

JULY 2026

GILDERSLEEVE GAZETTE

Kirtland Senior Center
Monthly Newsletter



Closed Friday
July 3rd
In Observance of
Independence Day

-4th of July-



KIRTLAND SENIOR CENTER

(440) 256-4711

communitycenter@kirtlandohio.com

www.kirtlandcommunity.com

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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

Where is this heat coming from? As I'm writing this, I see excessive heat warnings for the first week of July after wearing jackets for most of June. Well, welcome to summer in Ohio.

Did you attend the steak roast? If not, you missed a great meal and time to sit and talk with friends. If you did not attend, I hope you will consider the pig roast at the end of summer. It's another opportunity to relax and enjoy a delicious meal.

We have noticed an increase in Thursday Panera participants. We want to remind you that the bread is for all members of the center. Also, remember our slogan "If you take dough, leave dough", the donation covers many things we don't charge for at the center.

Well, I hope this finds you well. We will see you at the center's *America 250* celebration on July 14th. And remember, if it gets too hot, come up to the center where we try to keep it cool. ~ 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, and Theresa Ventresca.

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



This month, we will be collecting for Honey From the Rock. "Honey from the Rock is a 100% volunteer run 501c3 non-profit foster care closet dedicated to supporting foster, kinship, reunified biological families and families who have recently adopted from foster care. We provide clothing, essentials, and comfort items to children experiencing foster care via their families, ensuring they have access to the resources they need during challenging times".



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, AUGUST 19

Join the ladies for Smashburgers and fries. **Cost is \$10. Please RSVP by August 14.** The next luncheon will be October 21, and will enjoy stuffed peppers.

MEN'S LUNCHEON - WEDNESDAY, JULY 22

Join the men for steak and baked potato. **Cost is \$10. Please RSVP by July 17.** Our next luncheon will be September 16 and will have fried chicken with coleslaw OR macaroni salad.

BIRTHDAY LUNCH CELEBRATION - TUESDAY, JULY 28

We will enjoy a Polish Boy sandwich. **Cost is \$10. Please RSVP by July 24.** 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 August 25 and will serve stuffed pork chops.

WELCOME TO OUR NEW MEMBERS THIS MONTH!

VICKY, LINDA, STACY, JUDI, CATHY, RENEE, JOHN, FRANK

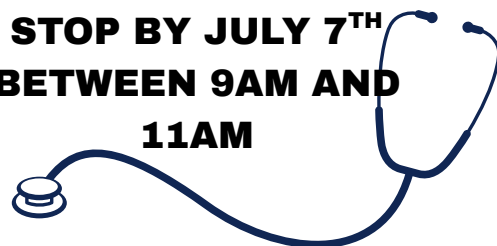
JULY 2026 EVENTS

Volunteer Meeting	Thursday, July 2
CLOSED ~ For Independence Day	Friday, July 3
Kirtland Fire - BP checks	Tuesday, July 7
Senior Board Meeting	Thursday, July 9
BUS TRIP- Mystery Lunch	Thursday, July 9
Gazebo Concert	Thursday, July 9
Hiking Club	Tuesday, July 14
America 250 Celebration	Tuesday, July 14
Podiatrist	Tuesday, July 14
BUS TRIP - Rabbit Run/Winery	Friday, July 17
Attorney	Friday, July 17
Trash to Treasure	July 20 - 31
Trivia	Tuesday, July 21
Men's Lunch	Wednesday, July 22
Birthday Lunch	Tuesday, July 28

Beginning in July, the Kirtland Fire Department will be on site monthly to provide free basic vital sign check ups.

This will be an ongoing event, held the first Tuesday of every month.

**STOP BY JULY 7TH
BETWEEN 9AM AND
11AM**



Join Us As We Celebrate America's 250th Birthday!

July 14, 2026 - 10 am to 1 pm

Enjoy a free reflexology demo, outdoor pickleball, chair volleyball, and more.

KPD and KFD will be grilling hamburgers and hotdogs. Cool off with some ice cream from King Kone.

\$5 hot food, \$5 ice cream

Stop by the office the day of to receive tickets

TRIVIA TUESDAY,

July 21 @ 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.



AUGUST 2026 EVENTS

Volunteer Meeting	Thursday, August 6
Hiking Club	Monday, August 10
Podiatrist	Tuesday, August 11
Kirtland Fire - BP Checks	Tuesday, August 11
Lifeline Support	Wednesday, August 12
Senior Board Meeting	Thursday, August 13
BUS TRIP- Lion King	Thursday, August 13
Trash to Treasure	August 17 - 28
Trivia	Tuesday, August 18
Ladies' Lunch	Wednesday, August 19
Attorney	Friday, August 21
BUS TRIP-Gervasi Winery	Monday, August 24
Birthday Lunch	Tuesday, August 25



Lake County Lifeline will be at the senior center on Wednesday, August 12. They will be offering screenings to determine eligibility for their HEAP Summer Crisis Program.

JULY PROGRAMMING AND CLASSES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

JUST A REMINDER TO CHECK IN FOR ALL EVENTS ON MYSENIORCENTER. THANK YOU!	.	1 9-9:45 10 10-1 10:30-11:45 1-3 Strength Sewing Pickleball Fit Yoga Chair Volleyball	2 8:30-9:30 9:30-11:30 10-11 11:30 - 1 12:30-2:30 1-3:30 Adv. Pickleball Watercolor Aerobics Pickleball Acrylic Begin. Pickleball	CLOSED	3				
	6					7	8	9	10
	13					14	15	16	17
	20					21	22	23	24
	27					28	29	30	31

HIKING CLUB ** Tuesday, July 14 *******

Join the hiking club for a hike on Tuesday, July 14, at 2:00 pm at Kenneth J. Sims Park, 23131 Lakeshore Blvd., Euclid, 44123. We hike in all weather so dress accordingly. A special thanks to Sue and Bob Morecki for leading us on the journey! Please note date change.

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.

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 July 7 & 21, 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, July 13

We will be discussing, "The Music Bees" by Eileen Garvin. An unlikely friendship forms between 3 strangers through their interest in a bee-keeping farm. In August we will be discussing "Mad Honey" by Jodi Picoult. Discussion begins at 11:30 am.

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, July 17 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, July 14th. \$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.

MYSTERY LUNCH - THURSDAY, JULY 9

Join us for our next mystery lunch at a legacy Cleveland restaurant. There will be small group seating and lunch is on you from the menu. We will leave Kirtland around 10:15 am and return around 2:45 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.**

THE LION KING @ PLAYHOUSE SQUARE - THURSDAY, AUGUST 13

Winner of six Tony Awards®, including Best Musical, THE LION KING brings together one of the most imaginative creative teams on Broadway. Tony Award®-winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. We will leave Kirtland around 12:15 pm and return around 5:00 pm. **\$77 Registration. Reservations close July 6th.**

THE CRUSH HOUSE @ GERVASI WINERY - MONDAY, AUGUST 24

Enjoy a relaxing evening of fine dining at the Gervasi Winery followed by live music outside on the patio. We will enjoy appetizers, salad and a limited dinner menu. We will leave Kirtland around 2:30 pm and return around 9:00 pm. **\$35 Registration + \$5 CASH for gratuity.**

THE MUSIC OF JOHN WILLIAMS @ BLOSSOM MUSIC CENTER - FRIDAY, SEPTEMBER 4

Join us for a special outing to Blossom Music Center to enjoy the timeless music of legendary composer John Williams. Experience an unforgettable evening featuring beloved themes from iconic films - including Jurassic Park, Star Wars, and Superman. Food and drink are available for purchase at Blossom Music Center. We will leave Kirtland around 5:00pm and return around 11:00pm. **\$46 Registration.**

CLEVELAND GUARDIANS - WEDNESDAY, SEPTEMBER 16

Enjoy an exciting afternoon of baseball with the Cleveland Guardians! Cheer on Cleveland's hometown team, enjoy the ballpark atmosphere, and spend time with friends and fellow fans at this fun and memorable game. We will leave Kirtland around 11:30am and return around 5:30pm. **\$42 Registration.**

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

3D Design: Air Fresheners July 1st 4pm

Attendees in grades 10 and up will create a 3D printed air freshener using Tinkercad, and the scent will be added using felt and essential oils. This class is designed for beginners; no previous experience with Tinkercad is necessary.

Cricut Custom Puzzles July 6th By appointment 11am-5pm

Turn a photo into a custom foam puzzle with the help of our Cricut. All supplies will be provided by the library. To register, please contact the reference desk to reserve an hour-long tech-one-on-one slot, and please bring a flash drive with the photo you wish to use on it.

Chair Yoga July 6th 2pm

Gentle chair yoga led by Anne Owens. All levels welcome to this free event.

Knit & Crochet June 6th & 21st 6pm

Drop in and get hooked with our knit and crochet club. Bring your own supplies and enjoy an evening of creating and chatting with fellow crafters.

Cricut & Canva Stickers July 8th 2pm

Join us for this two-hour long program and create custom stickers using Canva and the Cricut. This class is designed for beginners; no previous experience is necessary. All supplies will be provided.

Cricut Design Space: Vinyl Suncatchers July 13th 4pm

Attendees in grades 8 and up will create a unique suncatcher on the library's Cricut. This class is designed for beginners; no previous experience is necessary. All supplies will be provided by the library.

Cleveland's Neighborhood Taverns July 15th 6pm

Tom Kaschalk, founder of My Cleveland History, will be at the Kirtland Public Library July 15th at 6pm to share stories from his book Cleveland's Neighborhood Taverns: A Pub Crawl Through History. We will journey through the streets of Cleveland and visit frontier saloons of olden days to more recent family-run bars that are built around a community.

The World of Greek Mythology July 17th 2pm

Join us for a presentation to learn about the 12 gods and goddesses of Mount Olympus, as well as a few popular myths. Afterwards, make a Greek mythology themed art piece with the Library's Cricut. This program is for anyone who will be in grades 8th or older who is interested in Greek mythology.

3D Design: Barrettes and Earrings July 20th 2pm

Participants who will be in grades 8th and up will learn how to design their own, personalized barrette and pair of earrings in Tinkercad. This class is designed for beginners; no previous experience with Tinkercad is necessary.

Cell Phone Photography July 20th 5pm-7pm

This is a basic course exploring the advantages and limitations of the popular cell phone camera. This presentation is in two parts, the first half a primer on the technical aspects of the cell phone. The second portion deals with the aesthetic (artistic) aspects of image making including lighting, composition, post-production software, black and white conversions, and much more. The workshop is 2 hours long, and we ask that you bring your phone with you.

Dinosaur Quilling July 22nd 2pm

Attendees will learn the basics of quilling and create an adorable paper dinosaur. No previous experience is necessary. All supplies will be provided.

No Pressure Book Discussion July 27th 1:30pm

Ready for some new book suggestions? Bring any suggestions for good books you have read and get some new ideas too. Bring a bag lunch if you like. Just drop in; no registration required.

Cookbook Club July 28th 6pm

Want to expand your kitchen skills? Every month, we cook up a new dish from a different theme. Bring your own place setting and beverage and the dish you prepare. Please sign up for more information. In July, we are making our favorite salads.

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

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Permit No.
Willoughby, OH

GARDEN CLUB OF KIRTLAND

The Garden Club of Kirtland will see
you in September!

Contact Mary at:

GardenClubofKirtland@gmail.com



LAKETRAN 2026 CLOSURES

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

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*

**Kirtland 2026 Summer
Music Concerts**

June 2nd 6:30pm-8:30pm
Chardon Polka Band
*The Kirtland Police and Fire Department will be grilling
burgers and hotdogs, so come hungry!*
Theme: City

June 23rd 6:30pm-8:30pm
Perfect Choice Band
Down the Block
Theme: Faith

July 9th 7pm-9pm
Ricky and the Rockets
CLE Craves Food Truck
Theme: Beauty

Kirtland Municipal Gazebo
9301 Chillicothe Rd, Kirtland, OH 44094

Dinner Options* Free Concert* Free Parking

Sponsored by the City of Kirtland, a grant from
NOPEC and Friends of the Kirtland Public Library
www.kirtland.lib.oh.us