

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter



KIRTLAND SENIOR CENTER

(440) 256-4711

communitycenter@kirtlandohio.com

www.kirtlandcommunity.com

The Senior Center will closed the following dates:

Christmas Eve - December 24th at noon

Christmas - December 25 & 26

New Years Eve - December 31st at noon

New Years - January 1 & 2

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SENIOR CENTER MEMBERSHIP

Per calendar year

Resident (first year): \$10

Non-resident (first year): \$10

Resident (renewal): \$10

Non-resident (renewal): \$10

Paperwork and information available at the front desk

It's hard to believe that this is the last article of 2025. Where did the year go? It seems like we were just talking about outside steak roasts and pig roasts, and now we are planning the St. Patrick's Day Lunch. Time just has a way of flying on us.

The board has several openings to fill this year. We are always looking for volunteers to help at events. Right now, we are especially short of men on the board. We need volunteers to help with Men's Lunch and set up of tables for other events. If you are interested, please leave your name at the window with Marianne. It doesn't take much time and there is one meeting a month.

The board will be selling candy grams for Valentine's Day. Candy bars can be purchased in the office for \$1 to show your friends you appreciate them. Proceeds will help offset the rising cost of the monthly lunches.

Hopefully, you reserved early and are attending the Christmas Lunch and Christmas Lights tour. Some members are even attending the symphony, to get in the holiday season. With Christmas we think of family. Please take this time to enjoy those around you. ~ 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 2025 Senior Board consists of: David Saywell (President), Marcia Haymer (Secretary), Penny Everson (Treasurer), Karin Saywell, Rich Lowery, Theresa Ventresca, and Janet Johnson.



This is the season of Thanksgiving, and although it's been a difficult year for me & Chris, we also have much to be thankful for. We would like to express our gratitude to so many Senior Center members who helped us through our medical journey, this year. From Chris's pickleball and chair volleyball friends and members of my class who loaned us medical equipment, visited him during his lengthy hospital stay, supported me, encouraged him and prayed for him, brought him the Eucharist once he could swallow again, and continued to visit him, after he came home. This meant so much to both of us.

I want to thank the members of my class who have been so patient and understanding when I couldn't continue teaching, not only due to my need to be at the hospital with him for three and a half months, but then dealing with my own hip and back issues, which still prevent me from teaching. During this time, several of these very supportive friends lost someone they loved, and yet they still checked in with me to offer support. Now that my back surgery is completed, I will be scheduling a hip replacement, and hopefully be back to my classes in the spring.

The Kirtland Senior Center certainly has a group of wonderful people, and we are so grateful for our friendships. We wish you all a wonderful holiday season and look forward to a much better year in 2026!
- Cheryl & Chris du Laney



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.

LADIES' LUNCHEON - WEDNESDAY, DECEMBER 17

Join the ladies for salad with chicken or steak. **Cost is \$8. Please RSVP by December 15.** The next luncheon will be in February and will serve cheese Quesadillas.

MEN'S LUNCHEON - WEDNESDAY, JANUARY 21

Join the men for meatloaf and mashed potatoes. **Cost is \$10. Please RSVP by January 16.** Our next luncheon will be March 2026.

BIRTHDAY LUNCH CELEBRATION - TUESDAY, DECEMBER 30

We will enjoy ribs. **Cost is \$8. Please RSVP by December 22.** 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 January 27, 2026. **Cost is \$10**

CHRISTMAS PARTY AT PINERIDGE - WEDNESDAY, DECEMBER 10

Join us at the Kirtland Senior Center holiday lunch at Pineridge Country Club in Wickliffe. Enjoy chicken piccata, roast beef, potatoes, green beans almondine and more! This event sells out so please reserve a spot soon. **Cost is \$20** per person/members only. R.S.V.P. December by 5th.

MEALS

WELCOME TO OUR NEW MEMBERS THIS MONTH!

STEPHEN, TAMARA, SALMA, JUDY, BETH, ROSEMARY, MARIA

DECEMBER 2025 EVENTS

Senior Board Meeting	Wednesday, December 3
BUS TRIP - Casa Rosa & Lights	Wednesday, December 3
BUS TRIP - Casa Rosa & Lights	Thursday, December 4
Volunteer Meeting	Thursday, December 4
Hiking Club	Monday, December 8
Podiatrist	Tuesday, December 9
Christmas Lunch @Pineridge	Wednesday, December 10
Senior Night Hike	Monday, December 15
Trash to Treasure	December 15 - 30
Trivia	Tuesday, December 16
Ladies Lunch	Wednesday, December 17
BUS TRIP - CLE Orchestra	Friday, December 19
Attorney	Friday, December 19
CLOSED - Christmas Eve	Wednesday, Dec. 24 @ noon
CLOSED - Christmas	December 25 & 26
Birthday Lunch	Tuesday, December 30
CLOSED - New Years Eve	Wednesday, Dec. 31 @ noon

CHRISTMAS PARTY

10 DEC 10 DEC

FOOD . DRINK . MUSIC
 PINERIDGE COUNTRY CLUB
 30605 RIDGE RD., WICKLIFFE
 AT 12 PM \$20/PERSON - MEMBERS ONLY

TRIVIA TUESDAY,

December 16th @ 11AM

Come join us and be a part of a team this month. Put all your random (or useless) knowledge to good use! Most of the questions are multiple choice, and it's **FREE** to play! We promise, this is low-pressure and the stakes are NOT high. Winning team chooses the next month's theme. We meet in the Sunflower Meadows room to form teams and then the fun begins. No registration necessary.



December 12 at NOON

Join Kirtland Public Library's Tech Trainer, Sophia Paoloni, for a free Cricut Design Workshop - crafting holiday cards

BREAKING NEWS

In the event of inclement weather, Senior Center closings will be broadcast on Fox 8 News

JANUARY 2026 EVENTS

CLOSED - New Years Day	January 1 & 2, 2026
BUS TRIP - Pier W Luncheon	Tuesday, January 6
Volunteer Meeting	Thursday, January 8
Hiking Club	Monday, January 12
Podiatrist	Tuesday, January 13
Senior Board Meeting	Wednesday, January 14
Attorney	Friday, January 16
CLOSED - MLK Jr. Day	Monday, January 19
Senior Night Hike	Monday, January 19
Trash to Treasure	January 19-30
Trivia	Tuesday, January 20
Men's Lunch	Wednesday, January 21
BUS TRIP - Presque Isle	Thursday, January 22
Birthday Lunch	Tuesday, January 27

DECEMBER PROGRAMMING AND CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9-9:45 Strength 10 Knitting 10-10:45 Balance 10-1 Pickleball 1-2 TaiChi 1-3 Chair Volleyball	2 8:30-9:30 Adv. Pickleball 9-1:30 Piano 10-1 Pickleball 12 BINGO 1-2:30 Begin. Line-dance 2:30-3:30 Adv. Line-dance	3 9-9:45 Strength 10 Sewing 10-1 Pickleball 10:30-11:30 Fit Yoga 1-3 Chair Volleyball	4 8:30-9:30 Adv. Pickleball 9:30-11:30 Watercolor 10-11 Aerobics 11:30 - 1 Pickleball 12:30-2:30 Acrylic 1-3:30 Begin. Pickleball	5 9-10:15 Gentle Yoga 10-1 Pickleball 10:30-11:30 Strength 10:30-11:30 Chair Yoga 1-3 Chair Volleyball
8 9-9:45 Strength 10 Knitting 10-10:45 Balance 10-1 Pickleball 1-2 TaiChi 1-3 Chair Volleyball 2 Hiking	9 8:30-9:30 Adv. Pickleball 9 Podiatry 10-1 Pickleball 12 BINGO 1-2:30 Begin. Line-dance 2:30-3:30 Adv. Line-dance	10 9-9:45 Strength 10 Sewing 10-1 Pickleball 10:30-11:30 Fit Yoga 11-1 Reflex/Light 1-3 Chair Volleyball	11 8:30-9:30 Adv. Pickleball 9:30-11:30 Watercolor 10-11 Aerobics 11:30 - 1 Pickleball 12-1:30 Reiki 12:30-2:30 Acrylic 1-3:30 Begin. Pickleball	12 9-10:15 Gentle Yoga 10-1 Pickleball 10:30-11:30 Chair Yoga 1-3 Chair Volleyball
15 9-9:45 Strength 10 Knitting 10-10:45 Balance 10-1 Pickleball 1-2 TaiChi 1-3 Chair Volleyball	16 8:30-9:30 Adv. Pickleball 9-1:30 Piano 10-1 Pickleball 12 BINGO 1-2:30 Begin. Line-dance 2:30-3:30 Adv. Line-dance	17 9-9:45 Strength 10 Sewing 10-1 Pickleball 10:30-11:30 Fit Yoga 1-3 Chair Volleyball	18 8:30-9:30 Adv. Pickleball 9:30-11:30 Watercolor 10-11 Aerobics 11:30 - 1 Pickleball 12:30-2:30 Acrylic 1-3:30 Begin. Pickleball	19 9-10:15 Gentle Yoga 10-1 Pickleball 10:30-11:30 Strength 10:30-11:30 Chair Yoga 1-3 Attorney 1-3 Chair Volleyball
22 9-9:45 Strength 10 Knitting 10-10:45 Balance 10-1 Pickleball 1-2 TaiChi 1-3 Chair Volleyball	23 8:30-9:30 Adv. Pickleball 10-1 Pickleball 12 BINGO 1-2:30 Begin. Line-dance 2:30-3:30 Adv. Line-dance	24 10 Sewing 10-1 Pickleball 10:30-11:30 Fit Yoga 11-12 Reflex/Light	25 8:30-9:30 Adv. Pickleball 9:30-11:30 Watercolor 10-11 Aerobics 11:30 - 1 Pickleball 12:30-2:30 Acrylic 1-3:30 Begin. Pickleball	26 9-10:15 Gentle Yoga 10-1 Pickleball 10:30-11:30 Strength 10:30-11:30 Chair Yoga 1-3 Attorney 1-3 Chair Volleyball
29 9-9:45 Strength 10 Knitting 10-10:45 Balance 10-1 Pickleball 1-2 TaiChi 1-3 Chair Volleyball	30 8:30-9:30 Adv. Pickleball 10-1 Pickleball 1-2:30 Begin. Line-dance 2:30-3:30 Adv. Line-dance	31 10 Sewing 10-1 Pickleball 10:30-11:30 Fit Yoga	<h1 style="font-size: 2em;">CLOSED</h1> <p style="text-align: center; font-weight: bold;">JUST A REMINDER TO CHECK IN FOR ALL EVENTS ON MYSENIORCENTER. THANK YOU!</p>	

HIKING CLUB - Monday, December 8

Join the hiking club for a hike on Monday, December 8, at 2pm at Penitentiary Glen. We will meet in the parking lot at 8668 Kirtland Chardon Rd. **NEW this season, the Moreckis have added a senior hike under the lights at 6:30 pm at Chapin Forest, Hobart Rd. Meeting dates are December 15, 2025, January 19 and February 16, 2026. We hike in all weather... use your best judgment and dress for the weather. A special thanks to Sue and Bob Morecki for leading us on the journey!

STRENGTH TRAINING

Our fantastically fantabulous Strength Training instructor, Nancy, holds class at 9 am on Mondays and Wednesdays, and select Fridays of each month at 10:30. Check the calendar for dates.

TAIJI FIT

Join us as we experience the flow when the mind and body connect, by following along to the gentle mindful movements. Anyone can do it, no experience necessary. Just move, breathe and have fun! This class is offered by Tim Shea on Mondays at 1pm.

CARDIO DRUMMING & AEROBICS

Our awesomely fun aerobics class continues on Thursday at 10:00 am. Cardio drumming class is postponed until further notice. Come join the fun!

BALANCE

Come improve your balance and flexibility, helping you prevent falls and injuries and build greater confidence to enjoy your life. We will be doing exercises that improve bone density, strengthen muscles, legs, and core that help improve your stability. We will also do warm up stretching exercises to improve posture, performance, and range of motion which enhances and prepares you for your yoga and strength exercises. You can modify this class to your unique needs. Class is held Monday mornings at 10:00am.

LINE DANCING

Join instructor Tina Foster to learn the basics of line dancing.

Basic Beginner classes, held Tuesdays from 1:00pm-2:30pm, you will learn the steps and terminology, along with different dance rhythms.

Different genres of music will be used to make this a fun-filled class. All you need is a comfy pair of shoes that have slick bottom and can't be kicked off while dancing. An older pair of tennis shoes or bowling shoes are perfect examples. Please, no "slip-on sandals/flip flops" or "high-heels". This is for your safety.

Advanced Beginner/Improver classes, held Tuesdays from 2:30pm-3:30pm. This class is for those ready to take line dancing to the next level. You should have completed at least 3-6 months of one of the Basic Beginner classes or are already experienced in line dancing. Great class for those who are just making their way back to line dancing or just want to keep it nice and easy. This class moves along a little faster than the Basic Beginner.

PIANO LESSONS

Sounds Inspirations Music Therapy provides 30 minute individual private piano lessons tailored to the learning styles of the adult students. Students are welcome to bring their own music to the lesson. You must sign up for two classes a month. The cost is \$30 per month. Please contact the front office if you are interested in lessons. The next lessons will be held on December 2 & 16 between 9:00am-1:00pm.

BEGINNER, OPEN, AND ADVANCED**PICKLEBALL**

Everyone is always welcome to drop-in to pickleball, but here are a few guidelines to help you out.

Our schedules are set for a reason, and we ask that you **DO NOT ENTER the gym** until the assigned time.

Additionally, we ask that you **LEAVE the gym** at the scheduled time.

Open Pickleball is every weekday. Check the calendar for times. We ask for patience as you wait for your turn to play! This is open to ALL levels.

Beginner Pickleball is for those who are just starting out or would enjoy a more comfortable level of play. While anyone can come, expect that the competition level will be more casual. More experienced players are welcome to come out and offer some wisdom and guidance!

Beginner hours are Thursdays from 1:30 - 3:00 pm.

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

BINGO

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

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!

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.

BOOK CLUB - Monday, January 12

There will be no discussion in December. See you in 2026 when we will be discussing, "Lady Tan's Circle of Women" by Lisa See. Based on a true story it is about a female physician during the Ming Dynasty.

MAH JONG

Mahjong is a Chinese strategy game where you make sets and pairs of tiles. Join us as we play the American version. You will need to provide your own National Mahjong League Card (it can be ordered online). We meet every Thursday at 12:30pm. All levels are welcome!

ATTORNEY

Meet with Deborah Loughner, Esquire on Friday, December 19th for a FREE 30-minute legal consultation. She provides legal aid for issues like estate planning, healthcare, and consumer protection. Schedule with the front desk.

PODIATRY

We are thrilled that Dr. Kelly Whaley continues to serve our seniors every month. She will be at the Center on Tuesday, December 9. \$30 payment is due to Dr. Whaley in cash on the day of the appointment.

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

To the best of our ability, bus trips will be advertised two months out.

Registration for all bus trips must be completed in person with full payment.

New trips will open for registration at 9:00am on the First Tuesday of the month.

CHRISTMAS LIGHTS TOUR - WEDNESDAY, DECEMBER 3

Join us for a delicious meal at Kirtland's own Casa Rosa Cucina before we cruise around town seeing beautiful Christmas light displays. The tour will take us to Nela Park - where lights have been displayed for over 100 years, Playhouse Square, The Arcade, and Public Square. We'll listen to holiday music and have a few trivia questions with a chance to win prizes! We will leave Kirtland around 3:45pm and return around 9:00pm. **\$30 Registration - includes dinner. Tip and drinks on your own. REGISTRATION CLOSED. WAITLIST AVAILABLE.**

CHRISTMAS LIGHTS TOUR - THURSDAY, DECEMBER 4

Join us for a delicious meal at Kirtland's own Casa Rosa Cucina before we cruise around town seeing beautiful Christmas light displays. The tour will take us to Nela Park - where lights have been displayed for over 100 years, Playhouse Square, The Arcade, and Public Square. We'll listen to holiday music and have a few trivia questions with a chance to win prizes! We will leave Kirtland around 3:45pm and return around 9:00pm. **\$30 Registration - includes dinner. Tip and drinks on your own. REGISTRATION CLOSED. WAITLIST AVAILABLE.**

CLEVELAND ORCHESTRA HOLIDAY CONCERT - FRIDAY, DECEMBER 19

The Cleveland Orchestra Holiday Concert has been a loved tradition for generations. Delight in the wonder of the season as you enjoy timeless holiday songs and carol. Sarah Hicks will be conducting this must-see event. Along with the orchestra, you will enjoy performances by the Cleveland Orchestra Chorus, the Blossom Festival Chorus, the Cleveland Orchestra Children's Chorus and other vocalists. We will leave Kirtland around 1:00pm and return around 5:30pm. **\$115 Registration. REGISTRATION CLOSED. WAITLIST AVAILABLE.**

PIER W LUNCHEON - TUESDAY, JANUARY 6

Join us for an afternoon of upscale dining at this Cleveland landmark restaurant known for its unique architecture resembling a ship's hull, panoramic views of Lake Erie and the Cleveland skyline. Lunch will feature a chicken or fish option with a delectable chocolate dessert. We will leave Kirtland around 11:00am and return around 3:00pm. **\$35 Registration - includes lunch. Tip on your own.**

PRESQUE ISLE DOWNS & CASINO - THURSDAY, JANUARY 22

Part of the Churchill Downs Incorporated family, Presque Isle Downs & Casino is your best bet for excitement every time you play! Take a spin on over 1,500 of the latest and greatest slots or try your hand at over 30 thrilling table games including Roulette, Blackjack and Craps. Plus, watch and wager on all the big game sports action on our big screen TVs at our TwinSpires Sportsbook featuring our self-serve sports betting kiosks! Lunch on your own at the casino. We will leave Kirtland around 10:15am and return around 5:30pm. **\$5 Registration.**

**If for some reason you have to cancel your reservation, please contact the front office.
Refunds are not guaranteed.**

KIRTLAND KINDESS - VOLUNTEER GROUP

Join the volunteer group on the first Thursday of every month at 11:00am. We look forward to seeing you **DECEMBER 4TH!** No need to RSVP. Our group also volunteers monthly at the Greater Cleveland Food Bank. We would love to have you join us! Just ask at the desk for additional information. Keep an eye out for our new bulletin board - where monthly opportunities will be posted.

DECEMBER COLLECTION:

This month, we will be collecting supplies for the Kirtland Area Service Council Food Drive. Non-perishable food items will be collected and food will be sorted, boxed and provided to Kirtland families in need this holiday season.



THIS MONTH AT THE KIRTLAND LIBRARY: **CALL 440-256-7323 TO REGISTER**

- | | | | |
|---|--|--|--|
| <p>Monday, 12/1
6:00pm
Knit & Crochet</p> | <p>Open to anyone who enjoys knitting, crocheting or is interested in learning these skills. Bring your own supplies, drop in and get hooked.</p> | <p>Tuesday, 12/9
4:00pm
Book Page
Holiday Tree
Craft</p> | <p>Make your own holiday tree from an upcycled book. We will supply the book. Just sign up and show up for this fun class.</p> |
| <p>Wednesday, 12/3
2:00pm
3D Design
Ornaments</p> | <p>Adults are invited to join us and create a 3D ornament using Tinkercad. This class is designed for beginners; no previous experience with Tinkercad is necessary. Registration is required. Prints will be ready for pickup in approximately one week.</p> | <p>Tuesday, 12/9
6:00pm
Cookbook Club</p> | <p>Join us for our annual Cookie swap for First Responders in Kirtland. Registration requested</p> |
| <p>Friday, 12/5
1:30pm
Be Your Own
Barista</p> | <p>Love coffee shop drinks, but hate the prices? Come "Be Your Own Barista." Learn how to make a few of Starbucks' most popular drinks and get recipes for more. We will create a coffee drink, a chai, and a refresher.</p> | <p>Wednesday, 12/10
6:00pm
Louis Comfort
Tiffany Glass</p> | <p>Come learn about this fascinating artist's place in Cleveland history as Barbara Snow considers some of the many works of Tiffany here in our own backyard. Barbara Snow has been a Wade Chapel (at Lake View Cemetery) tour guide for four years, is an avid student of all things Tiffany, and will suggest opportunities for seeing Tiffany's work at various locations.</p> |
| <p>Saturday, 12/6
2:30pm-4:30pm
Make it Merry</p> | <p>Join us for this 2-hour workshop where we will make a variety of holiday-themed crafts using Library of Things tools and other equipment. The library will supply all materials. Grades 5 and up are welcome. Registration requested.</p> | <p>Saturday, 12/13
1:00pm or
3:30pm
Beach Glass
Ornaments
Workshop</p> | <p>Join Sue Luck of Repurposing with a Purpose for an afternoon of crafting with Lake Erie beach glass. The cost is \$10 per person, and you will make an ornament to take home for the holidays. Please sign up for one class and bring cash or credit card as payment the day of class. Registration is required.</p> |
| <p>Monday, 12/8
2:00pm
Chair Yoga</p> | <p>Gentle chair yoga led by Anne Owens. All levels are welcome to this free event sponsored by the Friends of the Kirtland Public Library. Please register for this event.</p> | <p>Tuesday, 12/16
6:00pm
Knit & Crochet</p> | <p>Open to anyone who enjoys knitting, crocheting or is interested in learning these skills. Bring your own supplies, drop in and get hooked.</p> |

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

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

GARDEN CLUB OF KIRTLAND

The Garden Club of Kirtland will meet
Thursday, December 4th at 6:00pm.

Contact Mary at:

GardenClubofKirtland@gmail.com



KIRTLAND KIWANIS

We are updating our book of veterans and need information on any vets in the area. We need: name, branch, rank, dates served and photo. We also need to know where you served.

**Please contact: Bill Wright
@ 440-463-4800 OR
wjwright@roadrunner.com**

LAKETRAN 2025 CLOSURES

Laketran will be closed on for the following holidays in 2025:

Thursday, December 25 - Christmas Day

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.



2026 MEMBERSHIP IS OPEN

Anyone is welcome to join, regardless of where you live. All members must renew annually in order to participate in the fun programs and continue receiving the newsletter! If you are unsure if you renewed, just call or stop by the front desk. New members and renewals are \$10.

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

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