

JANUARY 2025

# GILDERSLEEVE GAZETTE

*Kirtland Senior Center  
Monthly Newsletter*



## **THE SENIOR CENTER WILL BE CLOSED:**

Wednesday, 01/01 (New Year's Day)  
Monday, 01/20 (MLK Day)

## **CENTER SNOW CLOSURES**

Just a reminder that if Kirtland schools are closed for snow, the Center is closed as well!



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## **SENIOR CENTER MEMBERSHIP**

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

**FROM THE SENIOR BOARD**

Are your resolutions set? Are you ready for 2025? It seems I was just writing about 2024 and it has slipped away. Don't worry, between fitness classes and wellness opportunities you can reach your goals at the center. Don't procrastinate, get up here and achieve those results.

The board was sad to say goodbye to Teresa last month. Her job was difficult from Covid to the present, but she always made us excited to be here. Julia is just getting her feet wet with the responsibilities, and I am confident she will be another awesome presence in center activities. If you haven't met her, stop in and introduce yourself.

Believe it or not, February and March board activities are being planned. In January we will begin selling candy grams at the office. This will be a Valentines treat to send to friends and significant others. The money raised is used to support big board activities (Slymanns, the clam bake, etc). We will also be sponsoring a Valentine pancake breakfast on February 14. Please support the board as we raise funds for the Center activities.

I hope this finds you well and out doing things. Hopefully we will not be stuck in our homes. We were in Madison snowed in for 3 days with 4 feet of nonstop snow over Thanksgiving. That's enough for me!  
~ Dave

**SENIOR BOARD MEMBERS**

Our Senior Board serves as an advisory committee to the Director and sponsors meals and events while fundraising to help subsidize these meals & events. If you have any issues or ideas, please see one of the board members to pass along. Our 2024 Senior Board consists of: David Saywell (President), Bill Russ (VP), Marcia Haymer (Secretary), Penny Everson (Treasurer), 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**

We recognize that people want to give back to the community, but are not sure how or where to go. We are looking for anyone who wants to come together and join the volunteer group here at the Center. Our goal is to identify organizations that need support, and take a group once a month to help out. **If you are interested in helping to organize these outings, we gather on the first Thursday of every month at 11:00 am.** We look forward to seeing you February 6! No need to RSVP. Let's come together to help the communities and organizations that have given us so much.

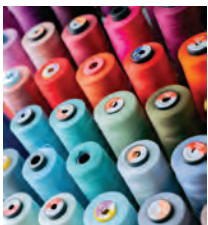
**JANUARY VOLUNTEER OPPORTUNITIES:**

In January, we will be collecting non-food goods for the pantry at Old South Church. These items include: toiletries, feminine products, paper towels, tooth brushes/tooth paste, soap, laundry detergent, cleaning supplies, deodorant, diapers, wipes, etc. Near the end of the month, we will pick a Friday to deliver the items to Old South Church and assist in stocking the shelves and any other needs they have. We will announce the delivery date as soon as possible. Thank you for your continued support!



**SEW WHAT**

We are thrilled that our sewing group is back! Bring your own projects, materials, machines, and questions every week. We are so fortunate to have Sherrie to lead our group! Sherrie comes to us from Mentor, where she spent years as a Home Economics teacher. This is a drop-in group; no registration is necessary. We will meet every Wednesday from 10:00 am to whenever you feel like leaving. Ask at the front desk if you have any questions.



**GARDENER NEEDED!**

We know that several of you have been graced with a green thumb. We are in need of someone who will take care of the plants around the Center! Please let us know if you are interested.



**FREE COVID TESTS**

Just a reminder that we have free COVID tests here at the Center. Stop by the front desk to get yours! There are TWO tests per box. Please note that these tests expire in MARCH 2025.

***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!***

# JANUARY 2025 WEEKLY SCHEDULE

## JANUARY 2025 EVENTS

### MONDAY

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

Strength Training  
 Pickleball (drop-in)  
 Knitting Group (drop-in)  
 Balance/Flexibility Class  
 Tai Chi Fit  
 Chair Volleyball (drop-in)

Center Closed Wednesday, January 1  
 Volunteer Meeting Thursday, January 2  
 Senior Board Meeting Wednesday, January 8  
 Hiking Club Monday, January 13  
 Vision Board Workshop/LAG Monday, January 13  
 Podiatrist Tuesday, January 14  
 Trivia Tuesday, January 14

### TUESDAY

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

Advanced Pickleball (drop-in)  
 Piano Lessons (1/7 & 1/21)  
 Aerobics  
 Pickleball (drop-in)  
 Bingo (drop-in)  
 Beginner Pickleball (drop-in)

Book Club Thursday, January 16  
 Bus Trip to Borromeo Seminary Thursday, January 16  
 Center Closed for MLK Day Monday, January 20  
 Men's Lunch Wednesday, January 22  
 Trash to Treasure January 22-31  
 Bus Trip to Cleveland Aquarium Friday, January 24  
 Resolution Day Monday, January 27  
 Birthday Lunch Tuesday, January 28

### WEDNESDAY

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

Strength Training  
 Pickleball (drop-in)  
 Sewing Group  
 Reflexology/Light Therapy (1/8 & 22)  
 Fit Yoga w/ Sue  
 Chair Volleyball (drop-in)

### THURSDAY

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

Advanced Pickleball (drop-in)  
 Watercolor Painting  
 Chess (drop-in)  
 Cardio-drumming  
 Pickleball (drop-in)  
 Reiki (1/9 & 23)  
 Acrylic Painting  
 Beginner Pickleball (drop-in)

Bus Trip to IX Center Date TBA  
 The Great Big Home & Garden Show Thursday, February 6  
 Volunteer Meeting Monday, February 10  
 Hiking Club Tuesday, February 11  
 Podiatrist Wednesday, February 12  
 Senior Board Meeting Tuesday, February 18  
 Trivia Wednesday, February 19  
 Ladies' Lunch Thursday, February 20  
 Book Club February 17 - 28  
 Trash to Treasure Date TBA  
 Bus Trip to JACK Cleveland Casino Tuesday, February 25  
 Birthday Lunch

### FRIDAY

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

Gentle Yoga  
 Pickleball (drop-in)  
 Chair Yoga  
 Strength Training (1/3 & 17)  
 Chair Volleyball (drop-in)

## COMING IN FEBRUARY 2025

Drop-in activities require no pre-registration



# JANUARY 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	January 7, 14, 21, 28	\$16 Drop-in: \$4
Aerobics w/drumming Instructor: Cheryl	Friday 11:45-12:45	January 9, 16, 23, 30	\$16 Drop-in: \$4
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	January 3, 10, 17, 24, 31	\$15 Drop-in: \$3
Chair Yoga Instructor: Anne	Friday 10:30-11:30	January 3, 10, 17, 24, 31	\$15 Drop-in: \$3
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	January 8, 15, 22, 29	\$12 Drop-in: \$3
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45 Select Fri @ 10:30	January 15, 17, 22, 27, 29 Feb. 3, 7, 10, 12	\$30 (10 classes) \$24 (8 classes) \$12 (4 classes) Drop-in: \$3
TaiChji Fit Instructor: Tim	Monday 1:00-2:00	January 6, 13, 27	\$9 Drop-in: \$3
Workshops	Time	Dates	Cost
Knitting Group	Monday 10:00	Every Monday	FREE
Chess Club	Thursday 10:00 am		FREE

Classes	Time	Dates	Cost
Acrylic Painting Instructor: Connie	Thursday 12:30-2:30	January 2, 9, 16, 23	\$28
Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	January 2, 9, 16, 23	\$28
Piano Lessons Instructor: Karen <i>*must register 2 per month*</i>	Tuesday 9:00-1:30	January 7 & 21	\$15 per 30 minutes
Wellness/Other	Time	Dates	Cost
Attorney Deborah Loughner	Thursday / Friday 9:00-11:00	January 17 February 21	FREE 30 minutes
Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	January 14 February 11	\$25 per 15 minutes
Reiki Anne Owens	Friday 12:00-1:30	January 9 & 23	\$25 / 25 minute session
Reflexology or Light Therapy Linda McMahon	Wednesday 11:00-1:00	January 8 & 22	\$40 (Reflexology) \$45 (Light Therapy)
Swedish Massage Natalie Lopez	Friday 10:00-2:00	No January or February sessions	\$65 per 50 minutes
Hiking Club <i>*See inside for location</i>	Monday 10:30 am	January 13 February 11	FREE
Beginner	Thursday 1:00-2:00		FREE

**HIKING CLUB - MONDAY, 1/13**

Join us for a hike on **Monday, January 13** from **10:30 - 11:30** at **North Chagrin Reservation**. **We will meet in the Strawberry Lane 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.

**CHESS CLUB**

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

**CARDIO DRUMMING & AEROBICS**

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 January 7 & 21, 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! Thanks to the flexibility of the yoga classes (pun intended), Nancy will now be offering classes on the first and third Fridays of the month at 10:30. Check the calendar for any changes in schedule.

**PODIATRY**

We are thrilled that Dr. Kelly Whaley continues to serve our seniors every month. She will be at the Center on Tuesday, January 14 and on Tuesday, February 11. \$30 payment is due to Dr. Whaley in cash on the day of the appointment.

**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.

**2025 MEMBERSHIP IS NOW OPEN**

2025 registration opened on October 1. All current memberships run through December 2024. Anyone is welcome to join, regardless of where you live. Please note that your 2024 membership will only go through February of 2025, and we will stop sending newsletters at that time. All members must renew annually in order to be part of the best Senior Center in Kirtland!

**MYSENIORCENTER SIGN-IN**

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

To the best of our ability, bus trips will be advertised two months out.  
 Registration for all bus trips must be completed in person with full payment.  
**FEBRUARY trips will open for registration at 11:00 am on Monday, January 6.**

**Tour of Borromeo and St. Mary's Seminaries - Thursday, January 16**

Yet another on the list of "somewhere you have passed a million times but probably never visited," Borromeo and St. Mary's in Wickliffe are the seminaries for the Catholic Diocese of Cleveland. A recent renovation has transformed this center of learning, and our tour will be led by President-Rector Father Andy Turner. \$15 registration includes lunch. We will leave Kirtland around 10:30 am and get back around 2:00 pm. **This trip opens at 11:00 am on Monday, December 2. This trip sold out REALLY fast last time, so make sure to sign up early!**

**Cleveland Aquarium - Friday, January 24**

Let's go see some fish! And sting rays. And sharks. Join us for a trip to the Cleveland Aquarium. Please be at the Center at 1:00 pm; we will return around 4:45 pm. Tickets for the guided tour are \$20 each. **This trip will open at 11:00 am on Monday, December 2.**

**Great Big Home and Garden Show at the IX Center - Monday, February 3**

The Great Big Home + Garden Show is a vibrant marketplace where you can shop for home-related products and services, experience stunning displays to help inspire your next home project, connect with industry experts, and enjoy informative presentations from renowned local and international home professionals. \$10 registration fee. Lunch will be on your own. We will leave Kirtland around 10:15 am and get back around 4:00 pm. **This trip opens at 11:00 am on Monday, January 6. Registration closes 1/22/2025**

**JACK Cleveland Casino - Thursday, February 27**

Join us in gaming at the only casino in Northeast Ohio that offers table games like Poker, Blackjack, Roulette, Craps, and more. We hope you WIN BIG and head into Spring with a smile on your face and money stuffed in your pockets! \$5 registration. Lunch will be on your own, the casino offers a buffet and various restaurant options. We will leave Kirtland around 10:45am and get back around 3:00 pm. **This trip opens at 11:00 am on Monday, January 6.**

**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**

**UPCOMING EVENTS**

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**THIS MONTH AT THE KIRTLAND LIBRARY:**

**Monday, 1/6**  
6:00 pm

**Knit & Crochet Club**

**Tuesday, 1/21**  
6:00 pm

**Knit & Crochet Club**

**Tuesday, 1/7**  
6:00 pm

**Culinary Class: Breadmaking**  
 Make and take home your own artisan loaf of yeast bread.  
*\$10/person; registration required*

**Wednesday, 1/22**  
6:00 pm

**Protecting the Jewels of the Night**  
 Fireflies are an integral component of healthy, thriving environments. They are beloved insects but they are declining. Come learn what you can do in your environment to help fireflies thrive. Presented by Cat Miller from the Xerces Society for Invertebrate Conservation; sponsored by the Friends of the Kirtland Public Library.

**Wednesday, 1/8**  
2:00 pm

**Cricut Mug Design Class**  
 Design a mug with Cricut Maker. Design is: "But first Coffee/Tea"  
*\$10/person; Registration required*

**Tuesday, 1/14**  
5:30 pm

**Author Panel**  
 A fun evening of local author insights and knowledge in various arenas you may not have explored before.  
*Registration requested*

**Saturday, 1/25**  
10:00 am

**Loom Weaving**  
 Learn how to make a knitted hat on a loom. The library will supply the looms, hooks and yarn.  
*Registration required.*

**UPCOMING EVENTS**

**BIRTHDAY LUNCH CELEBRATION - TUESDAY, JANUARY 28 @ NOON**

We will enjoy chicken fingers, tater tots, and coleslaw on Tuesday, January 28 at 12:00 pm. *The cost is \$8. Please RSVP by Friday, January 24.* 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 February 25, and the menu will calzones with fried dough.

**MEN'S LUNCHEON - WEDNESDAY, JANUARY 22**

Men's Luncheon will be held Wednesday, January 22 at 12:00 pm. The menu is sausage sandwiches, sauerkraut, and potatoes. *Cost is \$8. Please RSVP by January 16.* Our next luncheon will be on March 19 and the menu is meatball subs.

**LADIES' LUNCHEON - WEDNESDAY, FEBRUARY 19**

Ladies' Luncheon will be held Wednesday, February 19 at 12:00 pm. The menu is lasagna, and the cost is \$8. *Please RSVP by Wednesday, February 12.* The next luncheon will be on Wednesday, April 23 and the menu is Philly Cheesesteak.

**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.**

**RESOLUTION DAY - MONDAY, JANUARY 27**

Each year, we come together at the end of January to encourage each other to keep our resolutions. This year, we'll celebrate at least two of the promises we may have made to ourselves on Monday, January 27. Every fitness class that day will be free, and we will enjoy a salad bar lunch/potluck at 12:00 pm. If you would like to bring a healthy snack, sign up at the front desk. If you would rather just come to the meal, the cost for lunch will be \$5. Please RSVP by January 23.

**TRIVIA - TUESDAY, JANUARY 14**

Join us in-house for Trivia on Tuesday, January 14 at 11:00 am. Come join us and be a part of a team this month and put all your random (or useless) knowledge to good use! Most of the questions are multiple choice, and it's **FREE** to play! We promise, this is low-pressure and the stakes are NOT high. Winning team choses the next month's theme - **in January, we will be focusing on food and drink.** We meet in the lobby to form teams and then the fun begins. No registration necessary.



In February, we will be discussing the LAG Book "The Borrowed Life of Frederick Fife: A heartwarming story of redemption and forgiveness, discover the power of second chances and found family". It is available at the Kirtland Library for your reading today.

**LAG OPEN SESSION  
CREATE A VISION BOARD  
MONDAY, JANUARY 13 @ 1:00 PM**

For the New Year we will use magazine images and words to create a vision board which will inspire us to set and realize our intentions and support our goals and purpose in life. No skills are needed, just come and have some fun and enjoy the company.

As we age, a clear sense of purpose can enhance physical health, mental well-being, and social engagement. Studies have consistently shown that when we have a strong sense of purpose we tend to live longer, enjoy better cognitive health, and recover more effectively from illnesses. This is because purpose fuels motivation, reduces stress, and fosters resilience, all of which are crucial for healthy aging.

This event is FREE and open to the public.

**2025 ANNUAL SURVEY**

This is an important way for us to hear from each of you regarding programming, events and activities, comments, and suggestions. As I begin my year at the Center, I want to hear from you all. Please stop by the front desk an complete the survey. I look forward to hearing your suggestions!

**WELCOME TO OUR NEW MEMBERS THIS MONTH!**

JOHN, CINDY, JIM, KERRY, CARMELA, TONI, AND MARK

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



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

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

### **LAKETRAN 2025 CLOSURES**

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

Monday, May 26 - Memorial Day  
Tuesday, July 4 - Independence Day  
Monday, September 1 - Labor Day  
Thursday, November 27 - Thanksgiving Day  
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.



## **KIRTLAND SENIOR CENTER**

(440) 256-4711

[communitycenter@kirtlandohio.com](mailto:communitycenter@kirtlandohio.com)

[www.kirtlandcommunity.com](http://www.kirtlandcommunity.com)

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