

# GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter



## FROM THE DESK OF THE MAYOR

I'd like to thank all those who participated in the July 10 informational discussion related to a potential town center development project at the Senior Center. In the meeting, we covered many key points as to what the process to make a good decision should look like. The good news is, and I can't stress enough, we do not have to go forward with any development on City Hall property. Kirtland is great the way it is and if the merits and plan aren't just right for the community, then redevelopment of City Hall property should not go forward. For any plan to be seriously considered, a balance of both commercial and residential development fitting Kirtland's needs must be met. Also critical in a discernment process is what the potential positive economic impact would be. What new money will responsible development bring to Kirtland to help pay for road repairs and city services? The concept is still in its infancy and the walk to a decision will be thoughtful, deliberate and include many discussions with the community.

Although the first renderings by Marous Development include many of the elements the community has expressed desire for, the design is far from what suits Kirtland. Starting with the Historic Town Center zoning code implementation in 2010 and continuing with the 2012 Comprehensive Plan, members of City government during that time prescribed both commercial and residential development in downtown Kirtland. The intentions of those previously elected and appointed members was to create a town center with shops, restaurants, and residential living, especially for seniors. With these principles in mind, we will continue to explore options that are in line with the work done by those folks in 2010 and 2012.

In other news, Planning and Zoning was presented a concept by a well-respected skilled nursing care provider proposing development of the Mills property at Rt. 6 & 306. For some time now, Biltmore Healthcare LLC. has been engaged and working to secure a site in Kirtland to expand their Northeast Ohio operations. The facility would bring more than 100 well paying jobs and stands to be a catalyst that begins the enhancement at the four corners of Rt. 6 and 306. Stay tuned as the city begins to discuss the idea and weigh options to bring sanitary sewers to that intersection. We will be working with County, State and Federal officials to understand what costs would be associated with sewers and what help those elected representatives can be to this potential opportunity.

Understanding my message this month is devoid of the usual silliness, I thought it quite important to update you all on some of the work being done to keep Kirtland the best community around. As always, please feel free to call or email me if you have any questions, concerns, or ideas.

Thank you,  
Mayor Potter



### Riddle Answers

- A little plaque.
- Use big words.

# **ALL THE THINGS**

Good morning! Or afternoon, or evening, depending on where we find you. Wherever and whenever it may be, I must say that we are delighted to have you as a member of the Kirtland Senior Center. I may not say it enough, but know that we are so glad you are part of our family!

I am not usually able to join the group on bus trips, because SOMEONE has to work and keep Marianne company. I have been fortunate this past month to be able to go on two trips, and they were such a blast! Both the trip to the Heritage Museum at League Park (with an additional stop at Gallucci's), and the tour of Progressive Field are now on my list of favorite places I've been with some of the best people. I thank everyone who came to Progressive Field for enduring my droning about what happens behind the scenes to make a baseball game happen. I spend potentially too much time researching the ins and outs of the baseball business, and it was fun for me to share some of the information I have acquired via internet research over the years.

If you haven't been able to join us on a trip, I encourage you to do so. Coming up, we will be headed to both Wooster and Hartville, and the price sure is right! Check out page 5 for more details. A special thanks to Cindy, who spends a significant amount of time working on the logistics and details for our trips!

I will have more info on this next month, but a HUGE THANK YOU to both Rich Lowery and Bill Russ for a special project they 100% volunteered for and in no way were coerced by Teresa to do. A few months ago, our awesome Reflexologist and Light Therapist Linda approached me with an idea. A friend of hers, Pat, is an artist, and was willing to donate her time and skills to make our massage/wellness room more welcoming. Rich jumped in and offered to paint the entire room (and ceiling!) with the base coat on which she can create her masterpiece. Bill was his right hand throughout the day, and I'm sure glad he was there to help. I'm excited to see the next phase of this project, and am so appreciative of those who have jumped in to make it happen!

Speaking of being flexible (we weren't...), I am grateful to those who made the indoor concerts here at the Center possible. Beginning this year, we have become the secondary location for the Friends of the Library Gazebo concerts (see page 8) in case of inclement weather. From those who joined us for great music and those who stuck around to help clean up, it has been a pleasure to host these events and work with the library staff to make them happen. We love inviting people into our building for voting, for rentals, or for special events!

I wrote last month's article too early for a Strawberry Festival summary, but the Mayor did so admirably. I would just add to his July note that our trivia teams were awesome! Thanks to everyone who went out of their way to get me in the dunk tank. Really appreciate that. Honestly, the dunk tank is a great fundraiser for not only Kiwanis, but also our local Scouts. From Councilmen to Chiefs to the Mayor and his wife, the City showed up to get drenched in order to support this important cause! And how fortunate we are.

On the City side, a congratulations to the four firemen who were promoted last month as well as our new police officer, Ptl. Scott. Good things are happening in Kirtland, and we're glad to be along for the ride. Our Service, Police, and Fire departments are in and around the building often. If you get a chance, please take a moment to let them know how much their work means to you!

Make sure to be at the Center in the next few weeks if you want to know more details about this year's Senior Summer Camp! Surprises abound... Stay dry, y'all! ~ Teresa



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## **SENIOR CENTER MEMBERSHIP**

<b>Per calendar year</b>		<b>Paperwork and information available at the front desk</b>
Resident (first year): \$10	Resident (renewal): \$5	
Non-resident (first year): \$12	Non-resident (renewal): \$7	



KIRTLAND SENIOR CENTER

**AUGUST 2023 WEEKLY SCHEDULE**

**UPCOMING EVENTS**

Podiatrist	Tuesday, August 1
Card Making Class	Wednesday, August 2
Gazebo Concert	Wednesday, August 2
Bus Trip to Wooster	Monday, August 7
Voting	Tuesday, August 8
Senior Board Meeting	Wednesday, August 9
Attorney	Thursday, August 10
Guardian Game Days	August 10, 24, 30
Hiking Club	Monday, August 14
Trivia	Tuesday, August 15
Ladies Lunch	Wednesday, August 16
Book Club	Thursday, August 17
Senior Summer Camp	August 21 - 25
Trash to Treasure	August 21 - 31
Birthday Lunch	Tuesday, August 22
Red Cross Blood Drive	Saturday, August 26
Pig Roast	Wednesday, August 30

**COMING IN SEPTEMBER**

Senior Center Closed	Monday, Sept. 4
Card Making Class	Wednesday, Sept. 6
Bus Trip to Guardians @ Progressive	Wednesday, Sept. 6
Attorney	Friday, Sept. 8
Hiking Club	Monday, Sept. 11
Birthday Lunch	Tuesday, Sept. 12
Podiatrist	Tuesday, Sept. 12
Senior Board Meeting	Wednesday, Sept. 13
Chair Volleyball vs Perry	Wednesday, Sept. 13
Lake County Senior Coalition Pancake Breakfast	Wednesday, Sept. 13
Trash to Treasure	Saturday, Sept. 16
Hartville Marketplace	September 18 - 29
Trivia	Monday, Sept. 18
Men's Lunch	Tuesday, Sept. 19
Book Club	Wednesday, Sept. 20
Clam Bake	Thursday, Sept. 21
	Tuesday, Sept. 26

Strength Training	
Pickleball ( <i>drop-in</i> )	
Knitting Group ( <i>drop-in</i> )	
TaiJi Fit	
Chair Volleyball ( <i>drop-in</i> )	
Advanced Pickleball ( <i>drop-in</i> )	
Piano Lessons ( <i>August 8 &amp; 22</i> )	
Pickleball ( <i>drop-in</i> )	
Bingo ( <i>drop-in</i> )	
Game Day ( <i>drop-in</i> )	
Beginner Pickleball ( <i>drop-in</i> )	

Strength Training	
Mahjong ( <i>drop-in</i> )	
Pickleball ( <i>drop-in</i> )	
Reflexology/Light Therapy	
( <i>August 9 &amp; 23</i> )	
Fit Yoga w/ Sue	
Chair Volleyball ( <i>drop-in</i> )	

Advanced Pickleball ( <i>drop-in</i> )	
Watercolor Painting	
Chess ( <i>drop-in</i> )	
Pickleball ( <i>drop-in</i> )	
Cards - Hand and Foot ( <i>drop-in</i> )	
Acrylic Painting	
Beginner Pickleball ( <i>drop-in</i> )	

Gentle Yoga	
Pickleball ( <i>drop-in</i> )	
Massage ( <i>August 4 &amp; 18</i> )	
Chair Yoga	
Reiki ( <i>Contact the front office</i> )	
Chair Volleyball ( <i>drop-in</i> )	

**MONDAY**

9:00 - 9:45 am
10:00 - 1:00 pm
10:00 am
1:00 - 2:00 pm
1:00 - 3:00 pm

**TUESDAY**

8:30 - 9:30 am
9:30 - 12:00 pm
11:30 - 2:30 pm
12:00 pm
12:30 pm
2:30 - 3:30 pm

**WEDNESDAY**

9:00 - 9:45 am
10:00 am
10:00 am - 1:00 pm
10:00 am - 12:00 pm
11:00 am - 12:00 pm
1:00 pm - 3:00 pm

**THURSDAY**

8:30 - 9:30 am
9:30 - 11:30 am
10:00 am
10:00 - 1:00 pm
10:30 am
12:30 - 2:30 pm
1:00 - 3:30 pm

**FRIDAY**

9:00 - 10:15 am
10:00 - 1:00 pm
10:00 am - 12:00 pm
10:30 - 11:30 am
12:00 - 1:30 pm
1:00 - 3:00 pm

*For a complete listing of services and classes available, check out our website at [www.kirtlandcommunity.com](http://www.kirtlandcommunity.com)*

*Drop-in activities require no pre-registration*

# AUGUST CLASS & WELLNESS SCHEDULE

REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES OR WELLNESS APPOINTMENTS:

Fitness Class	Time	Dates	Cost
Aerobics Instructor: Cheryl	Tuesday 10:00-11:00	August 1, 8, 15, 22, 29	\$20 Drop-in: \$4
Aerobics w/drumming Instructor: Cheryl	Friday 11:45-12:45	August 4, 11, 18, 25	\$15 Drop-in: \$4
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	August 4 & 11	\$6 Drop-in: \$3
Chair Yoga Instructor: Anne	Friday 10:30-11:30	August 4 & 11	\$6 Drop-in: \$3
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	August 2, 9, 16, 23, 30	\$15 Drop-in: \$3
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45 Select Fri @ 10:30	August 2, 4, 7, 9, 14, 16, 18, 21, 23, 28	\$30 (10 classes) \$24 (8 classes) \$12 (4 classes) Drop-in: \$3
TaiJiFit Instructor: Tim	Monday 1:00-2:00	August 21 & 28	\$6 Drop-in: \$3
Workshops	Time	Dates	Cost
Knitting Group	Monday 10:00	Every Monday	FREE
Card Making Class	Wednesday 1:00 PM	August 2 September 6	\$10
Chess Club	Thursday 10:00 am		FREE

Classes	Time	Dates	Cost
Acrylic Painting Instructor: Connie	Thursday 12:30-2:30	August 3, 10, 17, 24	\$28
Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	August 3, 10, 17, 24	\$28
Piano Lessons Instructor: Karen <i>*must register 2 per month*</i>	Tuesday 9:00-1:30	August 8 & 22	\$17 per 30 minutes
Wellness/Other	Time	Dates	Cost
Attorney Deborah Loughner	Thursday / Friday 9:00-11:00	August 10 / September 8	FREE 30 minutes
Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	August 1 September 12	\$25 per 15 minutes
Reiki Anne Owens	Friday 12:00-1:30	August 11	\$25 / 25 minute session
Reflexology or Light Therapy Linda McMahon	Wednesday 11:00-1:00	August 9, 23	\$40 (Reflexology) \$45 (Light Therapy)
Swedish Massage Natalie Lopez	Friday 10:00-2:00	August 4, 18	<b>\$65 per 50 minutes</b>
Hiking Club <i>*See inside for location</i>	Monday 10:30 am	August 14	FREE
Beginner Pickleball Lessons	Thursday 1:00-2:00	<b>NO LESSONS IN August</b>	FREE



## **CHAIR YOGA**

Our yoga instructor, Anne Owens, teaches a chair yoga class every Friday. This class is a gentle yoga class with an emphasis on stretching and strengthening movements while seated in a chair. A portion of class will provide instruction on the option to use a chair for support with select standing postures. This class finishes with a seated meditation and breathing practices. It will be on Fridays at 10:30 am and costs \$12 for the month or \$3/class.

## **CHESS CLUB**

Are you a chess player? Do you want to learn how to play chess? We meet weekly on Thursday mornings at 10:00 am - 12:00 pm. All levels are welcome and no registration is necessary!

## **CARDIO DRUMMING**

Our fantastically fun (and sometimes loud) cardio drumming class continues every Friday. Due to popular demand and thanks to the flexibility of our instructor Cheryl, **the class has been moved to 11:45 am.** As always, if you have never tried a class, the first is free.

## **BINGO**

We are playing Bingo every Tuesday! Bingo will be held in the Sunflower Room at 12:00. There is no cost to play and everyone is invited.

## **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 lessons for evaluating it as a useable resource. **You must sign up for two classes a month. The cost is \$34 per month. Please note the slight increase. Next classes will be August 8 and 22 between 9:00 am - 1:30 pm.**

## **STRENGTH TRAINING**

Our fantastically fantastic Strength Training instructor, Nancy, has added a Friday class! Thanks to the flexibility of the yoga classes (no pun intended), Nancy will now be offering classes on the first and third Fridays of the month at 10:30. Check the calendar for any changes in schedule (like August...).

## **BEGINNER PICKLEBALL LESSONS**

New to Pickleball? Need to learn the basics? We got you covered with the ins and outs of pickleball. Lessons are on Thursday from 1:00-2:00 pm. **Our next session (four classes) will begin in the fall.** These are FREE classes, but fill up incredibly quickly.

**If you have already taken the class, we ask that you be put on a wait-list.** With the popularity of pickleball rising, we want to make sure to give everyone an opportunity to learn how to play correctly and safely. If you are not able to come to every class, please consider waiting for another month to allow others to participate.

**Pre-registration is required and space is limited.** Make sure to wear tennis shoes and comfortable clothes you can move in!

## **EXPANDED PICKLEBALL HOURS**

### **Advanced Pickleball:**

**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!

### **Beginner Open Play:**

Beginner Pickleball will be on **Tuesdays from 2:30 - 3:30 pm and Thursdays from 1:00 - 3:30 pm.** If you want to start playing, get some practice, or work on your game, this is a great time to do it!

### **Outdoor Pickleball:**

The Outdoor Courts are OPEN for the season! Please note that the courts are available on a first come-first served basis. If there are people waiting to play, please be courteous and share the courts. **Senior Center members have priority from 10:00 am - 1:00 pm each weekday.**

## **MYSENIORCENTER SIGN-IN**

If you've been to the Center in the past few weeks, you'll notice that our brand spanking new MySeniorCenter sign in system is up and running! Make sure to head over to the front desk to grab your key card, and then check in for whatever you're doing whenever you're doing it. Thank you to the Lake County Commissioners Office for supplying us with this new resource. Not only does this eliminate paper sign-ins, but also allows us to collect data on how our Center is being used and when.

**Voting - Tuesday, August 8  
(check signs for location changes)**

**THE SENIOR CENTER  
WILL BE CLOSED  
Monday, September 4**



## **BUS TRIPS**

### **Adventures Down South - Monday, August 7**

Come hang out with us for the day! We will meet at the Center at 8:15 am, and head down to the Secret Arboretum in Wooster. This 110-acre botanical garden is managed by The Ohio State University College of Food, Agricultural, and Environmental Sciences. From paved walkways, colorful display gardens, and a Coneflower Garden (featuring over 100 varieties!), this botanical garden and arboretum is a living resource for education, research, and outreach to Ohio's horticulture industry and residents. From there, we'll venture to downtown Wooster, where you can explore Main Street and grab lunch on your own. We'll cap the day off with a visit to the J.M. Smucker Company Store, where you can shop for every fruit spread, peanut butter, coffee and pet product-plus kitchen accessory, apparel and custom gift basket - you'll ever need! The bus will return to the Center around 4:45 pm. Cost is \$5/person, with lunch and shopping on your own. RSVP by Thursday, August 3.

### **Senior Summer Camp Trip (Seven Brothers Distillery and Lunch) - DATE TBA**

As part of our annual Senior Summer Camp, we'll be boarding the bus and headed out to see how the sausage gets made! Well. The whiskey and vodka, but you get the idea. After our tour of Seven Brothers Distillery, we will head over to lunch. The day will start in the morning at the Center, and the bus should be back around mid-afternoon. Space will be limited, so be sure to sign up by when we announce the date!

### **Guardians Game @ Progressive Field - Wednesday, September 6**

What's a summer without a baseball game? Our bus will be taking a trip down to Progressive Field on Wednesday, September 6 to see the Guardians take on the Twins. We'll leave from the Center around 11:45, and the first pitch is at 1:10 pm. This trip is \$45/person and includes a lower reserved game ticket and the bus ride. **Please RSVP by July 20.**

### **Hartville Marketplace and Flea Market - Monday, September 18**

Come out for day of shopping, eating, and exploring! Named one of the top 20 flea markets in the USA, Hartville boasts over 3 acres of indoor shopping, and an outdoor market on Mondays. We will leave the Center at 10:00 am, and be back around 5:00 pm. Cost is \$5. Shopping and food is on your own! RSVP by Wednesday, September 13.

**Please remember that all of our bus trips are for Senior Center members only.  
No reservations will be taken after the cut-off date.**

**PAYMENT IS DUE AT THE TIME OF THE RESERVATION**

### **HIKING CLUB - MONDAY, AUGUST 14**

Join us for a hike on **Monday, August 14 from 10:30 - 11:30 at Penitentiary Glen. We will meet at the Nature Center parking lot. Registration is requested but not required!** We hike rain or shine... use your best judgment and dress for the weather. A special thanks to Sue and Bob Morecki for leading us on the journey! See you on the trails.

### **BOOK CLUB - THURSDAY, AUGUST 17 @ 11:00 AM**

The next Book Club is set for August 17 at 11:00 and we will be discussing "**The Tobacco Wives**" by Adele Meyers. Thanks to this here newsletter, I put this on my list and finished it a few weeks ago. I enjoyed this one, and really really hope that I can come down to the discussion to hear what others thought of it. September's discussion will be around "Joan is Okay" by Weike Wang, which I have also not read. Apparently, this is "deceptively spare yet quietly powerful, laced with sharp humor." I'm loving this description, and hope to get this one in before next month as well!

### **TRASH TO TREASURE**

Our next Trash to Treasure Sale will be held from August 21 - 30. Drop off any household items you would like to donate for our sale. No personal items, clothing or electronics please! We will be accepting items during normal business hours. If you have any donations, please bring them to the front office rather than putting them on the table. All proceeds go to the Senior Board.



**Welcome to our  
new members  
this month!**

Robert, Ron, Mark,  
Carol, Patricia, John



**BIRTHDAY LUNCH CELEBRATION - TUESDAY, AUGUST 29**

New this year - join us for YOUR birthday month & lunch is on us! Our next Birthday Lunch is Tuesday, August 29 at 12:00 pm. **The cost is \$8.** Our menu is gyros and fries. **Please RSVP by July 19.** EVERYONE is welcome, regardless of your birthdate! Our next Birthday celebration will be on September 29 and the menu will be lasagna and garlic bread.

**MEN'S LUNCHEON - WEDNESDAY, SEPTEMBER 19**

Men's Luncheon will be held Wednesday, September 19 at 12:00 pm. The menu is steaks and a baked potato. Cost is \$8. **Please RSVP by September 12.** The next luncheon will be November 15 and the menu is chicken parm and pasta.

**LADIES LUNCHEON - TUESDAY, AUGUST 16**

June's ladies lunch will be held Wednesday, August 16 at 12:00 pm and the menu is a hamburgers with fixins' and potato salad. **Cost is \$8.** **Please RSVP by August 9.** Our next luncheon will be October 18 and the menu is beef stew and corn bread.

**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.**

**CHAIR VOLLEYBALL VS. PERRY - WEDNESDAY, SEPTEMBER 13**

Our awesome chair volleyball players have their teams set and will be headed out to Perry to take on their Senior Center in an epic battle of will. That's where YOU come in. We need your help to root us on to victory! We'll be taking a bus, leaving the Center around 8:45 am and returning around 1:00 pm. Play will begin around 9:30 am, and after we win, we will enjoy lunch at the Center. Cost is \$13 for lunch and the bus and RSVPs are due by Tuesday, September 5.

**PIG ROAST - WEDNESDAY, AUGUST 30 @ 12:00 PM**

The Annual KSC Pig Roast will be held on Wednesday, August 30 at 12:00 pm in the Pavilion. Lunch will include pulled pig, scalloped potatoes, baked beans, coleslaw & rolls. Cost for the Pig Roast is \$17.00 per person. **This is a Kirtland Senior Center members only event & there is limited space available.** Please RSVP by August 15. No reservations will be taken after this date.

**CLAM BAKE - TUESDAY, SEPTEMBER 26**

The Annual KSC Clam Bake will be held on Tuesday, September 26 at 12:00 pm in the Pavilion. Lunch will include dozen clams, 1/4 chicken, clam chowder, 1/2 ear corn, 1/2 sweet potato, cole slaw, broth & rolls. Cost for the Clam Bake is \$22 per person. This event is for Kirtland Senior Center members only & there is limited space available. Please RSVP by September 12. No reservations will be taken after this date.

**TRIVIA - TUESDAY, AUGUST 15**

Join us in-house for Trivia on Tuesday, August 15 at 11:00 am. Come join us and be a part of a team this month and 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 lobby to form teams and then the fun begins. No registration necessary.

**GREETING CARD MAKING**

Make your own greeting cards! Come to enjoy creating three original cards and have fun socializing while stamping, coloring, and gluing. We will do an assortment of cards during each monthly classes. Cost is only \$10 per class and that includes all the paper, stamps, ink, die cuts, and embellishments. All you need to bring is a pair of scissors and adhesives. Our first class will be Wednesday, August 2 at 1:00 pm and will be held the first Wednesday of each through October. Class is limited to 10 per month. Registration is required.

***Just a reminder to check in whenever you come into the Center for ALL the activities that you will be doing that day. Thank you in advance for your help!***

# UPCOMING EVENTS

## **HEAP: SUMMER CRISIS PROGRAM - THURSDAY, AUGUST 3**

The Summer Crisis Program is a special component of the Home Energy Assistance Program (HEAP) and provides cooling assistance for seniors and those with qualifying medical conditions with limited income.

The program runs from July 1 through September 30 and applies to electric utilities or assistance paying for central air conditioning repairs. Benefits include: One-time payment assistance to be put towards your electric bill payment; or Air conditioning unit (limited number of units available). Applicants must have a household income at or below 175% of the federal poverty guidelines to receive the benefit and meet one of the following criteria: Have a member of the household who is at least 60 years old; or A member who has an illness that would benefit from assistance, verified by physician documentation. Unlike HEAP, applicants must apply for the Summer Crisis Program through the Lifeline Energy Assistance Office. You may schedule an appointment by contacting the Lifeline appointment line at 440-381-8230. For more information, please contact Lifeline at 440-350-9160 or the Lake County Council on Aging at 440-205-8111. A representative from Lifeline will also be here at the Kirtland Senior Center to help seniors apply for the program.

**Appointments are required and are limited.** Please contact the front desk or sign up online at [www.kirtlandcommunity.com](http://www.kirtlandcommunity.com) to schedule a time. In order to complete your application, it is necessary that you bring the following documentation to your scheduled appointment: Photo I.D., Copies of your most recent energy bills. A list of all household members and proof of income for the last 30 days or 12 months for each member. Proof of U.S. citizenship or legal residency for all household members. Proof of disability (if applicable). Physician documentation that cooling assistance is needed for a household member's health (if there isn't a household member over the age of 60).

## **GUARDIANS DAY GAMES - AUGUST 10, 24, 30**

Let's reverse our luck, shall we? The team has only won on one of the days that we're watched the games. Come on out and help us turn that record around! Join us for the 1:10 pm game against Toronto on August 10, the 1:10 pm game against the Dodgers on Thursday, August 24, and at 1:10 pm against Minnesota on Wednesday, August 30. Yummy ballpark goodies will be provided by donation. No RSVP necessary.



## **SENIOR BOARD SHIRT SALE**

The Senior Board is selling Kirtland Senior Center T-shirts and Polo's. Cost is \$12 for t-shirt & \$25 for polos. Order forms will be available in the office. Make checks payable to Kirtland Senior Guild. Please note that there are additional charges for plus sizes.



## **SMILE! YOU'RE ON CAMERA**

As part of the funds received through the County, we have also installed cameras throughout the building. These cameras will ONLY be used for safety and security purposes, and access is restricted to authorized personnel only. Coverage includes the gym, fitness center, and all outdoor facilities. While signs are posted, we wanted to give you a heads up!

## **FROM THE SENIOR BOARD**

Wow, it seems like I was just complaining about the cold and now it is mid July. I am sitting and enjoying my morning looking out over the lake. What a great way to spend retirement! But, if you can't have this, a visit to the Senior Center is always fun.

August looks to be a busy month for Kirtland seniors. Teresa is planning a week-long senior camp. The theme is "Down on the Farm", and every day will have an exciting activity to do. Are you up to 5 days of fun? Come try, it is always worth a good laugh. Of course, we won't hold Teresa to that theme, she may get another idea soon.

The Pig Roast and Clam Bake are the two big events the board is planning. The Pig roast sign ups have already started and is the same price as last year. The clam bake sign ups begin in August. Both events are very well attended and could sell out. If you are planning on going, I encourage you to get your reservation in early.

As I close, I hope this finds you well, rested, and enjoying the weather. I know I am! Best, David Saywell

## **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 2023 Senior Board consists of: David Saywell (President), Junior Orick (Vice-president), Marcia Haymer (Secretary), Penny Everson (Treasurer), Bill Russ, Karin Saywell, Janet Johnson, and Jean Orick.



# COMMUNITY NEWS

## THIS MONTH AT THE KIRTLAND LIBRARY:

August 7 @ 6:00 pm  
Knit & Crochet

August 18 @ 2:30 pm  
Color Me Calm Club  
*Registration requested*

August 28 @ 1:30 pm  
No Pressure Book Discussion

August 22 @ 6:00 pm  
Cookbook Club  
*Registration requested.*

### Special Events:

August 5 Book Sale

August 14 @ 6:30 pm  
"Famous People From Ohio"  
*Registration requested.*

August 15 @ 4:00 pm  
Recycled Bird Feeder  
*Registration requested.*

August 21 @ 5:30 pm  
Quesadilla Cooking Class  
*Registration required.*

## SUMMER CONCERTS

Concerts at the Gazebo sponsored by the Friends of the Kirtland Library are back! Mark your calendars for the following dates:

### Wednesday, July 26 - "City" Night: Prime Time Big Band

The grill will be fired up again for hamburgers and hotdogs for a donation! This talented group will bring back the sound of big band, swing and jazz for us tonight!!

### Wednesday, August 2 - "Dog Days of Summer:" Debbie Gifford

Our very own Debbie Gifford will serenade us (and our dogs!) for the evening. Local animal groups will join us and food will be available for purchase.



## RED CROSS BLOOD DRIVE - SATURDAY, AUGUST 26

On Saturday, August 26, we will be hosting a Red Cross Blood Drive. Every donor has a reason. Every reason is unique. If you're an American Red Cross blood donor, there's a reason why you've chosen to help save lives in this way. If you're a donor - share your story! It may be just the inspiration your friends and family need to make the decision to join us! A typical donation takes less than one hour. We hope you can sign up to help out others on August 26.

**WILLOUGHBY SUMMER THEATER FESTIVAL**  
2023 Season  
July 28th to August 6th  
TICKETS ARE FREE  
Reservations are suggested but not required  
email [boxoffice@andrewsosborne.com](mailto:boxoffice@andrewsosborne.com) to reserve your free tickets

*Steel* MAGNOLIAS  
by Robert Harling  
JULY 29th - 7pm  
AUGUST 2nd - 7pm  
AUGUST 4th - 7pm  
AUGUST 6th - 5pm  
Dramatists Play Service, Inc.

NEIL SIMON'S *The Odd Couple*  
JULY 28th - 7pm  
JULY 29th - 2pm  
AUGUST 3rd - 7pm  
AUGUST 5th - 7pm  
A SAMUEL FRENCH, INC. TITLE

SHAKESPEARE IN THE PARK - 2 PARKS / 5 PERFORMANCES!  
A MIDSUMMER NIGHT'S DREAM  
CVLT  
JULY 30th - 2pm  
AUGUST 5th - 2pm  
AUGUST 6th - 2pm  
Performances at Wes Point Park in Downtown Willoughby  
AUGUST 12th - 2pm  
AUGUST 13th - 2pm  
Performances at Triangle Park in Chagrin Falls  
Andrews Osborne ACADEMY 38588 Mentor Avenue Willoughby, Ohio 44094  
Ohio Arts COUNCIL

# **SENIOR SUMMER CAMP 2023**

**"DOWN ON THE FARM"**

**POTENTIALLY FEATURING**

**ANIMALS**

**PIE BAKE-OFF**

**SQUARE DANCING**

**FARM TO TABLE POTLUCK**

**TRIPS TO FARMPARK,**

**SEVEN BROTHERS DISTILLERY**

**JAM AND JELLY TASTING**

**PLANT YOUR FALL HARVEST**

**AUGUST DATES TO BE ANNOUNCED!**



# SENIOR SPOTLIGHT



If you don't know her yet, you definitely recognize her. Kim Gilbride is a frequent flier here at the Center, and we have had several requests from people wanting to learn more about her story. As ever, she insists that she "is not interesting." After much discussion here in the office, we decided that it's okay to not scuba dive every weekend or go searching for narwhals off the coast of Indonesia on a whim. As cool as those things may be, I guarantee you that obscure hobbies are not the only thing that makes a person interesting. Kim is a beacon of peaceful kindness. Her dedication not only to her friends and family, but also to her commitment to choosing an intentional life is incredibly interesting.

One of the wonderful aspects of this region is that the people who are from here stay here. And how inspiring that is. There are also those who came TO northeast Ohio, and Kim is part of that unique population. My mother just sent me a mug that says "bloom where you're planted," and it sounds to me like Kim has. Her father was in the Air Force, and she was born in Sharon, PA. When she was just a bitty tike, he was shipped over to Alaska, while she and the rest of the family moved to Akron. She spent most of her formative years in Columbus, following her eventual husband to Miami University. They married when she was 19, and moved to Newark to begin their life together. Their oldest daughter Erin was born there in the hometown of the National Heisey Glass Museum. (Yes, I searched desperately online for what Newark was known for, other than the one-time home of Kim Gilbride.)

From Newark, they moved north to Marion, home of Popcorn Festival (named one of the top 100 Events in North America by the American Bus Association). Her husband's jobs brought them to these far-reaching locales, and they welcomed second daughter Megan whilst in residence as Marionians. Eventually, they settled in Northeast Ohio, and it sounds like she has bloomed here, where she has been planted. I may get this timeline wrong, but bear with me. She had been raising children and working at Jo-Ann Fabrics. If you know Kim, you rightfully assume that she sought out a fitness class, and she signed up for Jazzercise in Willoughby. Her instructor Sherri became a good friend and recommended to Kim the dentist at which she worked. Fast forward six years, and their front office asked her if she would like to join their team. They promised to train her, which she said clinched the deal. She knew nothing about dentistry, so if they hadn't trained her, it may have ended disastrously for a lot of people. This random and fortuitous turn of events led her to a 21 year career in dentistry as an assistant. As a small child in Sharon/Akron/Columbus, she never dreamed of going into this field. Not knowing what her future plans were, this "magical" phone call changed her life. From a wonderful boss to a supportive staff, she enjoyed her time there doing everything but dental hygiene and, I assume, the stuff that the dentists do. I am certainly hoping for a kind and level-headed staff when I go to the dentist, and I'm sure that her patients found in her a kindred spirit.

Having Wednesdays off, she started coming to the Center "the day she turned 55." She stuck to her plan of retirement, and we have been lucky enough to be a part of her new routine. From strength training to yoga to bus trips, Kim has created a schedule that works around the rest of her world. Erin and Megan were "raised to be independent," and they sure are. After matriculating from OU and Miami U respectively, the girls found their own way. Erin has lived in Denver for 21 years, and now has two children. Megan lives in Brooklyn with her daughter. One of the best parts of retirement has been road tripping to spend time with the next generations. Although nothing about a 24 hour drive to Colorado sounds like fun to me, I'm sure it's worth it for everyone. The adventures of driving to Brooklyn result in family time, people watching, and amazing food. And their 15-year-old rescue dog Sweet Pea crisscrosses the country with them.

Growing up, Kim read what was assigned to her at school. Until the kids were pretty much grown, she hadn't had the time to dive into the world of mystery and historical fiction. Now that they're living out their independence, she has discovered that a bit of extra time lends itself to recreational reading. I assume that she used her employee discount at Jo-Ann Fabrics to both quilt and sew in her younger years. Although she doesn't as much anymore, there have got to be pictures of those girls in Creations by Kim.

Married to an avid golfer, she took lessons and uses those learned skills to play only nine holes at the most. While he works at St. Denis in his retirement, she appreciates spending the time outdoors and the after-party. She enjoys gardening, and had the chance recently to take the grandkids to Holden (see inset). Music is a joy in her life, and live music is one of her favorite hobbies. If you fit the gardening/music niche, she suggests Cavotta's Garden Center in Cleveland as a great place to combine the two!

From travel to gardening to concerts to family to books to dentistry to yoga to strength training to an insatiable curiosity and search for knowledge, I think you will again agree that Kim certainly IS interesting. If she picks up narwhal-gazing, we will certainly let you know. But if she doesn't, let us all be thankful that this lovely woman has chosen to spend her time with us! We're grateful she was planted here.

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

## **BAD JOKES FOR AUGUST:**

What do you give the dentist of the year?

What should you do if you meet a giant?

*Answers inside!*

### **KIRTLAND SENIOR CENTER**

(440) 256-4711

[communitycenter@kirtlandohio.com](mailto:communitycenter@kirtlandohio.com)

[www.kirtlandcommunity.com](http://www.kirtlandcommunity.com)

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*