

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter

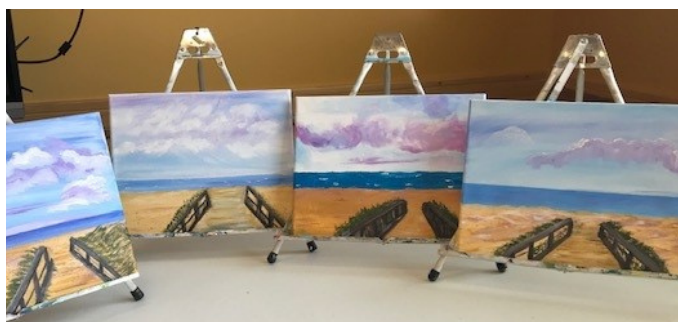
FROM THE DESK OF THE MAYOR

Aside from the Kentucky Derby Winner Rich Strike, there was one other giant surprise in the month of May – the Mayors' trivia team did not come in first place at Willoughby Hills Trivia night. Teamed up with Mayors Gardner of Willoughby Hills and Sakacs of Wickliffe, we jumped out to a commanding lead. Unfortunately, I talked Mayor Gardner out of a correct answer related to constitutional amendments and as a result, we lost by only one point. Shame on me for persuading Mayor and Attorney Gardner away from an answer in his professional field of expertise. Nonetheless, the evening was a blast and I should thank the Kirtland team for cheering for me as my name was announced – even though I stood ready to run the score up on them.

Not everything in May revolved around a competition. In fact, the spirit of the community presented itself more in harmony, action and service than anything. Between the community garden cleanup, Senior Brunch hosted by the Service Council, the Veterans Memorial/City Hall cleanup, a tree planting in front of City Hall and senior yard cleanups, Kirtland was abuzz as a community in action. Thank you to all that made these events and projects possible – especially the Garden Club, Kiwanis, American Legion, and numerous volunteers. I can't say it enough, our community is second to none when it comes to lending hands in service.

One further note to encourage and ask for your input as to the future of road funding in Kirtland. On May 31, starting at 7 pm, we will hold our third community forum at City Hall to hear resident input as to what, if anything, should go to the ballot this November. If an issue is to be posed to our voters, the choice will be between a property tax levy or a voter approved income tax adjustment. A levy affects all property owners whereas an income tax adjustment would impact those working and earning income. The income tax change would spare retired folks that rely on pensions and Social Security from any additional burden. Please consider attending in person or watching our live City of Kirtland YouTube channel. In addition, please feel free to submit questions to Teresa prior to the meeting or reach out to your City Council members to offer your perspective.

Thank you and see you at the Strawberry Festival! – Mayor Potter



Riddle Answers: Croak-a-cola; Nothing....it just waved

ALL THE THINGS

The moment we have all waited for is here - it's finally Spring! I think we all deserve a hearty congratulations for braving the weather this particular winter. With a new season always comes fresh ideas, hope, and a promise of good things to come. We know that this Spring is no different.

Most of the events I mention below are elsewhere in this newsletter, but we have deemed them important enough to cover twice. Make it a scavenger hunt and see if you can find more info throughout the next ten pages! (Everything can be a game according to my mother.)

While we are waiting on some final touches on the bus contract, we are brainstorming possibilities for day trips. Thank you to everyone who has already given us ideas, and if you can think of anywhere you would be interested in going, please let us know! There is no deadline for these, so keep the suggestions coming. We can't do everything, but we can explore opportunities for adventures.

Sharon is just as crazy as I am, and suggested that this year we celebrate Flag Day on Tuesday, June 14. This will be a potluck in the pavilion - we'll provide chicken for lunch, and ask that you sign up in the front office for either a side dish or a dessert. I've enjoyed so many goodies that y'all have brought in to the Center, so I'm certainly excited for this event!

Depending on when you receive this newsletter, we hope you'll join the City for our annual Memorial Day event on Monday, May 30. The parade will leave the school at 10:00 am and continue with a ceremony at the Veteran's Memorial in between the Library and City Hall. We are so excited this year to welcome our very own Ken Wyban as the keynote speaker; make sure to come support him!

Speaking of exciting upcoming events, we are planning on participating in this year's Strawberry Festival parade (yay!). Details are elsewhere in this newsletter, and sign-ups will be at the Center. Let us know if you: want to walk, need to ride, or have a cool vehicle to be in the parade and how many people it can hold.

Finally, but importantly - our beloved yoga instructor Dawn will be leaving us at the end of June. While we are so excited for her next adventures, she will be missed terribly. Everyone is invited to come on out to wish her farewell at the end of the ladies lunch on Wednesday, June 22 at 12:30 (must RSVP ahead of time if you are planning on eating with us at noon). Our new instructor Jillian will be offering a free preview day on Tuesday, June 21 at 9:00 am. Come out to give her a hearty Kirtland howdy do!



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KIRTLAND SENIOR CENTER

JUNE 2022 WEEKLY SCHEDULE

For a complete listing of services and classes available, check out our website at www.kirtlandcommunity.com

Drop-in activities require NO pre-registration

MONDAY

9:00 – 9:45 am
10:00 – 1:00 pm
10:00 am
1:00 – 2:00 pm
1:00 – 3:00 pm

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

TUESDAY

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

Advanced Pickleball (*drop-in*)
Bocce (*drop-in*)
Piano Lessons (*June 7, 21*)
Aerobics
Pickleball (*drop-in*)
Bingo (*drop-in*)
Game Day (*drop-in*)

WEDNESDAY

9:00 – 9:45 am
9:00 – 10:00 am
10:00 – 1:00 pm
10:00 – 11:15 am
10:00 am – 12:00 pm
1:00 pm – 3:00 pm

Strength Training
Tai Chi – Bamboo Fusion
Pickleball (*drop-in*)
Fit Yoga
Reflexology/Light Therapy (*June 8, 22*)
Chair Volleyball (*drop-in*)

THURSDAY

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

Advanced Pickleball (*drop-in*)
Bocce (*drop-in*)
Watercolor Painting
Pickleball (*drop-in*)
Cards – Hand and Foot (*drop-in*)
Acrylic Painting
Tai Chi
Beginner Pickleball Hour (*drop-in*)

FRIDAY

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

Gentle Yoga
Pickleball (*drop-in*)
Massage (*June 3, 17*)
Hand and Foot (*drop-in*)
Aerobics (*w/ cardio drumming*)
Chair Volleyball (*drop-in*)
Pinochle (*drop-in*)

UPCOMING EVENTS

Center and City Offices CLOSED Monday, May 30
Card Making Class Wednesday, June 1
Attorney Friday, June 10
Podiatrist Tuesday, June 14
Flag Day Potluck Tuesday, June 14
Book Club (Recipe for a Perfect Woman) Thursday, June 16
Kiwanis Strawberry Festival June 16 – 18
Red Cross Blood Drive Thursday, June 16
Kiwanis Strawberry Parade Friday, June 17
Kirtland Heritage Run Saturday, June 18
Pickleball Tournament Monday, June 20
Trash to Treasure June 20 – 24
Yoga Preview Day Tuesday, June 21
Ladies Lunch Wednesday, June 22
Farewell to Dawn Wednesday, June 22
Birthday Lunch Tuesday, June 28

COMING IN JULY

Card Making Class Wednesday, July 6
Seventh of July Picnic Thursday, July 7
Men's Lunch Wednesday, July 20
Birthday Lunch Tuesday, July 26
Senior Day at the Fair Friday, July 29

JUNE 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	June 7, 14, 21 & 28	\$15 4 classes Drop-in: \$4
Aerobics w/drumming Instructor: Cheryl	Friday 1:00-2:00	June 3, 10, 17 & 24	\$15 4 classes Drop-in: \$4
Fit Yoga Instructor: Dawn	Wednesday 10:00-11:15	June 8, 15, 22 & 29	\$12 Drop-in: \$3
Gentle Yoga Instructor: Sub	Friday 9:00-10:15	June 3, 10, 17 & 24	\$12 Drop-in: \$3
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45	June 1, 6, 8, 13, 15, 20, 22 & 27	\$24 (8 classes) \$12 (4 classes) Drop-in: \$3
Tai Chi for Wellness Instructor: Eb	Thursday 1:00-2:00	June 2, 9, 16, 23 & 30	\$15 Drop-in: \$3
TaijiFit Instructor: Tim	Monday 1:00-2:00	June 6, 13, 20 & 27	\$12 Drop-in: \$3
Tai Chi Bamboo Fusion Instructor: Tim	Wednesday 9:00-10:00	June 1, 8, 15, 22 & 29	\$15 Drop-in: \$3
Workshops	Time	Dates	Cost
Knitting Group	Monday 10:00	Every Monday	FREE
Card Making Class Instructor: Carol	Wednesday 1:00-3:00	June 1, July 6, Aug 3, Sept 7, Oct 5	\$10 per class

Classes	Time	Dates	Cost
Acrylic Painting Instructor: Connie	Thursday 12:30-2:30	June 2, 9, 16 & 23	\$28
Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	June 2, 9, 16 & 23	\$28
Piano Lessons Instructor: Karen <i>*must register 2 per month*</i>	Tuesday 9:30-12:00	June 7 & 21	\$15 per 30 minutes
Wellness/Other	Time	Dates	Cost
Attorney Deborah Loughner	Friday 9:00-11:00	June 10, July 8 Aug 12	FREE 30 minutes
Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	June 14, July 12, Aug 9	\$25 per 15 minutes
Reiki Anne Owens	Friday 10:30-12:00	No Session for June	\$25 / 25 minute session
Polarity Tim Polak	Thursday 9:00—1:00	No June Sessions	\$45 per 1 hour
Reflexology or Light Therapy Linda McMahon	Wednesday 10:00-12:00	June 8 & 22	\$40 (Reflexology) \$45 (Light Therapy)
Swedish Massage Natalie Lopez	Friday 10:00-3:00	June 3 & 17	\$55 per 50 minutes
Walk & Talk		Every Tues 2:30-3:30 & Fri 9:00-10:00	FREE

BOCCE – RETURNING

Now that the weather is getting warmer, why not join us on Tuesday & Thursday's to play some Bocce. We play from 9:00-11:00am or until we decide to leave! All are welcome.

CHESS CLUB – NEW

Are you a chess player? Do you want to learn how to play chess? Looking for somewhere and someone to play chess with? Starting in July, we will begin meeting weekly on Thursday mornings at 10:00 am.

CHAIR VOLLEYBALL

Chair Volleyball includes physical activity, social interaction, competition, and most of all, lots of laughs! The game is played with a beach ball and a five foot high net. More fun than you can possibly stand while seated! We play every Monday, Wednesday, & Friday from 1:00-3:00.

TAICHI – BAMBOO FUSION

Join us as we experience the flow when the mind and body connect, by following along to the gentle mindful movements of Tai Chi. This class you will discover Bamboo Fusion, where we combine Tai chi with standing Yoga poses. Anyone can do it, no experience necessary. Just move, breathe and have fun! This class is offered by Tim Shea on Wednesday mornings at 9:00.

CARDS

Calling all card players! We are looking for anyone interested in playing cards. On Thursdays come to play Hand & Foot cards Games begin at 10:30 & our Pinochle Group meets on Fridays at 12:00. Come join the fun. All are welcome!

CHAIR YOGA – NEW

Our yoga instructor, Anne Owens, will be teaching a chair yoga class **starting in July**. 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 will cost \$12.

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 a bit more competitively. If you join us, get ready for great shots and fast games!

Beginner Open Play:

Thursdays from 1:00-3:30. 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 weather is breaking, so let's get playing on those outdoor courts! Courts are open for anyone to use at anytime during daylight hours. Every weekday from 10:00 am – 1:00 pm is reserved for Senior Center members. Play is first come, first served (pun completely intended). Be patient, be polite, and be awesome!



THE SENIOR CENTER WILL BE CLOSED

MONDAY, JULY 4

MONDAY, SEPTEMBER 5

**THE GYM WILL BE CLOSED FOR PICKLEBALL ON
THURSDAY, JUNE 16 FOR THE RED CROSS BLOOD DRIVE**

STRAWBERRY FESTIVAL PARADE

The world famous Kirtland Kiwanis Strawberry Festival is June 16-18. The annual parade will be at 6:30 pm on June 17 & we will be entering into it. We will gather behind the Elementary School at 6:00 pm. Once the parade is over, why not stick around and hang out to enjoy the festival!



LADIES LUNCHEON

June ladies lunch will be held on June 22 at 12:00 pm and we are having grilled steak or chicken salads. Cost is \$7.00 & must RSVP by June 16. Our next Ladies Luncheon will be on Wednesday, August 17 & the menu is B.L.T., pasta salad & chips.

MEN'S LUNCHEON

The next Men's Luncheon will be on Wednesday, July 20 at 12:00 pm. We will be having Steak Roast and fixings. Cost is \$7. Please RSVP by July 14. The next luncheon will be on September 21.



BIRTHDAY LUNCH CELEBRATION

June's Birthday Lunch will be held Tuesday, June 28 at 12:00 pm (please note date change from May newsletter). The cost is \$7. Please RSVP by June 23. We will be enjoying pizza & salad. EVERYONE is welcome, regardless of your birthdate! Our next Birthday Celebration will be on Tuesday, July 26 at 12:00 pm.



FLAG DAY POTLUCK

Celebrate Flag day with a Pot Luck lunch on Tuesday, June 14 at 12:00 pm. We will provide fried chicken and everyone else is asked to bring a side dish or dessert to share. Please sign up in the office for either a side dish or a dessert. RSVP for the lunch by Thursday, June 9. Free if you bring a dish to share or \$5 for those who choose not to bring a dish.

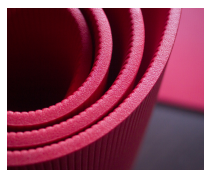
PICKLEBALL "LUCK OF THE DRAW" TOURNAMENT

Our first ever "Luck of the Draw" Pickleball tournament will be held on Monday, June 20. There will be 2 sessions with 18 players in each session. You can sign up for one session and be put on the wait list for the other session. The first session will be from 9:00-11:00 am; the second will be from 1:00-3:00 pm. Everyone will be assigned a number that will be used to "draw" your partner and opponents for each game. Cost to compete in the tournament is \$5. SPACE IS LIMITED!!!!



FIT YOGA -- FREE PREVIEW

We invite you to come out and meet our new Fit Yoga instructor Jillian as she offers you a free Fit Yoga Preview class at 9:00 am on Tuesday, June 21. We are excited to welcome our new instructor Jillian to our awesome Center!



TRASH TO TREASURE

Our next Trash to Treasure Sale will be held from June 20-24. 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 business hours.



Welcome to our new members this month!!!

*Marie, Paul, Thomas J., George, Henry, Robert, Russell, Rich, Nancy,
Joyce, Cindy, Larry, Mary Jo, Rosemary, Bill, Shirley, Mark*

UPCOMING EVENTS

BUS TRIPS

By popular demand, we are in the midst of exploring options to contract with different bus companies. As we wade through the weeds in this, we need your help on the fun part! If you have any suggestions for a trip, please stop by and let Teresa or Sharon know. Keep an eye out for more information.



UPCOMING EVENTS



GREETING CARD CLASS

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 everything you need except a pair of scissors & adhesives. **Our next class will be Wednesday, July 6 at 1:00 pm.** Class is limited to 10 per month. Registration is required.

PIANO LESSONS

Sounds Inspirations Music Therapy provides 30 minute individual private piano lessons. Tailored to the learning styles of the adult students. Students are welcomed to bring their own music to lessons for evaluating it as a useable resource. Lessons will be held the 1st & 3rd Tuesdays of the month. **You must sign up for two classes a month (\$30 per month).** Next classes will be June 1 & 15 from 9:30-1:00. Due to popular demand, two more class times have been scheduled!



CHAIR YOGA

Starting in July we will be offering a chair yoga class on Friday mornings at 10:30am. 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 will finished with a seated meditation and breathing practice.



BOOK CLUB - JUNE 16 AT 11:00 AM

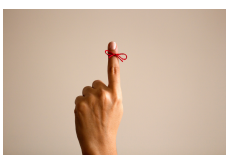
Our June book selection is "Recipe for a Perfect Wife" by Karma Brown.

This book bridges the lives of two women who are living sixty years apart and who refuse to fall victim to the patriarchy. The July Book Club is set for July 21 at 11:00 am and we will be reading "The Other Bennet Sister" by Janice Hadlow.

COUNCIL ON AGING

Council on Aging will be here August 3 from 10-11:00 am. She will be bringing information from the Council of Aging and other information on specific services they can provide. If you have something specific you would like to talk about, please feel free to stop by and ask.

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





COMMUNITY GARDEN

Do you have a green thumb? Would you like to have a garden but just don't have the room in your yard? Well, look no more! The Garden Club of Kirtland has garden beds for rent at the Kirtland Community Gardens located across from the Temple. There are 30 beds available. Each garden bed is 4'x8' and the cost is \$15 for the season. For more info email gardenclubofkirtland@gmail.com or call Pat at 440-256-1341.

RED CROSS BLOODMOBILE

Did you know that in most cases, there's no blood or platelet donation deferral if you received a COVID-19 vaccine and you're symptom-free & feeling well when you come to give blood? The American Red Cross will be hosting a Blood Drive on June 16 from 11:00 am - 5:00 pm at the Community Center in the gym. Schedule an appointment at www.RedCrossBlood.org and enter code: kirtlandcommunity or call 1-800-RED-CROSS.



WATER & SEWER DISCOUNT PROGRAM

Lake County Department of Utilities is offering a new Senior Citizen Water and Sewer Discount Program. You are eligible for this program if you are 65 year old, a Lake County Department of Utilities customer, own or occupy the property, and must meet the income qualifier established by the Ohio Homestead Exemption (2022 currently \$34,200). If you have any questions, please contact the Lake County Department of Utilities Billing and Customer Service office at 440-350-2070.



5K Race/ 1 Mile Walk

Saturday, June 18, 2022
Race/Walk Starts at 8:00am

Kirtland City Hall
9301 Chillicothe Rd
Kirtland, OH 44094

Register @ gcxcracing.com/kirtland

Part of Kiwanis Strawberry Festival.

Non-Perishable Food Drive for

Old South Food Pantry in Kirtland.

Sponsored by the Kirtland Ohio Stake of

The Church of Jesus Christ of Latter-day Saints.

Follow us on Facebook or Instagram for more info...

[@KirtlandHeritageRun](https://www.facebook.com/KirtlandHeritageRun) [@KirtlandHeritageRun](https://www.instagram.com/KirtlandHeritageRun)



CAREGIVERS & SENIOR EXPO

FREE EVENT OPEN TO ALL GUESTS

Get **FREE** Health Screenings, Information and Resources for Seniors and Caregivers!

WEDNESDAY, JUNE 8
12PM-4PM | NEON ROOM

WHILE YOU'RE HERE...

Participate in the Home Run **FREEPLAY**® kiosk game. Win up to \$50 **FREEPLAY**®

WIN PRIZES, ENTERTAINMENT TICKETS & MORE!



FREE EVENT OPEN TO ALL!

A day of information, health & wellness and MORE!

10777 Northfield Rd. | Northfield, OH 44067 | www.mgmnorthfieldpark.com

COMMUNITY NEWS



The poster features a vibrant background of strawberries. At the top right is the Kiwanis International logo. The main title 'Strawberry Festival' is in a large, red, cursive font with a strawberry illustration integrated into the letter 'y'. Above the title, it says '62nd Annual Kirtland Kiwanis'. To the right of the title, the dates 'JUNE 16-18' are prominently displayed in red, followed by 'Kirtland Schools on Route 306'. Below the title, it states 'FREE Admission • FOOD & FUN FOR ALL' and 'EVERY DAY:'. A list of activities follows: Strawberry Shortcakes, Sundaes, and Supremes; Chocolate Covered Strawberries; Strawberry Shortcake Eating Contests; Kiwanis Lemonade; Food Court; Entertainment with DJ Johnny Sciulla and Local Bands; Kiddie Land Entertainment; Bounce Houses and Dunk Tank; Car Smash; Crafts And Commercial Area. The bottom section is divided into three columns for the days of the festival: Thursday, June 16 (5:00-10:00pm) with a Lego Building Contest; Friday, June 17 (5:00-11:00pm) with a Parade at 6:30; and Saturday, June 18 (Noon-11:00pm) with Miss Kirtland Contest 6pm, Sidewalk Chalk and Baking Contests. At the very bottom, it provides contact information: 'Full event, entertainment, parade, contest and sponsor information: kirtlandkiwanis.org/strawberryfestival (216) 244-7335'.

62nd Annual Kirtland Kiwanis

Strawberry Festival

JUNE 16-18
Kirtland Schools
on Route 306

FREE Admission • FOOD & FUN FOR ALL
EVERY DAY:

Strawberry Shortcakes, Sundaes, and Supremes • Chocolate Covered Strawberries
Strawberry Shortcake Eating Contests • Kiwanis Lemonade • Food Court
Entertainment with DJ Johnny Sciulla and Local Bands • Kiddie Land Entertainment
Bounce Houses and Dunk Tank • Car Smash • Crafts And Commercial Area

THURS. JUNE 16 5:00-10:00pm Lego Building Contest	FRI. JUNE 17 5:00-11:00pm Parade at 6:30	SAT. JUNE 18 Noon-11:00pm Miss Kirtland Contest 6pm Sidewalk Chalk and Baking Contests
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Full event, entertainment, parade, contest and sponsor information:
kirtlandkiwanis.org/strawberryfestival (216) 244-7335

SENIOR DAY AT THE LAKE COUNTY FAIR!

After a great deal of discussion, the partners of our Senior Services Coalition have had to make the difficult decision to cancel Senior Day at the Mall for 2022. The event was scheduled for May 24th. The good news is that we will be expanding our activities at Senior Day at the Lake County Fairgrounds this year! **Please mark down Friday, July 29 for a special salute to Lake County Seniors as we gather at the Fair!** The day will include free admission to the fair for seniors until 1:00pm, free transportation by Laketrans, free boxed lunch compliments of the Lake County Council on Aging, musical entertainment and games planned by the Senior Centers. The highlight of the day will be our presentation of the "Outstanding Seniors Awards"! More information to follow soon.

FRIENDS OF THE KIRTLAND LIBRARY* PRESENTS: 2022 GAZEBO CONCERT SERIES

**FESTIVITIES BEGIN @ 6:00 PM • FREE CONCERTS BEGIN @ 7:00 PM
9301 CHILlicothe ROAD, KIRTLAND**

JUNE 22

"CITY NIGHT"

**MEET LOCAL BUSINESSES
COOKOUT OFFERED BY CITY DEPARTMENTS
DONATIONS ACCEPTED**

DAN ZOLA ORCHESTRA

JULY 20

"FAITH NIGHT"

**MEET REPRESENTATIVES FROM
OUR LOCAL CHURCHES AND
FAITH COMMUNITIES
FOOD TRUCKS**

PERFECT CHOICE

JULY 13

"CITY NIGHT"

**MEET LOCAL BUSINESSES
COOKOUT OFFERED BY CITY DEPARTMENTS
DONATIONS ACCEPTED**

DEBBIE GIFFORD QUARTET

JULY 27

"BEAUTY NIGHT"

**MEET REPRESENTATIVES FROM
AREA PARKS AND FARMS
FOOD TRUCKS**

THE POP TARTS

FROM THE SENIOR BOARD

Spring! It has finally arrived. As I sit here in the center lobby I can see the beauty of the leaves on Gildersleeve Hill. I can hear the laughter coming from the outside Pickleball Courts, and just hear people having fun in our center. Are you part of our fun?

Over the next two weeks, Monday, May 23 and Tuesday, May 31 at 9:30 we will be hosting Mind Challenge Trivia for 18 local Senior Center teams. This event is teams made up of 4-6 people over the age of 50 competing in Trivia. Kirtland has 3 teams entered. We are expecting over 200 visitors between both events. Come and cheer our teams on!

We are in the discussion stage of updating our lobby. If we find suitable furniture, we will be doing fundraising to cover the cost. The board figures the cost will be between \$1,000-\$1,500. Any fundraising suggestions will be appreciated. Until we have the furniture selected we will not begin, so stay tuned.

I hope you are able to enjoy the weather & hope to see you soon here at the Center.

~David

SENIOR BOARD

Our Senior Board serves as an advisory committee to the Director and sponsors meals and events while fundraising for different activities. If you have any issues or ideas, please see one of the board members to pass along. Our 2022 Senior Board consists of: David Saywell (President), Junior Orick (Vice-president), Marcia Haymer (Secretary), Penny Everson (Treasurer), Bill Wright, Bill Russ, Karin Saywell, Jean LaRiche, Janet Johnson, and Jean Orick.

SENIOR SPOTLIGHT

This month's Spotlight is going to be a bit different, and for good reason. This month, we bid farewell to one of our own longtime instructors, and she generously agreed to allow me to tell her story as we say goodbye for now.

When I first began here in the long ago times of late 2020, we were still closed. Amidst the uncertainty, I set about focusing on what I could - getting to know people in times of lockdown. One of my first priorities was to meet the instructors who teach our classes, workshops, and provide wellness services. Life had changed for everyone, but I knew that these are the people who help make this Center the amazing place it is. One of the favorite parts of those first few months was conversations with our astounding providers, and they lived up to the hype.

Dawn Gettig has been an integral part of the Kirtland Community Center for years, and if you ask her students - one of the most important. If you ask her about herself, she pivots to the things that are most important to her, namely her passions. From family to art to nature to yoga, this lovely lady loves Kirtland, where she has called home for 22 years.

Dawn grew up in Solon and has lived in several communities in Northeast Ohio. (I believe her when she says that Kirtland is one of her favorites!) As a child, her mother would watch a PBS show about yoga, and she was hooked. From the tender age of 16, this future yogi found a world made her feel great while calming her - we all need a bit more of that in our lives! She taught for years before being certified in 2008. Whether it was children, Seniors, at Holden, Harmony Studios, or here, she had a passion for helping others find what she had discovered at an early age. Although she says that yoga keeps her healthy, strong, and feeling younger, I know that those exact adjectives are how she makes all of us feel.

In college, Dawn considered following a different childhood passion, but ultimately decided that art may not be a sustainable career path. Good at math, she majored in accounting, which blossomed into a profession that has spanned from a senior level accountant at the Clinic to her current position at a design and consulting firm. Never one to lose sight of her dreams, she continued to hone her artistic skills throughout adulthood, and participates in local shows as well as selling her art at Uncommon Goods in Hudson.

This gal really does live her loves, and is always looking for new places to hike and nature to explore. She was part of the Natural History Museum's "Nature League," where she met her husband (a horticulturist with a masters in conservation) on one of their adventures. Eventually, they decided to adopt from China, and their family welcomed Ariela (who is going to be 21) and Amalie (graduating from Kirtland this month), both at 18 months old.

Never one to rest on anyone's laurels, Dawn is also in search of new countries to explore. Travel throughout Europe has been a joy in her life, but a personal highlight was a trip to Ecuador. This eco-tour included learning about natural medicine with a native tribe, and swimming with pink dolphins (side note - THERE ARE PINK DOLPHINS?!).

As her students are used to hearing her say, remember to take good care of yourself. This is the only body you have, so give it good food, water, and exercise. Have fun and follow your passion, and know that you are never too old to try new things! And as a not so subtle encouragement to try yoga - stretching enhances every other kind of exercise - like pickleball!

Common themes throughout my conversation with Dawn, hopefully this column, and certainly her impact on us include love, passion, adventure, and nature. I speak for all of us when I say thank you to Dawn Gettig for bringing all of this and more into our lives and into our Center. We will miss you terribly, and wish you oodles of joy.



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7900 EUCLID-CHARDON ROAD
KIRTLAND, OH 44094

June Riddles:

What do frogs drink on a hot summer day?

What did one flag say to another?

Answers inside!

KIRTLAND SENIOR CENTER

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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!

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and the Lake County Commissioners Senior Citizens Levy