



LATHREM Letter

September / October 2019

CIL Closed for Maintenance

Monday, September 30 – Sunday, October 13

Check with the front desk for a revised schedule of events for those dates.

Lathrem Senior Center Holiday Closings

Monday, September 2
Labor Day

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2019 Active Aging Week

September 22 – 28



It's more than just being physical.

- Learn
- Dance
- Extras for Everyone:
- Volunteer
- Shop
- Daily prizes just for fun
- Socialize
- And much more!
- Morning coffee bars
- Travel
- Lobby games

Pay to play and be entered to win prizes. The more experiences you have the more chances you have to win! Registered players pay discounted rates for programs. Or just play along for fun for free. Call or stop by for your registration information.



Monster Mash Party

Calling all ghouls and goblins. It's time to party like a monster at the Lathrem Senior Center Monster Mash Halloween Party! Get down to your favorite tunes, play fun party games and dress to impress for the costume contest. Event includes light refreshments.

04-20823-A Th 2 – 4 p.m. October 31

Fee: \$2/CIL member; \$4/resident; \$6/non-resident

Deadline: Thursday, October 24

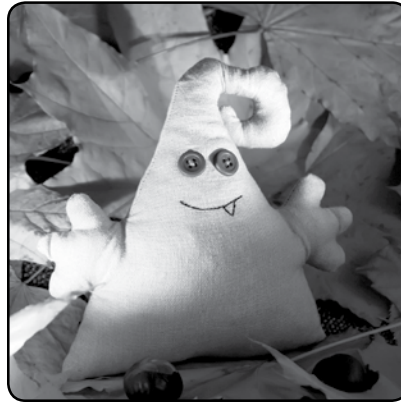
Artist Bio

Linda Keller & Fran Watson

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

Fran Watson, is the volunteer coordinator of the Lathrem Hallway Art Exhibit. Active as the former Program Vice President of the Fairborn Art Association and a member of the Dayton Art Institute and various painting clubs in Ohio, Fran enjoys learning about new art trends and painting in different mediums and surfaces. Her style is simply a lifelong learner in multiple mediums to stretch her talents. Fran is often found explaining to others what makes a specific painting unique and more relevant. She has lived in and traveled across the US and abroad, enjoying each adventure. One daughter is in Springfield, OH and the other daughter and son-in-law are in Fargo, ND. Four grandchildren are scattered in Anthem, AZ; Austin, TX; Lafayette, IN, and Thailand. Adorable great-grandson Parker and great-granddaughter Hailey live in Arizona.

**3G Connection:
Halloween Hootenanny**



Come on out for a spooky good time with ventriloquist Gary Lare and his multiple characters. This interactive, family friendly evening will feature Halloween stories sure to get everyone roaring with laughter. Cost is per grandparent/

grandchild couple. Extra participants (adults or children) must register as an additional person.

Couple:	04-20632-A	W	5:30 – 7 p.m.	October 23
Extra Person:	04-20632-B	W	5:30 – 7 p.m.	October 23

Fee: \$12/CIL couple; \$15/resident couple;
\$18/non-resident couple
\$5/extra person

Deadline: Thursday, October 17



CITY OF KETTERING

Kettering Mayor & Council

- Don Patterson, Mayor**
Don.Patterson@ketteringoh.org 937.299.5512
 - Bill Lautar, Vice Mayor, At Large**
Bill.Lautar@ketteringoh.org 937.689.2205
 - Jacqueline Fisher, At Large**
Jacque.Fisher@ketteringoh.org 937.232.1637
 - Robert Scott, District 1**
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 - Joseph D. Wanamaker, District 2**
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 - Bruce E. Duke, District 4**
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 - Mark Schwieterman, City Manager**
Mark.Schwieterman@ketteringoh.org 937.296.2412
 - Steven Bergstresser, Assistant City Manager**
Steven.Bergstresser@ketteringoh.org 937.296.2412
- Council Office Phone Number: 937.296.2416
Council Email: KetteringMayorCouncil@ketteringoh.org
Kettering Home Page: www.ketteringoh.org

Social Events

Bingo Bonanza

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 enjoy a meal. Once everyone has finished eating, we will play eight 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. Prizes sponsored by Oak Creek Terrace. *Note change in week.

September: Welcome to the Jungle!

04-20620-A T 6 – 8 p.m. September 10

October: Ghoulish Goblin Gathering

04-20620-B T 6 – 8 p.m. October 15*

Fee: \$10.80/CIL member; \$12/resident; \$15/non-resident

Location: Charles I. Lathrem Senior Center

Wag O Ween

FREE!

Happy Hoooowwwill-o-ween! You and your furry friend can trick-or-treat at the vendor tables, make a fun craft, participate in the Walk and Wag course and dress to impress for the pet costume contest. Participants will receive a complimentary "doggy" bag. Event is held outdoors. If inclement weather, it will be held indoors.

Schedule of Events:

11 a.m. Event Begins
 11:15 a.m. Walk and Wag
 11:45 a.m. K9 Unit Demonstrations
 Noon Introduction of Adoptable Pets
 12:30 p.m. Doggie Costume Contest

Activities: pet adoptions, vendors, off leash play zone and a craft

Sat. 11 a.m. – 1 p.m. October 26

Location: Kettering Recreation Complex

Ghouls' and Goblin Trivia Night

Join us for a creepy evening of fun, facts and food! Enjoy a chili dinner and an evening of trivia themed around random Halloween facts. Who came up with the idea of jack-o-lanterns? What's up with candy corn? By the end of the night you'll have too much knowledge about Halloween. Prizes for the top winners!

04-20627-A T 7 p.m. October 29

Fee: \$8/CIL Member; \$10/resident; \$12/non-resident

Deadline: Thursday, October 24

September 28

For more information,
please see back cover.

**Local Eats, Treats
and Keeps Fair**

Tasty Tours

September Tour & Lunch: Spaghetti Warehouse and International Peace Museum

Celebrate Active Aging Week with a visit to the Peace Museum and an Italian-style meal. Lunch beforehand will be at Spaghetti Warehouse. Cost includes transportation and an escort. Lunch is on your own. Suggested donation to the museum is \$5, but not required.

03-20801-G W 11:30 a.m. – 3 p.m. September 25

Fee: \$15/CIL member; \$17/resident; \$20/non-resident

Deadline: Thursday, September 19

October Dinner: Smokey Bones Bar and Grill

Get in the Halloween spirit with a meal at Smokey Bones Bar and Grill. Enjoy fire-grilled steaks or some BBQ for a tasty meal that is sure to satisfy your taste buds. Cost includes transportation and an escort. Dinner is on your own.

04-20801-B Th 4:30 – 7:30 p.m. October 24

Fee: \$15/CIL member; \$17/resident; \$20/non-resident

Deadline: Monday, October 21

Mark Your Calendars!

Holiday Arts & Craft Show

Saturday, November 9 • 9 a.m. – 4 p.m.
Lathrem Senior Center

This popular annual event showcases over 80 vendors throughout the Lathrem Senior Center and Kettering Recreation Complex. Vendors will display their festive holiday decorations and handmade gift items for you to get a start on your shopping. Admission is free to this one-day show! Interested vendors please contact Brittany Kilburn, 937-296-2480 or brittany.kilburn@ketteringoh.org



Enrichment

Charles M. Schulz & the Peanuts Gang

FREE! for CIL Members

Learn about the cartoonist's life from early childhood, formative years, and how he created some of the most beloved characters of our time including Charlie Brown, Snoopy, Woodstock, Lucy, and more!

03-20833-A T 2 p.m. September 10

Fee: Free/CIL members; \$2/resident; \$4/non-resident
 Instructor: Washington-Centerville Public Library

Patriots' Day Veterans Recognition Ceremony

FREE!

There will be a military veteran's recognition ceremony honoring the sacrifices and contributions made to our freedom and national safety. First Responders will be personally thanked as well. The ceremony will include patriotic music, posting of colors, a guest speaker and more. Veterans will be honored with a lapel pin, a flag, and a certificate. Local and regional veteran organizations will be present with information available to assist those interested. Anyone may attend the ceremony. Limited seating, so bring a lawn chair if you desire. Sponsored by Crossroads Hospice & Palliative Care and The Greene Town Center. Will be held at The Greene.

03-20845-A W 6:30 p.m. September 11

Fee: Free to all veterans and attendees
 Deadline: Thursday, September 5

Musical Groups

Joyful Musicians

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.

Th 10:30 a.m. - Noon Lathrem

Show Choir

A dazzling vocal ensemble for anyone who enjoys singing four-part harmony. This group performs for area organizations throughout the year.

F 9:30 - 11 a.m. Lathrem

Advanced Planning Seminar

FREE! for CIL Members

We will explore the options between burial and cremation. You will gain insight in how to prepare a thoughtful, personalized plan so that you can find a balance between the emotional needs of your family and your personal wishes. You will receive a *Thoughtful Decisions Planning Guide* to help get you started.

03-20835-D Th 1 p.m. September 12

Fee: Free/CIL members; \$2/resident; \$4/non-resident
 Instructor: Greg Spikes, Routsong Funeral Home

Fall Cooking Series

This fall we will be joined by Tracey Williams, Certified Cooking Instructor and lifelong fan of culinary arts. Tracey's passion is teaching students how to make delicious, healthy dishes and encouraging cooks of all ages to gain confidence in the kitchen, try new foods and be inspired to develop healthy habits.

Taste of the Sea

Sweet and savory take center stage as we combine white miso, honey, low-sodium tamari (soy sauce), lots of fresh ginger and garlic to make a yummy marinade for this baked cod. Served over black rice and lemon parmesan roasted broccolini.

04-20625-A M 6 p.m. September 16

Fee: \$32/CIL member; \$36/resident; \$40/non-resident
 Instructor: Tracey Williams, Thyme 2 Get Cooking®

"Fall" in Love with Lentils

Who knew lentils could be rock stars? Who knew casseroles could be healthy? This is lentil casserole with fresh Italian herbs, chopped peppers and onions, topped with parmesan and a side of spiced carrots is the perfect meal for a cool fall evening.

04-20628-A Th 6 p.m. October 17

Fee: \$32/CIL member; \$36/resident; \$40/non-resident
 Instructor: Tracey Williams, Thyme 2 Get Cooking®

Healthy Classic Comfort Food

A classic dish gets lightened up. Crustless, individual pot pies are filled with chicken, carrots, celery, onions, peas and corn with a sauce made with chicken stock. Top that with a simple whole-wheat drop biscuit made with Greek yogurt and you have the perfect meal. This dish is served with a romaine salad and homemade creamy garlic dressing.

04-20631-A W 6 - 8 p.m. November 20

Fee: \$32/CIL member; \$36/resident; \$40/non-resident
 Instructor: Tracey Williams, Thyme 2 Get Cooking®

Bottoms Up! Early Brewers of Dayton

FREE! for
CIL Members

Dayton was well-established by the 1850's and its booming industry included the railroad, farm equipment and tobacco manufacturing, mills, and distilleries. Brewing beer and other spirits were big business that lasted well into the new century. Join us as we explore the lives of the brewers and the successes and failures of their endeavors. Max: 35 participants.

03-20835-B T 1 p.m. September 17

Fee: Free/CIL members; \$2/resident; \$4/non-resident
Instructor: Angelina Hoschauer, Woodland Cemetery

Trash or Treasure?

Learn from an expert what you may have of value lurking around your home. Topics include how the evaluation process works and what you can look for to know if your possessions are trash or treasure. Free appraisals will be done at the end of the class.

04-20621-A Th 6:30 p.m. September 19

Fee: \$8/CIL member; \$10/resident; \$12/non-resident
Instructor: Joe Landis, Belmont Coin and Jewelry

Meet and Greet with Andrew Walsh, Author of *Lost Dayton*

FREE! for
CIL Members

Come hear a local author speak about his new book that discusses Dayton's innovative history and how it has been able to recover after times of turmoil. Many of the places we are familiar with have been lost while others have been revitalized and are a strong asset to our beloved Midwest city. A Q&A will be held and books available for purchase at the conclusion of the presentation.

04-20835-B M 6:30 p.m. September 23

Fee: Free/CIL members; \$2/resident; \$4/non-resident
Instructor: Andrew Walsh, Author and Research Librarian

Heroes and Characters of the Miami Valley

FREE! for
CIL Members

Heroes and characters are all around us! Join us to learn about some of the people who have enriched our lives here in the Miami Valley.

04-20833-A T 2 p.m. September 24

Fee: Free/CIL members; \$2/resident; \$4/non-resident
Instructor: Washington-Centerville Public Library

Ongoing Groups

Creative Writing Group

Professor Joe Law of Wright State University mentors the group. This is a drop-in program; no advance sign-up required.

3rd Tues. 2 – 4 p.m. Lathrem

Computer Help

Volunteer-led individual instruction for computer and digital cameras.

T 1 – 3 p.m. Lathrem Library

Members only, no cost.

Crochet Group "Crooked Hookers"

This knit and crochet group is the perfect place to come for new project ideas, answers to yarn crafting questions and companionship. Don't forget to bring your current project and supplies with you.

2nd/4th Th 6:30 – 8:30 p.m. Lathrem Library

Color and Conversation

Stop in for a drop-in program designed to help you relax and avoid the midday slump. Coloring sheets and pencils will be provided. No preregistration required.

1st Mon. 1 – 2 p.m. Lathrem Lobby

Life Hacks that Work

There are always little annoying things that make life more difficult. We'll show you DIY tips, tricks and more to start living life to the fullest and improve your world one hack at a time. Raffle drawing for a FREE organizing item included.

04-20622-A T 6:30 p.m. September 24

Fee: \$10/CIL member; \$12/resident; \$15/non-resident
Instructor: Tami Dolling, Professional Organizer

Toxin Free Living with Thieves Oil Blend

Get a head start on preparing for the flu and cold season by learning the history of Thieves essential oil blend and it's uses for transforming your immune system while cutting exposure to chemicals. Participants will leave with a sampling of cleaning products to help them create a toxin free home.

04-20624-A Th 6 p.m. September 26

Fee: \$12/CIL member; \$15/resident; \$18/non-resident
Instructor: Sybil Brun, Young Living Essential Oils

AARP Smart Driving

The AARP Smart Drivers Course is the nation's first and largest refresher course designed specifically for older drivers. Completion of the course provides you with a certificate to present to your insurance company for possible discounts. No written or driving tests are involved. Checks should be addressed to AARP or cash may be given to the instructor at the start of the class. Pre-registration is required and space is limited.

04-20835-A Th 9 a.m. – 1 p.m. October 3
 Fee: \$15 for AARP members; \$20 for non-members
 Deadline: Friday, September 27



Knitting 101

Learning the basics of knitting is easier than you think! In no time you'll find yourself creating a colorful scarf in this pressure-free environment. Learn basic techniques you will be able to build on including basic knitting

and purling. One-on-one help is part of the class. A \$20 materials fee is due to the instructor at the first class.

04-20623 Th 6 – 7 p.m. October 3 – 10
 Fee: \$25/CIL member; \$30/resident; \$35/non-resident
 Instructor: Alison Jenks

Fall & Holiday Floral Arranging 101

Spruce up your home with seasonal floral decoration tips. The demo class will feature how to make an easy fall door swag, fresh floral bouquet and DIY paper white hostess gift.

04-20626-A W 6 p.m. October 9
 Fee: \$10/CIL member; \$12/resident; \$15/non-resident
 Instructor: Jan Baker, ARRANGEMENTS!

Surviving the Holidays

Are you experiencing Pre-Holiday Stress Syndrome? This condition is brought on by having too much to do in too little time: cleaning, baking, entertaining, buying and wrapping gifts, scheduling and attending holiday parties and decorating the house! We have lots of tips and tricks to keep you sane so you can enjoy the holidays! Holiday binder printables included! We will have a raffle drawing at the end of class for a FREE organizing item to help you get started!

04-20629-A W 6:30 p.m. November 5
 Fee: \$10/CIL member; \$12/resident; \$15/non-resident
 Instructor: Tami Doling, Professional Organizer

Don't Get Hot: Fire Safety and Burglary Prevention

FREE! for CIL Members

October is Fire Prevention Month, so please join us to learn how to prevent house fires and stay safe if one occurs. Practical advice along with tips and tricks will be given so you can stay safe and protect yourself and loved ones.

04-20835-C T 1 p.m. October 15
 Fee: Free/CIL members; \$2/resident; \$4/non-resident
 Instructor: Lutricia Lumaine, Residential Sales Consultant

Travel to Independence

FREE! for CIL Members

Take a journey exploring transportation choices available in the community and gain the tools to help friends and family with transportation needs. Learn about local transit and alternative transportation options, shared rides, and senior center services; discuss a process for retiring from driving; experience a bus ride; conduct a 5-minute walk and a walking audit; and plan and lead a field trip using the community resources mentioned above. Students with mobility limitations are welcome. This is a great way to explore your own community with new eyes and gain new skills. The class will include two out-of-classroom activities that involve mild physical exertion. Must register in advance and attend all three sessions. Contact the Senior Transportation Coordinator at 937-223-6323 with questions. Max: 16 participants.

04-20827-A W 1 – 3 p.m. October 16, 23, 30
 Fee: Free/CIL members; \$2/resident; \$4/non-resident
 Instructor: Miami Valley Regional Planning Commission
 Deadline: Wednesday, October 2



Line Dance Party!

Learn new dances and brush up on your old favorites at this fun party. Includes instruction and light refreshments.

04-20825-A Th 1:30 – 3 p.m. September 26
 Fee: \$5/CIL member; \$7/resident; \$9/non-resident

Cards & Games

500	T	1 – 4 p.m.	Bunco	F	1 – 3:30 p.m.	Euchre—Canadian Bid	M	5:30 – 8:30 p.m.
							W	5:30 – 8:30 p.m.
Bingo	W	1 – 3:30 p.m.	Canasta	T	1 – 4 p.m.	Pinochle—Double Deck	Sun.	1 – 4 p.m.
							Th/F	1 – 4 p.m.
Bridge—Social	M	9:30 a.m. – 12:30 p.m.	Canasta—Hand & Foot	W	1 – 4 p.m.	Pinochle—Wild	T	6 – 8:30 p.m.
	T/Th/F	1 – 4 p.m.						
Bridge—Duplicate	T	9 a.m. – 1:15 p.m.	Euchre	M	1 – 4 p.m.	Scrabble	W	1 – 4 p.m.
				Th	6 – 8:30 p.m.			

Beginners Card Groups Forming

Did you used to play bridge, canasta or pinochle, but it's been so long you've totally forgotten how? Or have you always wanted to learn, but coming to an existing group seems uncomfortable and scary? We have the solution to your problem. Classes are forming now to refresh or teach new players our most popular games. Lessons will be beginner friendly and fun with open hands so everyone learns at the same speed. Call or stop by the front desk to get your name added to the interest list. Once we have enough players interested in one game, we'll contact you with days and times. Get out of your comfort zone and learn something new!

Wellness

STEADI Fall Prevention Program 4-Week Workshop

FREE!

One in 5 falls leads to serious injuries 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. **NOTE: Due to the intensive level of this class there are limited openings for this training and members are asked to attend all 4 classes.** For further information contact Vickie Carraher at 937-296-3356.

03-20881-A W 1 – 3 p.m. September 4 – 25

Fee: Free
Instructor: Vickie Carraher, RN, BC

Lunch and Learn

Build Strength to Prevent Falls

Learn ways to be active and build your strength in order to prevent falls. Lunch will be served at noon. Register early; space is limited.

FREE! for
CIL Members

Sponsored by Brookdale of Kettering

03-20878-A W Noon – 1:30 p.m. September 18

Fee: Free/CIL members; \$2/resident; \$4/non-resident

Lunch and Learn

Social Media: Is it good for You?

Learn what social media sites are appropriate for older adults and how to stay connected with family. Lunch will be served at noon. Register early; space is limited.

FREE! for
CIL Members

Sponsored by Brookdale of Kettering

04-20876-A M Noon – 1:30 p.m. October 21

Fee: Free/CIL members; \$2/resident; \$4/non-resident

Blood Pressure / Blood Sugar Screens

Stop by the Lathrem Senior Center lobby for complimentary screenings on the following dates:

FREE!

<u>Screening</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Provider</u>
Blood Pressure & Blood Sugar	T	Sept. 3	11 a.m. – 1 p.m.	Kettering Health Network
Blood Pressure	Th	Sept. 12	11 a.m. – Noon	Brookdale of Kettering
Blood Pressure & Blood Sugar	Th	Sept. 19	10 a.m. – Noon	Heartland of Kettering
Blood Pressure & Blood Sugar	Th	Oct. 17	10 a.m. – Noon	Heartland of Kettering

Hearing Screening

Take advantage of this free hearing screening offered by Miracle Ear Hearing Center. Call 937-296-2480 to schedule your 15-minute screening.

M	September 16	1 – 3 p.m.
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Caring Corner

Sponsored by Heartland of Hospice

FREE! for
CIL Members

The Caring Corner, a drop-in bereavement support group, is designed to offer guidance and emotional support to those grieving the loss of a loved one. Heartland Hospice is pleased to offer bereavement services to members of Lathrem Senior Center as part of our Community Outreach Program.

03-20879-A	T	1 – 2 p.m.	September 17
04-20877-A	T	1 – 2 p.m.	October 15

Fee: Free/CIL members; \$2/resident; \$4/non-resident
Instructor: Gabrielle Douglas

Flu Shots

Shots are covered by Medicare B and D and most insurance plans, but check with your provider to make sure your shot will be covered. Remember to bring with you your Medicare card during your appointment. Appointments can be made beginning Tuesday, September 3 by calling 937-296-2480.

	T	9 – 11 a.m.	September 24
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Fee: Free if covered by Insurance or Medicare recipient; \$24.99 if not covered
Provider: Hocks Pharmacy

Medicare Resource Center

FREE! for
CIL Members

Medicare’s annual enrollment period is October 15 through December 7. This is when anyone who has a Medicare Advantage plan should review their plan to see if it is still the best plan for them for the following year. Join us for an informational session in regard to Medicare. Snacks will be provided. Register early space is limited.

Sponsored by Medicare Resource Center

03-20880-A	M	1 – 2 p.m.	September 16
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Fee: Free/CIL members; \$2/resident; \$4/non-resident

Brain Power! 6-Week Workshop

The Mind Fit Series:

Activities to Boost Brain Health

FREE! for
CIL Members

Back by popular demand! 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. In this 6-part 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. Register early; space is limited.

Sponsored by Home Care Assistance

04-20880-A	M	1 – 2 p.m.	Oct. 14 – Nov. 18
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Fee: Free/CIL members; \$2/resident; \$4/non-resident
Instructor: Mark Febus, Home Care Assistance

Fitness

Adult Tai Chi

Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Each session is a noncompetitive, self-paced system of gentle physical exercise and stretching. Great for all physical levels, Tai Chi has been shown to promote health and well-being, reduce stress and improve balance. This class is geared toward older adults and beginner Tai Chi participants. The class meets in Studio C in the Kettering Recreation Complex.

04-20200-A	T	8:45 – 9:45 a.m.	September 3 – 24
04-20200-B	T	8:45 – 9:45 a.m.	October 1 – 22
04-20200-C	T	8:45 – 9:45 a.m.	November 5 – 26
04-20200-D	T	8:45 – 9:45 a.m.	December 3 – 24

Fee: \$25/resident; \$35/non-resident

Drop-in Parkinson's Circuit Class

Specifically designed for people living with Parkinson's, this class focuses on improving balance, flexibility, motor skills and overall strength. *Please note: this class is not included in the Lathrem Drop-In Exercise Pass offering.* The class meets in Studio B in the Kettering Recreation Complex.

T & Th 11:30 a.m. – 12:30 p.m.

Fee: \$5/class resident; \$10/class non-resident
Lathrem Senior Center member discounts • \$1 off drop-in pricing

Drums Alive®—Golden Beats (4 weeks)

Drums Alive®—Golden Beats is the “original” rhythmical, drumming fitness program specifically designed for seniors. Each session includes cardio, power drumming, strength and toning with use of fitness balls, scarves, juggling, percussive instruments and more. No experience needed and each class accommodates a variety of fitness levels. Fitness balls and drumsticks are provided. When we drum and dance we are having FUN! ***No class November 8.**

04-20896-B F 10:45 – 11:45 a.m. Oct. 18 – Nov. 15

Fee: \$35/CIL member; \$40/resident; \$45/non-resident
Instructor: Dorie Phillips, MT-BC; Drums Alive Master Trainer

Gentle Stretch Yoga

Designed for the senior adult and beginning yoga participant, this program combines a yoga and gentle stretch class and provides many benefits like stress reduction, relaxation and improvement in balance and flexibility. ***No class November 28.**

04-20899-A	T	8:30 – 9:45 a.m.	Sept. 17 – Oct. 22
04-20899-B	T	10 – 11:15 a.m.	Sept. 17 – Oct. 22
04-20899-C	Th	8:30 – 9:45 a.m.	Sept. 19 – Oct. 24
04-20899-D	T	8:30 – 9:45 a.m.	Nov. 5 – Dec. 10
04-20899-E	T	10 – 11:15 a.m.	Nov. 5 – Dec. 10
04-20899-E	Th	8:30 – 9:45 a.m.	Nov. 7 – Dec. 19*

Fee: \$35/CIL member; \$40/resident; \$45/non-resident
Instructor: Kim Zehnder

Free Friday Group Exercise Classes

Join us the first Friday of each month for our **FREE!** FREE Group Exercise Day. Check out all of the classes you've always wanted to try, but never have. No membership required; just come, have fun and get fit! The class schedule for the day will vary and will be posted at the CIL and at playkettering.org.

Dates: September 6, October 4

Drop-in Exercise Classes — Ages 45+

Simple Cardio Moves	M/W	9 – 9:50 a.m.	Non-impact aerobic cardio moves that will benefit balance and coordination with warm down exercises and stretching.
ZUMBA Gold	F	9 – 9:50 a.m.	Choreographed Latin-inspired, easy-to-follow dance moves while working on balance, coordination and fun in fitness!
Chair Exercise	M/W/Th	10 – 10:50 a.m.	Specific balance exercises that can reduce the risk of falling combined with strength/flexibility movements.
Strength Training	M/Th M/W/Th	11 – 11:50 a.m. 5:30 – 6:20 p.m.	Using a variety of equipment such as weights, tubing, bands, balls for strength, flexibility and core exercises on mats with cool down stretches.

Fee: \$2/CIL member; \$3/resident; \$5/non-resident
If you have a current Lathrem Membership pass, you are eligible to purchase a Lathrem Exercise pass for \$45, which allows you to attend the above classes at no additional fee.

Note: Please consult your physician before beginning any exercise program.

Sports

Billiards Tournament

FREE! for CIL Members

Tournaments are held every Monday at 12:30 p.m. with the final playoff game on the last Monday of each month. Preregistration required.

Fee: Free/CIL members; \$2/resident; \$4/non-resident

2019 Community Golf League

Contest Winners:

Most Pars: Women: Barb Redenbo
Men: Rick Kasch

Longest Putt: Women: Karen Wolf
Men: Bob Usleman

Longest Drive: Women: Janice Campbell
Men: Jack Huhn

Scramble #1 Winners:

Team #9: Roger Peck, Arthur Brentford, Marlene Gagen

Closest to the Pin: Jim Charters

Cycle Paths

The Cycle Paths cycling group meets at various locations around the Miami Valley region for fun and interesting rides followed by lunch somewhere near the route. Call the CIL at 937-296-2480 to receive your packet and schedule. CIL membership is required.

Th 9:15 a.m. Through October 31

Drop-in Outdoor Tennis

Senior drop-in tennis is open to senior adults ages 55+. All skill levels are welcome. CIL membership is required.

M/W/F 8 a.m. – Noon April 1 – October 30

Location: Ernst Park

Drop-in Outdoor Pickleball

Join other pickleball enthusiasts at Kettering’s premiere pickleball courts. Open to players 55+.

T/Th 8 a.m. – Noon Through October 31

Location: J.F.. Kennedy Park, Kettering

Senior Gym — Drop-in sports for ages 55+

***NOTE: Due to Gymnasium floor refinishing, programs will not be held August – September 9.**

*Basketball	M/W/F	8:30 – 11 a.m.	KRC Gym
*Short Tennis	M/W/F	8:30 – 11 a.m.	KRC Gym
Billiards	Sun. – Sat.	CIL Open Hours	CIL Billiards Room
Bowling	W	9:15 a.m.	Woodman Lanes; \$7/3 games
*Volleyball	T/Th Sat.	8:30 – 11 a.m. 8:30 – 10:30 a.m.	KRC Gym
Cornhole	M/W	1 – 3:30 p.m.	Multipurpose Room
Outdoor Shuffleboard	T/Th	9:30 a.m.	Outdoor Courts
Shuffleboard	M/W/F	8:30 – 11 a.m.	Multipurpose Room
*Pickleball	T/Th	8:30 – 11 a.m.	KRC Gym

Fee: Free/CIL Member or Gymnasium, Combination or Combination Punch Pass holders over 55; \$3/resident; \$6/non-resident

Senior Services

THE KETTERING CONNECTION

One Stop Shopping for Senior Services
 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 / Tuesday / Thursday / Friday		Wednesday
Blood Pressure Screening 4th Monday of each month <i>Kettering Health Network</i>	City of Kettering Senior Service Coordinator, Vickie Carraher	Blood Pressure Check 9 a.m. – Noon <i>River Oaks Alzheimer's Special Care Center</i>

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 937-296-3356.

Senior Transportation Program (All fees are each way.)

Appointments <i>(medical or professional)</i>	Local – \$3 <i>(within Kettering limits)</i>
	Out of town – \$5 <i>(certain limitations apply)</i>
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 937-296-2480 to register and receive a rider's packet with program details.

Weekly Shopping Trip Schedule

Day	Times	Locations
Monday	9 a.m. or 1:30 p.m.	Meijer (Stroop Road)
Tuesday	9 a.m. or 1:30 p.m.	Kroger, Aldi, Walgreens (Dorothy Lane)
Wednesday	9 a.m.	Walmart (Sugarcreek Plaza)
	1:30 p.m.	Kroger, Aldi, Walgreens (Dorothy Lane)
Thursday	9 a.m. or 1:30 p.m.	Walmart (Sugarcreek Plaza)
Friday	9 a.m.	1st & 3rd: Dot's Market (Patterson Road); 2nd & 4th: Marc's (Whipp Road)
	9 a.m. or 1:30 p.m.	Kroger, CVS, Town & Country (Stroop Road)

Daily Luncheon
 Provided by Senior Resource Connection
 Sign up between 10 a.m. and noon the day before. Call 937-296-3268.

M-F	Noon	Lathrem
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Fee: \$2 donation

STEADI Fall Prevention Program begins September 4.
 See page 7 for more information.

Joy Tour & Travel

Questions about a trip?

One of your JOY TOUR & TRAVEL representatives will be at Lathrem to assist you with trip selection and answer any questions you may have on the days and hours listed below:

Th	12:30 – 2:30 p.m.	September 19
Th	12:30 – 2:30 p.m.	October 17

You can always reach us by phone at 800-875-4569 or 513-777-8221 (M-F, 9 a.m. to 5:30 p.m.). You may also email groups@joytours.com or visit joytours.com for more information. *All prices are per person based on double occupancy. Call for single occupancy rates (ask us about our Guaranteed Share Program).

Bavarian Getaway in Frankenmuth

Wednesday, August 21 – Friday, August 23



Travel north to the charming town of Frankenmuth, Michigan, where the residents take pride in their beautiful flowers, German

heritage and authentic Bavarian architecture. From our accommodations at the Bavarian Inn Lodge, it's just a short walk over a covered bridge to River Place with 36 shops and attractions. Trip features include:

- 2 night's accommodations
- 4 meals (2 breakfasts and 2 dinners)
- Dine on traditional German and Bavarian meals
- Enjoy a riverboat cruise aboard the Bavarian Belle
- German wine tasting and a Strudel making experience
- Tour the town on a guided City Tour and stop in at the Japanese Cultural Center and Tea House for a tour and tea
- Get a jump start on holiday shopping at Bronner's Christmas Wonderland
- Admissions and touring
- Taxes and gratuities on included meals, attractions and accommodations and luggage handling fees
- Motor coach transportation
- Tour director

Fee: from \$429*

Newport Mansions & Cape Cod Islands

Saturday, September 7 – Friday, September 13

Fly into Providence, RI to start this fabulous fall tour of these amazing homes and sites. Trip features include:

- Tours of the Breakers and Elms Mansions
- Visit to the Newport Vineyards and the Whaling Museum
- Tour of Providence and behind the scenes at Scialo Bakery
- Harborview accommodations in Hyannis
- High speed ferry to tour Nantucket
- Ferry and tour of storybook island, Martha's Vineyard
- Cape Cod tour of Provincetown including: Kennedy Memorial, Korean War Memorial and the St. Francis Xavier Church
- Bus travel along scenic Route 6A and its colonial villages filled with New England architecture
- Drive through the Cape Cod National Seashore area and visit to Provincetown
- Choice of whale watching cruise or a dunes tour
- 6 night's accommodations
- 10 meals
- All admissions and touring
- Airport transfers in Providence
- Taxes and gratuities on included meals, attractions and accommodations and luggage handling fees
- Motor coach transportation
- Tour director

Fee: Land only from \$1,829* airfare not included

Autumn Along the Ohio River & Louisville, KY

Sunday, October 20 – Monday, October 21

Travel to Louisville, Kentucky to start your fall foliage trip down the beautiful Ohio River. Trip features include:

- Tour of the Mega Caverns
- Visit to the Evan Williams Bourbon Experience tour and tasting
- 6-hour cruise to picturesque Madison, IN onboard the Belle of Louisville riverboat
- Lunch, snacks and entertainment
- Dinner overlooking the Ohio River at The Falls Restaurant in Clifty Falls State Park
- 1 night's accommodations
- 3 meals
- All admissions and touring
- Taxes and gratuities on included meals, attractions and accommodations and luggage handling fees
- Motor coach transportation
- Tour director

Fee: from \$359*



Colonial Williamsburg, Jamestown & Monticello

Monday, October 28 – Saturday, November 2

Step back in time as you travel east to Colonial Williamsburg where “history comes alive”. Trip features include:

- Tours of Yorktown, Colonial Williamsburg, the Jamestown Settlement, Richmond and Jefferson’s Monticello
- Tour the Capitol and Governor’s Palace in Williamsburg, including plenty of time for leisurely exploration of the entire village
- Visit to the American Revolution Museum in Yorktown
- Tours of historic St. John’s Church (circa. 1741) and the Virginia War Memorial in Richmond
- Driving tour of Richmond’s Monument Avenue
- Tours of the Thomas Jefferson Visitor Center and Smith Education Center as well as the mansion, gardens and grounds of Monticello
- Lunch at the historic Mitchie Tavern
- 5 night’s accommodations
- 9 meals
- All admissions and touring
- Professional local guides
- Taxes and gratuities on included meals, attractions and accommodations and luggage handling fees
- Motor coach transportation
- Tour director

Fee: from \$1,199*

Christkindlmarkt, Ferninand, IN

Friday, November 15 – Sunday, November 17

Celebrate the holidays with JOY in Indiana. Trip features include:

- Stop in Santa Claus, IN with visits to the Santa Claus Village, the Christmas Store and Santa’s Candy Castle.
- Card and mail drop off at the original Santa Claus Post Office
- Visit to the Christkindlmarkt festivities, featuring over 200 lavishly decorated booths with quality, hand-crafted items, antiques, art, Christmas wares, delicious regional food and wine, local entertainment, free concerts and more
- Tours of the Monastery of Immaculate Conception and West Baden Resort
- Lunch at French Lick Resort
- 2 night’s accommodations
- 5 meals
- All admissions and touring
- Taxes and gratuities on included meals, attractions and accommodations and luggage handling fees
- Motor coach transportation
- Tour director

Fee: from \$539*

Festival of Lights at Oglebay

Wednesday, December 4 – Thursday, December 5

Journey east for a fun-filled holiday celebration at the Oglebay Resort’s Festival of Lights in Wheeling, WV.

Trip features include:

- Explore the Carriage House Glass Museum, the Mansion Museum and Winter Fantasy at the Good Zoo
- Guided tour through the magnificent 300-acre, 6-mile drive Festival of Lights featuring over one million lights throughout Oglebay Park
- 1 night’s accommodations
- 3 meals
- All admissions and touring
- Taxes and gratuities on included meals, attractions and accommodations and luggage handling fees
- Motor coach transportation
- Tour director

Fee: from \$369*

Just want to get away for the day?
Check out our 2019 Day Trips!

Call 513-777-8221, email groups@joytours.com or visit www.joytours.com for a complete list of Day Trips.

September 16 – Tribute to Victory Canteen	\$99
September 18 – A Colorful History in Lebanon	\$99
September 29 – Million Dollar Quartet	\$119
October 8 – Noah’s ARK Encounter	\$109
October 18 – Civil War History in Richmond	\$99
October 23 – Autumn Afternoon in Brown County	\$99

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 CIL Closed <i>Labor Day</i>	3	4 STEADI Fall Prevention Program Begins 1 p.m. <i>(page 7)</i>	5	6	7
8	9	10 Charles M. Schulz & The Peanuts 2 p.m. <i>(page 4)</i> Bingo Bonanza 6 p.m. <i>(page 3)</i>	11 Veterans Pinning Ceremony at The Greene 6:30 p.m. <i>(page 4)</i>	12 Advanced Planning Seminar 1 p.m. <i>(page 4)</i>	13	14
15	16 Hearing Screenings 1 – 3 p.m. <i>(page 8)</i> Cooking: Taste of the Sea 6 p.m. <i>(page 4)</i>	17 Bottoms Up! History of Brewing in Dayton 1 p.m. <i>(page 5)</i>	18	19 Trash or Treasure? 6:30 p.m. <i>(page 5)</i>	20	21
22 ACTIVE AGING WEEK 9/22 – 9/28	23 Lost Dayton Talk 6:30 p.m. <i>(page 5)</i>	24 Heroes & Characters of the Miami Valley 2 p.m. <i>(page 5)</i> Life Hacks that Work 6:30 p.m. <i>(page 5)</i>	25 Peace Museum & Spaghetti Warehouse 11:30 a.m. – 3 p.m. <i>(page 3)</i>	26 Line Dance Party 1 p.m. <i>(page 6)</i> Toxin Free Living with Thieves Oil 6 p.m. <i>(page 5)</i>	27	28 Local Eats, Keeps & Treats Fair 9 a.m. – 1 p.m. <i>(back cover)</i>
29	30 CIL Closed for Maintenance 9/30 – 10/13					

NOTE: Many programs require preregistration. Please contact the CIL at 937-296-2480 for details about specific programs.



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

Local Eats, Treats and Keeps Fair

Saturday, September 28
9 a.m. – 1 p.m.

Kettering Recreation Complex

Come one, come all to our LOCAL ITEMS ONLY Fair. Join us as we celebrate local vendors right here in Ohio with various foods, decorations, accessories, clothing and more. FREE to shop! Interested vendors must contact Brittany Kilburn at brittany.kilburn@ketteringoh.org or 937-296-2480 no later than September 20.



Parks, Recreation and Cultural Arts Staff

Director Mary Beth O’Dell

Lathrem Senior Center Staff

Recreation Superintendent Shauna Lewallen
Recreation Manager Drew Corbett
Senior and Adult Program Supervisor Jennifer Giessler
Program Coordinator Jena Bosworth
Program Coordinator Brittany Kilburn
Program Coordinator Aleka Smith

Lathrem Senior Advisory Board

Karen Schmitt, Chair; Edna Vanderkarr, Vice-Chair; Secretary; Gail Carone;
Jan Crosby; Lisa Fields; 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 937-296-2480
2900 Glengarry Drive, Kettering, Ohio 45420
Transportation Reservations 937-296-2483
Nutrition Reservations 937-296-3268
Fax Line 937-296-3297
Lathrem Website playkettering.org/cil-senior-center/
Kettering Connection 937-296-3330
Senior Service Coord. (Vickie Carraher) 937-296-3356

The City of Kettering invites people with disabilities to enjoy our programs, services, parks, and facilities. Please call 296-2439 for more information about accessibility or to request a modification. For TTY assistance, contact Ohio Relay Service at 800-750-0750.