

Kirtland Senior Center



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! Stop in!

SEPTEMBER 2019 *closed Labor Day*

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

CLAM BAKE—LAST CALL— Enjoy a clambake, that's not over the top, but specially portioned for our lunchtime crowd. Lunch includes one dozen clams, homemade clam chowder, a piece of chicken, half an ear of corn, yam, coleslaw, broth, roll, and dessert! Join us on **SEPT. 27 at 12:30. Cost is \$12 and due 9/17.** Meal is catered by the excellent chefs at *Catered Elegance*, who catered last year! We will sit outside, weather permitting.



MATTER OF BALANCE is a nationally recognized, evidence-based falls management program presented by the Lake County General Health District. MOB acknowledges the risk of falling, but emphasizes practical strategies to reduce fear of falling and increase activity levels. **MOB is 8 weeks at KSC starting Tues, Sep. 10 to Oct. 29 from 11:30 - 1:30. Participants attend all 8 weeks. The program is FREE but signup in the office ASAP.**

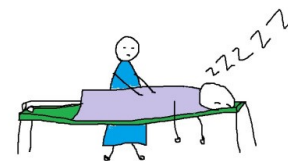
Participants learn to —view falls and fear of falls as controllable —set realistic goals to increase activity —Make changes to reduce fall risk factors —Improve strength and balance through exercise. MOB classes are intended specifically for anyone concerned about falls, who has fallen in the past, who has restricted activities because of falling concerns, interested in improving balance, flexibility, and strength.

VETERAN'S DAY LUNCH —Mon., Nov. 11—\$8 due 11/1.

Enjoy a homemade Thanksgiving style meal of turkey, mashed potatoes, dressing, gravy, and pie from the fabulous chefs at Kirtland City Tavern. If you are a member of the senior center AND a veteran, lunch is on us, compliments of the Senior Board. But you **HAVE TO** sign up so we can order the correct amount of meals. We could use some help with setup, serving, and cleanup. Let us know in the office if you can lend a hand. Thank you!



MASSAGE — Andrea Phillips is offering massage therapy on Tuesdays, Sept. 10, 17, 24 from 10:00-12:00. Appointments can be made in the binder outside of the spa and wellness room. Massage are one hour and cost is \$60. *Andrea has been practicing the wonderful art of massage for the past 20 years, combining a nurturing, relaxing massage with different body and energy work techniques creating a customized session. Andrea's intention is to focus on working the body as a whole to promote pain alleviation, stress reduction, deep relaxation, and to awaken self healing.*



Support our Seniors — PANCAKE BREAKFAST FUNDRAISER to benefit ALL Lake County Senior Centers. Held at the NEW Willoughby Senior Center—36939 Ridge Road. Sun., Sep. 8 from 9:00-1:00 PM. Presale tickets available in the office. Live music.

Chinese auction. Sausage & pancakes. Volunteers needed! See Jenna. All proceeds go to the Lake County Senior Services Levy campaign fund, of which KSC is a part of. You can support the fundraiser by purchasing tickets, whether or not you plan to attend the breakfast. Cash only. Thank you.



MEALS

FOR ALL MEALS, ARRIVE A MINIMUM OF 15 MINUTES PRIOR TO THE START TIME. MEALS CAN- NOT BE ORDERED ONCE THE PAYMENT DEADLINE DATE IS PASSED. NO REFUNDS. NO TO GO.

MEN'S LUNCH Enjoy fried chicken from Giant Eagle with just the guys on 9/18. Cost is \$7 and due 9/11. Next lunch: 11/20 (menu TBA)

LADIES LUNCH Join the ladies 10/16 at noon, menu TBA. Cost is \$7 and due 10/9. Next lunch - January!

BIRTHDAY LUNCH Celebrate birthdays! Meals are \$7 each, payment is due one week prior to the lunch, and meals are served at noon. Kirtland City Tavern caters each meal. Cake and beverages served.

Sept. 25 — Pot roast quesadilla

Oct. 23—Cabbage rolls

Nov. 27—Stuffed peppers

Dec. 11 —Meatloaf, mashed potatoes



SUB SANDWICH Bringing back the delicious Bada Bing sub, but half the size for half the cost. Salami, ham, pepperoni. Sep. 16, at noon. Cost is \$4 and due 9/11. Dessert included.

THE LIFE-CHANGING MAGIC OF TIDYING UP -

Can your life change magically by tidying up? Marie Kondo's book is wildly popular! Join in this fun group and see what all the fuss is about! There are a limited number of books to borrow, available to those who sign up. Meet on Sept. 26 at 11:00 to get your book and discuss the plan to tidy up. Regroup and discuss your progress and support one another on 10/10, 10/24, and 11/14. The life-changing magic awaits! Sign up in the office. FREE.

PIANO LESSONS

The piano is in our little library. All lessons are one-on-one. Cost is \$30 for two monthly lessons of 30 minutes each. Lessons are offered 10:00 to 2:00. - Sept. 3 & 17, Oct. 1 & 15, Nov. 5 & 19.

Free hearing tests Oct. 9. Sign up in the office.

BOOK TALK Sept. 19 at 11:00. Books are available in the office. Join in the monthly talks!

Attorney, Debbie Loughner—9/6. Free. Make an appointment.

DROP-IN KNITTERS (& CROCHETERS!) —Very informal, beginner friendly! Experienced and new knitters welcome! Fridays at 10:30. There is a lot of donated yarn for the group to have.

TRASH TO TREASURE SALE 9/23—27. Donate your unwanted household items to our monthly sale. We will not accept clothing, personal hygiene, and electronics (TV/computer). All proceeds go to the senior board.

ACRYLIC PAINTING Days and times are now Thursdays from 12:00—2:00. Connie Adams teaches acrylic painting, for new and experienced artists. Cost is \$25 for the series. Sept 5-26, Oct. 3-24. Beginner friendly.

OIL PAINTING - Join instructor Brittany Selfe (she taught beach glass windchime) for two separate oil painting workshops. Great for brand new artists as well as experienced. All supplies provided, but feel free to also bring your own. Leave with a finished painting. Tues., Oct. 8 and Nov. 12 from 10:00-12:00. \$10 each, due one week prior to class.

WATERCOLOR PAINTING Connie Adams teaches watercolor class on Thursdays from 9:00-11:00. Cost is \$25 for each four-week series. Sept 5—26, Oct. 3-24.

COOKIE DECORATING - Halloween theme! Oct. 21 at 10:00. All materials and supplies are provided and no experience is needed! Cost is \$12 and due 10/14.

ESSENTIAL OILS - Learn about lavender essential oil, how it is used, its benefits, and more with KSC member, Beth Wagar. Make a sachet to take home! Tue., Oct. 1 at 11:30. Beth returns Nov. 5 for thieves oil and Dec. 3 for wintergreen. Each class is \$10 and due one week prior to class date.

PAINT ON GLASS - Choose from vases, jars, candleholders, and glasses. Paint a up to two one of a kind creations with Connie on Sep. 20 at 12:00. \$7 due 9/14.

The Senior Board meets 9/11 at 12:30. If you are interested in being on the Board, stop by to learn more!



Safety Force Day –Sat. Sep, 7, from 12-4 at Kirtland City Hall front lawn for an informative afternoon of games, rifles, and police and fire demonstrations.

EXERCISE CLASSES

Classes are grouped into a series of dates- the start date through end date. Try the first class of a new series before paying to see if you like it. Cost listed below is per series. A series is either 4 or 8 classes. Fees are not discounted if a class is missed within the series. All classes are specifically created for the 55+ crowd. Enjoy! Detailed class descriptions are available in the brochure rack or can be emailed. Dates subject to change. **KSC is closed 9/2.**

CLASS	DAY	TIME	DATES	COST
Aerobics—Morning	T & Th	9:00—10:00	9/3—24	\$12
Aerobics—Evening	M	5:30—6:30	9/9—30	\$14
Balance, Strengthen, Move!	Th	9:00—9:45	9/5—26; 10/3—24; 10/31—11/21	\$12
Cardio Blast	F	10:30—11:30	8/30—9/20; 9/27—10/18; 10/25-11/15	\$12
Fit Yoga	W	10:05—11:15	9/4—25; 10/2—23	\$12
Gentle Yoga	F	9:00—10:15	8/30-9/20; 9/27-10/18	\$12
Matter of Balance	T	11:30-1:30	9/10—10/24	FREE
Pilates	M	11:00—12:00	9/9—30; 10/7—28	\$12
Strength Training	M & W	9:00—9:50	8/26—9/23; 9/25-10/29 no class 10/7&9	\$24 full; \$12 half
Tai Chi	T & Th	10:15—11:15	8/29—9/26 (no class 9/17); 10/1—24	\$24 full; \$12 half
Tai Chi FIT	M & W	10:00—11:00	9/4--30; 10/2—11/4 (no class 10/7 & 9)	\$24 full; \$12 half
Yoga - Balance, Flex & Strength	W	11:30—12:30	9/4—25; 10/2—23; 10/30-11/20	\$12

WELLNESS SERVICES - Feel great at KSC with wellness services by skilled, trained, caring practitioners! Make an appointment for yourself in the binder outside of the wellness room (the room is across the hall from the office door). Fees are due at time of service. Descriptions of wellness services are available in the brochure rack or can be emailed at your request.

Light Therapy with Linda	Mon. \$45
Massage with Andrea	Tue. \$60
Podiatry with Dr. Kelly — 2nd	Tue/month 9/10, 10/15 \$25
Polarity with Tim	Thu. \$45
Reflexology with Linda	Wed. \$45
Reiki with Tina	Fri. \$15



CHAIR VOLLEYBALL! CVB players sit in a chair while volleying a *beach ball* back and forth over a small low net. FREE! MON. (1:15-2:45), WED. (10:15-12:00), & FRI. (1:15-2:30).

PICKLEBALL! All are invited to play pickleball on M/T/Th/F from 10:00-1:00 and W from 12:15-2:45. Equipment is provided.

BOCCE BALL—Plays on TUES & THURS at noon.

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



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

DATED MATERIAL— MAIL IMMEDIATELY
MAIL TO CURRENT RESIDENT OR:

MON — FRI
9:00 a.m.—3:00 p.m.
MON only
5:00 —9:00 p.m.

Closed Labor Day 9/2

Office — (440) 256-4711
CommunityCenter@kirtlandohio.com

www.KirtlandOhio.com

This newsletter is published monthly on the City website.

The City of Kirtland is on Facebook.



PAYMENTS

All fees are due in full to the office by stated deadlines to reserve your spot in classes and lunches. Fees may be paid by CASH or CHECK, either in person to the office during normal hours or sent in the mail. Make checks payable to THE CITY OF KIRTLAND. There is also a drop-box for payments after hours. Credit cards are not accepted.

Come in We're
OPEN

HALLOWEEN CARNIVAL & SENIOR CENTER OPEN HOUSE

Fri., Oct. 4 11:30-1:00 FREE

This is your invitation to visit **the Kirtland Senior Center** and check it out! Or if you are a participating member, bring a new friend and show them around. All are welcome! Try mini sessions of reflexology, polarity, and watercolor painting! Volunteers needed!

If you are a grandparent, it's a perfect day to bring your grandchild (preschool and younger) as there is plenty of fun (not scary) Halloween activities for them to participate in. Make a candy collection bag, walk the Trick-or-Treat path, play games, visit the Kirtland Fire Department trucks, Eb the Big Bubble Guy sharing bubble creations bigger than the kids!

Serving pizza, cider, apples, & popcorn.

