

# 2023

September, October,  
November, December

## FALL ACTIVITY GUIDE



### What's Inside:

- Special Events • Youth & Teen Programs • Sports • Leisure Classes • Senior Center Activities • Community Information

[www.ci.lathrop.ca.us/parksrec](http://www.ci.lathrop.ca.us/parksrec)  

## City of Lathrop City Hall Business Hours

390 Towne Centre Drive  
 Monday – Thursday | 8:00 a.m. – 6:00 p.m., Friday | 8:00 a.m. – 5:00 p.m. |  
 Closed Saturday & Sunday

## Lathrop Facility Closures

All City of Lathrop facilities will be closed on the following dates:

- **September 4** Labor Day
- **November 10** Veterans Day
- **November 23** Thanksgiving
- **November 24** Day After Thanksgiving
- **December 22** Christmas Eve
- **December 25** Christmas Day
- **December 29** New Year's Eve
- **January 1, 2024** New Year's Day

## City of Lathrop Facilities

- Lathrop Police Department | 940 River Islands Parkway  
 Monday – Friday | 9:30 a.m. – 5:30 p.m. | (209) 647-6400
- Lathrop Community Center | 15557 5th St.  
 Monday – Thursday | 9:00 a.m. – 6:00 p.m. | Friday 8:00 a.m. – 5:00 p.m.  
 (209) 941-7370
- Lathrop Generations Center | 450 Spartan Way  
 Monday – Thursday | 9:00 a.m. – 6:00 p.m. | Friday 8:00 a.m. – 5:00 p.m.  
 (209) 941-7372
- Lathrop Senior Center | 15707 5th St.  
 Monday – Friday | 9:00 a.m. – 4:00 p.m.  
 (209) 941-7380

## How to register for sports, classes, events and more

- Please visit <https://www.ci.lathrop.ca.us/parksrec>
- Call (209) 941-7370 for more information

## Rental Facilities

We currently offer reservations at the following locations:

- **Apolinar Sangalang Park**  
 Picnic Shelter 3 tables  
 with seating for 30 / BBQ Grill  
 Baseball Diamond  
 Basketball Court  
 Exercise Equipment  
 Water Feature  
 Soccer Field  
 Play Structure  
 Restrooms
- **Generations Center/  
 Leland and Jane Stanford Park**  
 Picnic Shelter 9 tables  
 with seating for 72 / BBQ Grill  
 Basketball Court  
 Corn Hole  
 Play Structure  
 Pickle Ball Courts  
 Restrooms  
 Skate Park
- **Manuel Valverde Park**  
 Two Picnic Shelters Valverde #1 and  
 Valverde #2 (Playground) 9 tables  
 each with seating for 72 / BBQ Grill  
 Senior Center Picnic Shelter 8 tables  
 with seating for 60 / BBQ Grill  
 Two Baseball Diamonds  
 Basketball Court  
 Bocce Court  
 Exercise Equipment  
 Horseshoe Pit  
 Play Structure  
 Restrooms  
 Soccer Field  
 Water Feature
- **Mossdale Landing Community Park**  
 Picnic Shelter 5 tables  
 with seating for 50 / BBQ Grill  
 Baseball Diamond  
 Basketball Court  
 Cricket Pitch  
 Exercise Equipment  
 Play Structure  
 Restrooms  
 Water Feature



## City Department Directory

Building .....	(209) 941-7270
City Attorney .....	(209) 941-7235
City Clerk .....	(209) 941-7230
City Manager .....	(209) 941-7220
Community Development .....	(209) 941-7260
Community Resources .....	(209) 941-6430
Emergency Dispatch .....	(209) 249-2000
Finance .....	(209) 941-7320
Human Resources .....	(209) 941-7350
Lathrop Police Department .....	(209) 647-6400
Parks, Recreation and Maintenance Services .....	(209) 941-7370
Public Works .....	(209) 941-7430
Senior Center .....	(209) 941-7380
The Grind @ LGC (Teen Center) .....	(209) 941-7372

## After Hours Emergency Only

Public Works .....	(209) 992-0028
Picnics and Parks .....	(209) 941-PARK

## Indoor Rental Facilities

- Scott Brooks Gym with a capacity up to 300
- Senior Center with a capacity up to 80
- Multi-Purpose Room with a capacity up to 25

Please call The City of Lathrop Community Center for more information at (209) 941-7370.

- Please visit <https://www.ci.lathrop.ca.us/parksrec/page/park-shelter-reservations> to make a picnic shelter reservation.

## Lathrop Water Features

The City of Lathrop Water Features, located at Valverde Park, Mossdale Landing Community Park, and Sangalang Park run from April 15 to October 15. The hours of operation are 11:00 a.m. – 8:00 p.m. Hours may be adjusted during drought conditions or to ensure the health and safety of our users.

**\*All programs/events will adhere to CDC and San Joaquin County Health Guidelines.**



River Park North



Somerton Park



Rotary Park



The Basin Park at Woodfield



The City of Lathrop Activity Fee Assistance Fund is designed to assist qualifying Lathrop residents of all ages with registration fees for Parks, Recreation, and Maintenance Services Department programs. For more information or to see if you qualify, visit [ci.lathrop.ca.us/parksrec](http://ci.lathrop.ca.us/parksrec) or call (209) 941-7370.

*The City of Lathrop reserves the right to photograph facilities, activities, and program participants for potential future use in advertising brochures, social media, the City of Lathrop website and all other promotional purposes only.*



## Meet the TEAM!

We'd like to introduce you to the City of Lathrop's Parks, Recreation and Maintenance Services team. Our parks crew Creates Attractive Recreational Environments with more than 120 acres of park space and over 25 park locations throughout the City of Lathrop. From walking paths and play structures to exercise equipment, courts and sports fields, our parks have something for everyone. Our Recreation professionals Create Active Recreation Experiences for individuals young and young at heart while promoting active and healthy lifestyles through an array of programs and activities. We bring community together through a plethora of Special Events throughout the year. Our Maintenance crew Creates Assurance by Responding Efficiently and maintaining city-wide fleet and facilities keeping them well maintained and clean. Your Parks, Recreation and Maintenance Services Team truly C.A.R.E about making Lathrop a better place to Live, Work and Play!

See you in the Parks!

**The Parks, Recreation and Maintenance Services Team!**

# Youth and Teen Programs

## PARENT & ME

**NEW Parent & Me Outdoor Explorers:** ages 18 months – 4 years  
Observe, create, and experiment as you explore the great outdoors! Recreation staff will guide participants through outdoor adventures through unique sensory, play, art and games. Participants will connect with nature, practice sharing, learn problem-solving skills and communicate with others. Parent/Guardian participation is required.

Valverde Park | September 27 – October 25 | Wednesdays | 10:30 a.m. – 11:15 a.m. | \$60

**NEW Parent & Me If You Give a Kid a Kitchen:** ages 2 – 4 years  
Recreation staff will lead participants through everyone's favorite Laura Numeroff stories! Parent/Guardian and child will bake the story's sweet treat, create a themed craft, and listen to the book read aloud by recreation staff. Each week will focus on a different book in the series. Parent/Guardian participation is required.

Community Center | November 1 – November 22 | Wednesdays | 10:30 a.m. – 12:00 p.m. | \$80

**Parent & Me Mini Picassos:** ages 2 – 4 years  
Recreation staff will lead adult and child through art play and creative exploration. Create keepsakes while learning about colors, new art materials, textures, and improving fine motor skills. Each session contains new curriculum. Parent/Guardian participation is required.

Community Center | September 28 – October 26 | Thursdays | 10:30 a.m. – 11:15 a.m. | \$55  
Community Center | November 2 – November 30 | Thursdays | 10:30 a.m. – 11:15 a.m. | \$55

**Parent & Me Music and Movement:** ages 18 months – 3 years  
Get ready to sing, march, dance, and play in a sensory-rich environment. Enhance bonding and boost early brain development by participating in circle time sing-a-longs, instrument exploration, dancing, games, and parachute play. Parent/Guardian participation is required.

Community Center | September 26 – October 24 | Tuesdays | 10:30 a.m. – 11:15 a.m. | \$50  
Community Center | October 31 – November 21 | Tuesdays | 10:30 a.m. – 11:15 a.m. | \$50

**Parent & Me Boo Bash:** ages 2 – 6 years  
Get in the spooky holiday spirit by participating in Halloween themed activities with your little one. Parent/Guardian participation is required.

Generations Center | October 25 | Wednesday | 1:00 p.m. – 1:45 p.m. | \$25

**Parent & Me Grinch Day:** ages 2 – 6 years  
Come on down to Whoville! Parent/Guardian and child will participate in holiday themed activities. Parent/Guardian participation is required.

Generations Center | December 13 | Wednesday | 1:00 p.m. – 1:45 p.m. | \$25

## Camps

**Fall Break Camp:** ages 5 – 12 years  
Join the fun this fall break for a week of autumn themed active games, crafts, an on-site field trip and more!

Community Center | October 9-13 | Monday – Friday | 7:00 a.m. – 6:00 p.m. | \$180

**Creative Digital Stickermania Spook Camp:** ages 6 – 15 years  
Spark your creativity in this dynamic sticker camp! Participants will learn about the history of stickers, and learn the creation process. Digitally create festive, kid-friendly Halloween stickers. The instructor will walk participants through the design process. One-day registration available for \$35 per day.

Generations Center | October 10 – October 12 | Tuesday – Thursday | 10:00 a.m. – 12:00 p.m. | \$85

**Winter Break Camp:** ages 5 – 12 years  
Fill your child's winter break with fun and adventure. Campers will take part in winter themed active games, crafts and more!

Community Center | December 18 – 21 | Monday – Thursday | 7:00 a.m. – 6:00 p.m. | \$144

**Future Leaders Camp:** 7th – 10th grade  
Be an intricate part of youth's time at break camps while improving your leadership skills. Future Leaders will assist Camp Recreation Leaders in all aspects of the camp program: activity planning, set-up and clean-up of activities, implementing activities and programs, supporting campers throughout the day, and running the Camp Rewards Store. Teens will also take part in team building skills, leadership initiatives, and an on-site field trip.

Community Center | October 9 – 13 | Monday – Friday | 7:00 a.m. – 6:00 p.m. | \$100  
Community Center | December 18 – 21 | Monday – Thursday | 7:00 a.m. – 6:00 p.m. | \$80

## YOUTH ENRICHMENT

**Culinary Kids:** ages 5 – 12 years  
Future chefs will learn how to create their favorite dishes from start to finish! New Culinary participants receive a chef hat, apron, and recipe book. Add to your recipe book by participating in multiple sessions. The 5-8 years old class takes place on Thursdays. The 9-12 years old class takes place on Tuesdays.

Senior Center | September 12 – October 3 | Tuesdays | 4:30 p.m. – 6:00 p.m. | \$85  
Senior Center | September 14 – October 5 | Thursdays | 4:30 p.m. – 6:00 p.m. | \$85

**Culinary Kids Around The World:** ages 5 – 12 years  
Future chefs will learn about different cultures while creating delicious dishes from start to finish. New Culinary participants receive a chef hat, apron, and recipe book. Add to your recipe book by participating in multiple sessions. The 5-8 years old class takes place on Thursdays. The 9-12 years old class takes place on Tuesdays.

Senior Center | October 17 – November 14 | Tuesdays | 4:30 p.m. – 6:00 p.m. | \$85  
Senior Center | October 19 – November 9 | Thursdays | 4:30 p.m. – 6:00 p.m. | \$85

**Culinary Kids Pie Workshop:** ages 5 – 12 years  
Join Recreation staff in this seasonal pie-making workshop. Participants will create their own pie to take home just in time to be freshly baked for the holidays.

Community Center | November 20 | Monday | 3:45 p.m. – 5:45 p.m. | \$35

**Culinary Kids Christmas Cookie Workshop:** ages 5 – 12 years  
Join Recreation staff in this cookie-baking workshop. Participants will bake, decorate, and customize a variety of Christmas themed cookies. Participants will receive a Christmas container to take their creations home in.

Senior Center | December 14 | Thursday | 4:30 p.m. – 7:00 p.m. | \$35

**Outdoor Adventure:** ages 5 – 12 years  
Explore nature through creative crafts, science experiments, outdoor activities, and games.

Community Center | September 20 – October 25 | Wednesdays | 4:00 p.m. – 5:30 p.m. | \$65

**Art Exploration:** ages 5 – 12 years  
Explore your inner artist! Each week participants will explore the arts using a variety of mediums.

Community Center | November 1 – November 29 | Wednesdays | 4:00 p.m. – 5:30 p.m. | \$65

**Kids' Night Out Bowser Bash:** ages 5 – 12 years  
Get ready for a night of fun racing through Rainbow Road, collecting stars and defeating Bowser. Participants will enjoy a pizza dinner, sweet treat and will watch the new Super Mario Bros. on the big screen.

Generations Center | September 15 | Friday | 6:00 p.m. – 9:00 p.m. | \$30

**Kids' Night Out Monster Mash:** ages 5 – 12 years  
Join us for a spooktacular night to remember! Children will participate in Halloween themed games and activities. You won't want to miss our annual costume contest for a chance to win our grand prize! Kids will make new friends and enjoy the movie ParaNorman projected on the big screen. Dinner and a sweet treat will be provided.

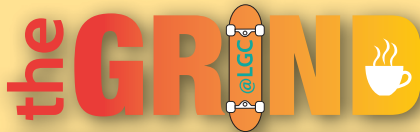
Generations Center | October 27 | Friday | 5:30 p.m. – 8:30 p.m. | \$30

**Kids' Night Out Christmas Party:** ages 5 – 12 years  
Put on your pajamas and get ready to sip on some hot cocoa while participating in holiday games and activities. Dinner and sweet treats will be provided while the movie Nightmare Before Christmas is shown on the big screen.

Generations Center | December 15 | Friday | 5:30 p.m. – 8:30 p.m. | \$30



## Teen Programs



Lathrop Parks, Recreation & Maintenance Services  
TEEN LOUNGE AND SKATE PARK

### The Grind @ LGC: grades 7th – 12th Free Membership

The Grind @ LGC hosts gaming systems, music, billiards, foosball, a ping-pong table, air hockey, tournaments and weekly activities hosted by staff. Members can enjoy the lounge features of the center, which include charging stations, table spaces, comfortable seating, free Wi-Fi, a snack bar and more! The Grind @ LGC is a great place to connect with friends, work on homework, or grab a snack.

While memberships are free, a completed application with a parent signature is required.

Open:  
Monday – Thursday: 3:30 p.m. – 6:00 p.m.  
Fridays & Saturdays: 3:30 p.m. – 5:00 p.m.

\*Schedule follows M.U.S.D High School Calendar.  
Will open early on district minimum days.



### Friday Fun Nights @ the Grind: 7th – 12th grade All events take place at the Grind @ LGC unless otherwise stated.

Welcome Back Party | August 18 | 3:30 p.m. – 6:00 p.m. | FREE  
Teen Bowling Night | Bowlero in Manteca | September 22 | 6:00 p.m. – 8:30 p.m. | \$20  
Teen Halloween Party | October 20 | 6:00 p.m. – 9:00 p.m. | \$10  
Teen Chopped Challenge | Lathrop Senior Center | November 17 | 6:00 p.m. – 8:00 p.m. | \$15

### Saturdays @ the Grind: 3rd – 6th grade Join us each month for staff led activities, tabletop games, snack and fun!

**Halloween Bleach Shirt Design: 3rd – 6th grade**  
Design and create your own spooky bleached t-shirt. Shirt and materials will be provided. Play tabletop games and meet new friends.

Generations Center | October 28 | Saturday | 12:00 p.m. – 3:00 p.m. | \$30

**Christmas Ornament Workshop: 3rd – 6th grade**  
Design and create your own personalized set of four ornaments. All materials will be provided. Play tabletop games and meet new friends.

Generations Center | December 16 | Saturday | 12:00 p.m. – 3:00 p.m. | \$30



## Sports and Leisure

### PARENT & ME

#### Mini Movers Multi-Sport: ages 3 – 5 years

Mini Movers is a 5-week introductory program for children 3-5 years of age. Mini Movers teaches children the basic motor skills necessary to play organized sports while they work one-on-one and spend quality time with their parents. This program focuses on developing fine motor skills through teaching basic skills necessary for sports, such as: dribbling/ball-handling, passing/catching, shooting, kicking, hitting and running/agility. Each session will focus on a different sport. Parent/Guardian Participation is required. Each child will receive their own ball and Mini Movers shirt.

Valverde Park | Season Starts October 7, 2023 | Saturdays | 9:00 a.m. – 9:50 a.m. | \$80 per child  
Valverde Park | Season Starts October 7, 2023 | Saturdays | 10:00 a.m. – 10:50 a.m. | \$80 per child

#### Mini Movers Basketball: ages 3 – 5 years

Mini Movers Basketball is a 5-week introductory program designed to teach children the basic motor skills necessary to play organized Basketball, while they work one-on-one and spend quality time with their parents/guardians. This program focuses on developing fine motor skills through teaching the basics of basketball, such as passing, dribbling and shooting.

Scott Brooks Gymnasium | Season Starts January 6, 2023 | Saturdays | 9:00 a.m. – 9:50 a.m. | \$80 per child  
Scott Brooks Gymnasium | Season Starts January 6, 2023 | Saturdays | 10:00 a.m. – 10:50 a.m. | \$80 per child

### YOUTH SPORTS

#### Jr. NBA | Basketball League: ages 5 – 13 years

Our Jr. NBA program aims to develop a lifelong passion for the game of basketball by teaching participants the fundamentals of the game while instilling core values, such as: teamwork, respect and sportsmanship. All participants will receive an official NBA revisable jersey. Each team will participate in an officiated eight game season. Registration begins October 1 and runs through December 18 or until league fills.

Divisions:

- Ages 5 – 6 years
- Ages 7 – 8 years
- Ages 9 – 10 years
- Ages 11 – 13 years

PRACTICE: Weekdays After 5:00p.m. GAMES: Lathrop High School | Season runs January 22, 2023 – April 6, 2023 | Saturdays | Between 9:00a.m. – 5:00p.m. | \$135 per player

#### Youth Basketball Drop-In: ages 5 – 13 years

Adult supervision required.

Scott Brooks Gymnasium | September 6 – November 30 | Thursdays | 3:00 p.m. – 4:30 p.m. | \$5 for one or \$40 for 10

#### Youth Basketball Drop-In: ages 14 – 17 years

Adult supervision required.

Scott Brooks Gymnasium | September 6 – November 30 | Wednesdays | 3:45 p.m. – 5:15 p.m. | \$5 for one or \$40 for 10

### ADULT SPORTS

#### Adult Basketball Fall League: ages 18 and up

Grab your friends, family and co-workers and get a team together to play in our fun, competitive and officiated league. Games are played on Sunday's at the Lathrop High School Gym. Register by September 25, 2023 and season starts October 1, 2023

Lathrop High School | Season Starts October 1, 2023 | Sundays | \$450 per team

#### Adult Basketball Winter League: ages 18 and up

Grab your friends, family and co-workers and get a team together to play in our fun, competitive and officiated league. Games are played on Sunday's at the Lathrop High School Gym. Register by December 18, 2023 and season starts January 7, 2024

Lathrop High School | Season Starts January 7, 2024 | Sundays | \$450 per team

#### Adult Volleyball Drop-In: ages 18 and up

Here's your chance to play non-competitive volleyball in a fun and social environment, once a week! All skill levels are invited to play! Teams will be formed on a first come basis. No officials provided.

Scott Brooks Gymnasium | Wednesdays | 7:00 p.m. – 9 p.m. | \$5 for one or \$40 for 10

### YOUTH LEISURE

#### NEW Parent & Me Yoga: ages 2 – 5 years

We will be silly and serious! Children will learn techniques to help them calm and center. Adults will re-learn how to play.

Scott Brooks Gym | Mondays | 10:30 a.m. – 11:00 a.m. | \$50 month

#### NEW Footwork and Grace: ages 5 years and up

This course is the beginners guide to Kuchipudi. Learn the history of Kuchipudi dance, basic steps, hand posture and body movements. Improve your focus, self-confidence and de-stress in a new and fun way! Drop in for \$20 per class.

Community Center | Fridays | 4:00 p.m. – 4:45 p.m. | \$60 per month

#### Hawaiian Dance Class: ages 8 and up

Get a taste of the Polynesian culture through dance and song while sharing Aloha. You will work up a sweat while you laugh, learn, and engage with the community.

Senior Center | Tuesdays | 6:30 p.m. – 7:30 p.m. | \$55 a month



## Youth Karate: ages 4 – 7 years

Improve coordination and concentration learning the art of Karate. We emphasize character development and discipline in a safe and fun environment.

Scott Brooks Gymnasium | Tuesdays & Thursdays | 5:00 p.m. – 6:00 p.m. | \$80 month

## Youth Karate: ages 8 – 14 years

Strengthen your body and mind, and improve your concentration and coordination learning the art of Karate.

Scott Brooks Gymnasium | Tuesdays & Thursdays | 6:00 p.m. – 7:00 p.m. | \$80 month

## Future Stars Tiny Tots Tennis: ages 4 – 7 years

This is a great introduction to the sport of tennis. Learn the basics in a fun environment.

Park West | September 6 – September 27 | Wednesdays | 6:00 p.m. – 7:00 p.m. | \$40 month

Park West | September 1 – September 29 | Fridays | 6:00 p.m. – 7:00 p.m. | \$50 month

Park West | October 4 – October 25 | Wednesdays | 5:00 p.m. – 6:00 p.m. | \$40 month

Park West | October 6 – October 27 | Fridays | 5:00 p.m. – 6:00 p.m. | \$40 month

Park West | November 1 – November 29 | Wednesdays | 3:00 p.m. – 4:00 p.m. | \$50 month

Park West | November 3 – November 17 | Fridays | 3:00 p.m. – 4:00 p.m. | \$20 month

## Future Stars Junior Tennis: ages 8 – 16 years

Have a ball learning basic tennis skills and techniques while improving coordination.

Park West | September 6 – September 27 | Wednesdays | 7:00 p.m. – 8:00 p.m. | \$40 month

Park West | September 1 – September 29 | Fridays | 7:00 p.m. – 8:00 p.m. | \$50 month

Park West | October 4 – October 25 | Wednesdays | 6:00 p.m. – 7:00 p.m. | \$40 month

Park West | October 6 – October 27 | Fridays | 6:00 p.m. – 7:00 p.m. | \$40 month

Park West | November 1 – November 29 | Wednesdays | 4:00 p.m. – 5:00 p.m. | \$50 month

Park West | November 3 – November 17 | Fridays | 4:00 p.m. – 5:00 p.m. | \$20 month

## Beginner Gymnastics Floor Exercise: ages 6 – 12 years

Fun gymnastics floor exercises for cheer, dance and martial arts. Learn the basics to accomplish skills like forward rolls, cartwheels and more.

Senior Center | Mondays or Wednesdays | 4:30 p.m. – 5:30 p.m. | \$100

Senior Center | Wednesdays | 6:45 p.m. – 7:45 p.m. | \$100

## Intermediate Gymnastics Floor Exercise: ages 6 – 12 years

Continue building confidence and competence in floor exercise. Must be able to perform a cartwheel, execute bridge for 20 seconds, and have experience with Floor Exercise. Continue to advance by learning skills like back handsprings and front walkovers.

Senior Center | Mondays or Wednesdays | 5:30 p.m. – 6:30 p.m. | \$100

## Cheer & Tumbling: ages 8 – 17 years

Beginning and intermediate skill building.

Senior Center | Mondays | 6:45 p.m. – 7:45 p.m. | \$100

## KSB Skateboarding Classes: ages 5 – 17 years

KSB SKATE DOJO will be teaching skateboarding basics and fundamentals. Skateboarding is a great art form; one can gain confidence and be creative in a free flowing art format.

Skate Park | September 5 – September 26 | Tuesdays | 4:00 p.m. – 5:30 p.m. | \$75

Skate Park | October 3 – October 24 | Tuesdays | 4:00 p.m. – 5:30 p.m. | \$75

## Sew Much Fun: ages 9 – 17 years

Are you interested in design and sewing? Learn to use a sewing machine and make a project that you design. Sewing projects will vary- whether sewing apparel, accessories or home décor. Each project will be calibrated to the participant's skill level. Fabric for samples will be provided. Bring your own sewing machine with accessories, manual, and supplies. Participants must bring their own fabrics, trimmings, notions and all other sewing supplies on the second day of class.

Generations Center | September 16 – October 14 | Saturdays | 9:30 a.m. – 12:30 p.m. | \$255

## NEW Parent & Me Stickermania Design: ages 4 and up

Digitally create stickers as you learn the history and the creation process.

Generations Center | Autumn Leaves | September 5 | Tuesday | 10:00 a.m. – 12:00 p.m. | \$35

Generations Center | Pumpkins | September 18 | Monday | 10:00 a.m. – 12:00 p.m. | \$35

Generations Center | Diwali Dhamaka | November 4 | Saturday | 10:00 a.m. – 12:00 p.m. | \$35

Generations Center | Christmas Galore | December 7 | Thursday | 10:00 a.m. – 12:00 p.m. | \$35

## Creative Digital Stickermania Design: ages 8 – 15 years

Digitally create stickers as you learn the history and the creation process.

Generations Center | Turkeys | November 18 | Saturday | 10:00 a.m. – 12:00 p.m. | \$35

Generations Center | Candy & Gifts | December 4 | Monday | 6:00 p.m. – 8:00 p.m. | \$35

## NEW Parent & Me Handcrafted Design: ages 4 and up

Parent/Guardian & child will unleash their creativity and design their own packaging for cherished gifts.

Generations Center | Wrapping Paper | December 5 | Tuesday | 10:00 a.m. – 12:00 p.m. | \$35

# ADULT LEISURE

## CHECK OUT MULTI- GENERATIONAL LEISURE CLASSES ON PREVIOUS PAGE: PARENT & ME CLASSES, FOOTWORK AND GRACE AND HAWAIIAN DANCING!

### NEW Pickleball 101: ages 18 and up

This course will provide an introduction to the game of pickleball, including the rules of the game and basic techniques. Techniques will include basic stroke, paddle grip, serve, return of serve, basic dinking and volley strokes.

Generations Center | September 23- October 7 | Saturdays | 8:30 a.m. – 10:00 a.m. | \$95

Generations Center | October 28- November 18 | Saturdays | 8:30 a.m. – 10:00 a.m. | \$95

### NEW Pickleball 102: ages 18 and up

Participants will improve their skills such as dinking with a purpose, smashing the ball at the net, lobs, basic strategies.

Generations Center | September 23 | Saturday | 10:30 a.m. – 12:00 p.m. | \$45

Generations Center | September 30 | Saturday | 10:30 a.m. – 12:00 p.m. | \$45

Generations Center | October 7 | Saturday | 10:30 a.m. – 12:00 p.m. | \$45

Generations Center | October 28 | Saturday | 10:30 a.m. – 12:00 p.m. | \$45

Generations Center | November 4 | Saturday | 10:30 a.m. – 12:00 p.m. | \$45

Generations Center | November 18 | Saturday | 10:30 a.m. – 12:00 p.m. | \$45

## NEW Creative Digital Stickermania Design: ages 17 and up

Ignite your creativity in a dynamic sticker workshop! Engage in themed sticker creation using both traditional craft styles and digital design. Discover the intriguing history of stickers and master the art of making them yourself!

Generations Center | Pumpkins | September 16 | Saturday | 10:00 a.m. – 12:00 p.m. | \$35

Generations Center | Goblins & Ghosts | October 6 | Friday | 6:00 p.m. – 8:00 p.m. | \$35

Generations Center | Witches | October 13 | Friday | 6:00 p.m. – 8:00 p.m. | \$35

Generations Center | Diwali Dhamaka | November 3 | Friday | 6:00 p.m. – 8:00 p.m. | \$35

Generations Center | Cornucopia | November 17 | Friday | 6:00 p.m. – 8:00 p.m. | \$35

Generations Center | Christmas Galore | December 6 | Wednesday | 6:00 p.m. – 8:00 p.m. | \$35

## NEW Handcrafted Design: ages 17 and up

Step into a world where gifts are tangible expressions of love and care. Unleash your creativity and design your own packaging materials for cherished gifts you will be sharing with loved ones. Discover the joy of adding that special touch that makes every present truly unforgettable.

Generations Center | Diwali Sweet Box | November 4 | Saturday | 2:00 p.m. – 4:00 p.m. | \$50

Generations Center | Wrapping Paper | December 16 | Saturday | 10:00 a.m. – 12:00 p.m. | \$35

## NEW Card Craft- Pixels and Papercuts: ages 17 and up

Craft personalized invitations, greeting cards, or family photos that will leave a lasting impression. Combined handcrafted styles and digital design methods.

Generations Center | Autumn/Halloween invites | September 29 | Friday | 5:00 p.m. – 7:00 p.m. | \$35

Generations Center | Diwali Greetings | October 28 | Saturday | 10:00 a.m. – 12:00 p.m. | \$35

## Sewing Machine Basics: ages 18 and up

If you are new to using a sewing machine or need a refresher, then it is time to join this class! You will learn to use your sewing machine from winding a bobbin, to changing the feet and needle, all the necessary sewing terminology, and equipment. While learning to sew and making samples, you will be introduced to the proper sewing techniques.

Community Center | September 9 | Saturday | 9:00 a.m. – 1:00 p.m. | \$70

## Demystifying Sewing Patterns: ages 18 and up

This class teaches you how to purchase a sewing pattern by taking correct body measurements. This class will also cover reading a pattern envelope, fabric selection, notions, and trimmings, understanding the guide sheet, working with pattern pieces, identifying symbols and markings, basic pattern adjustments and marker layouts before cutting the fabric correctly. We will be taking a trip to the fabric store to see where the fabrics, notions and patterns are located, and how to purchase them.

Generations Center | October 21 | Saturday | 9:00 a.m. – 2:00 p.m. | \$90

## Beginning Sewing: ages 18 and up

Sew an elastic waist on lounge pants with pockets from a commercial pattern. Learn to make pattern adjustments based on your measurements before cutting the fabric. This class will also cover the essential techniques to finish your project that can be used on many other projects. Bring sewing machine with accessories and manual, fabric, pattern, notions, and all sewing supplies on first day of class. Prerequisite: Must know how to use a sewing machine or must have taken "Sewing machine for beginners" workshop.

Generations Center | October 28 – November 18 | Saturdays | 9:00 a.m. – 1:00 p.m. | \$185

## Butts & Guts: ages 18 and up

This 45 minute workout is filled with multiple variations of squats, lunges, planks, crunches, leg lifts and other Pilates-style strengthening moves intended to tone your glutes and abs.

Scott Brooks Gymnasium | Tuesdays & Thursdays | 9:15 a.m. – 10:00 a.m. | \$40 month

## Zumba: ages 18 and up

Zumba is a combination of dance and fitness moves done to a background of exhilarating, international rhythms. Zumba incorporates Latin music dance moves with interval training. The overall effect is an exercise that feels more like a party than a work out.

Scott Brooks Gymnasium | Mondays, Wednesdays & Fridays | 9:15 a.m. – 10:15 a.m. | \$40 month

## Sarah Elena Yoga & Fitness: ages 18 and up

A gentle yoga practice. You can maintain a comfortable distance while enjoying an in-person connection. This peaceful practice encourages reflective, meditative, awareness, and to explore postures with your breath. Expert instructor with over 15 years of experience.

Valverde Park | Wednesdays | 10:00 a.m. – 11:00 a.m. | \$50 month

## Kat's Painting Party: ages 15 and up

Enjoy an evening out with your special someone or great friends while exploring your inner artist. Kat will guide you through this interactive instructional course. Canvas and paints will be provided for you to create and take home your masterpiece. Children under 15 years may register with accompanied registered adult.

Generations Center | Snoopy in Pumpkin | September 14 | Thursday | 6:30 p.m. – 8:00 p.m. | \$25

Generations Center | Sugar Skull | October 12 | Thursday | 6:30 p.m. – 8:00 p.m. | \$25

Generations Center | Snowy Landscape | November 9 | Thursday | 6:30 p.m. – 8:00 p.m. | \$25

Generations Center | Santa suit | December 14 | Thursday | 6:30 p.m. – 8:00 p.m. | \$25

## Dog Obedience:

We will help teach your dog basic commands and to respond to voice control. Our goal is that your dog has good manners with people, other dogs, and obey you during distracting situations.

PUPPY 1 (between 12 – 18 weeks)

Community Center | October 10 – November 7 | Tuesdays | 6:30 p.m. – 7:30 p.m. | \$140

Community Center | November 21 – December 19 | Tuesdays | 6:30 p.m. – 7:30 p.m. | \$140

PUPPY 2 (between 18 – 24 weeks)

Community Center | October 9 – November 6 | Mondays | 6:30 p.m. – 7:30 p.m. | \$140

Community Center | November 20 – December 18 | Mondays | 6:30 p.m. – 7:30 p.m. | \$140

BASIC / Canine Good Citizen / Canine Good Citizen test available at the end of session.

Generations Center Amphitheater | September 21 – October 19 | Thursdays | 6:30 p.m. – 7:30 p.m. | \$140

Generations Center Amphitheater | September 23 – October 21 | Saturdays | 9:30 a.m. – 10:30 a.m. | \$140

Generations Center Amphitheater | October 28 – December 2 | Saturdays | 9:30 a.m. – 10:30 a.m. | \$140

Workshops / Confidence Building

Generations Center Amphitheater | September 30 | Saturday | 11:30 a.m. - 1:00 p.m. | \$50

Foundational Training and Impulse Control

Generations Center Amphitheater | October 21 | Saturday | 11:30 a.m. - 1:00 p.m. | \$50



## SENIOR ACTIVITIES AND CLASSES:

### **BINGO:** ages 50+

10 games to play, 10 chances to win! Come enjoy an exciting afternoon for a chance to win a prize; we just have to hear you shout: "B-I-N-G-O!"

Senior Center | Mondays | 1:30 p.m. | Free

### **BUNCO:** ages 50+

Let the good times ROLL during our senior BUNCO day! Come out and socialize with other seniors while taking turns rolling for that 3-of-a-kind!

Senior Center | Tuesdays | 1:30 p.m. | Free

### **Drumming 360:** ages 50+

Drumming 360 turns' simple movements into a full-body workout! Come drum along to get your blood pumping! This class will leave you smiling and feeling amazing! Drumming 360 uses a "drum stand", drumsticks, and a stability ball, creating one of the most fun workouts you will ever experience! Equipment provided.

Senior Center | Wednesdays | 8:30 a.m. | Free

### **Line Dance:** ages 50+

Line dancing is a form of dance in which memory and execution comes together. Dancers learn basic steps, rhythms and routines choreographed to music; thereby, improving memory and balance.

Senior Center | Thursdays | 1:00 p.m. | Free

### **Step to a Better You Walking Club:** ages 50+

Banish boredom, boost motivation, and join your peers by taking "Steps to a Better You". Walk with us around Manuel Valverde Park and positively improve your health in a fun way!

Senior Center | Mondays & Wednesdays | 9:30 a.m. | Free

### **El Concilio Senior Legal Services:** ages 60+

The Lathrop Senior Center hosts a program of legal services for seniors ages 60 and older, or to the caregiver of a senior that is 60 years and up. The Council for the Spanish Speaking provides this program by appointment only.

Senior Center | 1st & 3rd Friday | 9:30 a.m. | Free

### **Book Club:** ages 50+

Join the Senior Center book club, where we dive into a new book each and every month. We meet on a monthly basis, where we discuss our thoughts and opinions, and gain a deeper understanding towards the book we just read.

Senior Center | 3rd Wednesday | 3:00 p.m. | Free

### **Karaoke:** ages 50+

Join us on the first and third Wednesday of each month for karaoke time with DJ Marvin. Choose your favorite song from an endless variety of song list.

Senior Center | First & Third Wednesday | 1:30 p.m. | Free

### **Gardening:** ages 50+

Join us once a month to learn the best methods for potting, pruning, and growing your garden! Learn the finest way to grow your plants, fruits and veggies, and have your questions answered while having great discussions about gardening.

Senior Center | 2nd Monday | 3:00 p.m. | \$5

### **Cultural Cuisine Cooking Class:**

Spice up your culinary skills and experience different cultural dishes each month as you learn to prepare dishes from all over the world. Your taste buds will thank you. Supplies are included. Space is limited. Let's get cooking!

Senior Center | 2nd Wednesday | 1:30 p.m. | \$5



# Lathrop Senior Center Programming

\*Apply for Activity Fee Assistance

Program	Monday	Tuesday	Wednesday	Thursday	Friday
Ballroom		1:00 p.m. – 3:00 p.m.			
Bingo	1:30 p.m. – 3:00 p.m.				
Brown Bag		2nd & 4th 9:00 a.m. – 11:00 a.m.			
Bunco		1:30 p.m. – 3:30 p.m.			
Commodities				3rd Thursday 9:00 a.m. – 11:00 a.m.	
Drumming 360			8:30 a.m. – 9:30 a.m.		
Guest Speaker Series			4th Wednesday 1:30 p.m. – 2:30 p.m.		
Hula					1:00 p.m. – 2:30 p.m.
Line Dance				1:00 p.m. – 2:30 p.m.	
Lunch Program	11:30 a.m. – 12:00 p.m.	11:30 a.m. – 12:00 p.m.	11:30 a.m. – 12:00 p.m.	11:30 a.m. – 12:00 p.m.	11:30 a.m. – 12:00 p.m.
Sewing				10:00 a.m. – 12:30 p.m.	
Silver Fitness				10:15 a.m. – 11:15 a.m.	
Sweet Social					2nd Friday 2:30 p.m.
Tai Chi	9:30 a.m. – 11:00 a.m.	10:30 a.m. – 11:30 a.m.			9:30 a.m. – 11:00 a.m.
Ukeulele		1:00 p.m. – 3:00 p.m.			
Walking Group	9:30 a.m. – 10:30 a.m.				9:30 a.m. – 10:30 a.m.

The Lathrop Senior Center is open Monday – Friday, 9:00 a.m. – 4:00 p.m. Lunch is served daily at 11:30 a.m. to seniors age 60 and over. Fees are applicable for some classes, programs, or events. | Call the Senior Center at (209) 941-7380 for more information | Days, times, and fees are subject to change.

## Senior Lunch Program: ages 60+

Lathrop Senior Center serves a nutritious lunch daily, Monday-Friday at 11:30am. The suggested donation for the meal is \$3 for seniors ages 60 and up, and \$7 for ages 59 and under. Reservation must be made 24 hours in advance. For more information, call (209) 941-7380.

Senior Center | Monday - Friday | 11:30 a.m. | \$3

## Tai Chi: ages 50+

Tai Chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai Chi focuses on connecting the mind and body. Pre-Registration required.

Senior Center | Mondays & Fridays | 9:30 a.m. | \$5

Senior Center | Tuesdays | 10:30 a.m. | \$5

## Ball Room Dancing: ages 50+

Come join us every Tuesday afternoon as we teach you the basic elements of ballroom dancing. You will learn foot, hand, and body positions. Each month will feature a dance.

Senior Center | Tuesdays | 1:00 p.m. | \$5

## Sewing Class: ages 50+

This sewing class focuses on building or refreshing your sewing skills in a fun, creative and exciting way! If you can think it, you can sew it! Sewing machines provided, but you are welcome bringing your own

Senior Center | Thursdays | 10:00 a.m. | \$5

## Ukulele Class: ages 50+

Playing the Ukulele is fun and easy! This class introduces the basic chords and strumming on the ukulele to accompany traditional folk songs. No experience needed.

Senior Center | Tuesdays | 1:00 p.m. | \$35

## Hula Class: ages 50+

Join us every Friday from 1-2:30 pm to learn the basic elements of Hawaiian Hula dance. Foot placement, hand placement, and body positions, as well as terminology. Pre-Registration Required.

Senior Center | Fridays | 1:00 p.m. | \$5

## Country Breakfast: ages 50+

Come and enjoy a delicious hot country breakfast. The menu will consist of fluffy scramble eggs, sausage, and bacon. The main item will change each month. Orange juice and coffee comes with your meal as well. Great food for a great price!

Senior Center | 1st Friday | 9:00 a.m. | \$5

## Silver Fitness: ages 50+

Silver Strong Fitness is a premier active senior fitness class. This class will include a warmup, full body strength routine using lightweights, balance exercise, and exercises that focus on flexibility and range of motion.

Senior Center | Thursdays | 10:15 a.m. | \$15

## SENIOR SPECIAL EVENTS:

### Grandparents Day Luncheon: ages 50+

Here ye, Here Ye! The Royal Lathrop Senior Center exclusively invites you to join your peers for a memorable Formal Royal Celebration. Once in a lifetime Experience! On this day, there will be a King and Queen crowned. Enjoy an afternoon of dancing, a delicious lunch and shenanigans at the Royal Affair! Space is limited. Register at the Royal Senior Center or online at [lathrop.recdesk.com](http://lathrop.recdesk.com) or call (209)941-7380 for more information.

Senior Center | September 8 | Friday | 11:30 a.m. | \$5

### Senior Resource Fair:

The City of Lathrop Senior Center would like to invite you to join us from 9:00 am to 11:00 pm on Tuesday, September 26, 2023 for our Senior Resource Fair. This event is completely free to attend. There will be more the 30 local wellness agencies within San Joaquin County in attendance. Stop by for nutrition education materials, healthy life style information, fitness incentives and other valuable wellness information.

Senior Center | September 26 | Tuesday | 9:00 a.m. | FREE

### Movie Day: ages 50+

It's Show Time at the Lathrop Senior Center Cinema! Sit back, relax, and enjoy watching the feature film, A Man Called Otto. Light snacks and refreshments included! Reserve your seat today!

Senior Center | September 29 | Friday | 4:00 p.m. | \$5

### Spooktacular Fun Day: ages 50+

The pleasure of your presence has been requested by Lathrop Senior Center to partake in a spooktacular day of mystery game and a costume contest. Pre-Registration required. Seats are limited.

Senior Center | October 30 | Monday | 11:30 a.m. | \$5

# Special Events

For information on any of our Special Events, please contact (209) 941-7372.

## New Event! Touch-A-Truck

Start your engines! Hit the sirens! Take an up close and personal tour of your favorite vehicles and see how they operate. This is your chance to ask questions, take a photo, and talk to the operators of these vehicles!

Generations Center | September 9 | Saturday | 10:00 a.m. – 2:00 p.m. | FREE

## Comedy Under the Stars

Join us for a night of laughter under the stars. Bring a picnic dinner, blanket or chairs and a group of friends to laugh the night away. Adults only.

Generations Center Amphitheater | September 15 | Friday | Gates open at 6:30 p.m. – Show starts at 7:00 p.m. | \$10 per person pre-order or \$15 per person at the gate

## Trunk- or- Treat

Calling all ghouls, vampires and princesses. Enjoy an evening full of Halloween spirit as you stroll through Candy Lane collecting sweet treats from fang-tastically decorated vehicles. Dress to the teeth for the costume contest. Cast your vote on your favorite decorated vehicle. Interested in registering your vehicle? Please contact the Generations Center at (209) 941-7372.

Generations Center | October 21 | Saturday | 5:00 p.m. – 7:00 p.m. | Free



## Veterans Day Celebration

Please join the City of Lathrop in honoring all the men and women who have served in our Country's Armed Forces.

Veterans Memorial Wall at Valverde Park | November 11 | Friday | 11:00 a.m. | Free



**Parks  
Make  
Life  
Better!**

The City of Lathrop Parks, Recreation and Maintenance Services encourages you to get out and play!



## CHRISTMAS TREE & LEAF Pick up

Place trees and BAGGED leaves curbside for pickup on your regularly scheduled day during the first two weeks of January.

- No artificial trees.
- Trees taller than 6' must be cut in half.
- BAGGED leaves can not exceed 50 lbs.
- Limbs cannot exceed 4' in length and 4" in diameter.

For more information call Republic Services at:  
**(209) 466-3604**



## What goes in each bin?

### ORGANICS

- Yard Debris
- Food Scraps
- Food-Soiled Paper
- Pizza Boxes

### RECYCLING

- Plastics
- Metal cans
- Cardboard & Paper
- Glass

### LANDFILL

- Plastic utensils
- Polystyrene Foam
- Plastic Bags
- Pet Waste

For a more comprehensive list or additional information on the three bin cart system, visit our website at [www.ci.lathrop.ca.us](http://www.ci.lathrop.ca.us) or contact Republic Services at (209)466-3604



