

GILDERSLEEVE GAZETTE



*Kirtland Senior Center
Monthly Newsletter*



**Center Closed
May 25th for
Memorial Day**



**Gym closed May 4th
and 5th for Voting**

KIRTLAND SENIOR CENTER

(440) 256-4711

communitycenter@kirtlandohio.com

www.kirtlandcommunity.com

TABLE OF CONTENTS

Page 1: Senior Board, Volunteering and Meals
Page 2: Upcoming Events
Page 3: Class Calendar

Page 4: Classes and Activities
Page 5: Bus Trips
Page 6: Library Events

SENIOR CENTER MEMBERSHIP

Per calendar year

Resident (first year): \$10
Non-resident (first year): \$10

Resident (renewal): \$10
Non-resident (renewal): \$10

Paperwork and
information available
at the front desk

What a difference a month makes. The weather has improved a lot and so has the atmosphere at the Senior Center. Everyone seems to have spring on their minds, and the desire to look forward to getting outside.

The board has been busy planning our next big event. This year we will be hosting our steak roast in June, and signs have been posted. Stewart's food truck will again be catering the roast. We are pleased that we can keep the cost the same as 2025. Everyone enjoyed last fall's roast, so June's should be good.

Remember, we are looking for help with set up of lunches. It only takes a short time and can be done alone or with a friend. Please take the time to volunteer and help.

I hope this finds you well and enjoying the weather. We look forward to seeing you soon.
~ Dave

SENIOR BOARD MEMBERS

Our Senior Board serves as an advisory committee to the Director and sponsors meals and events while fundraising to help subsidize these meals & events. If you have any issues or ideas, please see one of the board members to pass along. Our 2026 Senior Board consists of: David Saywell (President), Richard Lowery (Vice President), Janet Johnson (Secretary), Penny Everson (Treasurer), Jim Ruttinger, Karin Saywell, Theresa Ventresca, and Marcia Haymer.



**KIRTLAND KINDESS - VOLUNTEER GROUP
MAY COLLECTION:**



This month, we will be collecting for MedWish. MedWish MedWorks is a humanitarian nonprofit dedicated to advancing health equity and environmental sustainability. MedWish MedWorks advances health equity by delivering care and critical supplies to our Cleveland neighbors and around the world. Some items to donate include: **Toothbrushes, Dial bar soap, travel size toothpaste, hair combs, travel size sun screen, lip balm, travel size tissues, hand sanitizer, deodorant, travel shampoo and conditioner.**



You can also scan the QR code for MedWish's Amazon wishlist.



All lunches will be held at 12 NOON, unless noted otherwise. All menus are set in advance. If you have a specific dietary need, please let us know and we will do our best to accommodate you.

MEALS

LADIES' LUNCHEON - WEDNESDAY, JUNE 17

Join the ladies for BLT's. **Cost is \$10. Please RSVP by June 12.** The next luncheon will be August 19, and will enjoy burgers.

MEN'S LUNCHEON - WEDNESDAY, MAY 13

Join the men for hamburgers and potato salad. **Cost is \$10. Please RSVP by May 8.** Our next luncheon will be July 22 and will have steak and baked potato.

BIRTHDAY LUNCH CELEBRATION - TUESDAY, MAY 26

We will enjoy chicken pot pie **Cost is \$10. Please RSVP by May 22.** If it is your birthday month, then lunch is on us (RSVP is REQUIRED)! Everyone is welcome... regardless of your birthdate! Our next birthday celebration will be June 30 and will serve Monte Cristo sandwiches.

SPRING TEA LUNCHEON - FRIDAY, MAY 15

Join us for afternoon tea and small bites - sandwiches, fruit, scones, and desserts. Bring your own teacup, if you're feeling fancy. **Cost is \$10. Please RSVP by May 7.**

WELCOME TO OUR NEW MEMBERS THIS MONTH!

LESLIE, MARIE, PETER, ANTHONY, TOM, STEPHANIE, JENNIFER,
SUSAN, GREG

MAY 2026 EVENTS

KASC Senior Lunch	Tuesday, May 5
Volunteer Meeting	Thursday, May 7
Hiking Club	Monday, May 11
Podiatrist	Tuesday, May 12
Trivia	Tuesday, May 12
Men's Lunch	Wednesday, May 13
Senior Board Meeting	Thursday, May 14
Spring Tea and Lunch	Friday, May 15
Attorney	Friday, May 15
Trash to Treasure	May 18 - 29
Senior Day at the Mall	Tuesday, May 19
BUS TRIP - Murder Mystery	Friday, May 22
Closed ~ Memorial Day	Monday, May 25
Birthday Lunch	Tuesday, May 26
BUS TRIP - Guardians Game	Wednesday, May 27

**SENIOR DAY AT THE MENTOR MALL
TUESDAY, MAY 19TH**

**TICKETS AVAILABLE IN THE FRONT OFFICE.
\$1 EACH**

**DOORS OPEN @8:30AM
9:00-10:00 BINGO
10:00-11:30 VISIT VENDORS & ACTIVITIES
11:30-12:15 ENTERTAINMENT
12:30-1:30 AWARDS
DOOR PRIZE DRAWING AT END**

MAY SENIOR LUNCHEON

SPONSORED BY THE
KIRTLAND AREA SERVICE COUNCIL

MAY 5, 2025 12PM-2PM

LUNCH PROVIDED BY HONEY'Z CAFE:
STUFFED CABBAGE, MASHED POTATOES AND GRAVY,
GREEN BEANS, ROLLS AND BUTTER, STRAWBERRY SHORTCAKE

KIRTLAND RESIDENTS \$10

NON-RESIDENTS \$12

PAYMENT DUE APRIL 27TH

RESERVE & PAY AT KIRTLAND COMMUNITY CENTER OR

**MAIL TO KASC, 9301 CHILLICOTHE RD
KIRTLAND OH 44094**

**TRIVIA TUESDAY,
May 12 @ 11AM**

Come join us and be a part of a team this month. Put all your random (or useless) knowledge to good use! Most of the questions are multiple choice, and it's **FREE** to play! We promise, this is low-pressure and the stakes are NOT high. Winning team chooses the next month's theme. We meet in the Sunflower Meadows room to form teams and then the fun begins. No registration necessary.



at the Kirtland Senior Center

\$20

Steak Bake 2026

**Thursday, June 11
Noon**

SIGN-UP NOW TO
RESERVE YOUR SPOT!

**Catered by Stewarts BBQ
MEMBERS ONLY**



JUNE 2026 EVENTS

Gazebo Concert	Tuesday, June 2
Volunteer Meeting	Thursday, June 4
Hiking Club	Monday, June 8
Podiatrist	Tuesday, June 9
Senior Board Meeting	Thursday, June 11
Trash to Treasure	June 15 - 26
Trivia	Tuesday, June 16
BUS TRIP-Great Gatsby	Tuesday, June 16
Ladie's Lunch	Wednesday, June 17
Kiwanis Strawberry Festival	June 18-20
Attorney	Friday, June 19
Gazebo Concert	Tuesday, June 23
BUS TRIP - Geneva on the Lake	Friday, June 26
Birthday Lunch	Tuesday, June 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JUST A REMINDER TO CHECK IN FOR ALL EVENTS ON MYSENIORCENTER. THANK YOU!</p>		<p>9-9:45 Strength 10 Sewing 10-1 Pickleball 10:30-11:45 Fit Yoga 1-3 Chair Volleyball</p>	<p>8:30-9:30 Adv. Pickleball 9:30-11:30 Watercolor 10-11 Aerobics 11:30 - 1 Pickleball 12:30-2:30 Acrylic 1-3:30 Begin. Pickleball</p>	<p>9-10:15 Gentle Yoga 10-1 Pickleball 10:30-11:30 Chair Yoga 1-3 Attorney 1-3 Chair Volleyball</p>
<p>4</p> <p>10 Knitting 10-10:45 Balance 10-1 Pickleball 1-3 Chair Volleyball</p>	<p>5</p> <p>8:30-9:30 Adv. Pickleball 9-1:30 Piano 10-1 Pickleball 12 BINGO 1-2:30 Begin. Line-dance 2:30-3:30 Adv. Line-dance</p>	<p>6</p> <p>9-9:45 Strength 10 Sewing 10-1 Pickleball 10:30-11:45 Fit Yoga 11-1 Reflex/Light 1-3 Chair Volleyball</p>	<p>7</p> <p>8:30-9:30 Adv. Pickleball 9:30-11:30 Watercolor 10-11 Aerobics 11:30 - 1 Pickleball 12-1:30 Reiki 12:30-2:30 Acrylic 1-3:30 Begin. Pickleball</p>	<p>8</p> <p>9-10:15 Gentle Yoga 10-1 Pickleball 10:30-11:30 Strength 10:30-11:30 Chair Yoga 1-3 Chair Volleyball</p>
<p>11</p> <p>9-9:45 Strength 10 Knitting 10-10:45 Balance 10-1 Pickleball 1-3 Chair Volleyball 2 Hiking Club</p>	<p>12</p> <p>8:30-9:30 Adv. Pickleball 9-12 Podiatry 10-1 Pickleball 12 BINGO 1-2:30 Begin. Line-dance 2:30-3:30 Adv. Line-dance</p>	<p>13</p> <p>9-9:45 Strength 10 Sewing 10-1 Pickleball 10:30-11:45 Fit Yoga 1-3 Chair Volleyball</p>	<p>14</p> <p>8:30-9:30 Adv. Pickleball 9:30-11:30 Watercolor 10-11 Aerobics 11:30 - 1 Pickleball 12:30-2:30 Acrylic 1-3:30 Begin. Pickleball</p>	<p>15</p> <p>9-10:15 Gentle Yoga 10-1 Pickleball 10:30-11:30 Chair Yoga 1-3 Attorney 1-3 Chair Volleyball</p>
<p>18</p> <p>9-9:45 Strength 10 Knitting 10-10:45 Balance 10-1 Pickleball 1-3 Chair Volleyball</p>	<p>19</p> <p>8:30-9:30 Adv. Pickleball 9-1:30 Piano 10-1 Pickleball 12 BINGO 1-2:30 Begin. Line-dance 2:30-3:30 Adv. Line-dance</p>	<p>20</p> <p>9-9:45 Strength 10 Sewing 10-1 Pickleball 10:30-11:45 Fit Yoga 1-3 Chair Volleyball</p>	<p>21</p> <p>8:30-9:30 Adv. Pickleball 9:30-11:30 Watercolor 10-11 Aerobics 11:30 - 1 Pickleball 12:30-2:30 Acrylic 1-3:30 Begin. Pickleball</p>	<p>22</p> <p>9-10:15 Gentle Yoga 10-1 Pickleball 10:30-11:30 Strength 10:30-11:30 Chair Yoga 1-3 Chair Volleyball</p>
<p>25</p> <p>CLOSED MEMORIAL DAY</p>	<p>26</p> <p>8:30-9:30 Adv. Pickleball 10-1 Pickleball 1-2:30 Begin. Line-dance 2:30-3:30 Adv. Line-dance</p>	<p>27</p> <p>9-9:45 Strength 10 Sewing 10-1 Pickleball 10:30-11:45 Fit Yoga 1-3 Chair Volleyball</p>	<p>28</p> <p>8:30-9:30 Adv. Pickleball 9:30-11:30 Watercolor 10-11 Aerobics 11:30 - 1 Pickleball 12:30-2:30 Acrylic 1-3:30 Begin. Pickleball</p>	<p>29</p> <p>9-10:15 Gentle Yoga 10-1 Pickleball 10:30-11:30 Chair Yoga 1-3 Attorney 1-3 Chair Volleyball</p>

HIKING CLUB - Monday, May 11

Join the hiking club for a hike on Monday, May 11, at 2:00pm at Squires Castle, 2844 River Rd., Willoughby Hills. We hike in all weather so dress accordingly. A special thanks to Sue and Bob Morecki for leading us on the journey!

BALANCE

Come improve your balance and flexibility, helping you prevent falls and injuries and build greater confidence to enjoy your life. We will be doing exercises that improve bone density, strengthen muscles, legs, and core that help improve your stability. We will also do warm up stretching exercises to improve posture, performance, and range of motion which enhances and prepares you for your yoga and strength exercises. You can modify this class to your unique needs. Class is held Monday mornings at 10:00am.

CARDIO DRUMMING & AEROBICS

Our awesomely fun aerobics and cardio drumming class continues on alternate Thursdays at 10:00 am. Come join the fun!

STRENGTH TRAINING

Our fantastically fantabulous Strength Training instructor, Nancy, holds class at 9:00am on Mondays and Wednesdays, and select Fridays of each month at 10:30am. Check the calendar for dates.

TAIJI FIT

Join us as we experience the flow when the mind and body connect, by following along to the gentle mindful movements. Anyone can do it, no experience necessary. Just move, breathe and have fun! This class is offered by Tim Shea on Mondays at 1:00pm.

NO Taiji in May. Classes resume June 8th

YOGA

Enjoy increased strength, enhanced flexibility, improved balance, and better heart health through yoga. Join us 10:30am Wednesdays for Fit Yoga, Fridays at 9:00am for Gentle Yoga and 10:30am for Chair Yoga. Class is modified to your needs and abilities.

LINE DANCING

Join instructor Tina Foster and Sandy Appledorn to learn the basics of line dancing.

Basic Beginner classes, held Tuesdays from 1:00pm-2:30pm, you will learn the steps and terminology, along with different dance rhythms.

Different genres of music will be used to make this a fun-filled class. All you need is a comfy pair of shoes that have slick bottom and can't be kicked off while dancing. An older pair of tennis shoes or bowling shoes are perfect examples. Please, no "slip-on sandals/flip flops" or "high-heels". This is for your safety.

Advanced Beginner/Improver classes, held Tuesdays from 2:30pm-3:30pm. This class is for those ready to take line dancing to the next level. You should have completed at least 3-6 months of one of the Basic Beginner classes or are already experienced in line dancing. Great class for those who are just making their way back to line dancing or just want to keep it nice and easy. This class moves along a little faster than the Basic Beginner.

PIANO LESSONS

Sounds Inspirations Music Therapy provides 30 minute individual private piano lessons tailored to the learning styles of the adult students. Students are welcome to bring their own music to the lesson. You must sign up for two classes a month. The cost is \$30 per month. Please contact the front office if you are interested in lessons. The next lessons will be held on May 5 & 19 between 9:00am-1:00pm.

BEGINNER, OPEN, AND ADVANCED PICKLEBALL

Everyone is always welcome to drop-in to pickleball, but here are a few guidelines to help you out.

Our schedules are set for a reason, and we ask that you **DO NOT ENTER the gym** until the assigned time.

Additionally, we ask that you **LEAVE the gym** at the scheduled time.

Open Pickleball is every weekday. Check the calendar for times. We ask for patience as you wait for your turn to play! This is open to ALL levels.

Beginner Pickleball is for those who are just starting out or would enjoy a more comfortable level of play. While anyone can come, expect that the competition level will be more casual. More experienced players are welcome to come out and offer some wisdom and guidance! Beginner hours are Thursdays from 1:30 - 3:00 pm.

Advanced Pickleball is held Tuesdays and Thursdays from 8:30 - 9:30 am. This is an opportunity for our more seasoned players to play more competitively. If you join us, get ready for great shots and fast games!

BINGO

We are playing Bingo every Tuesday (unless there is another event scheduled at that time)! Bingo will be held in the Sunflower Room at 12:00. There is no cost to play and everyone is invited.

BOOK CLUB - Monday, May 11

We will be discussing, "Atmosphere" by Taylor Jenkins Reid. Historical fiction about a physics professor who was one of the first female NASA astronauts. In June we will be discussing "The Color of Death" by Trey Gowdy.

CHESS CLUB

Are you a chess player? Do you want to learn how to play chess? Please leave your name at the front desk and you will be contacted. All levels are welcome and no registration is necessary!

MAH JONGG

Mahjong is a Chinese strategy game where you make sets and pairs of tiles. Join us as we play the American version. You will need to provide your own National Mahjong League Card (it can be ordered online). We meet every Thursday at 12:30pm. All levels are welcome!

SEW WHAT

Join Sherrie and her home economics knowledge as she leads our sewing group. Bring your own projects, materials, machines, and questions every week. This is a drop-in group, no registration necessary. We meet every Wednesday at 10:00 am till ?? Ask the front desk if you have any questions.

ATTORNEY

Meet with Deborah Loughner, Esquire on Friday, May 15 for a FREE 30-minute legal consultation. She provides legal aid for issues like estate planning, healthcare, and consumer protection. Schedule with the front desk.

REIKI

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Appointments available the 2nd and 4th Thursdays of the month at 12:00pm.

PODIATRY

We are thrilled that Dr. Kelly Whaley continues to serve our seniors every month. She will be at the Center on Tuesday, May 12th. \$30 payment is due to Dr. Whaley in cash on the day of the appointment.

Please remember that all of our bus trips are for Senior Center members only.
 To the best of our ability, bus trips will be advertised two months out.
Registration for all bus trips must be completed in person with full payment.
New trips will open for registration at 9:00am on the First Tuesday of the month.

MURDER MYSTERY ON THE CUYAHOGA VALLEY RR - FRIDAY, MAY 22

Brush off your detective skills for an evening of intrigue, suspense, and interactive entertainment! Our popular Murder Mystery train winds its way through the scenic beauty of Cuyahoga Valley National Park as professional actors transport you into a world of secrets, lies, and unexpected twists. Will you crack the case or fall for the red herrings? We will leave Kirtland around 4:30pm and return around 9:30pm. **\$65 registration. LIMITED SEATING**

CLEVELAND GUARDIANS BASEBALL - WEDNESDAY, MAY 27

Join us as we cheer on the Guardians as they take on the Washington Nationals at Progressive Field. Our seats are lower box along the 3rd baseline, with netting coverage. We will leave Kirtland around 11:30am, first pitch is at 1:10 pm. **\$43 registration. Registration closes April 24th.**

THE GREAT GATSBY @ PLAYHOUSE SQUARE - TUESDAY, JUNE 16

THE PARTY'S ROARING IN CLEVELAND! THE GREAT GATSBY is a "Broadway extravaganza that explodes with life and energy" (Entertainment Weekly). Based on the classic American novel by F. Scott Fitzgerald, the Tony Award®-winning new musical is an unforgettable journey of love, wealth and tragedy that brings the Roaring Twenties to life on stage. The bus leaves Kirtland at 6 pm and returns around 11 pm. **\$58 registration. Registration closes May 7th.**

GENEVA ON THE LAKE - FRIDAY, JUNE 26

Join us while we wander and explore downtown Geneva on the Lake. Visit as many of the fun little tourist attractions as you want; some mini golf, some antique shops, some fun little wineries and restaurants. We will leave Kirtland around 10:00 am and return around 4 pm. **\$5 Registration.**

DINNER AND A PLAY @ RABBIT RUN THEATER- FRIDAY, JULY 17

Begin a relaxing evening with dinner at Grand River Cellars - marinated half chicken with mashed potatoes and vegetables. We then travel to experience the rustic charm at historic Rabbit Run Theater as we watch the romantic and delightfully hilarious production of "Kiss Me, Kate". The bus leaves Kirtland around 3:45 pm and returns around 10:45 pm. **\$54 Registration - includes dinner.**

**If for some reason you have to cancel your reservation, please contact the front office.
 Refunds are NOT guaranteed.**



UPCOMING BUS TRIPS



**THIS MONTH AT THE
KIRTLAND LIBRARY:
TO REGISTER
CALL 440-256-7323**



**Saturday, 5/2
1:00pm
3 Steps to
Achieving Your
Writing Goals**

Having trouble defining your writing goals? Challenged by procrastination, defeatist self-talk or creative constipation? In this workshop, you'll gain useful information and do-able tips to help you work toward your specific writing goal, with information drawn from Nancy Christie's book, *Rut-Busting Book for Writers*.

**Monday, 5/4
6:00pm
Knit & Crochet**

Open to anyone who enjoys knitting, crocheting or is interested in learning these skills. Bring your own supplies, drop in and get hooked.

**Tuesday, 5/5
5:30pm
Natural
Beekeeping**

This fun-filled presentation by Rich Lowery is for anyone interested in learning more about honeybees. Topics will include honeybee biology, basic beekeeping techniques, the vital importance of honeybees, their environment, and even some honey tasting. Registration is required.

**Monday, 5/11
2:00pm
Chair Yoga**

Gentle chair yoga led by Anne Owens. All levels are welcome to this free event sponsored by the Friends of the Kirtland Public Library. Please register for this event.

**Monday, 5/11
6:00pm
Tempests In a
Teapot:
Influential
Women in the
World of Tea**

In celebration of Mother's Day and all of the influential women in our lives, Patricia Dennison, Certified Tea Sommelier will present inspirational stories of how women used tea to change the course of history. Palmer Place Fine Teas samples will be served. Registration is required.

**Tuesday, 5/12
4:00pm
Cricut Design:
Spring Cards**

Learn the basics of Cricut design with this Card Workshop. All supplies will be provided by the Library. Registration is required.

**Monday, 5/18
1:30pm
No Pressure Book
Discussion**

Ready for some new book suggestions? Bring any recommendations for good books you have read and get some new ideas too. Bring a bag lunch if you like. Just drop in!

**Tuesday, 5/19
6:00pm
Knit & Crochet**

Open to anyone who enjoys knitting, crocheting or is interested in learning these skills. Bring your own supplies, drop in and get hooked.

**Wednesday, 5/20
4:00pm
3D Design:
D&D Dice Box**

Participants will create their own custom dice box in Tinkercad. This class is designed for intermediate users; some previous experience recommended.

**Friday, 5/22
2:00pm
Suncatchers**

Come make some easy and simple suncatchers with us just in time for the summer. Make them as colorful as you want to liven up any room. Feel free to bring any shape of cookie cutter you would like if you want a specific shape. Registration is required.

**Tuesday, 5/26
6:00pm
Cookbook Club**

Do you want to expand your kitchen skills? Bring your own place setting and beverage. In May, we are using the cookbook *Betty Crocker's Lost Recipes*. Choose any recipe from her repertoire to make and share with the group.

KIRTLAND SENIOR CENTER
7900 EUCLID-CHARDON ROAD
KIRTLAND, OH 44094

PRESORT STD.
U.S. POSTAGE PAID
Permit No.
Willoughby, OH

GARDEN CLUB OF KIRTLAND

The Garden Club of Kirtland will meet
Thursday, May 7th at 6:00pm.
Contact Mary at:
GardenClubofKirtland@gmail.com



KIRTLAND KIWANIS

We are updating our book of veterans and need information on any vets in the area. We need: name, branch, rank, dates served and photo. We also need to know where you served.

Please contact: Bill Wright
@ 440-463-4800 OR
wjwright@roadrunner.com

LAKETRAN 2026 CLOSURES

Laketrans will be closed on for the following holidays in 2026:

- Monday, May 25 - Memorial Day
- Saturday, July 4 - Independence Day
- Monday, September 7 - Labor Day
- Thursday, November 26 - Thanksgiving Day
- Friday, December 25 - Christmas Day

Please remember to schedule your Dial-a-Ride trips in advance of the holiday. Rides can be scheduled through Laketrans's Customer Service Center at 440-354-6100 or 1-888-525-3872.



2026 MEMBERSHIP IS OPEN

Anyone is welcome to join, regardless of where you live. All members must renew annually in order to participate in the fun programs and continue receiving the newsletter! If you are unsure if you renewed, just call or stop by the front desk. New members and renewals are \$10.

The Kirtland Senior Center serves adults aged 55 and over with quality, affordable programming to provide opportunities for social interaction, recreation, fitness, and minor health and wellness services close to home. The aim to keep adults active, motivated, and engaged in their community for an optimal quality of life. Don't be misled by the term "senior!" Our programs are for the youngest Baby Boomers through those in their Golden Years. Become a member at any time!

*Funding provided by the City of Kirtland Recreation and Senior Levy
and the Lake County Commissioners Senior Citizens Levy*