

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter



FROM THE DESK OF THE MAYOR

I see the Kirtland Senior Center has yet again made the newspaper. On February 20th, an article appeared in the News Herald featuring classes that focus on mobility and how important flexibility and balance can be for seniors. The mobility article is just one of several in the last two years that the paper's local beat reporter, Bryson Durst, has written on our ever-popular Kirtland Senior Center. Quickly becoming known as the jewel of all senior centers in Lake County, the daily, referred to by many as "The Herald" quite frequently features happenings and personalities that make the Kirtland Senior Center "the place to be."

Speaking of newspapers, it is no secret that with the advent of social media, traditional print media has receded in popularity. This new reality, in our fast paced, "give it to me now," American society, for mostly nostalgic reasons, saddens me. Growing up mostly in the 1980's and early 90's, some of my favorite memories are those of my dad devouring the Cleveland Plain Dealer at our dining room table on Saturday and Sunday mornings.

The scene usually included an ashtray and cigar on his left and a cup of coffee placed to the right of the sprawled-out newspaper. Whether he was reading about a floundering Cleveland Indians team or a brash politician on Capitol Hill, my dad never shied from calling out notable highlights to my mom in another room. Often, I'd hear something like "Judy, did you hear what the Tipper (then House Speaker Tip O'Neil) said about the Soviets?" or "Hey, Judes, wait till your mom hears Jimmy Cagney died. Remember how much she loved him, especially in Johnny Come Lately? What year did that movie come out?"

Thinking back, I believe it was a better time. News came to us slow and with thought. Editors scrutinized writers' work. Facts were critical. It spurred discussion amongst people. Breakfast diners and RTA buses were filled with folks educating themselves on matters of foreign policy or memorizing batting averages of the likes of Wade Boggs or George Brett. Yes, these were important subjects to them, but it allowed for conversation when they got to the office or the jobsite. They could share the news and when they broke for lunch, they were the ones in the know. Or if they had missed that article, their friend or co-worker was the one that had the story of the mobster, a dwindling profession by the 1980s, had been caught in a bust down in Youngstown.

Or, on a warm summer evening, as they watered that little front lawn on their suburban or city block, they could ask a passing neighbor if they had seen the notice that Mr. Hastings had died. Whether the passerby had or hadn't heard the news, a reflection was offered. Mr. Hastings was a Notre Dame grad. He went there during the Frank Leahy years, and boy was he smart. He knew more than anyone at Ohio Bell but was content to be a lineman. He was a good man.

Riddle Answers

1. A hesitator.
2. Dead Man Wok-ing

I try to hibernate in the winter. The rest of the year is always so busy that I take the dark and cold as an excuse to bunker down and do house-stuff. This year, I have failed miserably. We hope that you found some fun this past month, and we know that you're looking forward to more this spring!

February brought with it less cold than in the past, and boy did we take advantage! Last year, the Senior Board began a new tradition of hosting a Valentine's Day pasta lunch. Thank you so much to the Board for continuing this awesome event.

We were closed on President's Day, and I always try to celebrate whatever holiday we are supposed to honor. This year, I trekked all the way to Mentor to the Garfield House, and was surprised at how many locals had never been. If you get a chance, it's a beautiful house and you should check it out! If you don't get a chance, we may give you the opportunity later this year... We also celebrated with First Ladies Trivia, and my goodness, did I learn. Mind Challenge teams are being formed right now, and I would be delighted if any part of the lives of these fascinating women made it to this regional trivia tournament. If you want to sign up for this free event, make sure you sign up at the front desk before March 15!



Bus trips in February brought us to the Natural History and Art Museums. I'm going to take all the credit for the beautiful day we had, and it sounds like the full bus had a great time! At the time of publication, we have not yet gone to Borromeo and Saint Mary Seminaries, but I'm just going to assume that it was super fun and interesting. Both of our March trips (to the Porcelain Museum and to Shaker Heights) are both sold out, but let us know if you would like to be added to the wait list. April will bring with it a trip downtown to go see Stomp, as well as a tour of the new Collision Bend Brewery that just opened in Euclid. As I have noted on page 5, we have a new policy for trips. We do our best to have two months planned in advance. As they have been selling out very quickly, **we will now open the trips on the first day of the month at 11:00 am.** You can use our online booking service at that time, or come to the the front desk to sign up. The newsletter is always on the website and available on the first of the month as well.

The rest of March includes our annual Slyman's lunch on Thursday, March 14. Thanks again to the Senior Board for driving downtown to get this traditional meal! This WILL sell out soon, so make sure you sign up soon! We're also looking forward to welcoming Superintendent Chad Vanarnhem for this year's State of the Schools, immediately following the lunch. Chief Brian McCallister will also be joining us after the birthday lunch on Tuesday, March 26; check out page 8 for a new program that the Police Department is looking to launch.

Hopefully spring will truly be sprung in April, and with it, we are introducing a new event! We're excited to welcome the women's chorus Selah for a mini-concert on Wednesday, April 3. This free event will begin with a spring tea beginning at 10:30. See more details on page 6 - RSVP when you get a chance!

Remember that the gym will be closed for voting from 11:00 am on Monday, March 18 - Tuesday, March 19. We encourage everyone to go out and exercise your right to vote.

FINALLY, we will be closed at noon on Monday, April 8 so everyone can safely enjoy the eclipse. We will, however, have free Eclipse Bags available at the front throughout the first week of the month. What is in said bags, you ask? Wait and find out! We will say that glasses are included...

Now that quasi-hibernation is almost over, we hope you enjoy longer days and many adventures! ~ Teresa

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SENIOR CENTER MEMBERSHIP

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

KIRTLAND SENIOR CENTER

MARCH 2024 WEEKLY SCHEDULE

MONDAY

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

Strength Training
Pickleball (*drop-in*)
Knitting Group (*drop-in*)
Tai Chi Fit
Chair Volleyball (*drop-in*)

TUESDAY

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

Advanced Pickleball (*drop-in*)
Piano Lessons (*Feb. 6 & 20*)
Aerobics
Pickleball (*drop-in*)
Bingo (*drop-in*)
Beginner Pickleball (*drop-in*)

WEDNESDAY

9:00 – 9:45 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

Strength Training
Pickleball (*drop-in*)
Reflexology/Light Therapy
(*March 13 & 27*)
Fit Yoga w/ Sue
Chair Volleyball (*drop-in*)

COMING IN APRIL 2024

Podiatrist
Spring Tea
Volunteer Meeting
Building closed @ 12:00 pm
Senior Board Meeting
Gym Closed for Blood Drive
Trivia
Ladies Lunch
Book Club
Stomp Bus Trip
Attorney
Massage
Trash to Treasure
Hiking Club
Birthday Lunch
Mind Challenge @ Willoughby
Collision Bend Brewery Bus Trip
Dinner and a Show @ KHS
Spring Yard Clean-up

Tuesday, April 2
Wednesday, April 3
Thursday, April 4
Monday, April 8
Wednesday, April 10
Thursday, April 11
Tuesday, April 16
Wednesday, April 17
Thursday, April 18
Thursday, April 18
Friday, April 19
Friday, April 19
February 19-29
Monday, April 22
Tuesday, April 23
Wednesday, April 24
Thursday, April 25
Thursday, April 25
Saturday, April 27

THURSDAY

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

Advanced Pickleball (*drop-in*)
Watercolor Painting
Chess (*drop-in*)
Pickleball (*drop-in*)
Reiki (*March 14, 28*)
Acrylic Painting
Beginner Pickleball (*drop-in*)

FRIDAY

9:00 – 10:15 am
10:00 – 1:00 pm
10:00 am – 12:00 pm
10:30 – 11:30 am
10:30 – 11:30 am
11:45 – 12:45 pm
1:00 – 3:00 pm

Gentle Yoga
Pickleball (*drop-in*)
Massage (*March 15*)
Strength Training (*March 1 & 15*)
Chair Yoga
Aerobics w/drumming
Chair Volleyball (*drop-in*)

Drop-in activities require no pre-registration.

UPCOMING EVENTS

Shamrock Shuffle and Shenanigans *Saturday, March 9*
Hiking Club *Monday, March 11*
Porcelain Museum Bus Trip *Monday, March 11*
Podiatrist *Tuesday, March 12*
Senior Board Meeting *Wednesday, March 13*
St. Patrick's Day Slyman's Lunch *Thursday, March 14*
State of the Schools *Thursday, March 14*
Attorney *Friday, March 15*
Massage *Friday, March 15*
Trash to Treasure *March 20 – 29*
Gym Closed for Voting* *March 18 – 19*
Trivia *Tuesday, March 19*
Men's Lunch *Wednesday, March 20*
Book Club *Thursday, March 21*
Shaker Heights Bus Trip *Friday, March 22*
Kirtland Easter Egg Hunt *Saturday, March 23*
Birthday Lunch *Tuesday, March 26*
Coffee with a Cop *Tuesday, March 26*
Building Closed – Good Friday *Friday, March 29*

*All fitness classes will still be held

MARCH 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	March 5, 12, 19, 26	\$15 Drop-in: \$4
Aerobics w/drumming Instructor: Cheryl	Friday 11:45-12:45	March 1, 8, 15, 22	\$15 Drop-in: \$4
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	March 1, 8, 15, 22	\$12 Drop-in: \$3
Chair Yoga Instructor: Anne	Friday 10:30-11:30	March 1, 8, 15, 22	\$12 Drop-in: \$3
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	March 6, 13, 20, 27	\$12 Drop-in: \$3
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45 Select Fri @ 10:30	March 8, 11, 13, 18, 20, 22, 25, 27, April 1, 3	\$30 (10 classes) \$24 (8 classes) \$12 (4 classes) Drop-in: \$3
TaiJiFit Instructor: Tim	Monday 1:00-2:00	March 4, 11, 18, 25	\$12 Drop-in: \$3
Workshops	Time		Cost
Knitting Group	Monday 10:00		FREE
Chess Club	Thursday 10:00 am		FREE

Classes	Time	Dates	Cost
Acrylic Painting Instructor: Connie	Thursday 12:30-2:30	March 7, 14, 21, 28	\$20
Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	March 7, 14, 21, 28	\$20
Piano Lessons Instructor: Karen <i>*must register 2 per month*</i>	Tuesday 9:00-1:30	March 5 & 19	\$17 per 30 minutes
Wellness/Other	Time	Dates	Cost
Attorney Deborah Loughner	Thursday / Friday 9:00-11:00	March 15 April 19	FREE 30 minutes
Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	March 12 April 2	\$25 per 15 minutes
Reiki Anne Owens	Thursday 12:00-1:300	March 7, 21	\$20 / 25 minute session
Reflexology or Light Therapy Linda McMahon	Wednesday 11:00-1:00	March 13 & 27	\$40 (Either Reflexology or Light Therapy)
Swedish Massage Natalie Lopez	Friday 10:00-2:00	March 15	\$60 per 50 minutes
Hiking Club <i>*See inside for location</i>	Monday 10:30 am	March 11 April 22	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 a four-week session 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 (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.

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 lesson. You must sign up for two classes a month. The cost is \$34 per month. Please contact the front office if you are interested in taking lessons. The next lessons will be held on March 5 & 19, between 9:00 am - 1:00 pm. Right now, we are looking to perhaps add a second session of classes if there is enough interest. The wait list is available at the front desk.

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.

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 10:00 am - 1:00 pm every weekday (except for Tuesday, when it runs from 11:30 am - 1:30 pm and Thursday, when it runs until 1:30 pm). 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 on Tuesdays from 1:30 - 3:00 pm. If you are new to the game and would like to learn the basics, beginner hours with a bit more instruction are also offered on 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!

Outdoor Courts are closed for the winter season.

MYSENIORCENTER SIGN-IN

If you've been to the Center in the past few months, you'll notice that our now-not-as-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.

2024 LAKETRAN CLOSURES

For your information, Laketrans will be closed on the following holidays: Monday, May 24 (Memorial Day); Thursday, July 4 (Independence Day); Monday, September 2 (Labor Day); Thursday, November 28 (Thanksgiving); Wednesday, December 25 (Christmas).

THE SENIOR CENTER WILL BE CLOSED:

**Gym closed March 18 - 19 (Voting)
Friday, March 29 (Good Friday)
Monday, April 8 @ 12:00 pm (Eclipse)
Gym closed Thursday, April 11 (Blood Drive)**



BUS TRIPS

To the best of our ability, bus trips will be advertised two months out. When new trips are scheduled, registration will begin at 11:00 am on the first of the month.

Museum of American Porcelain Art - Monday, March 11

Did you know this existed in Northeast Ohio???? You do now. This journey to South Euclid is sure to be awesome. We will be come together for a presentation followed by a curator-led tour of the galleries and mansion. The bus will leave around 10:45 am, and come back around 3:00 pm. \$20 will get you a spot on the bus, the tour of the museum, and a boxed lunch. **THIS TRIP IS SOLD OUT!** The wait list is available at the front desk.

Shaker Heights Forever (Edwins and Van Aken) - Friday, March 22

For those of you who have not ventured to the distant land of Shaker Heights, you are missing out! We will be headed down on Friday, March 22, with the bus leaving at 10:30 am. Starting our day will be a tour of Edwins Restaurant and Leadership Institute Campus. This nationally-known institution boasts a gourmet French restaurant, bakery, and butcher shop. The organization offers formerly incarcerated adults a foundation in the culinary and hospitality industries and a support network necessary for long-term success. After our tour of Edwins, we will head down to Van Aken District for food and shopping on your own. The trip itself will only cost \$5/person. Donations to Edwins will be accepted there, and the bakery will be open to purchase yumminess. Bus will return around 4:00 pm. **THIS TRIP IS SOLD OUT!** The wait list is available at the front desk.

STOMP @ Playhouse Square - Thursday, April 18

If you have not had the pleasure of experiencing *STOMP*, you are in luck. While I'm not quite sure how to describe it, Wikipedia defines it as a "percussion group... that uses the body and ordinary objects to create a physical theatre performance using rhythms, acrobatics and pantomime." That doesn't do it justice. We will begin selling spots for \$40 each on Friday, March 1. **THERE ARE A LIMITED NUMBERS OF TICKETS AVAILABLE.** The bus will leave around 11:00 am and return to Kirtland around 3:30 pm. RSVP by Thursday, March 21.

Collision Bend Brewery Lunch and Tour - Thursday, April 25

We're excited that Cleveland's Collision Bend Brewery has opened a brand new production facility and brewpub in Euclid! This brand spanking new brewery is now open to the public most days of the week, and has generously agreed to provide lunch and give us a tour. Ever wonder what goes into the process of a commercial brewery? If you don't know yet, you'll probably be surprised. The bus will leave around 11:15, and we will back to Kirtland 2:30 pm. The exact cost will be published soon, but feel free to get your name on the list now! RSVPs will be due by Monday, April 11.

**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

BOOK CLUB - THURSDAY, MARCH 21 @ 11:00 AM

Come on out this month to discuss "Horse" by Geraldine Brooks. "Based on the remarkable true story of the record-breaking thoroughbred Lexington, Horse is a novel of art and science, love and obsession, and our unfinished reckoning with racism." On April 18, we'll talk about "The Spy Coast" by Tess Gerritsen. Another new one to me, this combines Maine, retired CIA operatives, and murder. Fun!

2024 MEMBERSHIP RENEWAL

2024 registration opened on October 1, 2023. All 2023 memberships are set to expired last month. Anyone is welcome to join, regardless of where you live. **Please note that in order to register for classes or events, your 2024 must be up to date!** If you are not sure if you have renewed, ask at the front desk or give us a call. All members must renew annually in order to be part of the best Senior Center in Kirtland!

TRASH TO TREASURE

Our next Trash to Treasure Sale will be held from **March 20 - 28**. 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 throughout the entire month. 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.

UPCOMING EVENTS

BIRTHDAY LUNCH CELEBRATION - TUESDAY, MARCH 26

Join us for a slider celebration! We will enjoy rigatoni with meatballs, salad, and garlic bread on Tuesday, March 26. **The cost is \$8. Please RSVP by Friday, March 22.** If it is your birthday month, then lunch is on us! Everyone is welcome...regardless of your birthdate! Our next birthday celebration will be on April 26, and the menu will be calzones and salad.

MEN'S LUNCHEON - WEDNESDAY, MARCH 20

Men's Luncheon will be held Wednesday, March 20 at 12:00 pm. The menu is meatball subs. Cost is \$8. **Please RSVP by Thursday, March 14.** The next luncheon will be Wednesday, May 15 and the menu is mac & cheese.

LADIES LUNCHEON - WEDNESDAY, APRIL 17

February ladies lunch will be held Wednesday, April 17 at 12:00 pm and the menu is chicken, steak, OR cheese Quesadillas. Ole! **Cost is \$8. Please RSVP by April 12.** Our next luncheon will be June 19 and the menu is steak!

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.

SPRING TEA AND CONCERT - WEDNESDAY, APRIL 3

We are excited to welcome the Selah Women's Choir to the Center on Wednesday, April 3! This amazingly talented group serenaded us at our Christmas party and have been working on a fun program just for us! We will begin our tea and yummy spring snacks around 10:30 am and Selah will perform starting at 11:00 am. **This event IS FREE**, but we do ask that you let us know if you're coming. Bring your own teacup and be entered to win a prize!



ST. PATRICKS DAY SLYMAN LUNCH - THURSDAY, MARCH 14

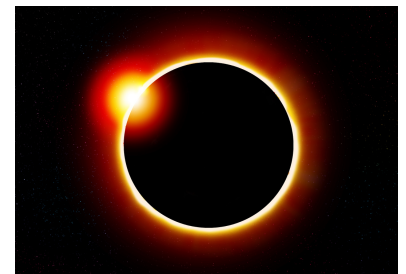
Our annual St. Patrick's Day Slyman's lunch will be held on Thursday, March 14 at 12:00 pm. Lunch will cost **\$18** each and it includes a corned beef sandwich, potato salad, pickle, and dessert. **Take-Out is NOT available this year. This is a MEMBERS ONLY event & you must pre-register by March 7.** No reservations will be taken after this date. Space is limited, so get your reservation in as soon as possible.

HIKING CLUB - MONDAY, MARCH 11

Join us for a hike on **Monday, March 11 from 10:30 - 11:30** at Penitentiary Glen. We will meet at tje Visitor Center. **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.

TOTAL ECLIPSE OF THE EVERYTHING - MONDAY, APRIL 8

As you may or may not have heard, our area will be in the path of totality for the solar eclipse on Monday, April 8. You probably DIDN'T know that we will be closing the building that day at 12:00 pm. With the large number of visitors expected to descend upon Lake County, we hope that you stay safe and enjoy this once in a lifetime experience! To help you do so, we will have "Eclipse Bags" (including glasses!) available at the front desk beginning on Monday, April 1. Make sure to grab one while supplies last!



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!

Welcome to our new members this month!

Joyce, Millie, Arthur, Darrin, Kimberly, Rosemarie, Eileen, Marian, Sandra, Steve, Michael, Teri, Marica, Eileen, Andrea, Mona, Linda, Louisa, Tina, James, Ivanka

TRIVIA - TUESDAY, MARCH 19

Join us in-house for Trivia on **Tuesday, March 19 at 11:00 am**. Teams will be formed 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. The winning team chose "50's Music" for our March theme, so start studying! We meet in the lobby to form teams and then the fun begins. No registration necessary.



MIND CHALLENGE TRIVIA

This year's area-wide Mind Challenge will kick off at 1:00 pm on **Wednesday, April 24 at the Willoughby Senior Center**. As they're gearing up for another awesome year, we need you to sign up! Let us know in the front office if you are interested in playing. **Deadline for sign-ups is Friday, March 15.** Mind Challenge is **FREE** to play!

STATE OF THE SCHOOLS

Join Kirtland City Schools Superintendent Chad VanArnhem following our annual St. Patrick's Day lunch on Thursday, March 14. Note that the lunch is available to Senior Center members only and you must RSVP in advance (more details on page 6). Following lunch, Mr. VanArnhem will be giving a short State of the School address and answer any questions you may have for him. This presentation is free and open to all members of the community. He will begin shortly after the lunch, around 1:30 pm.



COMMUNITY GARDEN - BEDS AVAILABLE

The Garden Club of Kirtland has garden beds for rent at the Kirtland Community Gardens located across from the Temple. There are still a few beds available. Each garden bed is 4'x8' and the cost is \$20 for the season. For more info email patriciaballo@hotmail.com or call Pat at 440-256-1341.

VOLUNTEER GROUP

We recognize that people want to give back to the community, but are not sure how or where to go. We are looking for a few people to work together and spearhead a new volunteer group here at the Center. The goal is to identify an organization that needs support, and take a group once a month to help out. These leaders will find those organizations (with our help), and work through the logistics. This will NOT be a bus trip, but the group will leave from the Center. **If you are interested in helping to organize these outings, or interested in attending on these excursions, we will gather for a conversation on Thursday, April 4 at 10:30 am.** No need to RSVP. Let's come together to help to communities that have given us so much!



THIS MONTH AT THE KIRTLAND LIBRARY:

Monday, March 4
6 - 7:00 pm

Knit and Crochet Club

Friday, March 15
2:30 pm

Color Me Calm Club
Registration requested

Tuesday, March 5
5:30 pm

Learn to Crochet
We will learn crochet stitches and how to read a pattern. This is a beginner class. You can bring your own crochet hook and yarn or purchase these supplies at the beginning of class for \$5 cash.

Tuesday, March 19
6:15 pm

Cookbook Club
Bring in a dish to celebrate your heritage!
Registration requested

Monday, March 25
1:30 pm

No Pressure Book Discussion

Tuesday, March 12
4:00 pm

Sock Gnome Craft
This month we are making gnomes out of clean socks! Sign up for the shenanigans!
Registration required
\$5/person

Saturday, March 26
6:00 pm

Charcuterie Culinary Class
Want to learn about charcuterie boards? Sign up for this class and enjoy some tasty food while you learn!
Registration required
\$10/person

GARDEN CLUB

The Garden Club of Kirtland’s next meeting will be 6pm Thursday May 4 at the Kirtland Community Center, 7900 Euclid-Chardon Road in the Craft Room. Refreshments will be served and all are welcome. Our speaker, Bob Pindell from Rockefeller Park & Botanical Garden will speak on Irises and their care.

The Garden Club of Kirtland’s Plant Sale will be held May 11-13 from 10:00 - 4:00 pm daily, or until sold out in the garage across the drive from the Kirtland Kiwanis Rummage Sale at Pumpkinville on Route 306.

KIRTLAND CITY EASTER EGG HUNT

Spread the word! Bring your grandkids or invite your littlest neighbors from tikes to 10 years old. Hop on over and meet the Easter Bunny & join us for our Kirtland City Easter Egg Hunt on Saturday, March 23 from 10:30 am - 12:00 pm at Kirtland City Hall. **Come hunt for the golden egg, make a craft, have a treat, and most importantly HAVE FUN!** Family activities will also be available at the Kirtland Library. No reservations required.



COFFEE WITH A COP - TUESDAY, MARCH 26

Under Teresa’s direction, the community center has become a hotspot in Kirtland. Seeing our seniors in the building with robust programming and interactive field trips has really made it a place for activity, growth, and engagement. Our police department likes to see our senior population active and healthy. Physical activity is truly the medicine to prevent many of the negative effects of aging.

However, there may come a time when additional help is needed and your police often interact with seniors that have isolated themselves or lost the ability to engage with friends, family, and social activities. The circumstances that lead to this are often multifaceted. The result often leads to the need for additional support.

With this in mind, the police department is considering a Kirtland Cares program. The program would consist of pre-determined phone calls to seniors that need a check in, some extra support, or just someone to talk to for a few minutes. We think this program would be a good addition to our community outreach program, but **we would like your feedback at our first Coffee with a Cop on March 26 at 12:45 pm.** We are looking forward to the conversation, feedback, and ideas. We will bring the coffee!!!



Kirtland Local School's Senior Citizen Appreciation Night

PIZZA/ PASTA DINNER & PLAY

K THURSDAY, APRIL 25
DINNER AT 6:00 P.M.
Kirtland High School Cafeteria
PLAY BEGINS AT 7:00PM

ALL SENIOR CITIZENS LIVING IN THE KIRTLAND LOCAL SCHOOL DISTRICT ARE INVITED!

Play: Moriarty's Revenge
by Christopher Burruto

Dinner Cost: \$5 for pizza and pasta dinner.
Payment can be dropped off at the Kirtland Community Center.

Checks should be made out to
Kirtland Local Schools.

 Free admission to see the play with dinner purchase!

RSVP: bit.ly/KirtlandPlayandPasta



SPRING YARD CLEAN-UP

The Mayor's Action Network will be gathering to help our Seniors with their Spring yard clean-up on Saturday, April 30. For more information or to be placed on our list contact us at 440-256-4711.



**WASTE
MANAGEMENT
SENIOR DISCOUNT**

As advertised by Waste Management, they are offering a 5% discount to Kirtland residents 65 and over. To enroll, contact Teresa or Marianne.

**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 2024 Senior Board consists of: David Saywell (President), Bill Russ (Vice-president), Marcia Haymer (Secretary), Penny Everson (Treasurer), Jr. Orick, Karin Saywell, Janet Johnson, and Jean Orick.

SPRING BRUSH PICK-UP

Beginning the week of April 4, the Kirtland Service Department will collect brush throughout the city. The program is intended to assist residents with the SPRING clean-up of branches and twigs that have come down from the inclement winter weather. The program is **NOT** intended to assist with clearing a parcel or substantially clearing trees on a parcel. Weather permitting, City trucks will pass only one time through each ward, so please have your brush and tree limbs out by the start date listed for your ward. See the city website for requirements for brush pick-up.

2022 SPRING BRUSH COLLECTION SCHEDULE

Ward 2: April 8 - 12
Ward 3: April 15 - 19

Ward 4: April 22 - 26
Ward 1:- April 29 - May 3

SENIOR SPOTLIGHT

In yet another chapter of “Things that Teresa has Learned Since Being at the Senior Center” (we’ll work on the name), let me tell you a little something about light therapy and reflexology. “Infrared light therapy works below the skin’s surface reaching deep into tissues, stimulating cells and increasing circulation to target pain at the source.” Reflexology “is a type of massage that involves applying different amounts of pressure to the feet, hands, and ears. It may provide pain and stress relief, among other benefits.” Thanks, internet. If you ask Linda McMahon instead of Google to describe these services, she’ll tell you that all of the above are true, but don’t do justice to these amazing therapies.

Linda was born and raised in Youngstown, to a father who was a construction company supervisor and a mother who stayed at home raising Linda and her brother. Continuing education kept her close to home at Youngstown State, where she earned a degree in English and Education. Fun fact, the motto of YSU is “Animus Liberatus,” which loosely translates to... I’ll give you Latin scholars a moment... “Where minds are freed.” And if that doesn’t describe our resident Reflexologist and Light Therapy Practitioner to a tee, I don’t know what else does. Unless it’s the motto of Youngstown itself: “Young in Spirit. Ageless in Pride.” Before I continue down the rabbit hole of random Youngstown, Ohio taglines that are exemplified in Linda, I will continue with her story. You’ll see the connection.

After graduation, our young heroine married and headed off to the wilds of Columbus, where her husband was still in school, toiling away in the ROTC program while studying dentistry. She worked in the Nursing Department at Ohio State before taking a position teaching junior high Special Ed. His Army career brought both of them to Washington, D.C., where he spent two years working at Walter Reed. She speaks of those days fondly. As someone who frequents D.C. frequently, I understand the allure. Not only do you never know who you will meet, but family and friends come out of the woodwork to visit. Their first son Ryan was born while living in the nation’s capital, and apropos of nothing, make sure to ask her about adventures in duck hunting.

Reverse migrating back to Ohio, he bought a practice in Chardon, and they settled right back here in Geauga County. They welcomed their second son Collin and when the boys were old enough, she ventured into the natural beauty of work at Holden Arboretum. Initially a volunteer, she was eventually hired as their Garden Club coordinator, which she claims was as idyllic as it sounds. Apparently the whole family appreciated nature, and spent their winters skiing the hills of Alpine Valley. As the boys became teens, their cross-country trips became downhill adventures as they traveled to Jackson Hole, Vale, Tahoe, Sugarbush, and other places that start really high and end really low. While the kiddos challenged themselves on the black diamonds, she stuck to the blue dots and met them with cocoa in front of the fire at the end of the day. Once warned about the dangers of being stomped to death by moose, she may still on the lookout for angry Bullwinkles. Luckily, moose are thin on the ground in Ohio, but a girl can’t be too careful.

Linda worked in the dental practice for twelve years before heading to massage school in Beachwood. Her clients were so transformed by her work that her supervisor suggested that she continue her education in reflexology. After becoming board certified, she worked at a yoga studio in Mentor. She was encouraged by Reiki guru Judy McCracken to apply for an available position at UH. In a strange twist of fate, she was hired right away without knowing it. After receiving emails about upcoming meetings at UH facilities, she called to confirm that she wasn’t getting them in error. At that point, they realized they may have forgotten to actually tell her she was on the team.

During her five years at UH and beyond, Linda continued her education wherever she could. From aromatherapy to biomat training to biofeedback, she became addicted to learning. In 2018, another suggestion changed her course when a former instructor suggested that there may be a need for a reflexologist in Kirtland. Fast forward six years later, and we are delighted that she is making our members feel better through both reflexology and light therapy.

Outside of her focus on other people, she does find time for Linda. Still pushing herself, she loves to work and is always experimenting with new modalities. An avid reader, she is always willing to try new authors. And a frequent cyclist, the past years have brought her biking and barging in France (which is something else I had never heard of), and on trips in Vermont, Annapolis, St. Michael’s, and the Outer Banks. In the 1990’s, they purchased a vacation home on Kiawah Island in South Carolina, and spent every chance they could sailing, shrimping, fishing, and “biking their brains out.” While Hurricane Hugo did its worst to the area, the memories made can’t be washed away.

While Youngstown State is “Where Minds are Freed,” I think we can agree that Linda encourages all of us to push ourselves into something new. If we open our worlds a bit more, we can explore possibilities we may have missed. I’m not sure how a city can be “Young in Spirit (and) Ageless in Pride,” but I do know how our members can be. Linda is certainly young in spirit, and her pride in her work, her friends, her family, and herself are ageless. We are fortunate to call her one of our own!



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

BAD JOKES FOR MARCH:

What do you call a reluctant potato?
What do you call a zombie who cooks stir fry?
Answers inside!

2024 MEMBERSHIP RENEWAL

All members must renew annually in order to be part of the best Senior Center in Kirtland! If you have not come in to renew, please do so. **Note that your 2023 membership only went through February of 2024, and we will have stopped sending newsletters to those who have not renewed.**

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!

**KIRTLAND
SENIOR CENTER**
(440) 256-4711
communitycenter@kirtlandohio.com
www.kirtlandcommunity.com

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