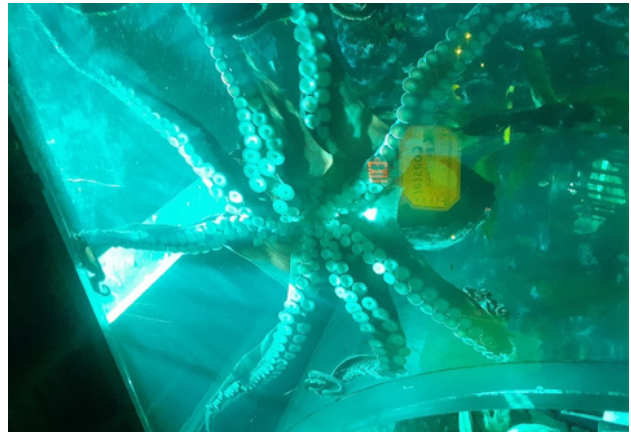


FEBRUARY 2025

# GILDERSLEEVE GAZETTE

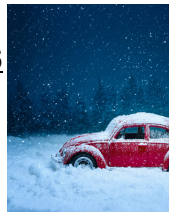
*Kirtland Senior Center  
Monthly Newsletter*



**KIRTLAND SENIOR  
CENTER CLOSINGS  
WILL BE BROADCAST  
ON FOX 8 NEWS**

**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

Resident (first year): \$10  
Non-resident (first year): \$12

Resident (renewal): \$5  
Non-resident (renewal): \$7

Paperwork and  
information available  
at the front desk



**AMERICAN RED CROSS BLOOD DRIVE**  
**THURSDAY FEBRUARY 27**  
**11:00 AM - 5:00 PM**  
 CO-SPONSORED BY OLD SOUTH UCC

**FROM THE SENIOR BOARD**

We all survived the frigid temperatures of mid-January. Don't let the weather keep you house bound. We are warm inside the center with plenty of activities to keep you busy.

Currently, the senior board is working to raise money to help with lunch costs, which continue to rise. We have two fundraisers in February. First, we are selling candy grams for Valentine's Day. For \$2 each, you can send a message to your friends at the center. Also on Valentine's Day, starting at 10:00 am, we will have a pancake brunch. For a small donation of \$5 you can have sausage, pancakes, and juice. A cheap treat for your sweets to eat, and it benefits all of us.

Hope this note finds you well and warm. When cabin fever sets in, stop in and have a cup of coffee. We look forward to talking with you. See you soon! ~ Dave



**!!!ON SALE NOW!!! - VALENTINE'S DAY CANDY GRAMS**

Stop by the front desk and order your candy grams now! Complete a quick message to be included with these goodies. Delivery begins February 14th in the center. Sales close February 10th - we need time to make these delicious treats. Candy grams are \$2 each. All proceeds benefit the senior board.

**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**

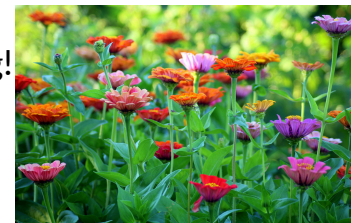
Recognizing people want to give back to the community but are unsure how or where to go, we invite anyone to join the volunteer group here at the Center. Our goal is to identify organizations that need support, and take a group each month to help out. **If you are interested in helping plan these outings, we gather on the first Thursday of every month at 11:00 am.** We look forward to seeing you February 6! No need to RSVP.

**FEBRUARY COLLECTION:**

In February, we are collecting vases for Big Hearted Blooms. Please note: vases must be under 10 inches. Collection will end February 25th.

**GARDEN CLUB OF KIRTLAND**

Brave the cold and learn about winter seed sowing at our February meeting! Join us on **Thursday, February 6th** in the Sunflower Room at **6:00 pm.** Program begins at 6:30 pm. Refreshments will be served. All are welcome.



**WELCOME TO OUR NEW MEMBERS THIS MONTH!**  
 CHERYL, BOB, CINDY, SANDY

**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.

# FEBRUARY 2025 WEEKLY SCHEDULE

**DROP-IN ACTIVITIES REQUIRE NO PRE-REGISTRATION**

## FEBRUARY 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)

Friends of the Library Book Sale  
 Bus Trip to IX Center  
 The Great Big Home & Garden Show  
 Volunteer Meeting  
 Hiking Club  
 Podiatrist

Saturday, February 1  
 Monday, February 3

### 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 (2/4 & 2/18)  
 Aerobics  
 Pickleball (drop-in)  
 Bingo (drop-in)  
 Beginner Pickleball (drop-in)

Senior Board Meeting  
 Valentine's Pancake Brunch  
 Trivia  
 Ladies' Lunch  
 Book Club  
 Attorney  
 Trash to Treasure  
 Birthday Lunch  
 Bus Trip to JACK Cleveland Casino  
 Red Cross Blood Drive

Thursday, February 6  
 Monday, February 10  
 Tuesday, February 11  
 Wednesday, February 12  
 Friday, February 14  
 Tuesday, February 18  
 Wednesday, February 19  
 Thursday, February 20  
 Friday, February 21  
 February 17 - 28  
 Tuesday, February 25  
 Thursday, February 27  
 Thursday, February 27

### 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 (2/12 & 2/26)  
 Fit Yoga w/ Sue  
 Chair Volleyball (drop-in)

Bus Trip to JACK Cleveland Casino  
 Red Cross Blood Drive

## COMING IN MARCH 2025

### 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 (2/13 & 2/27)  
 Acrylic Painting  
 Beginner Pickleball (drop-in)

Volunteer Meeting  
 Bus Trip Natural History Museum  
 Hiking Club  
 Podiatrist  
 Senior Board Meeting  
 St. Patrick's Day Lunch  
 Trash to Treasure  
 Trivia  
 Men's Lunch  
 Book Club  
 Attorney  
 Bus Trip to Wickliffe Lanes  
 Birthday Lunch

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

### 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 (2/7 & 2/21)  
 Chair Volleyball (drop-in)

*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!*

# FEBRUARY 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	February 4, 11, 18, 25	\$15 Drop-in: \$4
Aerobics w/drumming Instructor: Cheryl	Thursday 11:45-12:45	February 6, 13, 20, 27	\$15 Drop-in: \$4
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	February 7, 14, 21, 28	\$12 Drop-in: \$3
Chair Yoga Instructor: Anne	Friday 10:30-11:30	February 7, 14, 21, 28	\$12 Drop-in: \$3
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	February 5, 12, 19, 26	\$12 Drop-in: \$3
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45 Select Fri @ 10:30	February 3, 5, 7, 10, 12, 17, 19, 21, 24, 26	\$30 (10 classes) \$24 (8 classes) \$12 (4 classes) Drop-in: \$3
TaiChiFit Instructor: Tim	Monday 1:00-2:00	February 3, 10, 17, 24	\$12 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	February 7, 14, 21, 28	\$20
Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	February 7, 14, 21, 28	\$20
Piano Lessons Instructor: Karen <i>*must register 2 per month*</i>	Tuesday 9:00-1:30	February 4 & 18	\$15 per 30 minutes
Wellness/Other	Time	Dates	Cost
Attorney Deborah Loughner	Thursday/ Friday 9:00-11:00	February 21 March 21	FREE 30 minutes
Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	February 11 March 11	\$30 per 15 minutes
Reiki Anne Owens	Friday 12:00-1:30	February 13 & 27	\$25 / 25 minute session
Reflexology or Light Therapy Linda McMahon	Wednesday 11:00-1:00	February 12 & 26	\$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	February 10 March 10	FREE
Beginner Pickleball Guidance	Thursday 1:00-2:00		FREE

**HIKING CLUB - MONDAY, 2/10**

Join us for a hike on Monday, February 10, from 10:30 - 11:30 at Pete's Pond. 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.

**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 February 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! 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, February 11 and on Tuesday, March 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.

**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.

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.**  
**MARCH trips will open for registration at 9:00 am on Monday, FEBRUARY 3rd.**

**UPCOMING EVENTS**

**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. **Registration closed 1/22/2025, waitlist open in event of cancellations.**

**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.

**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.

**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, FEBRUARY 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 chooses the next month's theme - **in February, we will be focusing on safety forces.** We meet in the Sunflower Meadows room to form teams and then the fun begins. No registration necessary.

**BOOK CLUB - THURSDAY, FEBRUARY 20 @ 11:00 AM**

This month, we will be discussing "The Love Story of Missy Carmichael" by Beth Morrey. 78 Year-old Missy lives alone, is estranged from her daughter, her son lives in Australia, and she only sees her grandson yearly. She keeps to her prickly self, but eventually establishes new relationships. In March, we'll talk about "The Girl with the Louding Voice" by Abi Dare.



**LAG OPEN SESSION**  
**NO PRESSURE BOOK DISCUSSION**  
**MONDAY, FEBRUARY 24 @ 1:30 PM**

Join us at the Kirtland Public Library in the Community Room to talk about our LAG book choice: Anna Johnston's: The Borrowed Life of Frederick Fife: A Heartwarming Story of Redemption and Forgiveness, Discover the Power of Second Chances and Found Family. The book is available for pick up from the Kirtland Library now. Bring a bagged lunch if you like and get some new author ideas. This event is FREE and open to the public.

**MEALS**

**VALENTINE'S PANCAKE BRUNCH - FRIDAY, FEBRUARY 14 @ 10AM**

Join us for breakfast: pancakes, sausage and drinks. **\$5 donation at the door.**

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

Join the ladies for lasagna. **Cost is \$8. Please RSVP by February 12.** The next luncheon will be on Wednesday, April 23 and the menu is Philly Cheesesteak.

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

We will enjoy calzones and fried dough. **The cost is \$8. Please RSVP by February 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 March 25, and the menu will stuffed pork chops with mashed potatoes.

**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 and potato salad.

**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:**

**Saturday, 2/1**  
9:30am-1:30pm  
**Used Book Sale**

The Friends of the Kirtland Public Library are hosting a used book sale in the book cellar. Grocery bags are \$4.00 and large bags are \$7.00 each. Come to the back door of the Library for entry for this event only. **CASH ONLY**

**Monday, 2/3**  
6:00pm  
**Knit & Crochet**

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

**Monday, 2/10**  
6:30pm  
**Travel Affordably**

Come meet Joe Daugirdas, The Coupon Guy. You will learn how to get the best deals on car rentals, flights, cruises, lodging, and transportation. Find out how to save on entertainment and restaurants at your destination. You'll learn where to find bus trips for \$2 round-trip, cruises for 80% off or more, free flights, the best places to economically travel, and travel saving secrets. **Registration Requested**

**Wednesday, 2/12**  
7:00pm  
**Ohio's Presidential Past**

Ohio is sometimes called the Mother of Presidents, and it is claimed that the state has produced more U.S. Presidents than any other state. Join the Western Reserve Historical Society's Chief Curator Eric Rivet to learn about the truth behind this claim and to hear stories about the men from Ohio that have held the nation's greatest office. **Registration Requested**

**Tuesday, 2/18**  
6:00pm  
**Knit & Crochet**

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

**Monday, 2/24**  
1:30pm  
**No Pressure Book Discussion**

Join us to talk about any books you've read recently that you want to recommend to others. Bring a bagged lunch if you would like to. This month only we will be partnering with the Kirtland Community Center and their Life Adjustment Group to read and discuss, "The Borrowed Life of Frederick Fife" by Anna Johnston.

**Tuesday, 2/25**  
6:00pm  
**Culinary Class & Cookbook Club: Everything Chocolate**

Cookbook Club and Culinary Class come together to explore the wonders of chocolate. You will get to sample a main dish, a salad and dessert and take home some recipes to try for yourself. Cost is **\$10 CASH. Registration Required**

**Wednesday, 2/26**  
2:00pm & 6:00pm  
**3D Jewelry**

Learn how to design customized jewelry on Tinkercad. This class is designed for beginners, no previous experience in 3D design is necessary to attend. Designs will be ready for pickup 1-2 weeks after the class. **Registration Required**

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

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

### **LAKETRAN 2025 CLOSURES**

Laketrans 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 Laketrans'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)

### **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!

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 is 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*