

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter



MAYOR'S ACTION NETWORK
NEED HELP WITH YARD WORK?
GIVE US A CALL!
VOLUNTEERS WILL BE AVAILABLE ON
SATURDAY, JUNE 12
TO ASSIST WITH MOWING, WEEDING, AND LIGHT LANDSCAPING.
CALL US FOR MORE DETAILS ON HOW TO SIGN UP!
440-256-4711

Well, I hope I'm not jinxing anything by saying "WELCOME BACK SENIORS!" I can't tell you how happy I am that we are just weeks away from opening our Senior Center back up to this special group that really makes Kirtland shine – you! I know I've said it before but really have to say it again, thank you for your patience, understanding and support as we all worked through the last year together. You truly are an amazing group and I couldn't be happier that soon, you'll all be back to enjoy and support the Kirtland Senior Center.

In the meantime, and beyond, we'll keep focusing as a city to listen and serve to the best of our ability. It truly is an honor to work for you and am so happy that we have our great new Senior staff in Teresa and Sharon. 2021 stands to be a great year for our city as we come out of the shadow of the pandemic that kept us apart for too long. As always, please feel free to contact me directly with questions or comments as to how we keep striving to make Kirtland the very best it can be.

Thank you,

~ Mayor Kevin Potter

Riddle Answers:

Darkness

Short

IN THIS ISSUE

CITY SURVEY

JUNE 1 RE-OPENING

NEW GUIDELINES

WEEKLY SCHEDULE

**DESCRIPTION OF
CLASSES
AND ACTIVITIES**

COMMUNITY NEWS:

KIWANIS EVENTS

BLOOD DRIVE – JUNE 12
SPRING PICTURES!

WELCOME BACK!!!

Teresa Szary ~ Coordinator

Throughout this newsletter you'll see gratitude for your patience and understanding from both Dave, President of the Senior Board and from the Mayor. Of course I add my own, along with a request.

At the time of printing, the new re-opening guidelines as they currently stand are on page 7. Please understand that new mandates and rules are coming out every day and that we will work closely with City Administration, the County, and with the State to make sure that we are in compliance. New activities will be added as we can. Know that I always welcome your input, and would love to hear your suggestions! When it comes to COVID precautions, your safety is our number one priority and we are working diligently to make sure that we are doing everything we can. PLEASE be respectful of us and each other as we journey through this together. I heard recently that although everyone wants to get back to normal, our challenge is to make a "better normal," and we can only do that with your help.

Included in this mailing is a paper copy of a City-wide survey. This is open to ALL residents of Kirtland and is also available on-line at <https://tinyurl.com/kirtland-future>. The goal of this survey is to welcome all input from our residents regarding future visioning within the City. This conversation began a few years ago at an event held at Lakeland, and continues with this survey. Completed surveys can be mailed to or dropped off at City Hall or in the Community Center drop box. Please take some time to fill it out – your opinion is important to this community, and I want to ensure that it is heard!

Finally, If you able to donate, the Red Cross will be hosting a Blood Drive here at the Center on Saturday, June 12 from 9:00 am – 3:00 pm. Schedule an appointment online at RedCrossBlood.org and enter sponsor code: kirtlandcommunity or call 1-800-RED-CROSS. This month's giveaway is a limited edition Red Cross t-shirt, while supplies last!

Can't wait to see you soon!

– Teresa



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Weekly Schedule

You MUST sign up (either on our website or by calling) in advance for each activity.

This is ONLY a list of classes that will be offered at the same time each week.

Please see the next few pages for dates for: art classes, card making class, wellness services (polarity, light therapy, reflexology, podiatry), piano lessons, attorney.

We are aware that there are some activities that are not on this list; know that more and more will be added in the coming weeks.

Monday

9:00 Body Sculpting with Nancy
 9:00-11:00 Billiards Room open by appointment
 10:30-1:30 Pickleball
 1:00 TaiJi Fit
 2:00-4:00 Chair Volleyball
Fitness Room open by appointment

Tuesday

9:00-11:00 Library open by appointment
 10:00 Aerobics
 11:30-2:30 Pickleball
Fitness Room open by appointment

Wednesday

9:00 Body Sculpting with Nancy
 9:00-11:00 Billiards Room open by appointment
 10:00 Yoga with Dawn
 10:15-12:15 Chair Volleyball
 12:30-3:30 Pickleball
Fitness Room open by appointment

Thursday

9:00-11:00 Library open by appointment
 11:30-2:30 Pickleball
 1:00 Tai Chi
Fitness Room open by appointment

Friday

9:00-11:00 Billiards Room open by appointment
 9:30-12:30 Pickleball
 1:00 Aerobics
 2:30-4:30 Chair Volleyball
Fitness Room open by appointment

CLASS & WELLNESS SCHEDULE

Classes begin June 1, 2021

Registration is required - No Drop-In Classes

Art with Connie -- Watercolor & Acrylic Painting *Instructor: Connie Adams*

Come have fun with Watercolor or Acrylics -- NO training needed. You'll be surprised at what you can do. Each class will cost \$28.00 per session (*see details below*). For Acrylic painting you will need to bring your own brushes (paint provided) and for Watercolor class you will need to bring your brushes, paint & paper.

Acrylic class will be a 5 week session held on Wednesdays from 10:00-11:30 beginning June 2.

Watercolor class will be a 4 week session held on Thursdays from 9:30-11:30 beginning June 3.

Aerobics *Instructor: Cheryl Dulaney*

This is a manageable exercise program for men and women of all fitness levels. The one hour class includes low impact aerobic exercise to improve cardiovascular endurance, help strengthen and tone muscles, improve balance and reduce stress. The class begins with a warm-up, leading into low impact, easy to follow exercises, done to fun music. Light weights and/or bands are used to strengthen and tone muscles. Balance techniques, stretches and relaxation round out the class. Chairs can be used if you have difficulty using a floor mat. Our goal is to provide an exercise class where you will feel comfortable and enjoy yourself, while working toward improving your health and well-being. It is advisable to wear sturdy shoes (cross training athletic shoes are recommended), and bring water to remain hydrated. Aerobics classes will be offered on **Tuesday from 10:00-11:00 and Friday from 1:00-2:00. The cost is \$15.00/4 week session (2 weekday sessions offered).**

Body Sculpting *Instructor: Nancy DiFranco*

Body Sculpting involves exercises for your back & shoulders using weights, legs involving lunges and squats, chest & abdominal muscles involving things like crunches, and arms which usually involve different forms of curls using weights. We also do warm-ups as well as cool downs with the use of stretch bands. All weights & stretch bands are supplied by the Senior Center. There is no "jumping around" in this class. Body Sculpting is **a 45 minute class and will two times a week on Monday & Wednesday from 9:00-9:45. The cost of the class is \$24/4 week session.**

Fit Yoga *Instructor: Dawn Gettig*

Yoga releases stress and will help keep you physically, mentally and emotionally healthy and fit. Whether you are a beginner or experienced student, this class will help you become stronger and improve your balance and flexibility. We practice traditional yoga poses, breath-work for health and end with relaxation/meditation. I offer chair instruction during this class. Classes will be held on **Wednesday from 10:00-11:15 and the cost will be \$12/4 week session.**

TaijiFit *Instructor: Tim Shea*

TaijiFit is for everyone. There are no restrictions to physical abilities or age; anyone can follow along and move to what they see. There is nothing to learn, nothing to remember and you can not do it wrong! Just enjoy the gentle mindful movements that focus on the breath to bring your mind and body together as one. These simple exercises are good to lower blood pressure, increase your immune system as well as improve your balance all while having fun. TaijiFit will be held on **Monday from 1:00-2:00 beginning June 7. Cost will be \$12/4 week session.** E-mail tlsoshea@aol.com with any questions.

Card Making Class *Instructor: Carol Caroff*

Make your own greeting cards! No prior experience needed! Come to enjoy creating three original cards and have fun socializing while stamping, coloring, and gluing. Imagine the pride you will have when you get to say "I made it myself." I will design the cards and do all the preparation so you can stamp and put the cards together. We will do an assortment of cards during the monthly classes - birthday, anniversary, thank you, get well, sympathy, masculine and feminine cards. **Cost is only \$10 and that includes all the paper, stamps, ink, die cuts, and embellishments.** All you need to bring is a pair of scissors and adhesives (double sided tape, glue stick, and/or liquid glue for paper). Come to spend time with old friends and make new ones! Class is limited to 10 participants so sign up early. **All classes will be on the first Thursday of the month - June 10 (second Thursday), July 1, August 5, September 2 and October 7 from 1:00 pm until 3:00 pm.**

Tai Chi for Health & Wellness *Instructor: Eb Molesch*

Join us for this fun program of flowing movements. Enjoy the gentle and beautiful actions that anyone can do. No equipment needed, just a pair of supportive shoes! Studies have shown that this ancient art improves physical as well as mental well being; improving balance, memory, imparting relaxation and many more improvements! Eb is an experienced, certified instructor that will lead you through this easy to follow program. Classes will be held on **Thursday from 1:00 to 2:00 beginning June 3. The cost of the class will be \$24/4 week session.**

Pickleball

Pickleball is a fun sport that combines elements of tennis, badminton and ping-pong. Pickleball can be played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. It is played with a paddle and a plastic ball with holes and can be played as doubles or singles. Come join the fun! **Pickleball will be played Monday & Thursday from 10:30-1:30, Tuesday from 11:30-2:30, Wednesday from 12:30-3:30 & Friday from 9:30-12:30.** Equipment is provided.

Chair Volleyball

Chair Volleyball is an activity that includes physical activity, social interaction, competition, and most of all, lots of laughs! Players are required to remain seated. Regular participation in this activity can increase flexibility and stamina. Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. The game is played with a beach ball and a five foot high net. More fun than you can possibly stand - while seated! Chair Volleyball will be played on **Monday from 2:00-4:00 & Friday from 2:30-4:30.**

Reflexology/Light Therapy *With Linda*

Reflexology massage involves applying different amounts of pressure to the feet, hands, and ears. Reflexology offers a range of health benefits including reducing stress, anxiety & pain and improve your general well-being. Light therapy helps treat seasonal affective disorder (SAD) and certain other conditions by exposure to artificial light. **Reflexology/Light Therapy is offered every other Wednesday beginning May 26 for one hour sessions from 10:00-12:00. Cost for Reflexology is \$40 per session & Light Therapy is \$45 per session.**

Polarity *With Tim Polak*

Polarity Therapy is a system of treatment used in alternative medicine, intended to restore a balanced distribution of the body's energy by combining touch, exercise, nutrition and self-awareness. This is a great way to keep your body's energy moving through your joints. Come try a session with Tim and experience the way your body feels after a session. Great for men or women. Stay fully clothed while laying on a massage table and experience light holds, acupressure and stretching for a renewed sense of relaxation and balance. **Cost is \$45/one hour session. Sessions are available June 3 & June 17 from 9:00-1:00.** Learn more at librancepolarity.com

Podiatrist Appointments *With Dr. Kelly Whaley*

Dr. Whaley will be at the center the second Tuesday of the month to provide podiatry services. Cost is **\$25/appointment. June 8 - waiting list, July 13 & August 10 - limited appointments.**

Piano Lessons *Instructor: Karen Pfeifle*

Sounds Inspirations Music Therapy provides 30 minute individual private piano lessons. Tailored to the learning styles and desires 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 9:30-12:00.**

Attorney *Debbie Loughner*

Legal advice. This is a **FREE service** and it is offered the second Friday of the month. **Next appointments available are on Friday, June 11 from 9:00-11:00.**

VIRTUAL CLASSES

All schedules are subject to change.

TaijiFit with Tim - 10:00 am Monday mornings

TaijiFit is for everyone. There are no restrictions to physical abilities or age; anyone can follow along and move to what they see. There is nothing to learn, nothing to remember and you can not do it wrong! Just enjoy the gentle mindful movements that focus on the breath to bring your mind and body together as one. These simple exercises are good to lower blood pressure, increase your immune system as well as improve your balance all while having fun.

You can join these classes in person, or you can also join me for an online TaijiFit Experience in the comfort of your own home. Email me at tlsoshea@aol.com and I will send you an invitation to my 10:00 am Monday morning TaijiFit flow experience with Tim.

Yoga with Tina

Email tina@fourthpathyoga.com for more information or to sign up

Zoom Chair Yoga for Strength and Stability - 10:00 am Friday mornings

Tina DiCillo has been a yoga teacher for 20 years, and has been teaching her special brand of Chair Yoga for 15 years (and online classes for 10 months). Her instructions are clear, concise and easy to follow. The focus of this class is strength and stability, balance and mobility, breathing and health for body, mind and soul, and fun for all. You will need a sturdy chair, preferably a folding chair, a yoga mat, and a tennis ball. The following equipment is optional, but helpful, a belt or strap at least 6 feet in length, 2 4-inch thick yoga blocks, and a blanket or large towel. There is not a set fee for this class, it is a donation based class so that it is accessible to all.

Tina's Zoom Mat Yoga Challenge - 6:30 pm Monday evenings

Tina DiCillo has been teaching this class in the studio continually for over 16 years and transitioned it to an online class in March. This is a traditional Hatha style yoga class with emphasis on focus, breath, strength, stability and alignment. The philosophy of yoga is also an important part of this class. You will need a mat, a yoga strap at least 6 feet in length, 2 4-inch thick yoga blocks and a tennis ball. This is an intermediate class for experienced students. The fee for this class is \$11 per class (\$10 for over age 70).



Kirtland Kiwanis
Drive-thru Strawberry Festival

At: Kirtland High School Parking Lot
Friday, June 18th 2021
 Rummage Sale 12-8pm/Drive Thru 5-9pm

Saturday, June 19th 2021
 Parade 12-2pm (line up 10:30am - 12)
 Rummage Sale 12-8pm/Drive Thru 2-8 pm

Lemonade
Short Cakes & Sundaes

The poster features a background of strawberries. At the top right is the Kiwanis International logo. The text is in various colors and fonts, including red, blue, green, and yellow. There are illustrations of a strawberry, lemons, and three cars (yellow, red, and blue) driving through the festival.

Upcoming
Events



Kirtland Kiwanis
GOLF OUTING
JULY 18TH

ST. DENIS / 1PM TEE OFF
MIKE SAMS
216.244.7335
SIGN UP
ONLINE:
KIRTLANDKIWANIS.ORG
MENU TAB / 2021 GOLF OUTING

The poster has a green background with a golf club and a golf ball. The Kiwanis International logo is in the top left corner. The text is in blue and white, with some bolding. The price is listed as \$125 PER PLAYER.

NEW GUIDELINES

At the time of printing, these are our new re-opening guidelines. As we get more direction from the County, State, and Federal governments, we will be updating as necessary.

Every person who enters the building must be wearing a face mask.

Mask must be worn inside at all times unless you are actively eating/drinking or exercising.

No walk-ins will be permitted; every person must be registered at least 24 hours in advance for admittance.

Every activity will be available to book on our website at www.kirtlandcommunity.com. You can also call us to register at 440-256-4711.

At this time, **no one is permitted in the building until ten minutes prior to the start of their appointment or class.**

Symptom checks will be done by phone the day before scheduled events regardless of your vaccination status.

Everyone will have their **temperature checked at the front desk** as they come in.

Hand sanitizer is available throughout the building.

Anti-bacterial wipes are available in each room.

Please use the **marked doors to enter and exit.**

Make sure to **keep your distance!** Indicators will be on the floor in the lobby and at the gym as a reminder.

Class schedules will be staggered to ensure adequate time for sanitizing between each activity.

We will gather for a **monthly meal which will be either held outside or using the drive-through model.**

Classes will be assigned locations based on average attendance. Each location will hold up to (but not exceeding) 25% of capacity.

When possible, classes and workshops will be **encouraged to meet outside.**

All unvaccinated instructors and staff will be **tested at least every two weeks.**



LAKE COUNTY MOBILE FOOD PANTRY

**AVAILABLE TO LAKE COUNTY SENIORS 60 AND OVER.
SENIORS CAN REGISTER FOR ONE PICK-UP PER MONTH.
PRE-REGISTRATION IS REQUIRED AND IS LIMITED TO 60 SPOTS AT EACH LOCATION.**

**RESERVE YOUR PICK-UP BY CALLING 2-1-1
OR COUNCIL ON AGING AT 440-205-8111.**

**THE LAKE COUNTY MOBILE FOOD PANTRY WILL PROVIDE FRESH PRODUCE AT
THREE LOCATIONS IN LAKE COUNTY EACH WEEK.**

MAY DATES:

MAY 4 | 10 A.M. | EASTLAKE TRANSIT CENTER | 35300 VINE ST.
MAY 5 | 10 A.M. | MENTOR PARK-N-RIDE | 8650 MARKET ST.
MAY 6 | 10 A.M. | WICKLIFFE SENIOR CENTER | 900 WORDEN RD.
MAY 11 | 10 A.M. | MADISON SENIOR CENTER | 2938 HUBBARD RD.
MAY 12 | 10 A.M. | MENTOR PARK-N-RIDE | 8650 MARKET ST.
MAY 13 | 10 A.M. | PERRY SENIOR CENTER | 2800 PERRY PARK RD.
MAY 18 | 10 A.M. | CENTRAL YMCA | 933 MENTOR AVE.
MAY 19 | 10 A.M. | MENTOR PARK-N-RIDE | 8650 MARKET ST.
MAY 20 | 10 A.M. | CONCORD COMMUNITY CENTER | 7671 AUBURN RD.
MAY 25 | 10 A.M. | LAKELAND COMMUNITY COLLEGE | 7700 CLOCKTOWER DR.
MAY 26 | 10 A.M. | MENTOR PARK-N-RIDE | 8650 MARKET ST.

Thank you to our Community Partners:



June Dates:

June 1: Mentor Park & Ride	June 15: Mentor Park & Ride
June 3: Wickliffe Senior Center	June 17: Painesville (Location TBA)
June 8: Mentor Park & Ride	June 22: Mentor Park & Ride
June 10: Madison Senior Center	June 24: Lakeland

Broccoli Salad

Yields: 10 or more

Ingredients:

2 ½ heads of broccoli florets

½ red onion diced

1 lb bacon

¾ cup raisins

¾ cup salted sunflower seeds

Dressing:

1 cup mayonnaise

½ cup sugar

2 tablespoons red wine vinegar



Cut bacon into bite size pieces and fry until crisp. Remove and drain on a paper towel. While bacon is cooking, break broccoli florets into bite size pieces and place in a large mixing bowl. Add the diced red onion, bacon, raisins & sunflower seeds to the broccoli & combine. In another bowl, whisk the mayonnaise, sugar & red wine vinegar until blended. Pour mayonnaise mixture over broccoli and toss to coat. Refrigerate for at least 2 hours before serving.

Greetings from the Senior Board

The reward for your patience is about to come. After listening to President Biden speak and hearing Teresa's report from her latest communication with the Lake County Health Department the center reopening is just around the corner. The center has been swept clean, restrooms have been updated, and everything is looking good. Make sure you come and check out the place on May 25th.

When the board met in December, 2020 we discussed how to keep our members motivated in the center; as well as meet the needs of our seniors. With the opening announced I can tell you that I feel the board was successful. We had lunches served to your vehicles, we had one-on-one sessions restored at the center, the exercise room reopened, the newsletter restarted, and staff was hired that would help accomplish our goals. Our goal was to make sure you did not forget the center and the friends you made there, but to anticipate the reopening. Thank you for your patience and participation in the programs.

I would be remiss if I also didn't acknowledge some city workers who never forgot us. Mayor Potter was in communication with me since September working to get the center open. His only statement to me was, "I want what is best for our seniors!" I feel he did everything he could in that regard, from hiring Teresa and Sharon to updating the Community Center. Then there was Joe Fornaro, the Service Director, he was always available to lend a hand and make himself available to us. Finally Teresa and Sharon have worked hard to learn the basics of operating the senior center, and will quickly adapt when all of us return. Thank you all!

I know this is going to be a long newsletter so with that I want to welcome you back from the Senior Board. We hope you will attend the Open House and if you can't look forward to seeing you in June. I know I can't wait to return to a normal center in a normal summer. - Dave

SENIOR SPOTLIGHT

Each month, we will shine a light on one of the members of our Senior Center. These individuals will be honored for service to the City and/or Center, for commitment to their family and/or friends, to noteworthy accomplishments, or just because we want to honor all of you!

Nominations are accepted for monthly Spotlight Seniors and are available online and at the Center.

"Life is not a dress rehearsal. Every day could be the final act. So live it." – Marilyn Raishart

"Be a good person every day." – Fran Raishart

Fran had newly arrived in Ohio and was checking out a car that Marilyn's brother was selling. As she was in the kitchen washing dishes, she told her mother that she would give her right arm to be with the good-looking man outside. And thus began their journey of adventure, love, family, and service. 58 years later, they are still on an adventure of a lifetime, right arms intact.

The Air Force brought Fran to Alaska and, along with his new bride, they eventually journeyed to Japan in 1967. While work kept them both busy, they still found time to travel throughout the region.

Returning home from their adventures overseas, they bought their first house in 1970 and welcomed their first daughter. In 1974 they had their second daughter, and their son followed in 1979. In 1975, they purchased a lot of land in Kirtland and decided to build from the ground up and still call it home. All of their children went through Kirtland schools, and the family continued their life-long commitment to the city.

Both working full time (her working at the OB unit at Hillcrest, and him as a electrical engineer at Eaton) and running a house of three children would give them a great excuse to take any spare moment they had to relax. Instead, they threw themselves into volunteering – between running the refreshment stand to Boy Scouts to volunteer school nurse to PTA to bingo, those spare moments became opportunities for them to give back together and as a family.

We have limited space here in the Gazette, so rather than expounding on each of their projects, here is what we learned from some of their experiences:

Divine Word (*Ladies Guild, Holy Name Society, Usher*) – faith is a verb!

Gardening (*Kirtland Garden Club, Gates Mills Garden Club*) –

help make someone else's life beautiful.

Meals on Wheels – whether it's a meal or a chat, your neighbors are your family too.

Kindness is contagious.

Medical Mission to Honduras – love is a universal language.

Kiwanis – working together, anything is possible.

RSVP of Lake County, Eaton-sponsored volunteer opportunities (including Society for the Blind and United Way), Holden Arboretum and the Botanical Gardens

– we may have run out of room, but all of these have one thing in common – an awareness of the needs around us and the drive to help.

It is always telling for us when our Spotlight Seniors choose the stories they want to share. In closing, here is one thing you should certainly know about each of these wonderful Center members:

Marilyn is a passionate and devoted volunteer at the Hospice of the Western Reserve.

The opportunity to bring both love and sunshine to these families is unparalleled.

Because his name is Fran and they are his cakes, "Fran Cakes" are famous to those who know him. Since he decided to make a cake for his oldest daughter's first birthday, these cakes have made the rounds at all events near and dear to his heart – even to Marilyn's colleagues at Hillcrest (it was always gone before she could get a slice!). We're hoping to include the recipe in an upcoming issue...

Thank you both Fran and Marilyn for helping to truly keep Kirtland a City of Faith AND Beauty.



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

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

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

May Riddles:

The more of this there is, the less you see. What is it?

What five-letter word becomes shorter when you add two letters to it?

Answers inside!

KIRTLAND SENIOR CENTER

(440) 256-4711

communitycenter@kirtlandohio.com

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!

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