4 p.m.; return approx. 6 p.m.

Began by two Sicilian boys who developed their love of food from dishes their parents and grandparents cooked, this unique restaurant offers a variety of delicious entrees, small plates and seasonal specials. Cost includes transportation and trip escort: \$14/CIL member; \$16/resident; \$18/non-resident. (13-20802A)

June Tasty Tour Lunch: D's Victorian High Tea

Tuesday, June 12

Leave CIL at 11:30 a.m.; return approx. 2:30 p.m.

Located in Bellbrook, and set in a Victorian-style home, this high tea is sure to please everyone attending. Come and enjoy a relaxing afternoon tea including soup, scones, sandwich and of course tea. Cost includes tea, transportation and trip escort: \$38/CIL member; \$43/resident; \$48/non-resident. Deadline to register is June 6 or until full. (13-20801B)

June Tasty Tour Dinner: Florentine Hotel Restaurant

Thursday, June 7

Leave CIL at 3:30 p.m.; return approx. 6 p.m.

The Florentine Hotel Restaurant in Germantown is located in Ohio's second-oldest inn that dates to 1816. Recently reopened the new owners love this building and Germantown and intend to preserve the historic charm of the building. They want to bring it back to its heyday. The menu keeps many of the favorites that the Florentine has served for years and adds a few new twists. Daily dinner specials are also offered. Enjoy this historic building while dining. Cost includes transportation and trip escort: \$16/CIL member; \$20/resident; \$24/non-resident. (13-20802B)

Tea for Two Table Arrangement

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

Join Jan Baker, professional floral designer 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 create a teacup 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+. Price is per couple. Children must register with an adult. A \$30 materials fee will be due to the instructor at the beginning of class for each pair. **Cost: \$19.80/CIL couple; \$22/resident couple; \$25/non-resident couple.** (02-20610-A)

Home Organization

Wednesday, May 9, 6:30 to 8 p.m.

This class is for those of you who find it emotionally difficult to organize your home. Before attacking the physical clutter, emotional barriers need to be addressed. Break free from the clutter in your home by letting go of your perfectionism, stopping procrastination and working against any hoarding tendencies. We'll explore learning disabilities that could be making organizing difficult. Letting go of the guilt associated with some of your belongings will also be discussed. Class discussion is led by professional organizer and weekly columnist of Dayton Daily News, Lori Firsdon. **Cost: \$27/CIL member; \$30/resident; \$35/non-resident.** (02-20607-A)

ENRICHMENT

Voice Activated Device— Friend or Foe?

Thursday, May 10, 1 p.m.

It appears multitasking voice activated technology is here to stay. Whether it is a voice activated device for your home or your car the technology is constantly changing and upgrading. Join Vibrant Home Health representative and learn more about these devices. Friend or foe—the goal is to help you determine if any of these devices are right for you. Cost: Free/CIL member; \$2/resident; \$4/non-resident. (13-20832)



Heartland Historical Series

Everything You Want to Know About Normandy Farms

Tuesday, May 15, 1 p.m.

Presented by Heartland of Kettering, this presentation chronicles the life of Richard H. Grant, Sr. and the 700-acre estate, called Normandy Farms, that he built in the 1920's in Washington Township. Grant was a super salesman whose career started in 1904 as a clerk with NCR and ended in 1955 as Chairman of the Board of Reynolds & Reynolds. Grant was inducted into the Dayton Walk of Fame in 2014. The Richard H. Grant Sr. story is a little known, but important, part of Dayton history. The estate has long since been divided up but the mansion, which still stands on West Alex Bell Road, is now a United Methodist Church. Cost: Free for CIL members; \$2/resident; \$4/non-resident. (13-20837)



From Kitty Hawk to the Moon

Thursday, May 17, 1 p.m.

Why do we seek out new places and difficult challenges? Join a National Park Service Ranger for a presentation on the birth of aviation and the experiments conducted by Wilbur and Orville Wright as they braved wind and weather to uncover the secrets of flight. Learn why they went to the shores of North Carolina to learn to fly, and how those crucial moments of December 17, 1903 changed the world forever. Cost: \$5/CIL member; \$7/resident; \$9/non-resident. (13-20840)

InstantPot Cooking

Thursday, May 17, 6 to 7 p.m.

Thursday, June 28, 6 to 7 p.m.

InstantPot has taken the culinary world by storm. In this tasty and interactive session, Brian Rayburn from Flexitrition, will cover the basics of InstantPot cooking: basic cooking techniques for chicken, beef, pork, pasta and more. You'll also learn some advanced methods for searing, rice and yogurt making, care, and troubleshooting. In this session, you'll enjoy samples of at least one dish that will be made from scratch and another dish sampled. This appliance just might revolutionize your cooking. Cost: \$13.50/CIL member; \$15/resident; \$18/non-resident. (May: 02-20601-A; June: 03-20603 A)

eBay Overview

Wednesday, May 23, 6:30 to 8 p.m.

Join a professional tech to learn tips on buying and selling on eBay. Learn how to register with eBay and PayPal, research the marketplace, how to watch out for scams and much more. Cost: \$13.50/CIL member; \$15/resident; \$20/non-resident. (02-20608 A)

Universal Design

Monday, May 21, 6 to 7 p.m.

Learn how using Universal Design (UD) features in your home benefits diverse ages and abilities. UD is not restricted by ADA code requirements used for public properties, is pleasing to the eye, and facilitates ease of living. Universal Design allows you to pick the features that will work best for you, your family, and friends. Cost: \$3.60/CIL member; \$4/resident; \$6/non-resident. (02-20606-A)

ENRICHMENT

The 5 Important Documents Everyone Should Have

Thursday, May 24, 1 p.m.

Do you have your legal and financial affairs in order? Does your family know of the plans you have made and where are those plans documented? This presentation, given by the Elder Advisory Services, will discuss the 5 important documents that everyone should have. In addition to discussion of these documents, the presentation will address financial records of importance. Through proper planning and taking action, you can ensure that your final wishes are honored and remove the guesswork for your family and loved ones. Cost: Free/CIL member; \$2/resident; \$4/ non-resident. (13-20830)



Make It—Take It Card Connection

Tuesday, June 5, 1 to 2:30 p.m.

Join Tina Adducchio from Village at the Greene for some greeting card-making fun. Tina will bring many supplies for you to create up to 2 greeting cards. She will bring lots of paper, envelopes, stickers, cutouts, embellishments, stamps, tape and dot runners. There will be one pre-designed card for all participants to make and then you can let your imagination run wild on the other card. Your card can be seasonal, for a special occasion, or for just sending a note. Please bring scissors if you have them. Deadline for sign up is May 28 or until full. Cost: Free/CIL members; \$3/resident; \$5/non-resident. (13-20835)



First Mothers

Thursday, June 14, 1 p.m.

Join a speaker from Washington-Centerville Public Library as we explore the lives of 11 women who raised their sons to achieve the greatest office in the land—the Presidency of the United States. A light refreshment will be included. Cost: \$5/CIL member; \$7/resident; \$9/non-resident. (13-20845)

From Huffman Prairie to Mars

Tuesday, June 19, 1 p.m.

Two bicycle mechanics and a dream changed the face of Dayton forever and transformed a humble Ohio cow pasture into a center of aviation research and development. Explore the Wright brothers' experiments after Kitty Hawk and learn how their persistence and dedication paved the way for modern aviation research in the Miami Valley and beyond. Cost: \$5/CIL member; \$7/resident; \$9/non-resident. (13-20848)

Stories of Dayton Law Enforcement History

Tuesday, June 26, 1 p.m.



The history of Dayton law enforcement will be presented in a variety of interesting stories. One featured will be background on the book *Drenched Uniforms and Battered Badges—How Dayton Police Emerged from the 1913 Flood*. This was the greatest natural disaster in local history and one of the nation's most lethal. The role of police in the rescue and relief efforts was critical to the recovery. A brief overview will be given of the tragedy of Dayton law officers killed in the line of duty. A sundry of other historical accounts of local law enforcement will also be offered. Steve Grismer, a Dayton Police History Foundation trustee (who gave a 2017 presentation on John Dillinger), will share the story of the flood as well as an assortment of wide-ranging accounts in a highly visual way through PowerPoint. Cost: \$5/CIL member; \$7/resident; \$9/non-resident. (13-20843)

Lathrem Senior Center Member Discounts

Members of the Charles I. Lathrem Senior Center receive the following benefits:

- 20% Discount off Passes
- 10% Discount off Registered Program Pricing
- \$1.00 Discount off Drop-in or Admission Pricing

Note: Discount is taken off the current adult rate based on the member residency status. 10% Registered Program Discount cannot be combined with Early Bird Registration Discount.

SPORTS

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.

2018 Community Golf League

Thursday Mornings, April 12 – August 30

Golf is a great way to exercise, get outside and meet 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 CIL front desk. For more information about our league, contact Jena Bosworth (296-2480). League fee is \$38. To register, please call 296-2480. (221714 A)



Cycle Paths

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



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.

Drop-in Schedule

Basketball (KRC Gym) (Ends May 25)	M/W/F 8:30 – 11 a.m.
Short Tennis (KRC Gym) (Ends May 25)	M/W/F 8:30 – 11 a.m.
Billiards (CIL Billiards Rm)	Anytime Lathrem is open.
Pickleball (KRC Gym) (Ends May 24)	T/Th 8:30 – 11 a.m.
Shuffleboard (Multipurpose Rm) (Ends May 25)	M/W/F 9:30 – 11 a.m.
Outdoor Shuffleboard	T/Th 6 – 9:30 p.m.
Volleyball (KRC Gym) (Ends at KRC May 24; Resumes at Van Buren Middle School Gym June 12 – August 2)	T/Th 8:30 – 11 a.m.
Volleyball (KRC Gym) (Not available May 5 due to basketball tournament)	Sat 8:30 – 10:30 a.m.
Cornhole	M/W 1 – 3:30 p.m.
Bowling (Woodman Lanes)	W 9:15 a.m.; \$7/3 games

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.



Drop-in Volleyball

The Tuesday and Thursday senior drop-in volleyball will move to the Van Buren Middle School gym, 8:30 to 11 a.m. for June 12, 14, 19, 21, 26, 28, July 6, 11, 13, 18, 20, 25, 27, and August 2. The Saturday senior drop-in volleyball will remain at the KRC gym 8:30 to 10:30 a.m. during the summer, May 12 through August 11.

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

MONDAY

8:30 a.m. Drop-in Basketball (Ends 5/25)
 8:30 a.m. Short Tennis (Ends 5/25)
 9 a.m. AM Exercise
 9:30 a.m. Drop-in Shuffleboard (Ends 5/25)
 9:30 a.m. Bridge
 10 a.m. Stretch & Move
 11 a.m. Lengthen & Strengthen
Noon Daily Luncheon
 1 p.m. Bid Euchre
 1 p.m. Cornhole
 1 p.m. Cribbage
 1 p.m. Euchre
 5:30 p.m. Strength Training
 5:30 p.m. Canadian Bid Euchre
6 p.m. Tea for 2 Arrangement (5/7)
6 p.m. Universal Design (5/21)
 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 (age 55 and older only please) 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 (Ends 5/24; resumes off-site at Van Buren Middle School 6/12 – 8/2)
 8:30 a.m. Drop-in Pickleball (Ends 5/24)
8:30 a.m. Gentle Stretch Yoga (5/29 – 7/3)
 9 a.m. Duplicate Bridge
10 a.m. Gentle Stretch Yoga (5/29 – 7/3)
11 a.m. A1C Screen (5/1)
11 a.m. Brain Power (5/22)
 11 a.m. BP Only Screens (5/1, 6/5)
 11 a.m. Heart Check (6/5)
11:30 a.m. Tasty Tour D's Victorian Tea (6/12)
Noon Daily Luncheon
1 p.m. Normandy Farms (5/15)
1 p.m. Card Making (6/5)
1 p.m. Huffman Prairie to Mars (6/19)
1 p.m. Dayton Law Enforcement History (6/26)
 1 p.m. Hospice (5/15)
 1 p.m. Computer Help
 1 p.m. 500
 1 p.m. Bridge
 1 p.m. Canasta
 2 p.m. Creative Writing (3rd Tues)
4 p.m. Tasty Tour Carrabba's (5/15)
 6 p.m. Wild Pinochle
6 p.m. 3G Connection: Let's Go Legos® (6/19)
6 p.m. Bingo Bonanza (5/8, 6/12)

WEDNESDAY

8:30 a.m. Drop-in Basketball (Ends 5/25)
 8:30 a.m. Short Tennis (Ends 5/25)
 9 a.m. AM Exercise
 9:15 a.m. Bowling (*Woodman Lanes*)
 9:30 a.m. Drop-in Shuffleboard (Ends 5/25)
 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
 5:30 p.m. Strength Training
 6 p.m. Canadian Bid Euchre
 6:30 p.m. PM Exercise
6:30 p.m. Home Organization (5/9)
6:30 p.m. eBay Overview (5/23)

***Not playing during the summer months.**

Weekday use of the Gym ends on May 25 (Will not resume until September due to camps and floor project.)

Saturday use of the Gym runs May 12 – August 11.

The Gym floor is tentatively scheduled to be refinished August 13 – September 8.

018 CALENDAR

ams.

THURSDAY

- 8 a.m. Golf Scramble (5/24)
- 8 a.m. Community Golf League (4/12 – 8/30)
- 8:30 a.m. Drop-in Volleyball (Ends 5/24; resumes off-site at Van Buren Middle School 6/12 – 8/2)
- 8:30 a.m. Drop-in Pickleball (Ends 5/24)
- 8:30 a.m. Gentle Stretch Yoga (5/31 – 7/5)**
- 9:15 a.m. Cycle Paths
- 10 a.m. Stretch & Move (Chair)
- 11 a.m. BP/BS Screens (6/14)**
- 11 a.m. Lengthen & Strengthen
- 11 a.m. Tasty Tour Bullwinkles (5/24)**
- Noon Daily Luncheon
- 1 p.m. Voice Activated Devices (5/10)
- 1 p.m. Kittyhawk to the Moon (5/17)
- 1 p.m. 5 Important Documents (5/24)
- 1 p.m. First Mothers (6/14)
- 1 p.m. Bridge
- 1 p.m. Double Deck Pinochle
- 1 p.m. Pinochle
- 3 p.m. Florentine Hotel (6/7)**
- 5:30 p.m. Strength Training
- 5:30 p.m. WW1 Dinner & Presentation (5/17)**
- 6 p.m. Euchre
- 6 p.m. Instant Pot Cooking (5/17, 6/28)**
- 6:30 p.m. PM Exercise
- 6:30 p.m. Crochet Group (2nd/4th Th)

FRIDAY

- 8:30 a.m. Drop-in Basketball (Ends 5/25)
- 8:30 a.m. Short Tennis (Ends 5/25)
- 9 a.m. Zumba Gold
- 9 a.m. to 1 p.m. Older Americans Month Celebration**
- 9:30 a.m. Drop-in Shuffleboard (Ends 5/25)
- 9:30 a.m. Show Choir
- Noon Daily Luncheon
- 1 p.m. Bunco (1st/3rd Fri)
- 1 p.m. Bridge
- 1 p.m. Double Deck Pinochle

SATURDAY

- 8:30 a.m. Drop-in Volleyball (Not available May 5 due to a basketball tournament)

SUNDAY

- 1 p.m. Double Deck Pinochle
- 2 p.m. Grandma & Me Springtime Tea (5/6)

May

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		

June

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

Lathrem Senior Center Holiday Hours

Lathrem will be closed on Monday, May 28 in observance of Memorial Day.

Items in bold are registered programs.

WELLNESS

Drop-in Parkinson's Circuit Class

Tuesdays & Thursdays, 11:30 a.m. to 12:30 p.m.

Kettering Recreation Complex Studio B

Specifically designed for people living with Parkinson's, this class focuses on improving balance, flexibility, motor skills and overall strength. Cost: \$5/class resident; \$10/class non-resident. Annual drop-in group exercise pass: \$115/resident; \$174/non-resident.

Lathrem Senior Center Member Discounts

- \$1.00 off Drop-in Pricing
- 20% Discount off Passes

Adult Tai Chi

Tuesdays, May 1 – 22, 8:45 to 9:45 a.m.

(02-20200-B)

Tuesdays, June 5 – 26, 8:45 to 9:45 a.m.

(03-20200-A)

Kettering Recreation Complex Studio C

Tai Chi is a practice originating in China and has been used for many years to promote health and well-being. It has been seen that Tai Chi can help improve balance and relaxation. Tai Chi consists of slow, fluid motions, which are done in a standing position. This class is geared towards older adults and beginner Tai Chi participants. Ages: 35+. Cost: \$25/resident; \$35/non-resident.

A1C Screenings

Tuesday, May 1, 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.

The Caring Corner

Sponsored by Heartland Hospice

Tuesday, May 15, 1 to 2 p.m.



As part of our Community Outreach Program, Heartland Hospice is pleased to offer bereavement services to members of Lathrem Senior Center. The Caring Corner, a drop-in bereavement support group, will be offered every 3rd Tuesday of the month from 1 to 2 p.m. This grief support group is designed to offer guidance and emotional support to those grieving the loss of a loved one. The program is a community service of Heartland Hospice. Free for CIL members and \$2/resident; \$4/non-resident. Register early by calling 296-2480. (13-20876 A)

Lunch and Learn

Balance 101

Presented by Kettering Medical Center

Wednesday, May 16, 12:30 to 2 p.m.

More than one-third of adults 65 and older fall each year, and these falls can result in serious injury, loss of independence, and even death. But falls are not an inevitable part of aging. There are specific things that you can do to reduce your chances of falling. This presentation will include practical, easy-to-implement steps to help you stay safe and independent. To register, call 558-3988.

Brain Health—"Use it or Lose it!"

Presented by Village at the Greene

Tuesday, May 22,

11 a.m. to Noon



Join us for a fun, informative session on how to exercise your brain and keep it healthy. Just by doing some simple brain exercises you can think faster, focus better and remember more. Free for CIL members and \$2/resident; \$4/non-resident. Register early by calling 296-2480. (13-20877 A)

WELLNESS

Gentle Stretch Yoga

Tuesdays, May 29 – July 3, 8:30 – 9:45 a.m.
(13-20899 A)

Tuesdays, May 29 – July 3, 10 – 11:15 a.m.
(13-20899 B)

Thursdays, May 31 – July 5, 8:30 – 9:45 a.m.
(13-20899 C)

Take a yoga class designed for the senior adult and beginning yoga participant. Instructor Kim Zehnder has developed a combination yoga and gentle stretch class, providing many benefits such as stress reduction, relaxation, improvement in balance and flexibility. Priority registration will be held for CIL members until the registration deadline. The deadline for registration is six days prior to the start date. Cost \$35/CIL member; \$40/resident; \$45/non-resident. Class registration begins on May 3. Max of 28.

Blood Pressure Screenings

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

Date	Time	Provider
Tues., May 1 & Tues., June 5	11 a.m. – 1 p.m.	Kettering Health Network

Blood Sugar/Blood Pressure Screenings

Date	Time	Provider
Thurs., June 14	11 a.m. – 1 p.m.	Brookdale of Kettering

10-Minute Heart Check

Tuesday, June 5, 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.

Drop-in Exercise Classes at Lathrem Senior Center

Check out our new classes!

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.

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, May 10 from 12:30 to 2:30 p.m.

Tuesday, May 22 from 10 a.m. to Noon

Thursday, June 7 from 10 a.m. to Noon

Tuesday, June 19 from 12:30 to 2:30 p.m.

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

Luxury, Leisure & Lady Luck

June 5 – 6 from \$309

Spend 2 days living the “high-life” with JOY! Day 1 you will board the luxurious Destiny yacht for a 3-hour cruise and luncheon. Sit back and relax as the onboard staff see to your every need. You will dock in Lawrenceburg, IN for a night of gaming and sleep at Hollywood Casino. Dinner will be provided at the resort and you will receive a \$15 free slotplay credit. The next day check-out and depart to try your luck at Jack Casino in downtown Cincinnati, where you will receive \$5 in free play credit and a lunch buffet voucher. Tour includes: Destiny yacht cruise, motor coach transportation, 1 night’s accommodation, 4 meals (\$10 breakfast credit, 2 lunches, and \$30 dinner credit), snacks and soda on the cruise, \$20 casino credit (\$15 at Hollywood and \$5 at Jack), taxes and gratuities on included meals and accommodations, luggage handling, and a JOY Tour Director.



The Great Passion Play & the Ozarks

June 18 – 23 from \$959

Journey to Eureka Springs, AR by way of St. Louis, MO. Visit the Gateway Arch and take in the breathtaking view from the top at 630 feet high. In Eureka Springs, tour Thorncrown Chapel and the Historic District via open air tram with stops at the 1886 Crescent Hotel and Grotto Spring. Experience “America’s #1 Outdoor Drama”, *The Great Passion Play*. Staged on a multi-level set with special lighting and sound effects, live animals and a cast of 150 Biblically costumed actors, it follows the thrilling epic drama of Jesus Christ’s last days on earth. Prior to the play, visit the Bible Museum, Sacred Arts Museum, Christ of the Ozarks statue and the all-you-can-eat buffet. Take a day trip to nearby Bentonville to visit the Crystal Bridges Museum of American Art, Frank Lloyd Wright’s Bachman-Wilson House and the Walmart Museum/Walton 5 & 10. Tour includes: motor coach transportation, 5 night’s accommodations, 9 meals (5 breakfasts and 4 dinners), all attractions and touring listed, taxes and gratuities on included meals, attractions and accommodations, luggage handling, and a JOY Tour Director.

Bardstown, Bourbon & Wine

July 25 – 27 from \$559

Savor the history and flavor of Southern Kentucky on this tour into the heart of bourbon country! You will visit 3 bourbon distilleries for a tour and tasting: Jim Beam, Heaven Hill and Maker’s Mark. Enjoy a performance of *The Stephen Foster Story* at the outdoor amphitheater in My Old Kentucky Home State Park. Tour the historic My Old Kentucky Home mansion. Savor the food and ambiance at Kurtz Restaurant and the famous Olde Talbott Tavern, circa 1779. You will end your journey with a tour and tasting, as well as a picnic box lunch on the grounds of the Springhill Winery & Plantation, est. 1887. Tour includes: motor coach transportation, 2 night’s accommodations, 5 meals (2 breakfasts, 1 lunch and 2 dinners), all admissions and fees for admissions and tours listed, taxes and gratuities on included meals and accommodations, luggage handling and a JOY Tour Director.

TRAVEL



Best of Branson!

August 1 – 4
from \$769

Join us as we travel to Branson, MO to experience the best of attractions and shows! Take in the scenery on a 40-mile ride with lunch in a restored railcar

from the 1940's or 50's through the Ozark Foothills aboard the Branson Scenic Railway's Ozark Zephyr. Enjoy the variety show on the Showboat Branson Belle as you cruise around Table Rock Lake, including a 3-course dinner. See 3 shows: *Shoji Tabuchi*, *The Duttons*, and 1 matinee (TBD). Tour includes: motor coach transportation, 3 night's accommodations, 6 meals (3 breakfasts, 1 box lunch and 2 dinners), all admissions, shows, attractions listed, taxes and gratuities on included meals and attractions, luggage handling and a JOY Tour Director.

Mystery Tour—A Step Through Time

August 19 – 21 from \$559

Always an annual favorite for JOY travelers, this year will be as exciting and fun as previous years. Titled *A Step Through Time*, you will be scratching your head at the clues until you reach your destination..... Tour includes: motor coach transportation, 2 night's accommodations, 5 meals (2 breakfasts, 1 lunch and 2 dinners), all admissions & fees for sightseeing and 7 attractions, taxes and gratuities on meals, 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.

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
<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./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

K E T T E R I N C O N N E C T I O N

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.



2017 Golf League



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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Spass Nacht

An Austrian Festival

Wednesday, June 20

Gates open at 5:30 p.m.

Band starts at 6 p.m. (TBA)

Lincoln Park Civic Commons

695 Lincoln Park Boulevard

- Authentic Food & Beverages
- Polka Music
- Live Entertainment



Presented by Kettering Sister City Association

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