

LATHREM LETTER



DECEMBER - JANUARY 2023

Very Merry Grinchmas Party

THURSDAY, DECEMBER 14 FROM 2 - 3:30 P.M.

We have a wonderful, awful idea.

Let's gather together for some Grinchmas cheer.
We'll feast on Who Pudding and play a Who game
Which we promise will not be totally lame.
There'll be holiday songs we'll certainly sing
To make sure you have fun at this Grinchmasy thing.
And maybe, just maybe, at the end of the day
You'll feel Christmas spirit and be able to say
Your friends at Lathrem aren't Grinches, no way!

Registration deadline is December 7.

Fee: Free for CIL members; \$3/resident; \$5/non-resident



01-20823-A

FACILITY HOURS

Monday - Thursday

8 a.m. - 8 p.m.

Friday

8 a.m. – 4 p.m.

Saturday

9 a.m. - Noon

Sunday

12:30 p.m. – 4 p.m.

*Closed Dec. 24 - 26 & Jan. 1

CONTACT INFORMATION

Lathrem Senior Center

937-296-2480 2900 Glengarry Drive, Kettering OH 45420

Senior Transportation Dispatch

937-296-2483

Website

playkettering.org/cil-senior-center

Happy (Almost) Moon Year's Eve Party

FRIDAY, DECEMBER 29 11 A.M. – 12:30 P.M.

We're celebrating the New Year Bavarian style
With accordions and singing and plenty of smiles
We'll oompah and polka and dance willy nilly
Then collapse in our chairs and laugh ourselves silly.
There'll be pretzels and nibbles and a fake champagne toast
We'll sing Auld Lang Syne that they'll hear coast to coast.
So don't miss the fun, there's plenty of space don't you worry
Let's ring in the New Year just a couple of days early!

Registration deadline is December 22.

Fee: \$10/resident; \$12/non-resident

Sponsored by Legacy Health Services.

01-20823-B







GENERAL INFORMATION

Lathrem Senior Center Staff

Recreation Superintendent....Shauna Lewallen Shauna.Lewallen@ketteringoh.org

Recreation Manager......Drew Corbett Drew.Corbett@ketteringoh.org

Senior and Adult

Program Supervisor Jennifer Giessler Jennifer.Giessler@ketteringoh.org

Program Coordinator..... Jena Bosworth Jena.Bosworth@ketteringoh.org

Program Coordinator.....Hayley Heck Hayley.Heck@ketteringoh.org

Program Coordinator Brittany Kilburn Brittany.Kilburn@ketteringoh.org

Lathrem Senior Center Advisory Board

Chair	Karen Schmidt
Vice-Chair	Edna Vanderkarr
Secretary	Gail Carone
Lisa Fields	Member
John Schmidt	Member





Kettering Mayor & Council

Peggy Lehner, Mayor

Peggy.Lehner@ketteringoh.org..... 937-477-7640

Jacque Fisher, Vice Mayor, At Large

Jacque.Fisher@ketteringoh.org..... 937-232-1637

Jyl Hall, At Large

Jyl.Hall@ketteringoh.org 937-604-5341

Lisa Duvall, District 1

Lisa.Duvall@ketteringoh.org......937-838-7425

Bob Scott, District 2

Bob.Scott@ketteringoh.org......937-478-9910

Tony Klepacz, Vice Mayor, District 3

Tony.Klepacz@ketteringoh.org 937-657-3327

Bruce E. Duke, District 4

Bruce.Duke@ketteringoh.org...... 937-299-2259

Matt Greeson, City Manager

Matt.Greeson@ketteringoh.org...... 937. 296.2412

Steven Bergstresser, Assistant City Manager

Steven.Bergstresser@ketteringoh.org... 937. 296.2412

Council Office

KetteringMayorCouncil@ketteringoh.org...937. 296.2416

www.ketteringoh.org @Kettering_OH



Solution City of Kettering, Ohio – Government

Lathrem Senior Center Membership*

Type of Pass	CIL Member	Kettering Resident	Non-Resident
CIL Pass (1 year)		\$36/year	\$54/year
CIL Pass (6-month)		\$21/ 6 months	\$32/ 6 months
Guest Daily Drop-in Fees	FREE!	\$3/program	\$5/program
CIL Exercise Pass	\$45/year	\$67/year	\$84/year
Senior Exercise Drop-in Fees	\$2/class	\$3/class	\$5/class

SPECIAL EVENTS





4_{TH} FRIDAY

SENIOR SOCIALS

Ages 55+

The Art of Cozy

From Hygge to Niksen to Fika and so much more, this program will invite you to examine how you move through the seasons and interact with others. You'll learn ways to slow down, relax and enjoy your days through little rituals and simple changes in your environment. Hot cider and doughnut holes will bring out the feeling of gezellig to keep you cozy as we learn together. Sponsored by Vienna Springs. Registration deadline is January 19.

01-20820-A Friday, Jan. 26 at 3:30 p.m. Fee: \$5/resident; \$7/non-resident

GENERAL PROGRAMS

DECEMBER

Take Charge of Your Diabetes for the Holiday

More information on page 29 of the December – February PlayKettering Activity Guide.

01-20835-A Friday, December 1 at 10 a.m.

Fee: Free for CIL members

\$3/resident; \$5/non-resident

Bootleggers, Bandits and Badges: From Dry Times to Hard Times in Dayton OH

More information on page 29 of the December – February PlayKettering Activity Guide.

01-20835-B Tuesday, December 5 at 10 a.m.

Fee: Free for CIL members:

\$3/resident; \$5/non-resident

Simply EZ Nutrition

More information on page 29 of the December – February PlayKettering Activity Guide.

01-20879-A Thursday, December 7 at 11 a.m.

Fee: Free for CIL members

\$3/resident; \$5/non-resident

Italian Apple Pie: Torta di Mele

More information on page 30 of the December – February PlayKettering Activity Guide.

01-20612-A Monday, December 11 at 6 p.m.

Fee: \$19/resident; \$24/non-resident



Alzheimer's Education Series: Legal and Financial Planning

More information on page 31 of the December – February PlayKettering Activity Guide.

04-20881-D Monday, December 11 at 11 a.m.

Fee: Free for CIL members

\$3/resident; \$5/non-resident

Medication Safety for Mature Adults

More information on page 30 of the December – February PlayKettering Activity Guide.

01-20877-A Tuesday, Dec. 12 at 11 a.m.

Fee: Free for CIL members;

\$3/resident; \$5/non-resident

JANUARY

The Beautiful World of Woodland Cemetery Mausoleums

More information on page 30 of the December – February PlayKettering Activity Guide.

01-20835-C Tuesday, January 9 at 10 a.m.

Fee: Free for CIL members

\$3/resident; \$5/non-resident

Discover the Dayton Synchronettes

More information on page 30 of the December – February PlayKettering Activity Guide.

01-20835-D Friday, January 12 at 9:30 a.m.

Fee: Free for CIL members;

\$3/resident; \$5/non-resident

From Your House to Senior Living the Stress-free Way

More information on page 30 of the December – February PlayKettering Activity Guide.

01-20835-E Thursday, January 18 at 10 a.m.

Fee: Free for CIL members:

\$3/resident; \$5/non-resident

Brookdale Lunch & Learn

Brookdale of Kettering presents monthly Lunch & Learns at the Lathrem Senior Center. The program includes a light, box lunch and information on healthy topics. Pre-registration is required for all programs.

Fee: Free for CIL members;

\$3/resident; \$5/non-resident

More information for the sessions below on page 27 of the December – February PlayKettering Activity Guide.

Holiday Wellness Tips

01-20882-A Wednesday, Dec. 13 at Noon

January Session

01-20882-B Wednesday, Jan. 10 at Noon

Medicare Education

More information on page 30 of the December – February PlayKettering Activity Guide.

01-20876-A Monday, January 22 at 10 a.m. 01-20876-B Monday, January 22 at 5 p.m.

Fee: Free for CIL members

\$3/resident; \$5/non-resident

Get Your Kicks on Route 66

More information on page 31 of the December – February PlayKettering Activity Guide.

01-20835-F Tuesday, January 30 at 10 a.m.

Fee: Free for CIL members

\$3/resident; \$5/non-resident

Organizing on a Budget

More information on page 31 of the December – February PlayKettering Activity Guide.

01-20609-A Wednesday, January 31 at 6:30 p.m.

Fee: \$12/resident; \$17/non-resident

CIL members receive 10% off all programs unless otherwise noted.

Area Agency on Aging Caregiver Series

This series provides valuable information for anyone providing support for aging parents or spouses. Whether you can attend one session or multiple sessions, this wonderful series will help you be the best caregiver you can be. All sessions will meet at the Lathrem Senior Center.

Fee: Free for CIL members:

\$3/resident; \$5/non-resident

More information for the sessions below on page 29 of the December – February PlayKettering Activity Guide.

Care of the Caregiver: Part 1 – Just Breathe

01-20878-A Monday, Jan. 9 at 1 p.m.

Care of the Caregiver: Part 2 - Sounds of Stress Relief

01-20878-B Tuesday, Jan. 16 at 11 a.m.

Part 3 – The Healing Power of Touch

01-20878-C Tuesday, Jan. 23 at 1 p.m.

Part 4 - Putting it All Together

01-20878-D Tuesday, Jan. 30 at 1 p.m.

Technology One-on-One Help with the Dayton Metro Library

Level up your technology skills with a one-on-one session to answer your tech related questions. Want to get eBooks? Don't have an email, but would like to create one? We can help you with that. Come with questions, inquiries and your device (if applicable). Contact the Lathrem Senior Center at 937-296-2480 to schedule your appointment.

Mondays, January 8 & 22, 3 p.m.





FITNESS & SPORTS

Gentle Stretch Yoga

More information on page 32 of the December – February PlayKettering Activity Guide.

01-20899-A	Tuesdays, Nov. 28 – Jan. 30 at 8:30 a.m.
01-20899-B	Tuesdays, Nov. 28 – Jan. 30 at 10 a.m.
01-20899-C	Thursdays, Nov. 30 – Febr. 1 at 9 a.m.
01-20899-D	Tuesdays, Feb. 13 – April 9 at 8:30 a.m.
01-20899-E	Tuesdays, Feb. 13 – April 9 at 10 a.m.
01-20899-F	Thursdays, Feb. 15 – April 11 at 9 a.m.
Fee:	\$56/resident; \$70/non-resident

Archery for Seniors

More information on page 32 of the December – February PlayKettering Activity Guide.

01-20855-A Friday, January 26 at 3 p.m.

Senior 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 mornings 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. For more information about our wonderful league please attend the planning meeting on March 28 or contact Jena Bosworth at 937-296-2480 or jena.bosworth@ketteringoh.org. Deadline to Register is Monday April 8. 01-20860-A Thursdays, April 26 – Sept. 12, 8 a.m. – 1 p.m.

Fee: \$40

Drums Alive - Golden Beats

More information on page 32 of the December – February PlayKettering Activity Guide.

04-20896-A Mondays, January 22 – March 4

from 12:30 -1:30 p.m.

Fee: \$40/resident; \$50/non-resident

Drop-in Exercise Class Schedule

Fee: Free for CIL Exercise passholder; \$3/resident; \$5/non-resident

Senior Circuit Training	M/F 9 – 9:50 a.m.	Incorporates weights, ropes, steps and other equipment to provide a comfortable complete body workout.
Chair Exercises	M/W 10 – 10:50 a.m.	Specific balance exercises that can reduce the risk of falling combined with strength flexibility movements.
Dance Cardio	W 9 – 9:50 a.m.	Choreographed, easy- to-follow dance moves that help with balance, coordination and keep fun in fitness.



Interested in more information on the Fitness Centers and Programs?

See pages 8 – 9 in the December – February PlayKettering Activity Guide!

Senior & Adult Winter Drop-in Sports Schedule Effective January 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Senior Basketball & Short Court Tennis 8:30 – 11 a.m.	Senior Volleyball & Pickleball 8:30 – 11 a.m.	Senior Basketball & Short Court Tennis 8:30 – 11 a.m.	Senior Volleyball & Pickleball 8:30 – 11 a.m.	Senior Basketball & Short Court Tennis 8:30 – 11 a.m.	Senior Volleyball 8:30 – 10:30 a.m.
Adult Basketball & Pickleball 11:30 a.m. – 1:30 p.m.		Adult Basketball & Pickleball 11:30 a.m. – 1:30 p.m.		Adult Basketball & Pickleball 11:30 a.m. – 1:30 p.m.	

Fee: Free for CIL Members; \$3/residents; \$5/non-residents

ONGOING ACTIVITIES

LATHREM SENIOR CENTER ONGOING GROUPS

Creative Writing Group:

Bring your drafts and ideas to this informal, dropin session to receive group feedback on your work. The group is mentored by Professor Joe Law of Wright State University.

Every 3rd Tuesday from 2 – 4 p.m.

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. A CIL membership is required to participate in this group. Every 1st & 3rd Thursday from 2 – 4 p.m.

Kettering Senior Show Choir

A dazzling vocal ensemble for anyone who enjoys singing. This group performs for area organizations throughout the year. A CIL membership is required to participate in this group.

Fridays from 10 – 11 a.m.

Fees: Free/CIL members; \$3/resident; \$5/non-resident

Weekly Bingo

Wednesdays from 1 – 3 p.m.

Wednesday bingo sponsors for December and January are as follows: Maudlin Senior Care Services, Legacy Health Services, Vienna Springs, Cigna, and the Montgomery County Treasurer. We are thankful for these partnerships and appreciate working with each of these sponsors.

Fee: Free for CIL members;

\$3/resident; \$5/non-resident

Location: Lathrem Senior Center Area B

Walnut Creek Senior Living Blood Pressure/Sugar Screening

Mondays, December 11, January 8 and February 12 from 9:30 – 11:30 a.m.

No appointment necessary Lathrem Senior Center Lobby





Lathrem Senior Center Cards and Games SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY Double Deck Pinochle Euchre 500 Bingo **Canadian Bid Euchre** 1 - 4 p.m.1 - 3 p.m.1 - 4 p.m.1 - 4 p.m.1 - 4 p.m.**Board Games Social Bridge Hand & Foot Double Deck Pinochle Double Deck Pinochle** 1st & 3rd Mondays 1 - 4 p.m.1 - 4 p.m.1 - 4 p.m.1 - 4 p.m.1 - 4 p.m.**Crooked Hookers Knit Creative Writing Group** & Crochet Group **Social Bridge** 3rd Tuesday 1st & 3rd Thursday 1 - 4 p.m.2 - 4 p.m.2 - 4 p.m.**Canadian Bid Euchre** Mah Jongg 4 - 7 p.m.4:30 - 8 p.m.

CIL members receive 10% off all programs unless otherwise noted.

2023 Lathrem Community Golf League

Randy Neely
Bob gottes
Darrell Davis

Best Average Score		
Women	Men	
Mea Greenwood (45.1)	Steve Heider (39.5)	

Most Birdies of the Season		
Women	Men	
Margo Quigley (2)	Bob Gottes & Ray Bullock (9)	

Weekly Contest Winners:		
Women		Men
Most Birdies	Margo Quigley	Andy Dock and Pete Miller (1)
Fewest Putts Barb Redenbo (17) Ray Edmonds (14)		Ray Edmonds (14)
Closest to the Pin	Pin Carol Weinert Chuck Gelm	
Closest to the Pin	Nancy Thompson	Ray Edmonds
Longest Drive Margo Quigley Claude Owens		Claude Owens
Most Pars	Margo Quigley, Barb Redenbo & Carol Weinert	Steve Heider (7)

Thanks to Ellis Rogers for helping out with delivering the score cards every week.





SUPPORT SERVICES

TAX APPOINTMENTS

AARP Income Tax Preparation Assistance Appointment Scheduling Begins Tuesday, January 9, 2024!

The AARP Foundation Tax-Aide program offers free tax preparation help to anyone and if you're 50 and older, and can't afford a tax preparation service, this program is made especially for you. The preparers are IRScertified volunteers who understand that retirement or other life changes may mean your taxes are a little more complicated now.

Appointment Scheduling Begins: Tuesday, January 9 at 8 a.m. Call 296-2480 or 296-2587.

Appointments Information:

- Appointments will be available Monday Thursday, February 5 April 11, 2024
- All appointments are held at the Lathrem Senior Center, 2900 Glengarry Drive.
- Appointments are limited to one hour per client.
- Clients will receive a reminder phone call up to 1 week in advance of their scheduled appointment.

Types of Returns Accepted:

- No complicated returns will be completed.
- Volunteers will prepare basic forms including the following:

Senior Transportation

- 1040EZ, 1040A with Schedules 1, 2, 3 and EIC
- 1040 with Schedules A, B, C-EZ, D, EIC, R and SE
- 1040-V
- 1040-ES
- Please bring the following to your appointment:
 - relevant paperwork for your 2023 taxes
 - a copy of your 2022 return
- Returns involving partnerships, income from rental property, or businesses will not be completed.



Senior Transportation Program

The Lathrem Center offers transportation services for Kettering residents age 60 and older. For a small membership fee and inexpensive ride costs, our sedan and wheelchair-accessible vans can take you to medical appointments, grocery shopping, CIL and Kettering Recreation Complex programs, hair salons, banks, pharmacies and more.

	ram Membership Fee		\$12/annually	
Transportation Punch Cards		Cards are available in \$12, \$24 & \$48 values *Total of number of rides per card will be determined by the cost of rides taken.		
Individual Ride Fees Effective January 1, 2024				
KRC/CIL/KFWC	Shopping & Personal Appointments in Kettering		Personal Appointments Outside Kettering	
\$2 one way \$4 round trip	\$3 one way \$6 round trip		\$5 one way \$10 round trip	

HIGHLIGHTED PROGRAMS



Volunteer Adventure Experience: Gift Wrapping at Town & Country

If you are someone who enjoys making holidays special for others, wander over to Town & Country Shopping Center and volunteer at the annual Kettering Noon Optimist (KNO) gift wrapping event. Volunteers wrap holiday gifts in exchange for a donation to support youth scholarships throughout the following year. Wrap up the wrapping shift by wandering over to First Watch in Town & Country for lunch with the group. The only cost is for your lunch, but registration is required. Registration deadline is December 12.

01-20818-A Tue., Dec. 19, 11 a.m. – 1:30 p.m.

Fee: Cost of lunch at First Watch

Location: Town & Country Shopping Center and

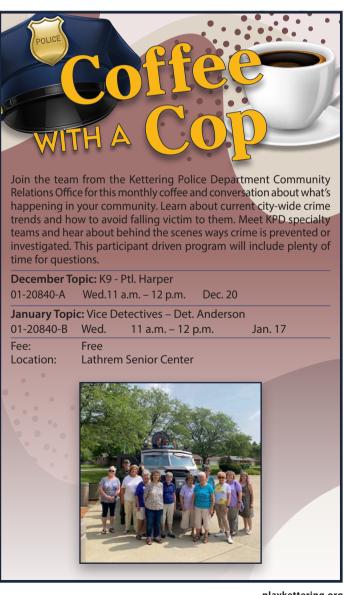
First Watch

Dining Experience: Lunch at Coco's Bistro

Blue Monday is a term commonly used to refer to the most depressing day of the year - the 3rd Monday in January. Whether it's failed New Year's resolutions, after holiday blues, trying to get right with your diet, Christmas bills rolling in or the gray and gloomy dark days Ohio winter weather brings, this day tends to hit hard. WE BEG TO DIFFER! Gather your people and meet at Coco's Bistro for a wonderful and inspiring lunch sure to lift your spirits. The only cost is for your lunch, but registration is required. Registration deadline is January 9.

01-20818-B Mon., Jan. 15, 11:30 a.m. – 1 p.m. Fee: Cost of lunch payable to restaurant Location: Coco's Bistro, 250 Warren Street







Parks, Recreation and Cultural Arts Department 3600 Shroyer Road • Kettering, Ohio • 45429-2799 937.296.2400 • Fax 937.296.3242 playkettering.org

ARTIST BIOS

Raven Harris has had a passion for art since she was four years old attending art classes at Rosewood Arts Center. As a middleschool student, Raven was part of an exhibit at Fairmont HS and won an award in her age group at the Middletown Art Center. Raven aspires to become a tattoo artist someday.

Brock R. Harris began his artistic journey in the field of photo manipulation and digital art. Recently, he joined his photographer wife getting shots of different aspects of their community. Brock was the 2018 winner of the BW Greenway People's choice award for his photo "Reclaimed by Nature" taken at the Oakes Quarry.

Connie S. Gifford had a childhood passion for artthat launched her into a 30-year profession in graphic arts and a degree in visual communication. As an adult she discovered the magic of watercolor. Connie spends time studying art in a variety of settings both virtual and in-person and is in numerous art societies.

Brandi Gifford Harris lives in Kettering with husband and their two daughters. She is working on a book of the adventures for each photo, mostly candid shots of her childrenand her dogs, focusing on humor, life and love. Brandi wants everyone to see life through the eyes of a child with her photographs and to notice the small things again.

James M. Gifford has enjoyed photography starting as a Boy Scout developing black and white prints. He expanded his skills while a Dayton Police officer. Jim also worked for the Fairborn Daily Herald. His great love in photography is catching the unusual shot: a macro close-up of a bee on a flower or bikes at a university in England; and the majesty of nature.







