

JULY 2024

GILDERSLEEVE GAZETTE

*Kirtland Senior Center
Monthly Newsletter*



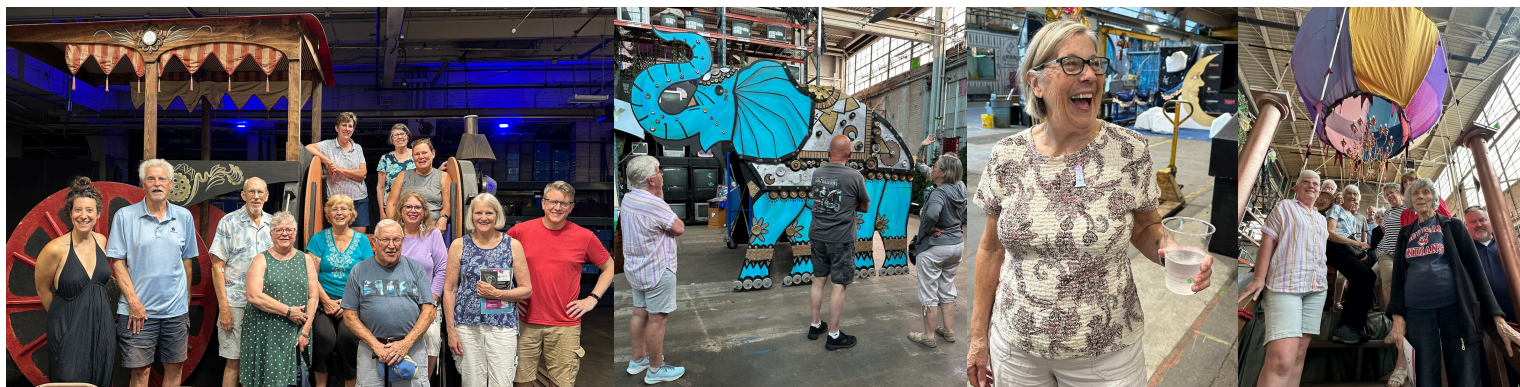
I'm fortunate enough to be writing this from my family vacation in Cherry Grove, South Carolina. Cherry Grove is one of the last beaches in the Palmetto State before crossing into North Carolina. Over the twenty-five years of marriage to my wife Jeni, this area has been our number one family vacation destination. It's a relatively easy one-day drive for a family and up until recently, the prices for beach condos and houses have been relatively affordable.

I say "up until lately" because seemingly, in a post-COVID era, demand for beach vacation rentals is way up and prices have skyrocketed. Nonetheless, my wife, this year, in her ever-dedicated pursuit for family fun, found us a great place to stay at a "reasonable" price.

Thanks to the modern technology that allows me to stay plugged into both my city responsibilities and my day job at GearTec, I can mix a little work with our family travel and leisure. I am very lucky that I have an entirely understanding wife and daughters that respect and appreciate my professional roles and give me little to no grief for stepping away to take calls or work on the computer. I am further blessed by the fact that having people I can count on in the city makes a vacation away from Kirtland possible.

I want to thank Kirtland Kiwanis, Kirtland Fire, our Service Department and most of all, the Kirtland Police Department, led by Chief McCallister, for ensuring a safe and successful 64th annual Kiwanis Strawberry Festival. This year, due to recent unfortunate developments at local festivals that preceded our community hallmark event, our team worked swiftly and deliberately to create protocol and measures that greatly mitigated any chance of nonsense or unrest. I cannot say how proud I am of our people and community for the extra hard work it took to set up and staff the event, as well as everyone's understanding and determination to make this year's festival a tremendous success.

Thank you and hoping you all have a happy Fourth of July!
~ Mayor Potter



Somehow, the month of June is almost gone. As I wonder where the days went, I find the answer by looking back at the calendar for the past few weeks. And there's my answer - June went to a flurry of events and activities both here and throughout the City.

We began with the enthusiastic organized chaos that is Safety Town. If you don't know, Jeni Potter runs this week-long event for our youngest residents. What an amazing opportunity for them to learn about safety with our Police, Fire, Service, high school volunteers, and each other. We are so grateful to Jeni for taking on this monumental task!

I am so proud of the first group that went on the mystery trip! They managed to not spill the beans to anyone else about where we went. Now that both groups have gone, I can share our top-secret location. Some people have heard of Ingenuity Fest, a weekend-long celebration of art, music, and tech which is celebrating its 20th anniversary this year. Many people aren't aware that Ingenuity Cleveland runs throughout the year in a warehouse on Hamilton Avenue. Our two groups had the opportunity to tour their awesome facility and participate in workshops with some of their resident artists. If you have a chance to look them up, do so. They're doing amazing things and we are so lucky that they agreed to host us!

Many of our residents know that Kirtland's own Joe Fornaro was recently awarded the prestigious Top Ten Public Works Leader of the Year by the American Public Works Association. As a community, we are appreciative of the service Joe provides, and we know how fortunate we are to have him here in Kirtland. This award has been handed out since the 1960's, and the Association consists of thousands of members. Since the inception of the award, only 12 other people from Ohio have been recognized with this honor. We are completely unbiased, but certainly agree that he is deserving!

This year's Strawberry Festival was yet another success! I echo Mayor Potter's thanks to both City departments as well as Kiwanis for once again pulling off a fantastic weekend. Hats off to the Fire Department for (barely) beating us in trivia; I am confident that we'll get them next year.

July brings with it new adventures. Remember that while we are closed on Thursday, July 4, we WILL be open on Friday, July 5. On Monday, July 8, we welcome our friends from Perry for a salad potluck and a chair volleyball tournament - everyone is welcome! Our bus trips this month are to the Northeast Ohio Regional Sewer District on Thursday, July 25 and Geneva-on-the-Lake on July 30. Both trips are \$5 and while one provides the opportunity to play putt-putt and eat ice cream, the other gives us a chance to tour wastewater plants and learn how our communities stay healthy. I'll leave it to you to figure out which is which.

At the request of one of our members, we are also adding a "Grandkids Day" here at the Center on Monday, July 29. Check out details on page 5 - this event is free and open to all members!

Check out page 7 for a preview of this year's Senior Summer Camp! Save the date for Monday, August 26 - Friday, August 30.

May we take the chance to slow down, relax, and enjoy July. Stay cool and have fun - we hope to see you soon! ~ Teresa

P.S. This month's ridiculous picture is from the Ohio Derby at Thistledown. While I know nothing about horse racing, I managed to correctly predict the winners of three out of four races. The fourth race my #1 finished second and my #2 finished first. So close!!!! Luckily, when you don't actually put money on them, it's much less stressful.



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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

JULY 2024 WEEKLY SCHEDULE

MONDAY

9:00 – 9:45 am Strength Training
10:00 – 1:00 pm Pickleball (drop-in)
10:00 am Knitting Group (drop-in)
10:30 am Balance Class (new class!)
1:00 – 2:00 pm Tai Chi Fit
1:00 – 3:00 pm Chair Volleyball (drop-in)

TUESDAY

8:30 – 9:30 am Advanced Pickleball (drop-in)
9:30 – 12:00 pm Piano Lessons (July 2 & 16)
11:30 – 2:30 pm Pickleball (drop-in)
12:00 pm Bingo (drop-in)
2:30 – 3:30 pm Beginner Pickleball (drop-in)

WEDNESDAY

9:00 – 9:45 am Strength Training
10:00 am - 1:00 pm Pickleball (drop-in)
10:00 am - 12:00 pm Reflexology/Light Therapy (July 10, 24)
11:00 am - 12:00 pm Fit Yoga w/ Sue
1:00 pm - 3:00 pm Chair Volleyball (drop-in)

THURSDAY

8:30 – 9:30 am Advanced Pickleball (drop-in)
9:30 – 11:30 am Watercolor Painting
10:00 am Chess (drop-in)
10:00 – 1:00 pm Pickleball (drop-in)
12:00 – 1:00 pm Reiki (July 11 & 25)
12:30 – 2:30 pm Acrylic Painting
1:00 – 3:30 pm Beginner Pickleball (drop-in)

FRIDAY

9:00 – 10:15 am Gentle Yoga
10:00 – 1:00 pm Pickleball (drop-in)
10:30 – 11:30 am Chair Yoga
10:30 – 11:30 am Strength Training (July 12 & 26)
1:00 – 3:00 pm Chair Volleyball (drop-in)

Drop-in activities require no pre-registration

JULY 2024 EVENTS

Card Making Class	Wednesday, July 3
Independence Day/Center Closed	Thursday, July 4
Massage	Friday, July 5
Hiking Club	Monday, July 8
Salad Potluck	Monday, July 8
Chair Volleyball Tourney	Monday, July 8
Podiatrist	Tuesday, July 9
Senior Board Meeting	Wednesday, July 10
Volunteer Meeting	Thursday, July 11
Trivia	Tuesday, July 16
Men's Lunch	Wednesday, July 17
Gazebo Concert	Wednesday, July 17
Book Club	Thursday, July 18
Attorney	Friday, July 19
Trash to Treasure	July 22 – August 2
WomenSafe Volunteer Opportunity	Monday, July 22
Birthday Lunch	Tuesday, July 23
Gazebo Concert	Wednesday, July 24
Sewer District Bus Trip	Thursday, July 25
Senior day at the Fair	Friday, July 26
Grandkid's Day @ the Center	Monday, July 29
Bus Trip to Geneva-on-the-Lake	Tuesday, July 30

COMING IN AUGUST 2024

Massage	Friday, August 2 & 30
Card Making Class	Wednesday, August 7
Volunteer Meeting	Thursday, August 8
Trip to Grand River/ Rabbit Run	Friday, August 9
Hiking Club	Monday, August 12
Podiatrist	Tuesday, August 13
HEAP Appointments	Tuesday, August 13
Senior Board Meeting	Wednesday, August 14
Book Club	Thursday, August 15
Attorney	Friday, August 16
Trash to Treasure	August 19 - 30
Trivia	Tuesday, August 20
Ladies' Lunch	Wednesday, August 21
Senior Summer Camp	August 26 - 30
Mayor's Q & A	Tuesday, August 27
Birthday Lunch	Tuesday, August 27
Bus Trip – Lady Caroline	Wednesday, August 28
Pig Roast	Thursday, August 29

JULY 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	No July Classes	\$15 Drop-in: \$4
Aerobics w/drumming Instructor: Cheryl	Thursday 10:00-11:00	No July Classes	
Balance Class	Monday 10:30-11:30	July 1, 8, 15, 22, 29	\$15 Drop-in: \$3
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	July 5, 12, 19, 26	\$12 Drop-in: \$3
Chair Yoga Instructor: Anne	Friday 10:30-11:30	July 5, 12, 19, 26	\$12 Drop-in: \$3
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	July 3, 10, 17, 24, 31	\$15 Drop-in: \$3
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45 Select Fri @ 10:30	July 3, 8, 10, 12, 15, 17, 22, 24, 26, 29	\$30 (10 classes) \$24 (8 classes) \$12 (4 classes) Drop-in: \$3
TaijiFit Instructor: Tim	Monday 1:00-2:00	July 1, 8, 15, 22, 29	\$15 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	July 4, 11, 18, 25	\$20
Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	July 4, 11, 18, 25	\$20
Piano Lessons Instructor: Karen <i>*must register 2 per month*</i>	Tuesday 9:00-1:30	July 2 & 16	\$15 per 30 minutes
Wellness/Other	Time	Dates	Cost
Attorney Deborah Loughner	Friday 1:00-3:00	July 19 August 16	FREE 30 minutes
Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	July 9 August 13	\$30 per 15 minutes
Reiki Anne Owens	Thursday 12 & 12:30	July 11 & 25	\$20 / 25 minute session
Reflexology or Light Therapy Linda McMahon	Wednesday 11:00-1:00	July 10 & 24	\$40 (Either Reflexology or Light Therapy)
Swedish Massage Natalie Lopez	Friday 11:00-1:00	July 5 August 16	\$60 per 50 minutes
Hiking Club <i>*See inside for location</i>	Monday 10:30 am	July 8 August 12	FREE

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 next class will be **Wednesday, July 3 at 1:00 pm** and then will be held the first Wednesday of each through September. Class is limited to 10 per month. Registration is required.

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 & AEROBICS IS CANCELLED FOR JULY

Cheryl takes a well-deserved break throughout the month of July. Please note that all aerobics and cardio drumming classes are cancelled and will resume in August!

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 \$30 per month. Please contact the front office if you are interested in taking lessons. The next lessons will be held on July 2 & 16, 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 - 2:30 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!

The **Outdoor Courts** are now open! These are available to the public, but are reserved for Senior Center members from 10:00 - 1:00 on weekdays.

BALANCE AND FLEXIBILITY CLASS IS HERE!

This new class will help you improve your balance and flexibility, which prevents falls and injuries and gives you greater confidence to enjoy your life. We will be doing exercises that improve bone density, strengthen muscles, legs, and core that help keep your equilibrium and improve your stability. In our class we will also do warm up stretching exercises to improve posture, performance, and range of motion which enhances and prepares you for your balance and strength exercises. You can modify this class to your unique needs. **Class is held on Monday mornings at 10:30 am.**

Instructor: Dawn Gettig (welcome back!)

PODIATRY

We are thrilled that Dr. Kelly Whaley continues to serve our seniors every month. Beginning in June, her fee will increase to \$30. As a reminder, this is due to Dr. Whaley in cash on the day of the appointment.

MYSENIORCENTER SIGN-IN

Please remember to check in at the kiosk for whatever you're doing whenever you're doing it. Thank you to the Lake County Commissioners Office for supplying us with this MySeniorCenter. Not only does this eliminate paper sign-ins, but also allows us to collect data on how our Center is being used and when.

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. In order to confirm your spot on that day, you must register in person with full payment.
Online registration will open on the second of each month.

Northeast Ohio Regional Sewer District - Thursday, July 25

We will be heading to one of Teresa's favorite places - the Northeast Ohio Regional Sewer District. If only we were kidding! Truly, this is an incredibly informative trip, and the staff at NEORSD is supremely knowledgeable and passionate about their jobs. INFRASTRUCTURE IS IMPORTANT, PEOPLE! Join us to find out why. The bus will be leaving at 8:15 am on Thursday, July 25. Following the tour, we will also head out for lunch at Bob's Big Boy (on your own). Please RSVP no later than Friday, July 12. The cost for this trip is \$5.

Geneva-on-the-Lake - Tuesday, July 30

Relive your youth in Geneva-on-the-Lake! We will jump on the bus, which will then drop you off on the strip, and the day is yours! Wanna to play at the oldest putt-putt course in the country? Try your luck at the arcades? Enjoy lunch by the lake? It's up to you in July! Join us for "Nostalgic Beach Bum Charm" (their words, not ours) for the low low price of \$5/person for the bus. Let us know by Monday, July 15 if you're planning on coming out. The bus will leave at 9:45 am, and get back around 3:45/4:00 pm.

Grand River Winery and Rabbit Run - Friday, August 9

Our friends from Perry graciously extended an invitation to join them on one of their adventures! We will leave the Center around 3:30 pm on Friday, August 9 and head out to Grand River Cellars for yumminess. The party continues at Rabbit Run Theater to go see the show Clue! We will get back by 11:15 pm. **All-inclusive cost for this trip is \$55. We have limited tickets to this event, and it opens at 11:00 am on Monday, July 1.**

Lady Caroline - Wednesday, August 28

Come join us for a trip around Cleveland on the new-ish Lady Caroline! This trip includes the bus, the boat, and the food. We will leave Kirtland at 10:00 am on Wednesday, August 28 and return around 3:00 pm. Cost is \$60/person and must be received by August 1. SPACES ARE LIMITED and there are some steps on the boat. **This trip opens on July 1.**

Please remember that all of our bus trips are for Senior Center members only.

No reservations will be taken after the cut-off date. Contact the front office if, for some reason, you have to cancel your reservation. Refunds are not guaranteed.

PAYMENT IS DUE AT THE TIME OF THE RESERVATION

GRANDKIDS DAY - MONDAY, JULY 29

One of our lovely Seniors suggested that we have a day to invite our grandchildren to hang out here at the Center. So we are! On Monday, July 29, everyone is welcome to bring their grandchildren beginning around 12:30 pm. We'll provide snacks, have special guests, open the pickleball courts and have the game rooms available. This is free for everyone, but we do ask that you stay with your grandchild throughout the afternoon. Let us know by Monday, July 22 if you're planning on joining us.

2024 MEMBERSHIP RENEWAL

Please note that in order to register for classes or events, your 2024 membership must be up to date! If you are not sure if you have renewed, ask at the front desk or give us a call.

TRASH TO TREASURE

Our next Trash to Treasure Sale will be held from **July 22 - August 2**. 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.

BOOK CLUB - THURSDAY, JULY 18 @ 11:00 AM

This month, we will be discussing "Let Us Descend" by Jesmyn Ward. According to the reviews, ... If that itself doesn't make you want to pick this one up, we can't help you. In August, we'll talk about "The Cactus" by Sarah Haywood.

Just a reminder to check in on MySeniorCenter (computer next to the front office window) 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

BIRTHDAY LUNCH CELEBRATION - TUESDAY, JULY 23 @ 12:00 PM

We will enjoy fried chicken on Tuesday, July 23. **The cost is \$8. Please RSVP by Friday, July 19.** If it is your birthday month, then lunch is on us (RSVP required)! Everyone is welcome...regardless of your birthdate! Our next birthday celebration will be on August 20, and the menu will be pizza and salad.

MEN'S LUNCHEON - WEDNESDAY, JULY 17

Men's Luncheon will be held Wednesday, July 17 at 12:00 pm. The menu is steak. Cost is \$8. **Please RSVP by Friday, July 12.** The next luncheon will be Wednesday, September 18 and the menu is Italian beef sandwiches.

LADIES LUNCHEON - WEDNESDAY, AUGUST 14

August ladies lunch will be held Wednesday, August 14 at 12:00 pm and the menu is BLT's and fruit salad. **Cost is \$8. Please RSVP by August 12.** Our next luncheon will be October 16 and the menu is Hamburger and fixings.

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.

SALAD POTLUCK - MONDAY, JULY 8 @ 12:00 PM

We'll provide the pizza, you provide the salad! This salad potluck will be whatever you want it to be - bring whatever you interpret as salad, be it pasta, fruit, veggie, dessert, potato... This event is free, but we do ask that you please RSVP by Wednesday, July 3.

PIG ROAST - THURSDAY, AUGUST 29

The Annual KSC Pig Roast will be held on Thursday, August 29 at 12:00 pm in the Pavilion. Lunch will include pulled pig, scalloped potatoes, baked beans, coleslaw & rolls. Cost for the Pig Roast is \$20 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.

TRIVIA - TUESDAY, JULY 16

Join us in-house for Trivia on Tuesday, July 16 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 - **this month we're focusing on Broadway (jazz hands!)** We meet in the lobby to form teams and then the fun begins. No registration necessary.

HIKING CLUB - MONDAY, JULY 8

Join us for a hike on **Monday, July 8 from 10:30 - 11:30 at Buttermilk Falls. We will meet at the Nature 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.

CHAIR VOLLEYBALL W/ PERRY SC - MONDAY, JULY 8

Once again we will be welcoming the Perry Senior Center to a casual Chair Volleyball tournament! The games will begin at 1:00 pm, and if you are interested in playing, please let the front desk know. We will also host our friends for a lunch prior to the tournament. We'll provide the pizza, you provide the salad! This salad potluck will be whatever you want it to be - bring whatever you interpret as salad, be it pasta, fruit, veggie, dessert, potato... This event is free, we do ask that you please RSVP by Wednesday, July 3.

MAYOR Q&A - TUESDAY, AUGUST 27

As part of our Senior Summer Camp this year, we have invited Mayor Potter to join us for an informal Q & A session. All are welcome to join us following the birthday lunch on Tuesday, August 27.

Welcome to our new members this month!

Jane, Julie, Jan, Kimberly, Nancy, Linda, Susan

2024 SENIOR SUMMER CAMP



TOUCH

MONDAY, AUGUST 26

Chair Massages
LAG* Open House
*Life Adjustment Group



SOUND

TUESDAY, AUGUST 27

Birthday Lunch
Q & A w/ Mayor Potter



SIGHT

WEDNESDAY, AUGUST 28

Art Show
Lady Caroline Bus Trip*
*Limited tickets available



TASTE

THURSDAY, AUGUST 29

Pig Roast
Must register by August 15



SMELL

FRIDAY, AUGUST 30

Summer Tea
Special Surprise

THE SENIOR CENTER WILL BE CLOSED:
Thursday, July 4 (Independence Day)

RIDDLE ANSWERS

1. You're under a vest!
2. They keep dropping their needles.

FROM THE SENIOR BOARD

July is heating up, and so are activities at the Senior Center. After two fantastic Mystery Trips and visiting the Football Hall of Fame, activities just seem to continue to build. I hope you are taking advantage of these fun adventures.

We now are offering a Balance Class on Monday mornings. This class is for stretching/strengthening muscles for mobility. I attended the class last week and was happy to see a big attendance. I walked out feeling better after our 45-minute session.

The annual pig roast is planned for August and the clam bake is planned for September. The company we used last year is unavailable, so we have a new company preparing the pig. For those interested, they will arrive at the Center early, finish baking the pig, then cut it up. If you want to watch, plan to get there early.

Pickleball, lunches, new class offerings, and bus trips continue to make the Center a busy place. You never know what Teresa or the Senior Board will come up with next. Take some time out to come and see us. We are cool inside the Center, but "hot" with activities to do. Enjoy your July!~ 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 2024 Senior Board consists of: David Saywell (President), Bill Russ (VP), Marcia Haymer (Secretary), Penny Everson (Treasurer), Jr. Orick, Karin Saywell, Janet Johnson, and Jean Orick.

WOMENSAFE GOLF OUTING VOLUNTEER OPPORTUNITY

The largest fundraiser of the year, the annual golf outing is always in need of volunteers! If you would like to help out, let us know and we will put you on the list. They have asked volunteers to be there around 10:30 am on Monday, July 22 at Fowler's Mill.

MONTHLY COLLECTION: WOMENSAFE

This mission of this important organization is to provide emergency shelter and support services to survivors of domestic violence throughout Northeast Ohio.

This month, we will be supporting WomenSafe by collecting the following items: cleaning supplies, garbage bags, toilet paper, Amazon gift cards (any denomination). All donations can be dropped off at the box next to the MySeniorCenter kiosk.

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. **If you are interested in helping to organize these outings, we gather on the first Thursday of every month (July 11 - holiday reschedule) at 10:30 am.** No need to RSVP. Let's come together to help to communities that have given us so much!



SUMMER SAFETY TIPS FOR SENIORS

As the summer heats up, many of us will find ourselves outside to do chores and other activities while we enjoy the nice weather. Unfortunately, all this activity can lead to fatigue if we are not careful and safety oriented. Here are a few tips to ensure that your time outside can be well spent and productive:

- Make sure you stay hydrated
- Tell someone where you will be and what you are doing
- Protect your eyes
- Keep a cell phone with you in case of an accident
- Take frequent breaks
- Set small goals
- Protect yourself from the sun
- Be aware of surroundings to avoid falls (roots, uneven pavement, animals burrows, ravines)
- Wear light clothing
- Know the signs of heat exhaustion
- Review your medications for reactions with the sun

While summer equals fun, it can also mean increased health concerns for our seniors. Use these tips to stay safe so you can enjoy all the good things about summer while spending more time outside.

~ Chief Brian McCallister



**GAZEBO CONCERT
WEDNESDAY, JULY 17**

This week, Blue Evolution will be grazing the stage beginning at 6:30 pm. Area churches will be joining us at our annual Faith Night starting at 5:30 pm. Food will be available for purchase from Down the Block.



**GAZEBO CONCERT
WEDNESDAY, JULY 24**

Join us for food at 6:00 pm provided by the City and kindly prepared by our departments - donations are always accepted! Food will be served starting at 6:00 pm, and Perfect Choice will take the stage at 7:00 pm.



**SENIOR DAY AT THE FAIR
FRIDAY, JULY 26**

Senior Day at the Fair will be a day of fun, celebration of seniors. Join us at the Lake County Fairgrounds on Friday, July 28th from 10:00 am to 2:00 pm. If you would like more information, please contact Linda Llewellyn at 440-205-8111 ext. 241 or LLlewellyn@Lccoa.org.

HEAP: SUMMER CRISIS PROGRAM - TUESDAY, AUGUST 13

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 through September 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. A representative will be here at the Kirtland Senior Center to help seniors apply for the program on Tuesday, August 13. Appointments are required and are limited. Please contact the front desk or sign up online at 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).

THIS MONTH AT THE KIRTLAND LIBRARY:

Monday, July 1 6:00 pm	Knit and Crochet Club	Monday, June 22 1:30 pm	No Pressure Book Discussion
Friday, July 5 2:30 pm	Color Me Calm Club <i>Registration requested</i>	Monday, July 29 6:00 pm	The Great Library Olympus Games Test your skills as a Librarian with these fun library-themed games! Sign up now to enjoy an evening of gold medal-worthy games! <i>Registration required</i>
Monday, July 8 6:00 pm	Mason Jar Travel Bank Craft Come in to make your own travel bank with a map and glass jar! Start your adventure here at the Library. All supplies provided by the Library. There is no cost for this program.	Tuesday, July 30 6:00 pm	Culinary Class: French Cuisine Travel to Paris with us for the evening and sample some traditional French delights in honor of the Summer Olympics. <i>Registration required</i> \$10/person (cash at the door)
Tuesday, June 16 6:15 pm	Cookbook Club Find a fun dip to make and share with the group! Be as creative as you like! Don't forget your place setting and beverage! <i>Registration requested</i>	<i>Adult Summer Reading runs until July 20! Sign up for summer reading on the Read Squared App. We have great prizes, thanks to our local businesses!</i>	

Once a week, in the quiet of the late morning, a being stalks through the rooms of the Kirtland Senior Center. She makes nary a sound, and saves lives without fanfare or commendation. You're hooked, right?

A few years ago, I put out a desperate plea to any of our members who may be able to own the responsibility of keeping our many plants at the Center alive. Lynn Bernard stepped up to the plate and, within weeks, had a system, a spreadsheet, and strict instructions for me not to even glance at any of the plants. While I don't intentionally kill them, it always seems to happen in my presence. But they don't talk, so no one can prove anything. Each week, Lynn methodically cares for our greenery and keeps this place looking beautiful. "Making nary a sound" may be an exaggeration; if you have heard her laugh, you know it rings through these hallowed halls like no other. "The quiet of the late morning" may be a load of blarney as well - we're generally not very good at keeping the noise level down.



Lynn was born in Cleveland, and grew up in the jewel of Lake County. An only child for 11 years before the arrival of her two younger sisters, she had the good fortune of living a great childhood which prepared her well for the possibility of adventure ahead. In seventh grade, this Eastlake girl met her Eastlake boy and the middle school sweethearts married two years after graduation. Bernie became an electrician and they started an electrical contracting business. She worked in Mayfield Village starting in accounts payable and eventually ending up running both payroll and the office. While in their twenties, they built a very large house on a very large lot in Hambden. While the rural life sounds nice, it is also the rural life. Life got a bit easier in 1978 when they moved a tad closer to civilization to the bustling metropolis that is South Russell. This remained home for the next 29 years.

Now technically a grown-up, this adventurer took life by the horns and learned to ride. (Pro tip - don't try to actually ride anything with horns. Bad things can happen.) Professionally, she moved on to the Skirball Investment Company in the 1980's. Lynn was charged with the bookkeeping for all 32 corporations run by the group. They primarily ran drive-in as well as indoor theaters, and although I didn't ask if she got to see all the movies before you did, I sure hope that was one of the job perks. She left in 1995 and started fulltime with the family electrical business.

Personally, they both wasted no time. Bernie was good at what he did - from electrical work to turning strangers into friends, her husband truly lived life to the fullest. They opened their home to a friend who needed to crash, resulting in an 11-year roommate situation. If you want to hear that infamous laugh, ask her about conversations around the dinner table with two men who work in construction. Married to a social butterfly, Lynn found ways to find fun in groups as well as on her own including, but not limited to boating, gardening, and motorcycle-ing. While she didn't share details of Bernie's bike, Lynn was quick to add that she rode a red 600 Shadow, decking it out with after market mufflers.

In 2005, Bernie passed away at the too-young age of 50. Lynn eventually bought a house for herself in Mentor and began finding her new normal. A "jack of all trades, but master of none," (direct from her; I'm not sure if I agree) she turned their hobby into a career when she became the manager of Chagrin Lagoons Yacht Club. There she put into practice all those trades that she aptly jacked.

Lynn met her current husband Bob online in 2010. Always skilled in finding the yin to her yang, Bob is her travel companion who likes making people laugh. And if there's one thing Lynn likes to do, it's laugh. She documents all their adventures, whether a weekend road trip or a European cruise, in photo travel books. I've seen one. It's awesome.

I always like asking people who travel where they would want to go, and while her locations are interesting, her reasoning may be my favorite answer so far. She'd like to go back to Norway or Finland. She's already been to Switzerland twice, and wants to head out to Antarctica. What do all of these places have in common? Her dream destinations are all "places where you wear clothes." Sound logic, Lynn. Sound logic.

With all of these monthly conversations, I have to edit for length and clarity. And sometimes vulgarity. But the advice that Lynn would give others cannot be summarized or modified: "Try and look at the good things in life, not the crap." From boating to theaters to traveling to keeping our plants safe from me to biking to charming us all with that laugh, Lynn always finds or is that good thing. We are so fortunate that this once-time Eastlake resident is now one of the jewels of the Kirtland Senior Center.

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BAD JOKES FOR JULY:

What did the policeman say to his belly button?

Why are Christmas trees bad at knitting?

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
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