GILDERSLEEVE GAZIBINIB

Kirtland Senior Center Monthly Newsletter



FROM THE DIRECTOR

As February comes to an end, it dawns on me that I have been with you all for nearly 3 months. Thank you to all who have made my transition to Director seamless, from helping organize and clean to entertaining my design changes with minimal complaints. I truly appreciate everyone's help while I learn the ropes; and please, keep the suggestions flowing, my door is always open! I also want to thank everyone who keeps this place running while I am off at meetings or teaching D.A.R.E.: The Senior Board, the fantastic class instructors, Kirtland Kindness Volunteer Group, Delonte, Marianne and the best office attendants around: Dave, Cindy, Marcia and Laura. I couldn't do it with out you!

Hopefully Ohio gets a much needed warm up in March. I think we are all ready for some warmth and fresh air. Plus, we need nice weather for our outdoor bus trips currently being planned. We have a lot of exciting options coming this year, thanks to the many recommendations from our members.

Hope to see you at bowling!!! - Julia



KIRTLAND SENIOR CENTER

(440) 256-4711

communitycenter@kirtlandohio.com www.kirtlandcommunity.com



TABLE OF CONTENTS

Page 1: Senior Board, Volunteer Group **Page 4: Classes and Activities**

Page 2: Weekly Schedule Page 5: Bus Trips and Upcoming Events

Page 3: Monthly Schedule and Prices Page 6: Meals and Library Events

SENIOR CENTER MEMBERSHIP

Per calendar year

Paperwork and Resident (first vear): information available \$10 Resident (renewal):

Non-resident (first year): \$12 Non-resident (renewal): \$7 at the front desk

MARCH 2025 PAGE 1

FROM THE SENIOR BOARD

Wow! New Director, new ways. If you haven't been to the center see how Julia redesigned our lobby and cleared up our junk/storage room so we can walk in it again. The Trash to Treasure table is loaded this month with items to buy. After checking those two spots look at the long-awaited carpet in the office. It is worth a peek to see it finished.

The senior board hosted the Valentine Pancake Breakfast last month. It was nice to sit and talk to friends while eating. We are planning our St. Patrick's Day lunch for Thursday, March 13. Slyman's has been put on notice to have plenty of corned beef on hand for pick up. The lunch will cost \$19 this year. Get your reservation in early!

The senior board recently purchased a vending machine for the gym hallway. We have cold drinks ranging in cost from \$1 to \$2.50. All profits from the machine will benefit Senior Board sponsored events. Please support our fundraising.

Hope everyone is doing well! When you have time stop in and visit. Also, remember annual dues are being collected NOW. You will not receive any more newsletters until your 2025 membership is renewed. ~ Dave



THANK YOU TO MENTOR PANERA BREAD

FOR THEIR GENEROUS DONATION EACH WEEK

As a reminder, the bread and pastries are available by donation to all members. Your donation helps purchase the bags, plates, napkins and mints. We appreciate your continued support!

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 2025 Senior Board consists of: David Saywell (President), Bill Russ (VP), Marcia Haymer (Secretary), Penny Everson (Treasurer), Karin Saywell, Rich Lowery, Theresa Ventresca, and Janet Johnson.



SENIOR BOARD SHIRT SALE

The Senior Board is selling Kirtland Senior Center shirts and Polos. Cost is \$12 for t-shirt & \$25 for polos. Order forms are available in the office. Make checks payable to Kirtland Senior Guild. Please note that there are additional charges for plus sizes.

VOLUNTEER GROUP



Recognizing people want to give back to the community but are unsure how or where to go, we invite anyone to join the volunteer group here at the Center. Our goal is to identify organizations that need support, and take a group each month to help out. If you are interested in helping plan these outings, we gather on the first Thursday of every month at 11:00 am. We look forward to seeing you March 6! No need to RSVP. Our group volunteers monthly at the Greater Cleveland Food Bank. We would love to have you join us! Just ask at the desk for additional information.

MARCH COLLECTION:

We are collecting children's books for the Cleveland Kids' Book Bank. Please note: books must be copyrighted after 2000. No text books, dictionaries, coloring books, magazines, yellowed or torn books can be donated. Collection will end March 25th.



WELCOME TO OUR NEW MEMBERS THIS MONTH!

SANDY, SUE, STEFICA, RITA, CONNIE, ROBERT AND LINDA

FREE COVID TESTS

MARCH 2025 PAGE 2

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.

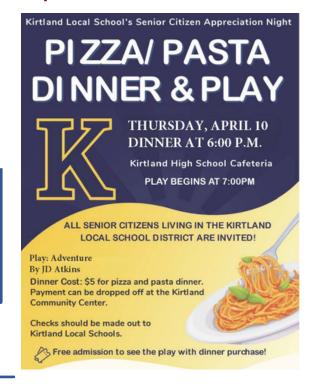
Thank you in advance for your help!

MARCH 2025 EVENTS

Volunteer Meeting
Bus Trip Natural History Museum
Hiking Club
Podiatrist
Volunteer Group @ CLE Food Bank
Senior Board Meeting
St. Patrick's Day Lunch
Trash to Treasure
Trivia
Sauerkraut Workshop
Men's Lunch
Book Club
Attorney
Coffee with Cops
Bus Trip to Wickliffe Lanes

Birthday Lunch

Thursday, March 6 Friday, March 7 Monday, March 10 Tuesday, March 11 Tuesday, March 11 Wednesday, March 12 Thursday, March 13 March 17 -31 Tuesday, March 18 Tuesday, March 18 Wednesday, March 19 Thursday, March 20 Friday, March 21 Friday, March 21 Monday, March 24 Tuesday, March 25





COMING IN APRIL 2025

Volunteer Meeting Podiatrist Senior Board Meeting Red Cross Blood Drive Kirtland Schools' Senior Appreciation Night Dinner Bus Trip - Playhouse Square The Temptations and the Four Tops Egg Hunt at City Hall Hiking Club Trivia **KPD** - Senior Scams Presentation **Book Club** Attorney Trash to Treasure Ladies' Lunch Birthday Lunch Bus Trip - Federal Reserve Bank

of Cleveland

Thursday, April 3 Tuesday, April 8 Wednesday, April 9 Thursday, April 10 Thursday, April 10

Thursday, April 10

Saturday, April 12 Monday, April 14 Tuesday, April 15 Wednesday, April 16 Thursday, April 17 Friday, April 18 April 21 - May 2 Wednesday, April 23 Tuesday, April 29 Wednesday, April 30

GARDEN CLUB OF KIRTLAND

STOP! Deer and Rodents in your garden this year! Presented by Geauga County Master Gardener. Sponsored by the Garden Club of Kirtland.

Thursday, March 6th at the Kirtland Community Center. Sunflower Room from **6:30 - 7:45 pm.**Refreshments provided before the program.







MARCH PROGRAMMING AND CLASSES

FRIDAY	9:00-10:15 Gentle Yoga \$3 10:00-1:00 Pickleball 10:30-11:30 Chair Yoga \$3 10:30-11:30 Strength \$3 1:00-3:00 Chair Volleyball	9:00-10:15 Gentle Yoga \$3 10:00-1:00 Picklebåll 10:30-11:30 Chair Yoga \$3 1:00-3:00 Chair Volleyball	9:00-10:15 Gentle Yoga \$3 9:00-11:00 Attorney 10:00-1:00 Pickleball 10:30-11:30 Chair Yoga \$3 10:30-11:30 Strength \$3 1:00-3:00 Chair Volleyball	9:00-10:15 Gentle Yoga \$3 10:00-1:00 Pickleball 10:30-11:30 Chair Yoga \$3 1:00-3:00 Chair Volleyball	
THURSDAY	8:30-9:30 Adv. Pickleball 9:30-11:30 Watercolor \$20 10:00-11:00 Cardio Drum \$15(\$4) 10:00-1:00 Pickleball 12:30-2:30 Acrylic Paint \$20 1:00-3:30 Begin. Pickleball	8:30-9:30 Adv. Pickleball 9:30-11:30 Watercolor \$20 10:00-11:00 Cardio Drum \$15(\$4) 10:00-1:00 Pickleball 12:00-1:30 Reiki \$25 12:30-2:30 Acrylic Paint \$20 1:00-3:30 Begin. Pickleball	8:30-9:30 Adv. Pickleball 9:30-11:30 Watercolor \$20 10:00-11:00 Cardio Drum \$15(\$4) 10:00-1:00 Pickleball 12:30-2:30 Acrylic Paint \$20 1:00-3:30 Begin. Pickleball	8:30-9:30 Adv. Pickleball 9:30-11:30 Watercolor \$20 10:00-11:00 Cardio Drum \$15(\$4) 10:00-1:30 Pickleball 12:00-1:30 Reiki \$25 12:30-2:30 Acrylic Paint \$20 1:00-3:30 Begin. Pickleball	
WEDNESDAY	9:00-9:45 Strength \$3 10:00-1:00 Pickleball 10:00 Sewing Group 10:30-11:30 Fit Yoga \$3 1:00-3:00 Chair Volleyball	9:00-9:45 Strength \$3 10:00-1:00 Pickleball 10:00 Sewing Group 10:30-11:30 Fit Yoga \$3 11:00-1:00 Reflex/Light \$40 1:00-3:00 Chair Volleyball	10:00-1:00 Pickleball 10:00 Sewing Group 10:30-11:30 Fit Yoga \$3 1:00-3:00 Chair Volleyball	9:00-9:45 Strength \$3 10:00-1:00 Pickleball 10:00 Sewing Group 10:30-11:30 Fit Yoga \$3 11:00-1:00 Reflex/Light \$40 1:00-3:00 Chair Volleyball	
TUESDAY	8:30-9:30 Adv. Pickleball 9:30-12:00 Piano \$30 10:00-11:00 Aerobics \$15(\$4) 11:30-2:30 Pickleball 12:00 Bingo 2:30-3:30 Begin. Pickleball	8:30-9:30 Adv. Pickleball 9:00-12:00 Podiatry \$30 10:00-11:00 Aerobics \$15(\$4) 11:30-2:30 Pickleball 12:00 Bingo 2:30-3:30 Begin. Pickleball 3:00-5:00 CLE Food Bank (registration req)	8:30-9:30 Adv. Pickleball 9:30-12:00 Piano \$30 10:00-11:00 Aerobics \$15(\$4) 11:30-2:30 Pickleball Bingo 2:30-3:30 Begin. Pickleball	8:30-9:30 Adv. Pickleball 10:00-11:00 Aerobics \$15(\$4) 11:30-2:30 Pickleball 12:00 Bingo 2:30-3:30 Begin. Pickleball	
MONDAY	9:00-9:45 Strength \$3 10:00-1:00 Pickleball 10:00 Knitting 10:00-11:00 Balance \$15 (\$3) 1:00-2:00 TaiChi \$12 (\$3) 1:00-3:00 Chair Volleyball	9:00-9:45 Strength \$3 10:00-1:00 Pickleball 10:00 10:00 Knitting 10:00-11:00 Balance \$15 (\$3) 10:30 Hiking Club 1:00-2:00 TaiChi \$12 (\$3) 1:00-3:00 Chair Volleyball	9:00-9:45 Strength \$3 10:00-1:00 Pickleball 10:00 Knitting 10:00-11:00 Balance \$15 (\$3) 1:00-2:00 TaiChi \$12 (\$3) 1:00-3:00 Chair Volleyball	9:00-9:45 Strength \$3 10:00-1:00 Pickleball 10:00 Knitting 10:00-11:00 Balance \$15 (\$3) 1:00-2:00 TaiChi \$12 (\$3) 1:00-3:00 Chair Volleyball	9:00-9:45 Strength \$3 10:00-1:00 Pickleball 10:00 Knitting 10:00-11:00 Balance \$15 (\$3) 1:00-2:00 TaiChi \$12 (\$3) 1:00-3:00 Chair Volleyball

MARCH 2025 PAGE 4

HIKING CLUB - MONDAY, 3/10

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

PICKLEBALL

Everyone is alway but here are a few Our schedules are you DO NOT EN Additionally, we askeduled time.

Onen Dickleball is

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!

CARDIO DRUMMING & AEROBICS

Our awesomely fun aerobics class continues on Tuesdays at 10:00 am, and the cardio drumming class meets every Thursday at 10:00 am. Come join the fun! If you have never tried the class, the first one is free.

BINGO

We are playing Bingo every Tuesday (unless there is another event scheduled at that time)! Bingo will be held in the Sunflower Room at 12:00. There is no cost to play and everyone is invited.

PIANO LESSONS

Sounds Inspirations Music Therapy provides 30 minute individual private piano lessons tailored to the learning styles of the adult students. Students are welcome to bring their own music to 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 taking lessons. The next lessons will be held on March 4 & 18, 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 fantabulous Strength Training instructor, Nancy, has added a Friday class! 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.

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 will meet **every Wednesday at 10:00 am** to whenever you feel like leaving. Ask the front desk if you have any questions.

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!

BALANCE, STRENGTH, AND FLEXIBILITY

This popular 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 yoga and strength exercises. You can modify this class to your unique needs. Class is held on Monday mornings at 10:00 am.

PODIATRY

We are thrilled that Dr. Kelly Whaley continues to serve our seniors every month. She will be at the Center on Tuesday, March 11. \$30 payment is due to Dr. Whaley in cash on the day of the appointment.

ATTORNEY

Meet with Deborah Loughner, Esquire for a FREE 30-minute legal consultation. She provides legal aid for issues like estate planning, healthcare, and consumer protection. See the front desk with any questions or to schedule.

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.

APRIL trips will open for registration at 9:00 am on Tuesday, MARCH 4th.

Cleveland Museum of Natural History - Friday, March 7

Completed in December 2024, the transformed Museum now tells a unified story of life on Earth—illuminating the past and inspiring all to work toward a more sustainable future. Join us as we explore the newly expanded spaces and exhibits. **\$20 Registration - includes admission, 3D Theater, and Planetarium Show at 1:00pm**. The museum hosts a café, where lunch will be on your own. We will leave Kirtland around 10:00 am and get back around 3:00 pm.

Bowling at Wickliffe Lanes - Monday, March 24

Join us for a fun filled day of activity at Wickliffe Lanes. The facility features 40 lanes of bowling, 12 billiard tables, dart boards, and a full-service snack bar. **\$15 Registration - includes a pizza lunch.** Additional options will be available at the snack bar for purchase. We will leave Kirtland around 9:15 am and return around 1:00 pm.

The Temptations and the Four Tops at Playhouse Square - Thursday, April 10

The Motown Show featuring the Temptations and the Four Tops. Otis Williams, original member of the Temptations will perform. We will leave Kirtland around 6:30PM and return around 11:00PM.

\$73 Registration. Registration closes March 10th, so register quickly to secure your seat!

<u>Federal Reserve Bank of Cleveland - Wednesday, April 30</u>

The Federal Reserve Bank of Cleveland is a national historic landmark and stands as a monument to the craftsmanship of the post World War I era. A guided tour will give us an insider's view of the building architecture and a look at the operations of a U.S. Central Bank. The tour will include the historic main lobby, the old vault, and the cash lobby. Members will need to bring a photo ID and pass through a metal detector. It is suggested members refrain from bringing purses or bags. We will leave Kirtland around 12:15 and return around 3:30.

\$5 Registration. Registration closes 4/18.

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

TRIVIA - TUESDAY, MARCH 18 @ 11:00 AM

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 choses the next month's theme - **in March, we will be focusing on Lake County Trivia.** We meet in the Sunflower Meadows room to form teams and then the fun begins. No registration necessary.

BOOK CLUB - THURSDAY, MARCH 20 @ 11:00 AM

This month, we will be discussing "The Girl with the Louding Voice" by Abi Dare. The unforgettable, inspiring story of a teenage girl growing up in a rural Nigerian village who longs to get an education so that she can find her ``louding voice" and speak up for herself. In April, we'll talk about "More or Less Maddy" by Lisa Genova



LIFE ADJUSTMENT GROUP SPRING SESSION BEGINS MONDAY MARCH 24

JPCOMING

If you are handling a large adjustment in your life, it can feel overwhelming. Using a grief support model, we welcome anyone who may be facing challenges that lead to feelings of frustration, sadness, and pain. Limited not only to bereavement, this group will encourage all of us to lean on and learn with each other. This moderated, sixweek session begins on Monday, March 24 from 1:00 - 2:30 pm. Please sign up at the front desk in advance.

This program is free, and made possible with funding through the Lake County Commissioner's Office.

MARCH 2025 PAGE 6

ST. PATRICK'S DAY LUNCHEON - THURSDAY, MARCH 13

Celebrate St. Patrick's Day with Slyman's corned beef and potato salad.

Cost is \$19, RSVP by March 7.

MEN'S LUNCHEON - WEDNESDAY, MARCH 19

Join the men for meatball subs. Cost is \$8. Please RSVP by March 14. Our next luncheon will be on May 14 and the menu is hamburgers.

BIRTHDAY LUNCH CELEBRATION - TUESDAY, MARCH 25

We will enjoy stuffed pork chops with mashed potatoes. Cost is \$8. Please RSVP by March 21. 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 on April 29 and the menu will wraps.

LADIES' LUNCHEON - WEDNESDAY, APRIL 23

Join the ladies for Philly cheesesteaks. Cost is \$8. Please RSVP by April 18. The next luncheon will be on Wednesday, June 25 and the menu is steak.



MEAL

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.

THIS MONTH AT THE KIRTLAND LIBRARY:

Monday, 3/3 6:00pm Knit & Crochet Open to anyone who enjoys knitting, crocheting or is interested in learning these skills. Cleveland Rocks- colorful personalities responsible Bring your own supplies, drop in **Really** and get hooked.

7:00pm

Wednesday, 3/19 Learn about the rich and exciting history of the music pioneers and for making Cleveland -truly- the rock and roll capital of the world. Author Deanna Adams will recount her experiences and expound on all the famous musicians, deejays and clubs in the area.

Tuesday, 3/4 6:00pm and When of Vegetable Gardening

Planning is key to having a productive vegetable garden. It The What, Where includes choosing the right location, testing and amending the soil, selecting what to grow, and knowing when to start plants Saturday, 3/22 indoors from seed so you will be 2:00pm ready to move into the garden in Relish Tours the spring. Please join us as Ohio State Master Gardeners share their knowledge to prepare us for the planting season. **Registration** required.

Join us March 22nd at 2pm for a virtual journey through Cleveland with Relish Cleveland Food Tours. Susan Chapo will take us through the fun neighborhoods and we will see what it is like to taste our way around the town on one of her tours.

Wednesday, 3/5 6:00pm Protecting the Jewels of the **Night**

Fireflies are an integral component of healthy, thriving environments. They are beloved insects but they are declining. Learn what you can do in your environment to help fireflies thrive. Presented by Cat Miller from the Xerces Society for Invertebrate Conservation.

Monday, 3/24 1:30pm No Pressure **Book Discussion**

Tuesday, 3/25

Cookbook Club

6:00pm

Join us in the Community Room to talk about any books you've read recently that you want to recommend to others. Bring a bagged lunch if you would like as well.

Tuesday, 3/11 6:00pm **Culinary Class:** Soup and Sourdough

It's the perfect weather for some hot soup and fresh bread. You will take home some great recipes and sample some delicious food. The cost is \$10 per person. Registration required.

Saturday, 3/29 10:00am and 12:00pm Pysanky Egg Decorating

This club is for anyone who wants to expand their cooking knowledge and have some fun in the kitchen. March's theme is Irish. Make anything to share that fits in with the St. Patrick's holidav.

Monday, 3/18 6:00pm **Knit & Crochet**

Open to anyone who enjoys knitting, crocheting or is interested in learning these skills. Bring your own supplies, drop in and get hooked.

Learn about the art and history of decorating Ukrainian Easter Eggs. Bring a hard-boiled egg and we'll supply the rest. Please only register for one time. This program is for adults and we are requesting a \$2 cash donation at the door.

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

PRESORT STD.
U.S. POSTAGE PAID
Permit No. 174
Willoughby, OH

LAKETRAN 2025 CLOSURES

Please remember to schedule your Dial-a-Ride trips in advance of the holiday. Rides can be scheduled through Laketran's Customer Service Center at 440-354-6100 or 1-888-525-3872.





THE 2025 PLANT NATIVE IS LIVE

For best availability please order by March 10. https://lakeconservation.org/plant-native-sale/

Order pickup will be in the Natural Resources Building at the Lake County Fairgrounds 1301 Mentor Ave., Painesville, Oh 44077

Pick-up times are Friday, April 25 from 9 AM to 6 PM and Saturday, April 26 from 9 AM to Noon.

Walk-ins are welcome (and encouraged!)

2025 MEMBERSHIP IS NOW OPEN

2025 registration opened on October 1, 2024. All 2024 memberships ran through February. Anyone is welcome to join, regardless of where you live. All members must renew annually in order to be part of the many classes at the best Senior Center in Kirtland and continue receiving the newsletter! If you are unsure if you renewed, just call or stop by the front desk.

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