



CITY OF KETTERING
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT

LATHREM SENIOR CENTER REOPENING!



We are pleased to announce that the Lathrem Senior Center is now open from Monday through Friday 8 a.m. – 1p.m.

The following activities will be available:

- Billiards
- Cards and Games
- Social Activities
- Drop-in Exercise Classes
- Computer Usage
- Book and Puzzle Check-out
- Enrichment Activities

Cards and Games Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------|----------------------------------------------------|------------------------------------------|-----------------------------------------------|-----------------------------------------------|
| Euchre (B) 1 – 4 p.m. | Duplicate Bridge (B) 9 a.m. – 12:30 p.m. | Bingo (B) 1 – 3 p.m. | Double Deck Pinochle (B) 1 – 4 p.m. | Double Deck Pinochle (B) 1 – 4 p.m. |
| | Social Bridge (B) 1 – 4 p.m. | Hand & Foot (A) 1 – 4 p.m. | Social Bridge (B) 1 – 4 p.m. | Social Bridge (B) 1 – 4 p.m. |
| | 500 (B) 1 – 4 p.m. | | | |

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

Drop-in Exercise Class Schedule

| | | | |
|----------------------------|-----|----------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Simple Cardio Moves | M/W | 9 – 9:50 a.m. | High energy but low-impact aerobic cardio moves that will benefit balance and coordination with warm down exercises and stretching. |
| Chair Exercises | M/W | 10– 10:50 a.m. | Specific balance exercises that can reduce the risk of falling combined with strength/flexibility movements. |
| 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. |

Fee: \$2/CIL member
\$3/resident
\$5/non-resident

CIL Exercise Passes: \$45/year

If you have a current CIL membership, you are eligible to purchase a Senior Drop-in Exercise Pass allowing you to attend these classes at no additional fee.

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



TRASH & TREASURE TRUNK SALE

Saturday, June 19, 5-7 p.m.

The Lathrem Senior Center parking lot will be transformed in to a lively outdoor market for vendors and buyers to buy or sell anything from hand crafted items to garage sale classics. Stroll the shops while enjoying refreshments from our visiting food trucks and listening to the musical stylings of Neil Florek. Don't let summer fly by. Get out and enjoy our beautiful mid-western June weather with us.



Road Rally SCAVENGER HUNT



Saturday, July 17, 1-4 p.m.

Gather your team and experience the fun of our first Road Rally Scavenger Hunt. Meet us at the Lathrem Senior Center parking lot to collect your packet and head out to solve puzzles, take pictures or videos and more to gather points to compete for gift card prizes. Purchase individual tickets and register your car by a team name. All team members must be registered to play. Limit one car per team. Registration deadline is Monday, July 12 at 5 p.m.



If you haven't received your Play Kettering Summer 2021 Activities Guide, visit www.playkettering.org and scroll down to view the digital version of the activity guide. Check out the Adult/Senior section beginning on page 43.



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