

2024

September, October,
November, December

FALL ACTIVITY GUIDE



What's Inside:

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

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 2 Labor Day
- November 11 Veterans Day
- November 28 Thanksgiving
- November 29 Day After Thanksgiving
- December 24 Christmas Eve
- December 25 Christmas Day
- December 31 New Year's Eve
- January 1, 2025 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
 Tennis Courts
- **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



Mossdale Commons



River Park South



Apolinar Sangalang Park



Milestone Manor 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.**

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 | (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 |

**Parks
 Make
 Life
 Better!**



The City of Lathrop Activity Fee Assistance Fund is designed to assist qualifying Lathrop residents of all ages with registration fees for Parks & Recreation programs. For more information or to see if you qualify, visit 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 AND RECREATION MANAGER.

Meet Melissa Stathakopoulos - Parks and Recreation Manager

Since coming to the City of Lathrop in 2016, Melissa has helped to build the foundation of the Parks and Recreation Department. In her role, she manages the day-to-day operations of the Recreation division which includes Special Events, Youth and Teen Programming, Sports, Leisure Classes, Senior Activities, and Parks and Recreation Facilities.

Melissa also oversees the Citywide solid waste and recycling, including the implementation of SB 1383, the statewide effort to reduce emissions of short-lived climate pollutants (SLCP) by reducing organic waste disposal.

Melissa has a passion for creating valuable recreational programming that engages community. She has an extensive background in, parks and recreation programming, fostering teamwork, collaboration and leadership.

Melissa is a member of both the California Parks and Recreation Society (CPRS) and the National Recreation and Park Association (NRPA).



"The best prize life has to offer is a chance to work hard at work worth doing." Leslie Knope

Live, Work, Play – Lathrop!

A New Park in Lathrop! Champions Field Community Park- 2100 Garden Farms Ave.

The park project is a socially inclusive and sensory integrated play space designed to eliminate social, physical, sensory, and cognitive barriers to play. These barriers, unfortunately, have been a long-standing problem for some populations in our society including persons with disabilities, individuals on the autism spectrum, and those with moderate to severe sensory processing disorders. Through a design that promotes proper childhood development and intergenerational play, the playground breaks down these barriers that traditionally keep children, siblings, adults, and grandparents from participating in play with each other. Additionally, as a nature-based and themed playground, it creates ample opportunities to open the mind, setting it free for creative and imaginative play.

Champions Field also has four Baseball Fields, two BBQ's and four Gazebos, so families can gather and play together. The park hours are April-September, 6:00 a.m. to 8:30 p.m. and October-March, 6:00 a.m. to 6:00 p.m. Restrooms will be open during park hours.



YOUTH PROGRAMS

PARENT & ME

Parent/Guardian participation required for all Parent & Me programs.

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 11 – October 2 | Wednesdays | 10:30 a.m. – 11:15 a.m. | \$60

Parent & Me If You Give a Kid a Kitchen: ages 2 – 4 years

Recreation Staff will lead participants through everyone's favorite book series involving sweets and an animal. Parent/Guardian and child will bake the story's sweet treat, create a themed craft, and listen to the book read aloud by staff.

Community Center | November 6 – November 27 | Wednesdays | 10:30 a.m. – 12:00 p.m. | \$85

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 12 – October 3 | Thursdays | 10:30 a.m. – 11:15 a.m. | \$55

Community Center | October 17 – November 7 | Thursdays | 10:30 a.m. – 11:15 a.m. | \$55

Community Center | November 14 – December 12 | 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 10 – October 1 | Tuesdays | 10:30 a.m. – 11:15 a.m. | \$50

Community Center | October 15 – November 5 | Tuesdays | 10:30 a.m. – 11:15 a.m. | \$50

Community Center | November 12 – December 3 | Tuesdays | 10:30 a.m. – 11:15 a.m. | \$50

Parent & Me Halloween Spooktacular : 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 30 | Wednesday | 10:30 a.m. – 11:15 a.m. | \$25

Parent & Me Jingle Bell Jamboree: ages 2 – 6 years

Get ready to jingle and mingle at our festive Parent & Me Jingle Bell Jamboree! Enjoy holiday-themed crafts, interactive sensory stations, and a cozy story time read by our recreation staff. It's a joyful way for families to celebrate the season together with creativity and cheer. Don't miss out on the fun!

Generations Center | December 18 | Wednesday | 10:30 a.m. – 11:15 a.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 7-11 | Monday – Friday | 7:00 a.m. – 6:00 p.m. | \$180

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 30, January 2-3 | Monday, Thursday, Friday | 7:00 a.m. – 6:00 p.m. | \$108



YOUTH ENRICHMENT

Culinary Kids Restaurant Remakes: ages 5-8 years Thurs. & 9-12 years Tues.

Get ready to recreate your favorite fast food and restaurant items right in our kitchen! From burgers and fries and everything in between, you'll learn how to make these classics just like you get them at your favorite spots. New Culinary participants receive a chef hat, apron, and recipe book. Add to your recipe book by participating in multiple sessions.

Senior Center | September 10 – October 1 | Tuesdays | 4:30 p.m. – 6:00 p.m. | \$85

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

Culinary Kids Carnival Delights: ages 5-8 years Thurs. & 9-12 years Tues.

Step right up to our Culinary Kids Carnival Delights Class! Join us for a whirlwind of fun as young chefs learn to craft everyone's favorite carnival foods. From cotton candy to funnel cakes and caramel apples, kids will explore the magic of creating these delicious treats! New Culinary participants receive a chef hat, apron, and recipe book. Add to your recipe book by participating in multiple sessions.

Senior Center | October 15 – November 5 | Tuesdays | 4:30 p.m. – 6:00 p.m. | \$85

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

Culinary Kids Pie Workshop: ages 5 – 12 years

Join us for a special hands-on experience where young chefs will learn the art of making a decadent Chocolate Cream Pie to proudly take home and share with their families for the holiday.

Community Center | November 26 | Tuesday | 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 19 | 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 18 – October 23 | 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 | October 30 – November 27 | Wednesdays | 4:00 p.m. – 5:30 p.m. | \$65

Kids' Night Out Emotional Rollercoaster: ages 5 – 12 years

Kids will dive into the world of emotions—Joy, Sadness, Anger, Fear, and Disgust—through exciting themed games, crafts, and activities. The evening features a big-screen showing of Inside Out, a tasty pizza dinner, refreshments, and sweet treats inspired by the movie. Participants will also get to craft their own Memory Orbs and explore different emotion zones filled with themed activities. Kids come dressed as their favorite emotion or in colors that express how they feel!

Generations Center | September 13 | Friday | 6:00 p.m. – 9:00 p.m. | \$35

Kids' Night Out Monster Mash: ages 5 – 12 years

Get ready for a spook-tacular "Monster Mash" party! Kids will enjoy a big-screen showing of Monster House while digging into a delicious pizza dinner, refreshments, and a themed sweet treat. The night is packed with monster-themed games, activities, crafts, and a thrilling costume contest for our grand prize!

Generations Center | October 25 | Friday | 5:30 p.m. – 8:30 p.m. | \$35

Kids' Night Out Christmas Party: ages 5 – 12 years

Join us for a cozy and festive Christmas party! Kids can come dressed in their favorite pajamas and settle in to watch Arthur Christmas on a big screen while enjoying hot cocoa, a pizza dinner, and a holiday-themed sweet treat. The fun continues with Christmas-themed games, activities, and crafts that capture the magic of the season. It's a joyful evening filled with holiday cheer, cozy vibes, new friends, and fun!

Generations Center | December 20 | Friday | 5:30 p.m. – 8:30 p.m. | \$35

TEEN PROGRAMS



Lathrop Parks and Recreation Department
TEEN LOUNGE AND SKATE PARK



The Grind @ LGC: 7th – 12th grade 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.

Teen Bowling Night | Bowlero in Manteca | September 20 | 6:00 p.m. – 8:30 p.m. | \$25

Teen Halloween Party | October 18 | 6:00 p.m. – 9:00 p.m. | \$10 pre-registration or \$15 at the door

Teen Chopped Challenge | Lathrop Senior Center | November 15 | 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!

Ice Cream Creation Workshop: 3rd – 6th grade

Create your own ice cream with a variety of flavor options and toppings. Play tabletop games and meet new friends.

Generations Center | September 21 | Saturday | 12:00 p.m. – 3:00 p.m. | \$35

Halloween Cakesicle Design & Décor: 3rd – 6th grade

It's a cake, it's a popsicle, it's a cakesicle! Recreation staff will lead participants step-by-step through the decoration process. Participants will make a ghost, a jack-o-lantern, a mummy, a Frankenstein. Enjoy table top games, snacks and fun.

Generations Center | October 26 | Saturday | 12:00 p.m. – 3:00 p.m. | \$35



SPORTS AND LEISURE

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 reversible jersey. Each team will participate in an officiated eight game season. Registration begins September 1, 2024 and runs through November 24, 2024 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. determined by the coach

GAMES: Season runs January 6, 2025 – March 8, 2025 | Saturdays | Between 9:00 a.m. – 5:00 p.m. | \$135 per player

Youth Basketball Drop-In: ages 5 – 13 years

Adult supervision required. Bring your own basketball.

Scott Brooks Gymnasium | September 12 – November 21 | Thursdays | 3:00 p.m. – 4:30 p.m. | \$5 for one or \$40 for 10

Teen Basketball Drop-In: ages 14 – 17 years

School ID required. Bring your own basketball.

Scott Brooks Gymnasium | September 11 – November 20 | Wednesdays | 3:45 p.m. – 5:15 p.m. | \$5 for one or \$40 for 10

ADULT SPORTS

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- Bollywood Beats: ages 5 – 17 years

Foster self-expression, enhance coordination, rhythm, balance and strength in this fun, upbeat Bollywood style dance class.

Senior Center | Tuesdays | 6:30 p.m. – 7:15 p.m. | \$70 month

NEW- Youth Tennis Tournament Training: ages 12 – 17 years

Through structured drills and simulated points, match play, and physical conditioning participants will build confidence and readiness for competitive tournament level play. Led by experienced coaches, sessions focus on developing fundamental skills, tactical understanding, match strategy and mental toughness.

Sangalang | September 21 – October 19 | Saturdays | 1:00 p.m. – 2:30 p.m. | \$140

Sangalang | November 2 – December 7 | Saturdays | 1:00 p.m. – 2:30 p.m. | \$140

Youth Karate: ages 4 – 8 years

Improve coordination and concentration while learning the art of Karate. We emphasize character development, self-control, anti-bullying, respect and discipline in a safe and fun environment.

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

Youth Karate: ages 9 – 15 years

Strengthen your body and mind and improve your concentration and coordination as you learn the art of Karate. We emphasize character development, self-control, anti-bullying, respect and discipline in a safe and fun environment.

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

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 1 – September 29 | Sundays | 10:00 a.m. – 11:00 a.m. | \$75 month

Park West | September 6 – September 27 | Fridays | 5:00 p.m. – 6:00 p.m. | \$60 month



Park West | October 4 – October 25 | Fridays | 5:00 p.m. – 6:00 p.m. | \$60 month
 Park West | October 6 – October 27 | Sundays | 10:00 a.m. – 11:00 a.m. | \$60 month
 Park West | November 1 – November 22 | Fridays | 4:00 p.m. – 5:00 p.m. | \$60 month
 Park West | November 3 – November 24 | Sundays | 11:00 a.m. – 12:00 p.m. | \$60 month
 Park West | December 1 – December 15 | Sundays | 11:00 a.m. – 12:00 p.m. | \$45 month

Future Stars Junior Tennis: ages 8 – 16 years

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

Park West | September 1 – September 29 | Sundays | 9:00 a.m. – 10:00 a.m. | \$75 month
 Park West | September 6 – September 27 | Fridays | 6:00 p.m. – 7:00 p.m. | \$60 month
 Park West | October 4 – October 25 | Fridays | 6:00 p.m. – 7:00 p.m. | \$60 month
 Park West | October 6 – October 27 | Sundays | 9:00 a.m. – 10:00 a.m. | \$60 month
 Park West | November 1 – November 22 | Fridays | 5:00 p.m. – 6:00 p.m. | \$60 month
 Park West | November 3 – November 24 | Sundays | 10:00 a.m. – 11:00 a.m. | \$60 month
 Park West | December 1 – December 15 | Sundays | 10:00 a.m. – 11:00 a.m. | \$45 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 | Wednesdays | 4:30 p.m. – 5:30 p.m. | \$100 month
 Senior Center | Mondays or Wednesdays | 6:45 p.m. – 7:45 p.m. | \$100 month

Intermediate Gymnastics Floor Exercise: ages 8 – 17 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 handspring and front walkovers.

Senior Center | Mondays or Wednesdays | 5:30 p.m. – 6:40 p.m. | \$110 month

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.

Generations Center Skate Park | September 3 – September 24 | Tuesdays | 4:00 p.m. – 5:30 p.m. | \$75
 Generations Center Skate Park | October 1 – October 22 | Tuesdays | 4:00 p.m. – 5:30 p.m. | \$75

Card Craft– Holiday Party: ages 6 – 12 years

Unleash your creativity in this captivating card design workshop. Craft personalized invitations, greeting cards, or family photos that will leave a lasting impression. Combine handcrafted and digital design methods.

Generations Center | October 19 | Saturday | 10:00 a.m. – 12:00 p.m. | \$25

ADULT LEISURE

NEW- BollyX with Summy: ages 18 and up

BollyX is a Bollywood inspired dance-fitness program that combines dynamic choreography and intensive workouts with upbeat music from around the world.

Senior Center | Thursdays | 7:00 p.m. – 7:45 p.m. | \$70 month

NEW- Fitness in the Park: ages 18 and up

Improve fitness, coordination, strength and posture with an experienced trainer in a fun outdoor setting. Register for two days a week at a discounted rate.

Valverde Park | Wednesday or Friday | 6:00 a.m. – 7:00 a.m. | \$50 month

NEW- KSB Skateboarding Classes: ages 18 and up

Learn the basics and fundamentals of skateboarding as you build confidence and creativity.

Generations Center Skate Park | September 3 – September 24 | Tuesdays | 6:00 p.m. – 7:30 p.m. | \$75

NEW- Adult Beginner Tennis: ages 18 and up

Discover the joy of tennis! Learn basic strokes, court positioning, and scoring in a fun and supportive environment. Improve your fitness, make new friends, and develop a lifelong passion for the game.

Sangalang | September 21 – October 19 | Saturdays | 11:00 a.m. – 12:00 p.m. | \$100
 Sangalang | November 2 – December 7 | Saturdays | 11:00 a.m. – 12:00 p.m. | \$100

NEW- Adult Cardio Tennis: ages 18 and up

Enjoy an exhilarating fitness experience tailored to players of all levels. Led by certified instructors, participants engage in dynamic drills, cardio exercise, and tennis techniques to improve endurance, agility and overall fitness. Whether

you're a beginner looking to boost fitness or an experienced player aiming to enhance skills, this class is for you!

Sangalang | September 21 – October 19 | Saturdays | 12:00 p.m. – 1:00 p.m. | \$120
 Sangalang | November 2 – December 7 | Saturdays | 12:00 p.m. – 1:00 p.m. | \$120

NEW- Design 101- An Intro to Canva: ages 18 and up

Explore design software that build worlds for your business, personal projects and for your education.

Generations Center | November 2 | Saturday | 10:00 a.m. – 11:00 a.m. | \$30

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 and dance moves with interval training. The overall effect is an exercise that feels more like a party not a workout! Drop in fee is \$10 per class. Register for both Zumba & Power Pump for a discounted rate!

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

Power Pump: ages 18 and up

Power Pump is a high repetition, low weight training class. You will receive a full body workout that will shape and tone all major muscle groups, increase core strength, improve bone health and leave you feeling strong and fit. Drop in fee is \$10 per class. Register for both Zumba & Power Pump for a discounted rate!

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

Yoga in the Park: ages 18 and up

A gentle yoga practice lead by an expert instructor. This peaceful practice encourages reflective and meditative awareness and allows you to explore postures with your breath. Drop in fee of \$15 per class. Register for Mondays and Wednesdays at a discounted rate.

Valverde Park Amphitheater | Thursdays | 3:30 p.m. – 4:30 p.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 | Adorable Ghost | October 10 | Thursday | 6:30 p.m. – 8:00 p.m. | \$30
 Generations Center | Fall Tree | November 14 | Thursday | 6:30 p.m. – 8:00 p.m. | \$30
 Generations Center | Christmas Cat | December 12 | Thursday | 6:30 p.m. – 8:00 p.m. | \$30

Dog Obedience: ages 18 and up

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 | September 10 – October 15 | Tuesdays | 6:30 p.m. – 7:20 p.m. | \$140
 Community Center | October 29 – November 26 | Tuesdays | 6:30 p.m. – 7:20 p.m. | \$140

PUPPY 2 (between 18-24 weeks)

Community Center | September 23 – October 21 | Mondays | 6:30 p.m. – 7:20 p.m. | \$140
 Community Center | October 28 – December 2 | Mondays | 6:30 p.m. – 7:20 p.m. | \$140

BASIC / Canine Good Citizen

Canine Good Citizen test available at the end of session.
 Generations Center Amphitheater | September 21 – October 19 | Saturdays | 9:30 a.m. – 10:30 a.m. | \$140

Generations Center Amphitheater | October 26 – November 23 | Saturdays | 9:30 a.m. – 10:30 a.m. | \$140





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 is 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

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. 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: ages 50+





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 |
|----------------------|---|---|--|--|---|
| Bingo | 1:30 p.m. – 3:00 p.m. | | | | |
| Silver Harvest | | 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. | |
| Book Club | |  | 3rd Wednesday 3:00 p.m. – 4:00 p.m. | 10:15 a.m. – 11:15 a.m. | |
| Tai Chi | 9:30 a.m. – 11:00 a.m. | | | | 9:30 a.m. – 11:00 a.m. |
| Karaoke | | | 1st & 3rd Wednesday 1:00 p.m. – 3:00 p.m. | | |
| Gardening | 2nd Monday 3:00 p.m. – 4:00 p.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

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 .

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

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 | 8:30 a.m. | \$5

SENIOR SPECIAL EVENTS:

Grandparents Day Luncheon: ages 50+

Join us for a lively Sock Hop Dance, for our vibrant seniors aged 50 and over! It's going to be a blast! Step back in time and relive the joy of your teenage years with music, dancing, and delicious food. Spaces are limited. Register at Senior Center or online at 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 24, 2024 for our Senior Resource Fair. This event is completely free to attend. There will be more than 30 local wellness agencies within San Joaquin County in attendance. Stop by for nutrition education materials, healthy life style information, and other valuable wellness information.

Senior Center | September 24 | 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 for the month. Light snacks and refreshments included! Reserve your seat today!

Senior Center | September 27 | 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



Touch-A-Truck

Start your engines and 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. Sensory friendly hour from 10:00 a.m. to 11:00 a.m. with no lights, sirens, or demonstrations. Hourly demonstrations will run from 11:00 a.m. to 1:00 p.m. Also, be sure to participate in the Lathrop Police Department's Bike Rodeo!

Generations Center | September 7 | Saturday | 10:00 a.m. – 1:00 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 13 | 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 19 | 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 | Monday | 11:00 a.m. | Free

Lathrop Christmas Parade and Christmas Tree Lighting

'Twas the 7th of December and all through streets, Lathrop residents stand eagerly waiting to see. As bands and floats and cars go by, we ask all of you to wave, don't be shy. Now keep on waving, there's no need to pause, because at the end of the parade will be Santa Claus! Now after the parade, the fun will continue, come to Valverde Park for a change of venue. There will be Santa waiting on his big red sleigh, and with a wave of his hand and point of his finger, the Christmas Tree will light, with outstanding glimmer!

5th St. and Valverde Park | December 7 | Saturday | 5:00 p.m. | Free

Donuts with Santa

Get in the Christmas spirit with donuts and Santa! Walk-thru Donuts with Santa includes one family photo, two ornament crafts, and a half dozen donuts to take home and enjoy. Register for your time slot today. Don't leave out Fido! Limited space available for your dog to attend. The pup hour will include one family photo, one paw print ornament craft, and four mini pup-cakes.

Community Center | December 14 | Saturday | 9:00 a.m. – 2:00 p.m. | \$30



**Parks
Make
Life
Better!**

The City of Lathrop Parks and Recreation Department encourages you to get out and play!



Easy Ways to Make Less Trash

1. Meal Prep – Plan meals to save food from going to waste
2. Organize Fridge – Organize the fridge with older items in the front to eat first and throw away less
3. Reusable Water Bottle - Use a home water filter and save hundreds of plastic bottles a year
4. Reuse Tote Bags – Great for groceries, gifts, and the environment by keeping single use bags out of landfills
5. Reuse food containers - Glass and other reusable food containers keep your food organized and fresh! Cuts single use plastic
6. Freeze Food – Freeze food before it spoils and re-use it another day
7. Repair Appliances - Learn to fix broken appliances together. Let's change DIY (do it yourself) to DIT and do it together
8. Repair/Repurpose Clothes - Sew the holes in your clothing... Fix them or make them into new items
9. Donate – Give your used items to charity
10. Resell - Resell stuff once you are done with it.

How to Make Even Less Trash At Home:

- Use bar products of soap and shampoo to cut packaging
- Reuse gift wrap, bows, bags, and tissue
- Use reusable cloth napkins and towels
- Opt out of Junk Mail

At Work:

- Bring reusable utensils and food containers
- Print less and set printers to double-sided
- Use refillable toner and pens
- Keep office supplies, equipment, and furniture for reuse

Out and About:

- Shop the bulk section to cut packaging
- Find a local refill store
- Skip plastic produce bags
- Bring your own mug to the coffee shop
- Keep a utensil kit with a straw in your bag

CalRecycle Facts

- 491 billion bottles and cans collected for recycling
- 2.7 billion pounds of e-waste collected for recycling
- 304 million waste tires collected for recycling
- 7.4 million tons of disaster debris cleaned up
- 9.7 million mattresses collected for recycling
- 1.1 billion pounds of carpet collected
- 37.3 million gallons of paint collected
- 242 million unsold meals sent to Californians in need
- 2.2 billion gallons of used oil collected for recycling
- 100% California communities expanded still-fresh unsold food donation programs
- 77.8% California communities with residential organic waste collection
- 71% beverage container recycling rate



