



LATHREM Letter

March / April 2020

2nd Chance Senior Prom "Under the Sea"

Sponsored by: Heartland of Kettering

You are cordially invited for an enchanting evening of giving prom another try! Bring a date, friends or come solo! Do it right by dressing up and making your way to a fun evening at the Lathrem Senior Center. We will have a DJ on-site for dancing, a delicious catered dinner, photo opportunities and more. We will finish the evening with the coronation of our annual Lathrem Senior Center Prom Queen and King. The event is a partnership with Fairmont High School volunteers. Join us for an evening that you won't forget!



01-20644-A/B Th 6 – 8 p.m. March 26

Fee: A: \$15/CIL member individual; \$18/resident individual; \$22/non-resident individual
B: \$25/CIL member couple; \$28/resident couple; \$35/non-resident couple

Deadline: Wednesday, March 18

**Charles I. Lathrem
Senior Center
Holiday
Closings**

Sunday, April 12
Easter

Inside:

Tasty Tours..... 3
Social..... 3
Enrichment..... 4 – 6
Wellness..... 6 – 7
Fitness..... 9
Sports..... 10
Senior Services.... 11
Travel..... 12 – 13
Calendar..... 14 – 15
Contact..... 16

Archery Basics

NEW!



Move over Robin Hood—we are having an archery class at Lathrem Senior Center! Have you been looking for an activity that is relaxing, rewarding and fun? Then join the archery craze! Archery can be practiced by anyone regardless of age, gender, skill, ability or experience. In the class for mature adults, our trained instructors will teach the correct way to shoot a bow and arrow as well as emphasize safety and the techniques of archery through practice shooting. Archery helps challenge the mind, build upper body strength, and enhance hand-eye coordination. Don't miss this opportunity to learn more about this sport. All needed equipment is provided. For more information, contact Jena Bosworth. Space is limited; call early to register at 937-296-2480.

02-20851-A F 1 – 3 p.m. April 3

Fee: \$15/CIL member; \$20/resident; \$25/non-resident

Artist 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's watercolor prints are framed and on display for sale during March and April at the Lathrem Senior Center. Using the name "Lucy Belle Limited" she also designs and paints greeting cards on sale at We Care Arts at Town and Country and other local shops. Lucy McAdams shares her artistic talents alongside her positive outlook on living an active life.

Charles I. Lathrem Senior Center Membership

Pass or Residency Status – Ages 55+

CIL Member	Kettering Resident	Non-Resident
CIL Pass (1 year)		
	\$34/year	\$51/year
CIL Pass (6-month)		
	\$19/6 months	\$29/6 months
Guest Daily Drop-in Fees (excluding Fitness classes)		
	\$2/program	\$4/program
Drop-in Exercise		
\$2/class	\$3/class	\$4/class
CIL Exercise Pass (No Drop-in Exercise Fees)		
	\$45/year	
Transportation Program Membership		
	\$10/year	
Transportation Punch Cards		
	\$10/\$20/\$40 (trip cost varies based on location/destination)	

EUCHRE TOURNAMENT

Join us for an evening of fun, clean competition as we pair up and play the popular trick-taking card game, EUCHRE! Participants compete as individuals. Light refreshments will be provided and gift baskets will be given to the top winners!

02-20621-A Sat. 7 p.m. April 18

Fee: \$10/CIL member;
\$12/resident;
\$17/non-resident

Deadline: Monday, April 13



CITY OF KETTERING

Kettering Mayor & Council

Don Patterson, Mayor
Don.Patterson@ketteringoh.org 937.545.0008

Tony Klepacz, Vice Mayor, District 3
Tony.Klepacz@ketteringoh.org 937.435.9830

Jacqueline Fisher, At Large
Jacque.Fisher@ketteringoh.org 937.232.1637

Bill Lautar, At Large
Bill.Lautar@ketteringoh.org 937.689.2205

Robert Scott, District 1
Rob.Scott@ketteringoh.org 937.776.2315

Joseph D. Wanamaker, District 2
Joe.Wanamaker@ketteringoh.org 937.296.1712

Bruce E. Duke, District 4
Bruce.Duke@ketteringoh.org 937.299.2259

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

Tasty Tours

March Tasty Tour Lunch: Miami Valley Gaming

It's the Luck of the Irish with a trip to Miami Valley Gaming! Play for fun or play to win. Your options are endless. There are multiple restaurants to choose from for lunch, but keep in mind some do require reservations. Meal at casino and all money spent in the casino are on your own. Cost includes transportation and an escort.

01-20801-C W 9:30 a.m. – 4 p.m. March 25

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

Deadline: Wednesday, March 18

April Tasty Tour & Lunch: Montgomery County Environmental Learning Center & Palermo's Italian Restaurant, Moraine

Learn ways to protect nature's precious resources and live a more sustainable life at the Montgomery County Environmental Learning Center, a state-of-the-art facility featuring hands-on exhibits and eco-friendly displays. Learn ways to recycle more effectively, conserve energy, and protect Earth's valuable resources through a tour of this facility designed to educate everyone in the community. After the tour, enjoy a lovely lunch at the local favorite Palermo's Italian Restaurant. Lunch is on your own. Cost includes transportation and an escort.

02-20801-A Th 9:30 a.m. – 1 p.m. April 9

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

Deadline: Thursday, April 2

April Tasty Tour Dinner: Golden Lamb, Lebanon

Established in 1803, this "house of public entertainment" is a local favorite for seasonal foods and festive atmosphere. Located halfway between Cincinnati and National Road (U.S. Route 40), the Golden Lamb has hosted a number of historic figures, including 12 U.S. Presidents from as far back as John Quincy Adams to as recent as George W. Bush. Don't miss out on a visit to Ohio's longest running business and what is sure to be a luscious meal. Dinner is on your own. Cost includes transportation and an escort.

02-20801-B T 3:30 – 7 p.m. April 28

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

Deadline: Thursday, April 23

Social Events

Bingo Bonanza

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 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.

Prizes sponsored by Oak Creek Terrace

March: Rockin' & Rollin'

01-20636-C T 6 – 8 p.m. March 10

April: Easter Eggstravaganza

02-20630-A T 6 – 8 p.m. April 14

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

Location: Lathrem Senior Center

St. Patrick's Day Irish Dance Show

Get your green on and don't miss this explosive performance by the McGovern Irish Dance School. We are so excited to have them and what they bring to get us into the spirit of the Irish! May your troubles be less and your blessings be more and nothing but happiness come through your door. The event includes light refreshments and a game or two.

Sponsored by ProMedica

01-20823-A Th 3 – 4 p.m. March 12

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

Kettering Tot Lot Consignment Sale

Ready to sell, shop or save? Join us for our first vendor sale with exclusively baby and children items! Vendors will be selling items such as toys, books, gently used clothing, bedding and more! **Free admission for shoppers!**

Sat. 9 a.m. – 2 p.m. March 14

Interested vendors: All spaces are 10' x 10' and a limited number of spaces are available. For general vendors, please contact Brittany Kilburn at 937-296-2480 or brittany.kilburn@ketteringoh.org.

Fee: \$20/resident; \$25/non-resident

Deadline: Monday, March 9

Kettering Community Garage Sale

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. Areas will be marked for easy shopping.

Looking for a reason to get organized and gain back your space? Turn those unused items into cash by being a vendor! Items may include anything from craft supplies, decorations, books, outdoor gear or simply anything miscellaneous! After all, one person's junk might be someone else's treasure! **Free admission for shoppers!**

Sat. 9 a.m. – 2 p.m. April 25

Location: Kettering Recreation Complex/
Charles I. Lathrem Senior Center

Interested vendors: All spaces are 10' x 10' and a limited number of spaces are available. For general vendors, please contact Brittany Kilburn at 937-296-2480 or brittany.kilburn@ketteringoh.org.

Fee: \$15/CIL member; \$20/resident; \$25/non-resident
Deadline: Tuesday, April 21

Joyful Musicians—Making Music and Memories

The Joyful Musicians are welcoming new members to their group at the first practice of the year on Thursday, April 2, at 10:30 a.m. in the CIL library. With the goal of bringing happiness to others through their musical performances, the all-volunteer group sings 16 times per year during daylight hours throughout the greater Dayton area at assisted living facilities and nursing homes. Their voices are supplemented with kazoos, percussion and rhythm instruments to add to the enjoyment of the performances. The Joyful Musicians sing hits from the 30s through the 60s and encourage the audience to sing along. No audition is necessary, and you do not have to read music since only the melody line is sung. Raymonde Rougier, a former Kettering Schools teacher and active member of the Dayton music scene, is the director. Join our group and you will enrich the experience of those who might not otherwise hear live music. For more information about the upcoming season, call 937-435-8066.



Enrichment

Cards & Games

500

T 1 – 4 p.m.

Bingo

W 1 – 3:30 p.m.

Bridge—Social

M 9:30 a.m. – 12:30 p.m.
T/Th/F 1 – 4 p.m.

Bridge—Duplicate

T 9 a.m. – 1:15 p.m.

Bunco

F 1 – 3:30 p.m.

Canasta

T 1 – 4 p.m.

Canasta—Hand & Foot

W 1 – 4 p.m.

Euchre

M 1 – 4 p.m.
Th 6 – 8:30 p.m.

Euchre—Canadian Bid

M 5:30 – 8:30 p.m.
W 5:30 – 8:30 p.m.

Pinochle—Double Deck

Sun. 1 – 4 p.m.
Th/F 1 – 4 p.m.

Pinochle—Wild

T 6 – 8:30 p.m.

Scrabble

W 1 – 4 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!

Cross-Train Your Brain

Exercising your brain is like exercising your body—the right program helps keep your brain young, strong and agile. This stimulating brain exercise program utilizes puzzles, trivia quizzes, brainteasers and word games that are both fun and engaging and can be easily done at home on your own. Make sure you're using it and not losing it! You do not need to attend every session, but please note, preregistration is required.

01-20838-B	M	1 – 2 p.m.	March 9
02-20838-A	M	1 – 2 p.m.	April 13
02-20838-B	M	1 – 2 p.m.	May 11

Fee: \$2/CIL member; \$3/resident; \$4/non-resident

Instructor: Tina Adducchio, Village at the Greene

Deadlines: March 2, April 6 and May 4

Downsizing Your Home: Tips and Tricks to Clear the Clutter and Make More Room

Spring cleaning mode is in full swing! There are many reasons to downsize our possessions, especially after filling our homes with holiday goodies, and sometimes a push in the right direction is needed to do so. Come learn tips and tricks to downsizing and organizing your possessions to fit your ever-changing lifestyle. Light refreshments will be provided. Pre-registration is required.

01-20835-B	Th	2 p.m.	March 19
------------	----	--------	----------

Fee: \$2/CIL member; \$3/resident; \$4/non-resident

Instructor: Cheryl Seaton, Realtor with Agora Realty Group

Deadline: Monday, March 16



Genealogy 101: Have you got the bug?

Ever wonder where your family roots originated? Using just a little bit of

family information, this class will help you find the resources available to you to learn much more. We will discuss how to track down information about your family and methods of how to organize that information. We will also learn about how to share your results with others, whether in your own family, writing a book or posting your information online.

02-20627	W	6 p.m.	April 8 & 22
----------	---	--------	--------------

Fee: \$10.80/CIL member; \$12/resident; \$17/non-resident

Instructor: Lori Rotterman, Ohio Genealogical Society

Ongoing Groups

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

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.	CIL
-----------	------------	-----

Computer Help

Volunteer-led individual instruction for computer and digital cameras.

T	1 – 3 p.m.	CIL Library
---	------------	-------------

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	2 – 4 p.m.	CIL Library
------------	------------	-------------

Cooking Classes

Indian Cuisine

Take your taste buds on an adventure across the ocean while we explore a blend of ubiquitous Indian spices. Chicken Tikka Masala and Aloo Gobi, a traditional Indian cauliflower and potato side dish. Served over fluffy, aromatic basmati rice with naan bread for dipping. Bring your appetite as we will eat the delicious dishes we create!

01-20641-A	T	6 p.m.	March 24
------------	---	--------	----------

Fee: \$32.40/CIL member;

\$36/resident; \$41/non-resident

Instructor: Tracey Williams, Thyme 2 Get Cooking

Spring Clean Eating

Fresh spinach, artichoke hearts, basil, walnuts and feta come together to make a hearty but super healthy filling for baked portobellos served with a side of roasted cherry tomato couscous. We'll treat ourselves with a roasted pear crumble for dessert. Plan on coming ready for dinner as we will eat what we make. Recipes will be provided after class.

02-20623-A	Th	6 p.m.	April 16
------------	----	--------	----------

Fee: \$32.40/CIL member;

\$36/resident; \$41/non-resident

Instructor: Tracey Williams, Thyme 2 Get Cooking

Buying & Selling Online

It's no news that we now live in a very technological world. Learn some of the most popular apps and how to's on buying or selling used or new items from the convenience of using your phone, on your schedule. We will also go over safety methods to help stay safe in the process.



02-20622-A Th 6:45 p.m. April 30

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

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 CIL

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. CIL

Wellness

The Mediterranean Diet: Know the Facts

FREE! for
CIL Members

Lunch and Learn

Sponsored by Brookdale of Kettering

Find out about the benefits of this popular diet. We will provide info on key items to include in daily menus and share healthful eating tips.

01-20883-A W Noon – 1:30 p.m. March 11

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

The 10 Warning Signs of Alzheimer's

FREE! for
CIL Members

Sponsored by Alzheimer's Association – Miami Valley Chapter

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease.

01-20886-A M 1 – 2 p.m. March 16

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

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.

01-20884-A	T	1 – 2 p.m.	March 17
02-20878-A	T	1 – 2 p.m.	April 21

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

Keep Your Smile Healthy Lunch and Learn

Sponsored by Brookdale of Kettering

Come learn about how to keep that healthy smile and the whole body benefits of doing so.

02-20880-A	W	Noon – 1:30 p.m.	April 8
------------	---	------------------	---------

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

FREE! for
CIL Members

Understanding Alzheimer's and Dementia:

Sponsored by Alzheimer's Association – Miami Valley Chapter

FREE! for
CIL Members

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on the impact of dementia in our communities, detection, causes and risk factors, stages of the disease, treatment, and much more.

02-02876-A	M	1 – 2 p.m.	April 20
------------	---	------------	----------

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



FREE! for
CIL Members

Generation RX

*Sponsored by Goodwill
Easter Seals Miami Valley*

Prescription medications can help us live longer

and healthier lives, but any medication has the potential to do harm. This presentation will focus on how to be an advocate with your medical team, and best practices in medication disposal and medication storage. All attendees will receive a medication disposal pouch, Respect the RX 2020 pocket calendar, information about alternatives to medication and more.

02-20883-A	M	11 – 11:45 a.m.	May 4
------------	---	-----------------	-------

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

Blood Pressure / Blood Sugar Screens

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

FREE!

Screening	Day	Date	Time	Provider
Blood Pressure	T	March 3	11 a.m. – 1 p.m.	Kettering Health Network
Blood Pressure	Th	March 12	11 a.m. – Noon	Brookdale of Kettering
Blood Pressure & Blood Sugar	Th	March 19	10 a.m. – Noon	Heartland of Kettering
Blood Pressure	T	April 7	11 a.m. – 1 p.m.	Kettering Health Network
Blood Pressure	Th	April 9	11 a.m. – Noon	Brookdale of Kettering
Blood Pressure & Blood Sugar	Th	April 16	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	1 – 3 p.m.	April 20
---	------------	----------



*The Holidays
were Happening
at Lathrem
Senior Center*



Lathrem Bowling 2020



CarFit & Vehicle Maintenance Inspections

FREE!

AAA is partnering with ODOT offering CarFit assessments. Mature drivers are invited to learn how to make their personal vehicles better "fit" them to increase safety and comfort while driving. Trained CarFit technicians perform a comprehensive check that takes about 20 minutes, then offer ideas on how the driver can maximize safety and comfort. Certified AAA car care technicians will provide free bumper-to-bumper vehicle maintenance inspections. Get the tires, batteries and fluids checked out. Four out of five cars and pickups on the road right now are running on under inflated tires. Call 937-558-8427 to make an appointment.

M 11 a.m. – 3 p.m. May 18

Fee: FREE!

Instructor: Kara Hitchens, Senior Specialist, AAA Miami Valley & Northwest Ohio



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.

01-20200-C	T	8:45 – 9:45 a.m.	March 3 – 24
02-20200-A	T	8:45 – 9:45 a.m.	April 7 – 28

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 Senior Center 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. March 3 – April 30

Fee: \$5/class/resident; \$10/class/non-resident

Drums Alive®—Golden Beats

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!

01-20895-B F 10:45 – 11:45 a.m. March 13 – April 17

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.

02-20899-A	T	8:30 – 9:45 a.m.	April 14 – May 19
02-20899-B	T	10 – 11:15 a.m.	April 14 – May 19
02-20899-C	Th	8:30 – 9:45 a.m.	April 16 – May 21

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

Free Friday Group Exercise Classes

FREE!

Join us the first Friday of each month for our FREE group exercise day. Check out all the classes you've always wanted to try. No membership required; just come, have fun and get fit! The class schedule for the day will vary and will be posted at Lathrem Senior Center and at www.playkettering.org.

Dates: March 6, April 3 & May 1

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 Charles I. Lathrem Senior Center membership pass, you are eligible to purchase a Charles I. Lathrem Senior Center 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

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

FREE! for
CIL Members

Community Golf League Planning Meeting

The planning meeting provides an opportunity to meet fellow players, receive a registration packet and learn details about the league. Independent golfers are welcome; foursomes can be established upon registration. You do not have to be a member to attend the meeting. No pre-registration required.

Th 1 p.m. March 12

2020 Community Golf League

Golf is a great way to exercise, get outside and meet new people. Lathrem Senior Center members are invited to play in the mixed league at Community Golf Course on Thursday morning throughout the summer. League registration forms and packets are available at the meeting and at the front desk. Lathrem Senior Center membership is required to participate. **Space is limited; register early by calling 937-296-2280.**

01-20860-A Th April 23 – September 17

Fee: \$38/CIL member

Deadline: Monday, April 6

Cycle Paths Planning Meeting

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. The 2020 season will begin in April. This planning meeting includes developing a schedule, assigning weekly captains and reviewing cycling guidelines and safety measures. Please note: you must be a current member of Lathrem Senior Center to participate in the group.

Th 10:30 a.m. March 19

Cycle Paths

The CIL cycling group meets every Thursday beginning on April 2 at 9:15 a.m. Locations change weekly. Cycle packet and schedule will be available at the CIL front desk beginning March 27. All CIL members are welcome to attend. For more information, call 937-296-2480.

Outdoor Tennis

The 2020 season of **Drop-in Senior Tennis** will begin on April 6 and run through October 30. Games are played at Ernst Park on Mondays, Wednesdays and Fridays from 8 a.m. to noon.

Outdoor Pickleball

The 2020 season of **Drop-in Senior Pickleball** will begin on April 7 and run through October 29. Games are played at J.F. Kennedy Park on Tuesdays and Thursdays from 8 a.m. to noon.

Senior Sports — Drop-in sports for ages 55+

CHECK IT OUT! Attention Charles I. Lathrem Senior Center members! You can now use your Charles I. Lathrem Senior Center pass to go to Adult Drop-in Sports as well as Senior Drop-in Sports. Look on page 53 of the Winter Play Kettering activities guide for the complete Drop-in Gymnasium Schedule.

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 Game Room
Bowling*	W	9:30 a.m.	Woodman Lanes
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
Pickleball	T/Th	8:30 – 11 a.m.	KRC Gym
Tennis – Outdoor (begins 4/6)	M/W/F	8 a.m. – Noon	Ernst Park Courts
Pickleball – Outdoor (begins 4/7)	T/Th	8 a.m. – Noon	J.F. Kennedy Park

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

*Bowling Fee: \$8 for 3 games

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.



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 Senior Center
Fee:	\$2 donation	

**NEW
SCHEDULE!**

Senior Transportation Program (All fees are each way.)

Appointments (medical or professional)	Local – \$3 (within Kettering limits)
	Out of town – \$5 (certain limitations apply)
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.	Kroger, Aldi, Walgreens (Dorothy Lane)
Tuesday	9 a.m. or 1:30 p.m.	Walmart (Sugar Creek Plaza)
Wednesday	9 a.m.	Meijer (Stroop Road)
	1:30 p.m.	Kroger, Aldi, Walgreens (Dorothy Lane)
Thursday	9 a.m. or 1:30 p.m.	Walmart (Sugar Creek Plaza)
Friday	9 a.m.	Costco (Wilmington Ave.)
	1:30 p.m.	Kroger, CVS, Town & Country (Stroop Road)

Joy Tour & 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 any questions you may have on the days and hours listed below:

Th	9:30 – 11:30 a.m.	March 19
Th	9:30 – 11:30 a.m.	April 16

For more information, call 800-875-4569 or 513-777-8221 (M-F, 9 a.m. to 5:30 p.m.), email groups@joytours.com or visit joytours.com.

*All prices are per person based on double occupancy. Call for single occupancy rates (ask us about our Guaranteed Share Program).

Myrtle Beach (TAP)

Sunday, April 19 – Sunday, April 26

Explore the beautiful North Myrtle Beach area in this action packed week. Trip features include:

- Discover the amazing ecosystem of the marshes aboard the Saltwater Marsh Explorer
- View the picturesque coastline of the Intracoastal waterway on the Island Time Dinner Cruise
- Take in a fun-filled show at the Carolina Opry
- Optional excursions to Brookgreen Gardens and Duplin Winery
- Plenty of free time to enjoy the beach, resort amenities and visit Myrtle Beach staples like Barefoot Landing, the Grand Strand, any of the many golf courses and so much more
- 5 night's accommodations at the beautiful Sea Watch Resort located right on the beach (plus 2 nights enroute)
- 13 meals
- All admissions and touring
- Taxes and gratuities on included meals, attractions and accommodations and luggage handling fees
- Motor Coach transportation from Cincinnati
- JOY Tour Director

Fee: from \$1,129*

Savannah & Charleston in the Spring Saturday, April 25 – Saturday, May 2

Experience spring as only the south can showcase its arrival. Trip features include:

- Explore Historic District of Savannah, Low Country and Charleston
- Guided city tours in Savannah and Charleston
- Tours of the Savannah history Museum and Old Fort Jackson
- A performance at the Savannah Theatre
- Guided sightseeing tour through Low Country and Tybee Island
- Visit to Dolphin Discovery Cruise on Tybee Island
- Guided tours of Middleton Place and Magnolia Gardens
- Beautiful sunset luxury dinner cruise aboard the Spirit of Carolina
- 7 night's accommodations (2 enroute)
- 13 meals
- All admissions and touring
- Taxes and gratuities on included meals, attractions and accommodations and luggage handling fees
- Motor coach transportation
- JOY Tour Director

Fee: from \$1,929*

Saints & Arches in St. Louis

Wednesday, May 13 – Friday, May 15

Travel with JOY to the "Gateway to the West". Trip features include:

- Ride to the top of the Gateway Arch for a breathtaking view of the city
- Stay at Our Lady of the Snows and explore two historic churches, the Cathedral Basilica of St. Louis and St. Joseph Cathedral
- Enjoy a scenic and informative lunch cruise along the Mississippi River on the Gateway Arch Riverboat
- Visit the awe-inspiring Cahokia Mounds State Historic Site, the location of the greatest and largest prehistoric city between 800-1400 AD
- 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
- JOY Tour Director

Fee: from \$569*

Just want to get away for the day?

Check out our upcoming Day Trips!

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

April 16 – "Anything Goes"	\$119	June 3 – "The Sound of Music"	\$139
May 13 – Blooms & Butterflies	\$109	June 19 – Races at Churchill Downs	\$139
May 26 – Honoring the Highwaymen	\$119	July 7 – Welcome to Margaritaville	\$119

Lake County, IL—Anything But Ordinary

Wednesday, May 27 – Saturday, May 30

Discover a destination filled with unique treasures. Trip features include:

- Enjoy dinner and a Tram Tour at the Chicago Botanic Gardens
- Satisfy your sweet tooth at the Long Grove Confectionery and the Jelly Belly Factory
- Explore a private collection of automatic music instruments, the world's largest restored theatre pipe organ (a Mighty Wurlitzer), a fully restored traveling Carousel and more at the Sanfilippo Estate
- Uncover forgotten treasures at the Volo Auto Museum and Antique Village, the home of the largest collection of TV and Movie cars
- Meet and learn about the history of the graceful Tempel Lipizzans (the dancing horses)
- 3 night's accommodations
- 6 meals
- All admissions and touring
- Taxes and gratuities on included meals, attractions and accommodations and luggage handling fees
- Motor coach transportation
- JOY Tour Director

Fee: from \$799*

Coach & Cruise to New England & Canada

Friday, June 5 – Sunday, June 14

Experience the Northeastern Coastline from New England to Canada from the sea aboard the Norwegian Pearl. Trip features include:

- Ports of call in Halifax, Nova Scotia; Saint Johns, New Brunswick; Bar Harbor, ME; Portland, ME; and Newport, RI
- Select either an Interior, Oceanview or Balcony cabin
- 2 night's accommodations enroute
- 7 night's scenic cruise
- 2 breakfasts enroute and all cruise meals (excluding specialty restaurants)
- \$75 onboard credit per cabin
- Government/port fees and taxes, luggage handling
- Motor coach transportation to/from Manhattan Cruise Port in NYC
- JOY Tour Director

Fee: from \$2,299*

Discover Glacier National Park (TAP)

Wednesday, June 24 – Tuesday, June 30

Don't miss this breathtaking trip highlighting the one of nature's wonders. Trip features include:

- Experience Wallace, Idaho—the Silver Capital of the World
- Learn about fire fighting with a tour of the Smokejumpers Base Aerial Fire Depot
- Relax and enjoy the scenery on a float down the Flathead River
- Visit historic Glacier National Park: start at May Glacier Hotel, take the vintage Red Jammer touring cars on the "Going to the Sun" highway to Lake McDonald on the west
- Enjoy a gondola ride overlooking the mountains of Idaho and another scenic view of nature's beauty
- 6 night's accommodations
- 11 meals
- All admissions and touring
- Taxes and gratuities on included meals, attractions and accommodations and luggage handling fees
- Motor coach transportation
- JOY Tour Director
- NOTE: Airfare to/from Spokane NOT included

Fee: from \$2,200*

Celebration Belle River Cruise

Monday, July 13 – Thursday, July 16

Depart for a wonderful experience as you motor coach whisks you away for an excursion adventure on the Mississippi River. Trip features include:

- Try your luck at a hand of poker at the Isle Hotel and Casino in Bettendorf, IA
- Relax and enjoy your all-day cruise to Dubuque, IA through 2 lock and dams while listening to the narratives from the captain of the Celebration Belle
- Admire one of the five finest Religious Tiffany collections of stained glass windows during your visit to St. Luke's
- Savor a tour and tasting at the Stone Cliff Winery
- Enjoy an afternoon on the Mississippi during a lunch and live entertainment on the Celebration Belle
- 3 night's accommodations
- 8 meals
- All admissions and touring
- Taxes and gratuities on included meals, attractions and accommodations and luggage handling fees
- Motor coach transportation
- JOY Tour Director

Fee: from \$899*

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Free Friday Exercise (page 9)	7
8	9 Cross Train Your Brain 1 p.m. (page 5)	10 Bingo Bonanza 6 p.m. (page 3)	11 The Mediterranean Diet Noon (page 6)	12 Community Golf League Planning Meeting 1 p.m. (page 10) St. Patrick's Day Dance Show 3 p.m. (page 3)	13	14 Tot Lot Consignment Sale 9 a.m. – 2 p.m. (page 3)
15	16 10 Warning Signs of Alzheimer's 1 p.m. (page 6)	17 Caring Corner 1 p.m. (page 7)	18	19 Cycle Paths Planning Meeting 10:30 a.m. (page 10) Downsizing Your Home 2 p.m. (page 5)	20	21
22	23	24 Indian Cuisine Cooking 6 p.m. (page 5)	25 Tasty Tour: Miami Valley Gaming 9:30 a.m. (page 3)	26 2nd Chance Senior Prom 6 p.m. (front cover)	27	28
29	30	31				

NOTE: Many programs require preregistration. Please contact Lathrem Senior Center at 937-296-2480 for details about specific programs.

April 2020

March / April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Archery Basics 1 p.m. (front cover)	4
5	6	7	8 Keep Your Smile Healthy Noon (page 7) Genealogy 101 6 p.m. (page 5)	9 Tasty Tour & Lunch: Mont Co. Enviro. Learning Ctr. & Palermo's Italian Rest. 9:30 a.m. (page 3)	10	11
12	13 Cross Train Your Brain 1 p.m. (page 5)	14 Bingo Bonanza 6 p.m. (page 3)	15	16 Spring Clean Eating Cooking 6 p.m. (page 5)	17	18 Euchre Tournament 7 p.m. (page 2)
19 CLOSED Easter Sunday	20 Understanding Alzheimer's & Dementia 1 p.m. (page 7)	21 Caring Corner 1 p.m. (page 7)	22	23 Community Golf League Begins! (page 10)	24 4th Friday Social Hour 3:30 p.m. (back cover)	25 Kettering Community Garage Sale 9 a.m. - 2 p.m. (page 4)
26	27	28 Tasty Tour: Golden Lamb 3:30 p.m. (page 3)	29	30 Buying & Selling Online 6:45 p.m. (page 6)		

NOTE: Many programs require preregistration. Please contact Lathrem Senior Center 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

PRSRT STD
U.S. POSTAGE
PAID
DAYTON, OHIO
PERMIT No. 563



Meet new friends and enjoy the company of old friends at this new monthly social event. The program will feature light refreshments, mocktails and fun. Each month will have a slightly different theme. Pre-register early to avoid missing out on this brand-new adventure.

02-20820-A	F	3:30 – 4:30 p.m.	April 24	Spring Fling
02-20820-B	F	3:30 – 4:30 p.m.	May 22	Patriotic Party

Fee: \$3.50/CIL member; \$4/resident; \$7/non-resident
Deadline: April 21 and May 19

Parks, Recreation and Cultural Arts Staff

Director Mary Beth O'Dell

Charles I. 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 Hayley Heck
Program Coordinator Brittany Kilburn

Charles I. Lathrem Senior Advisory Board

Karen Schmitt, Chair; Edna Vanderkarr, Vice-Chair; Secretary; Gail Carone;
Jan Crosby; Lisa Fields; John Schmitt

Charles I. 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

Charles I. 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
Website playkettering.org/cil-senior-center/
Kettering Connection 937-296-3330
Senior Service Coordinator (Vickie Carraher) 937-296-3356

The City of Kettering invites people with disabilities to enjoy our programs, services, parks, and facilities. Please call 937-296-2439 for more information about accessibility or to request a modification. For TTY assistance, contact Ohio Relay Service at 800-750-0750.