

# GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter



## FROM THE DESK OF THE MAYOR

Before I get into July, I feel compelled to write about the Kirtland Kiwanis Strawberry Festival. From start to finish, the weekend was beyond successful. It never ceases to amaze me how several dozen volunteers pull off an event that hosts and successfully entertains tens of thousands of people each year.

On opening night, I sensed something was in the air and that Kirtland was more than enthusiastic to experience a festival returned to glory. Rides were back, the Kiwanis food tent was bursting with shortcakes and sundaes, and I was getting yelled at by the young and the old for my clearly perceived lack-luster performance in the shortcake eating contest. That's right, I came in a statistical tie for third place out of five total contestants in Thursday's competition. The exhibition bout featured a few of my fellow Western Lake County Mayors and the esteemed Lake County Commissioner Rich Regovich. It is true, Willoughby Hills Mayor Andy Gardner blew the field away by ingesting nearly four strawberry shortcakes in the allotted time. Joe Sakacs, Mayor of Wickliffe, nearly cleaned the bowls of three shortcakes (peach shortcakes due to an allergy by the way), while I and Commissioner Regovich fumbled our way to complete roughly two of the heaping dishes piled with the event's namesake fruit. Mayor Dennis Morley of Eastlake picked like a bird at his dessert, and I don't think he finished half of one.

Thursday's contest in no way rivaled the affair that was held on Saturday. Two tables lined with seven contestants put the G in the seventh deadly sin, gluttony. This was a competition that will, in my humble opinion, never be rivaled again. These seven festival goers, in three minutes flat, combined to eat more than forty-three strawberry shortcakes including a man named Henry making a delightful summertime dessert look as unappetizing as anything I'd ever seen in my life. The returning champ, Henry (not from Kirtland and last name unknown), came to play. In the most unappealing fashion, and in a flurry of gullet gulping grotesqueness, Henry swallowed nine shortcakes and was the clear winner. I'm telling you all, if you weren't there to see it, be very glad.

Thank you to Kirtland Kiwanis for all they do and thank you to this great community for supporting this wonderful tradition. My sense of pride is heightened year after year by the spirit and volunteerism in Kirtland.

On July 10th at the Senior Center, I will be addressing residents regarding potential development of a town center. This will be a chance for me to offer some insight as to the process, but more importantly, an opportunity to answer questions related to any prospective development. The purpose of this forum will be informational and to obtain feedback regarding any future commercial and residential development in our downtown. I hope to see many of you there as I believe we can learn a lot from each other having conversations in these informal settings. Here's to hoping you all have a safe and Happy Fourth!

~ Mayor Kevin Potter



### Riddle Answers

Boy, it's swarm.

Attire.

# **ALL THE THINGS**

Happy July! I generally marvel at the fact that yet another month has gone by, and this newsletter is no different. HOW IS IT ALREADY JULY???? A belated welcome back to all those who sojourn down south for the winter, and a hearty how-do-you-do for those who come out specifically for summer pickleball.

Thank you so much to everyone who joined us for our annual Memorial Day potluck. When we ask you to bring food for a potluck, Kirtland turns out! The spread was fantastic. I did have a few questions on the day, so I will make it official here. We do try to utilize our outdoor space as much as possible, but are also cognizant of weather conditions. Rest assured that I am updating the forecast every few hours leading up to our events. In this particular case, the air quality was poor due to the wildfires, so we made a game time decision to move inside. Erring on the side of caution is page one in my playbook, and I appreciate your patience and flexibility. As you can tell from the copious amount of analogies I have made this paragraph, let's gather on Monday, July 10 for a sports themed potluck (details on page 6).

Let's continue on with this theme. Check out page 5 for more details about a bus trip to go catch the Guardians play the Twins in September and page 7 for info on Senior Day with the Captains. I promise, they won't ask you to play at either game. What a great excuse to get out, hopefully enjoy some good weather, and watch other people work really hard!

Summer at the Kirtland Senior Center always means pig roast! Mark your calendars for Wednesday, August 30. For the low low price of \$17, come out (hopefully to the pavilion!) and enjoy an amazing lunch. Special thanks, as always, to the Senior Board for sponsoring this event. DID YOU KNOW that not only your annual membership fees, but also all of the money from our monthly Trash to Treasure sale goes to your very own Board o' Seniors. This helps them helps you with our lunches, larger events, and cool stuff throughout the year. Thanks for your support of the Board and thanks to them for supporting you!

I know you will all be awaiting the next newsletter with bated breath. As you should be. Keep an eye on those mailboxes for the August issue, which will have all of the details for this year's Senior Summer Camp (because why should kids have all the fun?). We started Summer Camp in 2021 as a way to further open things back up and to welcome you back to the Center. It continued last year, and now I guess we're stuck with it. I like doing things thematically, so the first year we focused each day on one of the holidays we missed during lockdown. 2022 brought us to a "transportation" world. And this year, let's go farming! Every day will be something different, and there is a teaser for you on page 9.

Last but not least... the moment you have been waiting for is finally here! I managed to get my act together long enough to actually put our brand spanking new sign-in system to work. (Apologies for the delay, but there are a lot of you.) You should now all officially be official, and in the MySeniorCenter system. This means that you no longer need to sign in on the clipboards, but instead get to visit me and Marianne at the front desk. Right next to us (under the TV) is a pretty little screen. Just scan the key tag that you will get from us, and choose every activity that you will be doing for the day. If you are a member of another Senior Center in Lake County (with very few exceptions), your key tag from there should work here as long as you a registered member of both. This system is a huge help for us as we look at the data from the Center and see how activities are being utilized and the most effective way for us to best serve you. We cannot emphasize enough how grateful we are to the Lake County Commissioners for funding this important new resource. It is a privilege to be part of the Senior Services Coalition, and we are grateful to work with so many fantastic resources and Centers!



Hope we see you soon! In the meantime, please enjoy this picture of me looking immeasurably proud of myself for making a toy duck at last month's Historic Kirtland Site anniversary open house. His name is Duck Norris.

~ Teresa

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## **SENIOR CENTER MEMBERSHIP**

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

KIRTLAND SENIOR CENTER

**JULY 2023 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

**TUESDAY**

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

**WEDNESDAY**

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

**THURSDAY**

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

**FRIDAY**

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

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

Advanced Pickleball (*drop-in*)  
 Piano Lessons (*July 11, 25*)  
 Pickleball (*drop-in*)  
 Bingo (*drop-in*)  
 Game Day (*drop-in*)  
 Beginner Pickleball (*drop-in*)

Strength Training  
 Mahjong (*drop-in*)  
 Pickleball (*drop-in*)  
 Reflexology/Light Therapy  
 (*July 12, 26*)  
 Fit Yoga w/ Sue  
 Chair Volleyball (*drop-in*)

Advanced Pickleball (*drop-in*)  
 Watercolor Painting  
 Chess (*drop-in*)  
 Pickleball (*drop-in*)  
 Cards – Hand and Foot (*drop-in*)  
 Acrylic Painting  
 Beginner Pickleball (*drop-in*)

Gentle Yoga  
 Pickleball (*drop-in*)  
 Massage (*July 7, 21*)  
 Chair Yoga  
 Reiki (*Contact the front office*)  
 Chair Volleyball (*drop-in*)

**UPCOMING EVENTS**

Center Closed  
 Card Making Class  
 Hiking Club  
 Sports Potluck  
 Q & A w/ Mayor Potter  
 Bus Trip to Progressive Field  
 Podiatrist  
 Senior Board Meeting  
 Gazebo Concert  
 Attorney  
 Trash to Treasure  
 Trivia  
 Bus Trip to Castle Noel  
 Guardians Game Watch Party  
 Men's Lunch  
 Gazebo Concert  
 Book Club  
 Medicare Information  
 Birthday Lunch  
 Guardians Game Watch Party  
 Gazebo Concert  
 Senior Day at the Fair

Tuesday, July 4  
 Wednesday, July 5  
 Monday, July 10  
 Monday, July 10  
 Monday, July 10  
 Tuesday, July 11  
 Tuesday, July 11  
 Wednesday, July 12  
 Wednesday, July 12  
 Friday, July 14  
 July 17 – 26  
 Tuesday, July 18  
 Wednesday, July 19  
 Wednesday, July 19  
 Wednesday, July 19  
 Wednesday, July 19  
 Thursday, July 20  
 Tuesday, July 25  
 Tuesday, July 25  
 Wednesday, July 26  
 Wednesday, July 26  
 Friday, July 28

**COMING IN AUGUST**

Card Making Class  
 Gazebo Concert  
 Hiking Club  
 Bus Trip to Wooster  
 Podiatrist  
 Senior Board Meeting  
 Attorney  
 Trash to Treasure  
 Trivia  
 Ladies Lunch  
 Book Club  
 Red Cross Blood Drive  
 Birthday Lunch  
 Pig Roast  
 Senior Summer Camp

Wednesday, August 2  
 Wednesday, August 2  
 Monday, August 14  
 Monday, August 7  
 Tuesday, August  
 Wednesday, August  
 Friday, August  
 August 21 – 30  
 Tuesday, August 15  
 Wednesday, August 16  
 Thursday, August  
 Saturday, August 26  
 Tuesday, August 29  
 Wednesday, August 30  
 Dates TBA

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

*Drop-in activities require no pre-registration*

# JULY CLASS & WELLNESS SCHEDULE

REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES OR WELLNESS APPOINTMENTS:

| Fitness Class                             | Time                     | Dates                                | Cost                                                 |
|-------------------------------------------|--------------------------|--------------------------------------|------------------------------------------------------|
| Aerobics<br>Instructor: Cheryl            | Tuesday<br>10:00-11:00   | No Classes in<br>July                | \$16<br>Drop-in: \$4                                 |
| Aerobics w/drumming<br>Instructor: Cheryl | Friday<br>11:45-12:45    | No Classes in<br>July                | \$16<br>Drop-in: \$4                                 |
| Gentle Yoga<br>Instructor: Anne           | Friday<br>9:00-10:15     | July 7, 14,<br>21, 28                | \$12<br>Drop-in: \$3                                 |
| Chair Yoga<br>Instructor: Anne            | Friday<br>10:30-11:30    | July 7, 14,<br>21, 28                | \$12<br>Drop-in: \$3                                 |
| Fit Yoga<br>Instructor: Sue               | Wednesday<br>11:00-12:00 | July 5, 12,<br>19, 26                | \$15<br>Drop-in: \$3                                 |
| Strength Training<br>Instructor: Nancy    | Mon/Wed<br>9:00-9:45     | July 3, 5, 10, 12,<br>17, 19, 24, 26 | \$24 (8 classes)<br>\$12 (4 classes)<br>Drop-in: \$3 |
| TaiJiFit<br>Instructor: Tim               | Monday<br>1:00-2:00      | July 3, 10, 17,<br>24, 31            | \$15<br>Drop-in: \$3                                 |
| Workshops                                 | Time                     | Dates                                | Cost                                                 |
| Knitting Group                            | Monday<br>10:00          | Every Monday                         | FREE                                                 |
| Card Making Class                         | Wednesday<br>1:00 PM     | July 5                               | \$10                                                 |
| Mahjong                                   | Wednesday<br>10:00 am    |                                      | FREE                                                 |
| Chess Club                                | Thursday<br>10:00 am     |                                      | FREE                                                 |

| Classes                                                                  | Time                    | Dates                         | Cost                                       |
|--------------------------------------------------------------------------|-------------------------|-------------------------------|--------------------------------------------|
| Acrylic Painting<br>Instructor: Connie                                   | Thursday<br>12:30-2:30  | July 6, 13, 20, 27            | \$28                                       |
| Watercolor Painting<br>Instructor: Connie                                | Thursday<br>9:30-11:30  | July 6, 13, 20, 27            | \$28                                       |
| Piano Lessons<br>Instructor: Karen<br><i>*must register 2 per month*</i> | Tuesday<br>9:00-1:30    | July 11 & 25                  | \$17 per<br>30 minutes                     |
| Wellness/Other                                                           | Time                    | Dates                         | Cost                                       |
| Attorney<br>Deborah Loughner                                             | Friday<br>9:00-11:00    | July 14<br>August 11          | FREE<br>30 minutes                         |
| Podiatry<br>Dr. Kelly Whaley                                             | Tuesday<br>9:00-12:00   | July 11<br>August 1           | \$25 per<br>15 minutes                     |
| Reiki<br>Anne Owens                                                      | Friday<br>12:00-1:30    | July 14 & 28                  | \$25 / 25 minute<br>session                |
| Reflexology or Light<br>Therapy<br>Linda McMahon                         | Wednesday<br>11:00-1:00 | July 12 & 26                  | \$40 (Reflexology)<br>\$45 (Light Therapy) |
| Swedish Massage<br>Natalie Lopez                                         | Friday<br>10:00-2:00    | July 7 & 21                   | <b>\$65 per<br/>50 minutes</b>             |
| Hiking Club<br><i>*See inside for location</i>                           | Monday<br>10:30 am      | July 10                       | FREE                                       |
| Beginner<br>Pickleball Lessons                                           | Thursday<br>1:00-2:00   | <b>NO LESSONS<br/>IN July</b> | FREE                                       |

**MAHJONG**

We asked, and you answered! If you are interested in playing or learning Mahjong, come out on **Wednesday mornings at 10:00 am.**

**CHAIR YOGA**

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

**CHESS CLUB**

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

**CARDIO DRUMMING**

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

**BINGO**

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

**PIANO LESSONS**

Sounds Inspirations Music Therapy provides 30 minute individual private piano lessons. Tailored to the learning styles of the adult students. Students are welcome to bring their own music to lessons for evaluating it as a useable resource. **You must sign up for two classes a month. The cost is \$34 per month. Please note the slight increase. Next classes will be July 11 and 25 between 9:00 am - 1:30 pm.**

**BEGINNER PICKLEBALL LESSONS**

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

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

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

**EXPANDED PICKLEBALL HOURS**

**Advanced Pickleball:**

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

**Beginner Open Play:**

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

**Outdoor Pickleball:**

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

**MYSENIORCENTER SIGN-IN**

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



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



**BUS TRIPS**

**Tour of Progressive Field - Tuesday, July 11**

Progressive Field Tours provide a unique look at the home of the Cleveland Guardians. This hour long event will include stops in the press box, the Lexus Homeplate Club, the warning track, and more! We will meet at the Center at 9:30 am, and return around 12:15 pm. The cost is \$23/person. RSVP's were due by Friday, June 23.

**Downtown Medina and Castle Noel - Wednesday, July 19**

Experience Christmas in July at America's "Largest Indoor Year-round Christmas Entertainment Attraction!" We will begin the day on your own in exploring all that downtown Medina has to offer, and continue with a tour at Castle Noel. We will be meeting at the Center at 9:45 am, and return around 4:00 pm. Anything downtown is on your own; the cost for the bus and the tour is \$32/person. RSVP's are due by Friday, July 7.

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

Come hang out with us for the day! We will meet at the Center at 8:15 am, and head down to the Secret Arboretum in Wooster. This 110-acre botanical garden is managed by The Ohio State University College of Food, Agricultural, and Environmental Sciences. From paved walkways, colorful display gardens, and a Coneflower Garden (featuring over 100 varieties!), this botanical garden and arboretum is a living resource for education, research, and outreach to Ohio's horticulture industry and residents. From there, we'll venture to downtown Wooster, where you can explore Main Street and grab lunch on your own. We'll cap the day off with a visit to the J.M. Smucker Company Store, where you can shop for every fruit spread, peanut butter, coffee and pet product-plus kitchen accessory, apparel and custom gift basket - you'll ever need! The bus will return to the Center around 4:45 pm. Cost is \$5/person, with lunch and shopping on your own. RSVP by Monday, July 31.

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

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

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

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

**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, JULY 20 @ 11:00 AM**

The next Book Club is set for July 20 at 11:00 and we will be discussing "Migrations" by Charlotte McConaghy. I don't yet know anything about this book, but it was described as: "Epic and intimate, heartbreaking and galvanizing, Charlotte McConaghy's Migrations is an ode to a disappearing world and a breathtaking page-turner about the possibility of hope against all odds." Color me intrigued! In August, we'll be chatting about "The Tobacco Wives" by Adele Meyers. Who doesn't love a book about a small North Carolina town in 1946? This one is definitely going on my to-read list.



**TRASH TO TREASURE**

Our next Trash to Treasure Sale will be held from July 17 - 26. Drop off any household items you would like to donate for our sale. No personal items, clothing or electronics please! We will be accepting items during normal business hours. If you have any donations, please bring them to the front office rather than putting them on the table. All proceeds go to the Senior Board.

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

Jill, John, Janette, Susan, Joanne, Sandy, Jeannette, Kathy, Carla, Vernie, Karen, Kathy, Herb, Ron, Robert, Sandi

**UPCOMING EVENTS**

**UPCOMING EVENTS**

**BIRTHDAY LUNCH CELEBRATION - TUESDAY, JULY 25**

New this year - join us for YOUR birthday month & lunch is on us! Our July Birthday Lunch is Tuesday, July 25 at 12:00 pm. **The cost is \$8.** Our menu is BBQ pulled pork sandwiches and potato salad. **Please RSVP by July 19.** EVERYONE is welcome, regardless of your birthdate! Our next Birthday celebration will be on August 29 and the menu will be gyros and fries.



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

Men's Luncheon will be held Wednesday, July 19 at 12:00 pm. The menu is fried chicken, cole slaw, and macaroni salad. Cost is \$8. **Please RSVP by July 10.** The next luncheon will be September 19 and the menu is TBD.

**LADIES LUNCHEON - TUESDAY, AUGUST 16**

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

**All menus are set in advance. If you have a specific dietary need, please let us know and we will do our best to accommodate you.**

**SPORTS POTLUCK - MONDAY, JULY 10**

What do the Tour de France, Wimbledon, and MLB All-Star Game have in common? They're all in the same week! Let's celebrate by coming together for a sports themed potluck. As always, let us know if you're planning on bringing a dish to share. If you want to come just to enjoy, it'll be \$5/person. Prizes will be awarded to the most creative sports-themed dishes! The potluck will start at noon, and we ask for RSVP by Wednesday, July 5.

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

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

**HIKING CLUB - MONDAY, JULY 10**

Join us for a hike on Monday, July 10 from 10:30 - 11:30 at Chapin Forest. We will meet at the Hobart entrance. **Registration is requested but not required!** We hike rain or shine... use your best judgment and dress for the weather. See you on the trails!

**TRIVIA - TUESDAY, JULY 18**

CONGRATS to all the teams who played Mind Challenge! We hope you all had fun, and maybe learned a thing or two. Join us in-house for Trivia on Tuesday, July 18 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 meet in the lobby to form teams and then the fun begins. No registration necessary. **This next month we will be focused in on Pop Culture of the 1990's.**



**WELCOME TO MEDICARE! - TUESDAY, JULY 25 @ 12:30 PM**

Are you turning 65 or are otherwise now eligible for Medicare? Join us following the July birthday lunch for a presentation by Allie Heinz, Benefits Specialist at the Lake County Council on Aging. Presentations focus on what you need to know to make your transition to Medicare successful. We will help you to understand the different plan options, enrollment questions, anticipated costs, and how to avoid costly penalties.

**SMILE! YOU'RE ON CAMERA**

As part of the funds received through the County, we have also installed cameras throughout the building. These cameras will **ONLY** be used for safety and security purposes, and access is restricted to authorized personnel only. Coverage includes the gym, fitness center, and all outdoor facilities.

While signs are posted, we wanted to give you a heads up!

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

# UPCOMING EVENTS

## Q & A WITH MAYOR POTTER - MONDAY, JULY 10

Several people have been asking questions regarding potential downtown development. Mayor Potter will be joining us on Monday, July 10 at 1:00 pm to tell us more about the process created to make any decisions and to answer your inquiries. There will be more opportunities for the community to come together in discussion, but all are invited to this gathering. We will meet immediately following the sports potluck (see page 5). The potluck is for members only, but this Q & A is open to all. If you would like to learn more about the downtown proposal, information and draft renderings are available on the City's website at [www.kirtlandohio.com](http://www.kirtlandohio.com).

## GUARDIANS DAY GAMES - WEDNESDAY JULY 19, 26

Let's reverse our luck, shall we? The team hasn't won on ANY of the days that we're watched the games. Come on out and help us turn that record around! Join us for the 12:35 pm game against Pittsburgh on July 19 and the 1:10 pm game against Kansas City on Wednesday, July 26. Yummy ballpark goodies will be provided by donation. No RSVP necessary.



## LAKE COUNTY CAPTAINS - WEDNESDAY, AUGUST 9

The Lake County Captains present Senior Day at the Ballpark on Wednesday, August 9. Our hometown team will take on the South Bend Cubs with a 12:05 pm first pitch. The \$20 per person package includes a ticket to the game as well as an \$8 gift card. Parking is \$10/car and is available at the ballpark. RSVP at the front desk by Monday, July 24. Tickets will be available the week of here at the Center.

## GREETING CARD MAKING

Make your own greeting cards! Come to enjoy creating three original cards and have fun socializing while stamping, coloring, and gluing. We will do an assortment of cards during each monthly classes. Cost is only \$10 per class and that includes all the paper, stamps, ink, die cuts, and embellishments. All you need to bring is a pair of scissors and adhesives. Our first class will be Wednesday, July 5 at 1:00 pm and will be held the first Wednesday of each through October. Class is limited to 10 per month. Registration is required.

## FROM THE SENIOR BOARD

I cannot believe it is June. Men's lunch had a cool day for burgers in the pavilion and since then the weather has been cold. What a shame we went almost a month with no rain, and the first day of the Strawberry Festival there were thunderstorms. This weather is not what we expect for June!

But, the weather has not slowed down at the senior center. Our classes are still going on, lunches are available, popcorn is served, and Panera is picked up weekly. So even with bad weather we still must have an activity that interests you.

At the last senior board meeting we discussed the pig roast in August, and clam bake in September. We were able to keep the pig roast cost the same, and clam bake will increase \$1, to cover our increase from the caterer. Both are well attended events, and people need to watch for registration to open. We also discussed the new swipe entrance system. So far we have been able to fix the "bugs" quickly. Please remember to log in and check everything you do at the center, the county considers its funding using these new numbers.

Well, we hope you are doing well. The weather will warm up eventually. Stop by to see what's going on up here when you have a chance. Best, David Saywell

## SENIOR BOARD

Our Senior Board serves as an advisory committee to the Director and sponsors meals and events while fundraising to help subsidize these meals & events. If you have any issues or ideas, please see one of the board members to pass along. Our 2023 Senior Board consists of: David Saywell (President), Junior Orick (Vice-president), Marcia Haymer (Secretary), Penny Everson (Treasurer), Bill Russ, Karin Saywell, Janet Johnson, and Jean Orick.



# COMMUNITY NEWS



## **RED CROSS BLOOD DRIVE - SATURDAY, AUGUST 26**

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

## **SENIOR DAY AT THE LAKE COUNTY FAIR - FRIDAY, JULY 28**

Senior Day at the Fair 2023 is set to be a day of FUN for seniors across "the decades." The Fair provides free admission till 3:00 pm, free transportation to the Fair for seniors by Laketrans, free boxed lunch compliments of the Lake County Council on Aging, Bingo, games, prizes and entertainment by the Poptarts.

Aging Unbound is the theme for Older Americans Month 2023 and promotes flexible thinking about aging - and how we all benefit when older adults remain engaged, independent, and included. Senior Day at the Fair will provide an opportunity to visit the table of key organizations in the community providing services to seniors. This is an opportunity to talk with representatives and pick up helpful information on how to "age unbound."

Musical entertainment will be provided by The Poptarts during lunch, in between Trivia of the Decades and Bingo. Lunch is a complimentary box lunch for those age 60 or older who register at the Fair on a first come first served basis for 350 seniors featuring a delicious summer picnic type lunch that provides one-third of daily nutritional values. The lunch will be served at 11:45 am and table seating will be limited to those who have a lunch ticket at that time. A fun game of Bingo will begin after lunch at 1pm. Door prizes will be awarded throughout the event and the winner of each Bingo game will receive a prize. Be on the lookout for special guests at the event!

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

## **THIS MONTH AT THE KIRTLAND LIBRARY:**

|                   |                             |                                |
|-------------------|-----------------------------|--------------------------------|
| July 21 @ 2:30 pm | Color Me Calm Club          | <i>Registration requested</i>  |
| July 24 @ 1:30 pm | No Pressure Book Discussion |                                |
| June 25 @ 6:00 pm | Cookbook Club               | <i>Registration requested.</i> |

### **Special Events:**

|                   |                         |                                |
|-------------------|-------------------------|--------------------------------|
| July 1 @ 2:00 pm  | Beginner Beekeeping     | <i>Registration required.</i>  |
| July 12 @ 6:00 pm | Adult Lego Night        | <i>Registration requested.</i> |
| July 31 @ 4:00 pm | Upcycled Luminary Craft | <i>Registration required.</i>  |

## **SUMMER CONCERTS**

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

### **Wednesday, July 12 - "Faith" Night Take 2: Perfect Choice**

Local churches and faith communities will be coming out for this awesome night of pop music! Food will be available for purchase.

### **Wednesday, July 19 - "City" Night: Pop Tarts**

Our City departments will be providing hot dogs and hamburgers for a donation, and local businesses will be joining us for this fantastic evening of super fun music!

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

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

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

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

# **SENIOR SUMMER CAMP 2023**

**"DOWN ON THE FARM"**

**POTENTIALLY FEATURING**

**ANIMALS**

**PIE BAKE-OFF**

**SQUARE DANCING**

**FARM TO TABLE POTLUCK**

**TRIPS TO FARMPARK,**

**SEVEN BROTHERS DISTILLERY**

**JAM AND JELLY TASTING**

**PLANT YOUR FALL HARVEST**

**AUGUST DATES TO BE ANNOUNCED!**

Some of the first people I met here at the Center when I started way back in 2020 were, logically, members of our Senior Board. If you don't know them - you should. A kinder, more passionate group of people will you rarely meet. While we have covered most of their stories in this here Senior Spotlight, there is one you may not have had the pleasure of yet meeting. And you should. Janet Johnson fits the bill - both kind and passionate, she leads by modeling, and it is my pleasure to continue to learn from and work with her.

Janet moved to Kirtland when she was four years old, and matriculated through the local school system. Her parents built a house on Route 6, and some of her closest friends now came from the days when. She met her husband Phil at a friend's wedding and told us, "I didn't know what would happen." They married about a year later. She's figured it out since then, and the two have been wed for over fifty years. After a brief stint away, they built their own house next to her parents in 1975. A true Kirtlander, Janet spends most of our conversation talking about her involvement in the city. You ask her about herself and she tells you about her community and her family.

She moved through the ranks of nursing, and eventually graduated from Cleveland State. After a storied career, she decided to hang up whatever accoutrement nurses have. I'm picturing a superhero-type outfit. They kind of do it all, don't they? She chose not to renew her nursing license and then... (say it with me now) Covid happened. With the increased need for testing, she got back in the saddle and helped where she could. (I recognize that, in two sentences, I compared nurses to both superheroes and cowboys. There is immense respect in both analogies, and the only way my brain could give them more is to also liken them with the best of teachers. Which they also do. Props to nurses.) Now that Covid testing is not as necessary, she uses that renewed license as a substitute school nurse in that same system that taught her.

Throughout the years, Janet has served this city well. Helping at the Strawberry Festival, working with the Cub Scouts, and taking the reins on the Friends of the Library book sales kept her busy. Pre-pandemic, she found the time to help with the kindergarten classes by - get this - having THEM read to HER. I didn't even know this was a thing, but how cool is that?

Janet and Phil had two sons, who were also proud to call themselves Hornets. Michael lives a three minute walk away with his wife Julie. If you haven't seen much of Janet around the Center recently, there is a very good reason. Her twin grandchildren were born four months ago, and she spends much of her time lending a hand (or two) helping out. This keeps her as busy as you can imagine, and it doesn't seem like there is much that would make her happier! David and his wife Dina currently live on the west side with 11 year-old Maria, but once they make it back to the best side of town, the whole family will hopefully be within reach. Maria is thrilled to have cousins, and Janet and Phil are thrilled with all of them.

I'm not quite sure how, but she has also managed to maintain hobbies along the way. While napping is my favorite underutilized hobby, hers err on the side of being both productive and edifying. When she and Phil were newlyweds, a favorite Betty Crocker meatloaf recipe was a household staple. Years later, she decided to go back to the tried and true favorite, and still remembered the page number. When she invited me to the library's cookbook club, I laughed on the inside. I so admire those who cook well, because I am terrible at feeding myself. She, in contrast, feeds everyone, especially around the holidays, and owns "a ton" of cookbooks.

Without a doubt, her favorite pastime is reading. Although I don't think it's possible, she says she may read TOO much. She started our book club here at the Center several years ago, and if you haven't gotten a suggestion or ten from her, she's a fantastic resource for what to read.

Her three cats, while getting up in years, certainly keep her on her toes. While they don't seem as enamored with the twins as she is, don't listen to their complaining. They are NOT neglected in the slightest.

While she was at first hesitant to join up here at the Center, she now cannot imagine not having it in her life. Starting with Nancy's strength training class introduced her to some wonderful people. Like always attracts like, doesn't it?

At least the first half of our conversation revolved around anything but Janet and her story. From recent books read to stories shared to insights garnered, it is always such a pleasure for me to catch up with one of the first Seniors I met here.



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## **BAD JOKES FOR JULY:**

What do bees say during a heat wave?

What's the difference between a poorly dressed man on a unicycle and a well-dressed man on a bicycle?

*Answers inside!*

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

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

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