

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter

From the Desk of the Mayor

As summer begins to quickly wind down, I think we can say with confidence that we have much to celebrate. I want to thank you, our Seniors, for your support of city staff and for your patience as we worked to reopen the Senior Center. This was no small undertaking and thanks especially to Teresa and Sharon for their commitment and care leading up to and since the reopening. We have remarkable folks serving our residents and I probably don't thank them enough. I also want to thank all of you that came out in support of our City, Faith and Beauty concert nights. In partnership with our wonderful Friends of the Library, we saw record participation from our residents and look forward to expanding the fun and community spirit.

In addition to over four miles of city roads being professionally engineered and rehabilitated this summer, we've also seen many of our main thoroughfares re-stripped, patched and ditched. Led by Service Director Fornaro, our Service Department workers have done a great job battling the elements, including blistering heat, high winds and pelting rain. It is with great pride that I can report, our Public Works Department is beginning to hit on all cylinders. With many great workers already, the infusion of several key hires, as well as a new mantra, "how can I help," I think our residents are seeing and appreciating a department that is really committed to serving our residents. In complement to our Service Department, the Kirtland Fire Department has assisted in many of the summer storm cleanups as they've worked on numerous occasions to remove fallen trees from our roadways and helped assure motorist safety as in a few instances, high voltage electric lines were downed.

Briefly, I want to pass along that the effort to hire a new Police Chief will be conducted in a fair and objective manner. As Mayor and Safety Director, my role calls for focus and integrity of the highest regard during this decision making process. Who the Police Chief is matters, and we will leave no stone unturned as we consider this Department leader. The next Chief will exude leadership and honor, in addition to being well qualified. The safety of our officers and residents is paramount and we will not hire a chief just to check a box.

See you on the new outdoor pickle ball courts!
~Mayor, Kevin Potter

Riddle Answers: September; Leaf me alone



Apparently there was no countdown, so Karin's reaction is completely Teresa's fault.
Printed with express verbal permission



"NOTHING CAN GO WRONG"

Teresa Szary ~ Coordinator

This week, Sharon and I were corralling unwieldy exercise balls down the hallway (check out more details about our new aerobics/cardio drumming class on page 7!). Apparently, we looked pitiful, because a number of our members kindly asked us if we needed help. Pretty sure my response was, "We've got this. Nothing can go wrong!" And in the midst of all the challenges, losses, and difficulties this year, I'm sticking to it. With the help of our City administration, Council, and departments, we are doing all we can to serve the Seniors of Kirtland and surrounding areas. And with your patience and support, nothing can go wrong that we can't get through together.

And now for my monthly list of everything that is going right... That lovely smell permeating the building on Thursdays is our weekly Panera delivery. Again, while the bread, bagels, and pastries are free, please be courteous to others as you indulge. We don't know how much product we will receive every week and want everyone to be able to enjoy! Saturday, September 11 will be **Safety Forces Day** in front of City Hall from 11:00 am to 5:00 pm. This event serves as a way for our first responders to show you what services and equipment they have and to thank you for all of your support. New this year will also be a basket raffle and a collaboration with the library - you won't want to miss this experience (page 8)! As I type, they are laying the asphalt for our new outdoor pickleball courts. We want everyone to be able to enjoy this addition, regardless of skill level. I know nothing about pickleball and am certainly intimidated! If you feel the same way, join us for our free "beginners hour" every Thursday starting in September (page 4). For our avid players - feel free to donate any new or used paddles to the newbies cause. **FINALLY, "Meet the Teachers" Night will be held on Wednesday, September 22 from 6 - 8:00 pm here at the Community Center.** All Council, City Administration, Department Heads, and City employees are invited to join us for tours, chair volleyball, pickleball, appetizers, and to come spend time with YOU - the amazing members of the Senior Center! We hope you'll come out to meet those who work to serve you, and to show everyone what really goes on here at 7900.

As I'm running out of room, I'll close by trying to answer a question that has arisen several times. I am in consistent communication with Chief Hutton and Mayor Potter regarding the COVID Delta variant and the best ways to keep our community safe. Rest assured that we are constantly monitoring the situation throughout the state and especially in Lake County. Right now we believe that due to the rate of vaccinations among the senior population, there is no cause to be overly concerned, but we are cautiously keeping abreast of any new developments. If we have to we will go back to wearing masks inside, but will keep you posted if we get to that point. In the meantime, please continue to practice healthy habits and if you are not vaccinated, we **STRONGLY** encourage you to keep social distancing and wear masks, especially when inside the Center. This community has been so supportive of each other; let's do whatever we can to continue to keep each other safe - especially with cooler weather and cold and flu season on its way! - Teresa



TABLE OF CONTENTS

Page 1: Notes from the Director	Page 6: Upcoming Events
Page 2: Weekly Schedule	Page 7: Back to School
Page 3: Class & Wellness Schedule	Page 8: Community News
Page 4: General Info & Virtual	Page 9: Recipes / Senior Board Update
Page 5: Upcoming Events	Page 10: Senior Spotlight

Weekly Schedule

Monday

9:00-9:45 Strength Training

\$24/8 class session - two days per week (M/W)
or \$3/class

10:00-1:00 Pickleball

1:00-2:00 TaiJi Fit

\$12/4 class sessions or \$3/class

1:00-3:00 Chair Volleyball

Tuesday

9:00 Bocce

10:00-11:00 Aerobics

\$15/4 class session or \$4/class

11:30-2:30 Pickleball

12:30-2:30 Bingo

1:00-3:00 Ping Pong

Wednesday

9:00-9:45 Strength Training

\$24/8 class session - two days per week (M/W)
or \$3/class

9:00-10:00 Tai Chi - Bamboo Fusion

\$12/4 class sessions \$3/class

10:00-12:00 Sewing Class or Open

\$5/class - open weeks are free! See details on page 4

10:00-1:00 Pickleball

10:00-11:15 Fit Yoga

\$12/4 class sessions or \$3/class

1:00-3:00 Chair Volleyball

Thursday

9:00 Bocce

9:00 Cards - Hand & Foot

9:30-11:30 Watercolor Painting

\$28/4 class session

10:00-1:00 Pickleball

1:00-2:00 Beginner Pickleball Lessons (FREE)

12:30-2:30 Acrylic Painting

\$28/4 class session

1:00 pm Tai Chi

\$12/4 class sessions \$3/class

Friday

9:00 am Gentle Yoga

\$12/4 class sessions \$3/class

10:00-1:00 Pickleball

1:00 pm Aerobics

\$15/4 class session or \$4/class

1:00-3:00 Chair Volleyball

*Registration is required
24 hours in advance for all
Classes or Wellness Services.*

***Once a four week session has
begun, you will not be able to
register on-line,
but call us and we can
certainly do it for you!***

*To register online go to
www.kirtlandcommunity.org
or call (440)256-4711.
We will be glad to help you
register!*

NO NEED TO REGISTER FOR:
*Pickleball (see schedule)
Chair Volleyball (see schedule)*

*If you have registered for a class or
workshop, there is no need to sign in.
If you are dropping in for coffee, to do
puzzles in the library, to play pickleball
or chair volleyball, to see your friends, or
anything else that DOES NOT require
registration, know that we love to see
you and are excited you're here! Please
make sure that you stop by the front
desk to say hi and sign-in. Sign in sheets
are also available in each of the rooms.*

**Fitness Room open
DAILY from
8:30 am - 3:00 pm to
all members.**

SEPTEMBER CLASS & WELLNESS SCHEDULE

Registration is required for the following classes or wellness appointments:

Fitness Classes	Day	Time	Dates	Cost
Aerobics Instructor: Cheryl Dulaney	Tues	10:00-11:00	Aug 31, Sept 7, 14, 21 & 28	\$18.00 (5 classes)
Aerobics w/cardio drumming Instructor: Cheryl Dulaney	Fri	1:00-2:00	Sept 3, 10, 17 & 24	\$15.00
Fit Yoga Instructor: Dawn Gettig	Wed	10:00-11:15	Sept 1, 8, 15, 22 & 29	\$15.00 (5 classes)
Gentle Yoga Instructor: Anne Owens	Fri	9:00-10:15	Sept 3, 10, 17 & 24	\$12.00
Strength Training Instructor: Nancy DiFranco	Mon & Wed	9:00-9:45	Aug 30, Sept 1, 8, 13, 15, 20, 22, & 27	\$24.00 (8 classes) \$12.00 (4 classes)
Tai Chi for Health Wellness Instructor: Eb Molesch	Thurs	1:00-2:00	Sept 9, 16, 23 & 30	\$12.00
TaiJiFit Instructor: Tim Shea	Mon	1:00-2:00	Sept 13, 20, 27 & Oct 4	\$12.00
Tai Chi – Bamboo Fusion Instructor: Tim Shea	Wed	9:00-10:00	Sept 1, 8, 15, 22 & 29	\$15.00 (5 classes)
Classes/Workshops	Day	Time	Dates	Cost
Acrylic Painting Instructor: Connie Adams	Thurs	12:30-2:30	Sept 9, 16, 23, & 30	\$28.00
Watercolor Painting Instructor: Connie Adams	Thurs	9:30-11:30	Sept 9, 16, 23, & 30	\$28.00
Glass Painting Workshop Instructor: Connie Adams	Wed	11:00	Oct 13	\$10.00
Sewing Project & Help Days Instructor: Mae Williams	Wed	10:00-12:00	1st & 3rd Wed: Free Help Day 2nd & 4th Wed: Project Day	\$5.00/project
Piano Lessons Instructor: Karen Pfeifle <i>*must register for 2 classes/month*</i>	Tues	9:30-12:00	Sept 7 & 21	\$15.00/30 Minutes
Card Making Class Instructor: Carol Caroff	Wed	1:00-3:00	Sept 1, Oct 6	\$10.00
Wellness/Other	Day	Time	Dates	Cost
Attorney with Deborah Loughner	Fri	9:00-11:00	Sept 10, Oct 8, Nov 12, Dec 10	Free
Podiatry with Dr. Kelly Whaley	Tues	9:00-12:00	Sept 14, Oct 12, Nov 9, Dec 7	\$25.00/15 minutes
Reiki with Anne Owens	Fri	10:30-12:00	Sept 10 & 24	\$25.00/25 minutes
Polarity with Tim Polak	Thurs	9:00-1:00	Sept 9 & 23	\$45.00/1 hour
Reflexology/Light Therapy with Linda McMahan	Wed	10:00-12:00	Sept 1, 15 & 29	\$40/Reflexology \$45/Light Therapy
Swedish & Relaxation Massage with Natalie Lopez	Fri	10:00-3:00	Sept 3 & 17	\$55/50 minutes

Sewing

Do you own a sewing machine and need help with projects, reading patterns or would like to just learn more about sewing? We will offer Sewing classes every Wednesday starting in September! Just bring your sewing machine and thread up. The 1st & 3rd Wednesdays will be FREE or "OPEN" sew days for you to complete any projects you are working on, or to just stop in for help or questions you may have about sewing. The second and fourth Wednesday of each month will be a class "Project Day" & will cost \$5.

Tai Chi -- 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 new class will be offered by Tim Shea on Wednesday mornings at 9:00. September's five-week session will be \$15.00.

Bocce

Come on out and play Bocce on Tuesday & Thursday mornings. Weather permitting we gather around 9:00am.

Cards

Join us every Thursday as we come together to play Hand & Foot cards and socialize with each other. Games begin around 9:30 and last until about 12:00.

Anyone interested in starting a Pinochle Group, please contact us so we can get in touch with others that would like to play. This group is looking to play on Friday mornings.

Beginner Pickleball Hour

New to Pickleball? Need to learn the basics? We got you covered. Starting in September on Thursdays from 1:00-2:00 pm we will have our own Ken Wyban & Debbie Gifford available to instruct you with the ins & outs of pickleball. Our first date will be September 2. Please pre-register with us by the Tuesday prior. Make sure to wear tennis shoes and comfortable clothing that you can move in!

If anyone has any old paddles that they are not using any longer, please feel free to donate to us to have here at the Center for players to borrow.

Pickleball

Pickleball is a fun sport that combines elements of tennis, badminton and ping-pong. It can be played as doubles or singles. Come join the fun! **Pickleball is played Monday, Wednesday, Thursday & Friday from 10:00-1:00 & Tuesday from 11:30-2:30.**

Chair Volleyball

Chair Volleyball is an activity that 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! **Chair Volleyball is played Monday, Wednesday, & Friday from 1:00-3:00.**

Ping Pong

Looking for anyone & everyone who might be interested in playing Ping Pong. **All are welcomed to come on Tuesday afternoons at 1:00.** Just stop by or give us a call to let us know you are interested and we can pass your information on to those that would like to play.

**Congratulations to our two Mind Challenge Trivia teams!
Although we didn't win this year, we had a blast
and look forward to new chances to play!
We're proud of you - thanks for letting us hoot and holler
for you in public.**

Upcoming Events



CLAM BAKE

Come welcome Fall at our annual Clam Bake. It will be held on September 29 at 12:30 pm. The bake will consist of 1 dozen clams, 1/4 chicken, clam chowder, 1/2 ear corn, 1/2 sweet potato, cole slaw, roll & butter and broth. Cost is \$15.00 per member. **Please RSVP by September 17.** No registrations will be accepted after this date.

Glass Painting Workshop

Our resident art instructor Connie Adams will be hosting a glass painting workshop. It will be held on Wednesday, October 13 at 11:00am. Cost is \$10 and you will get to paint & take home 2 glasses each. Step-by-step instruction will be given. You will be amazed at how easy it is and beautiful your glasses will be!



Men's Luncheon

Our September Men's luncheon will be on **Wednesday, September 15 at 12:30 pm.** Cost is \$7.00. Our menu will be **Chicken Parmesan, rigatoni & salad.** **RSVP by September 8.** Mark your calendar for November 17 for our last lunch of 2021.



Ladies Luncheon

Our next Ladies ONLY Luncheon will be held on **Wednesday, October 20 at 12:00 pm.** Cost is \$7.00. **Menu is salad with grilled chicken.** **Please RSVP by October 13.** The last Ladies lunch for 2021 will be on December 8.



September Birthday Lunch

This month's Birthday Lunch will be held on **September 22 at 12:30pm.** Cost is \$7.00. **Menu will be Lasagna, Garlic Bread & Salad.** **Please RSVP by September 15.** EVERYONE is welcome, regardless of your birthdate!

Trash to Treasure

September Trash to Treasure Sale will be held September 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 September 13-15 during business hours (8:30 am - 3:00 pm).**



September Book Club will be on **September 17 at 11:00 am.** Our next book will be **"Dreamland by Sam Quinones.**

Books will be available to pick up at the library.

Bingo

We will be playing Bingo every Tuesday beginning on September 7! Come take a chance on winning a gift card, lottery tickets or other great prizes. Bingo will be held in the Sunflower Room at 12:30 pm. A special thank you to Dorothy for organizing and running this classic game!



Upcoming Events

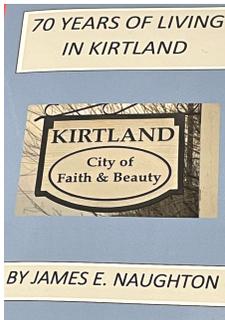


Game Day

Game Day is back! Beginning Tuesday, September 21 at 12:30 pm we will be playing games and having fun. Bring a snack to share & your own beverage. If you have a favorite game we would love to play it - be it a board game, card game or illustration game! Come join the fun.

The Great Kirtland City Bake Off

Get your best dessert recipe ready for our first EVER Baking Contest. This October, we will be inviting City employees to take on the Senior Center for the ultimate prize - bragging rights. If you can't handle the heat... get inside and bake! Keep an eye out for next month's newsletter for more details.



"70 Years of Living in Kirtland" By James E. Naughton

This book was written to tell the story of Kirtland from 1937 until 2007 by Kirtland's first Mayor, James E. Naughton. It talks about how Kirtland went from a small rural farming town to a small city and everything in between. The cost of the book is \$20 and proceeds will go to the Kirtland Kiwanis. Please sign up at the front desk to get your copy.

Medicare Open Enrollment Question & Answer Session

The Medicare Open Enrollment runs from October 15 thru December 7 this year. 2022 plan information & question session will be presented by **Tim Polak** and the team from **How Money Works Learning Center** located in Kirtland. **These sessions will be held on Tuesday, October 12 & 26, November 9 & 23, and December 7 at 1:30 pm in the Sunflower Room or the library here at the Kirtland Community Center.** All are welcome and it's FREE!

Hearing Screening

It is medically recommended to have your hearing tested annually. Adults with untreated hearing loss are more likely to develop dementia. Hearing loss is not just an ear issue, it is also a quality of life issue, a health issue, and a safety issue. Hearing loss can occur naturally due to age, but it can also be caused by other health reasons that may surprise you. **Holly's Hearing Aid Center will be here at the Kirtland Community Center conducting FREE hearing screenings on Thursday, October 7, 2021 from 9:00 am-11:00 am.**

Please register on-line at www.kirtlandcommunity.com or by calling the Center at 440-256-4711.



Cardio Drumming / Aerobics

Cheryl has added cardio drumming to her regularly scheduled Friday aerobics class at 1:00 pm. This awesome exercise takes buckets, drumsticks (personalized just for KCC!), and fitness balls and transforms them into a great workout to the beat that you create! If you want to try it out, sign up on-line at www.kirtlandcommunity.com, give us a call, or stop by the front desk to register! Cost is \$15 for a four week session or \$4 each class.



MEET THE *"teachers"*

Wednesday, September 22

6:00 - 8:00 pm

Kirtland Community Center

All Senior Center members (new and potential!), City Administration, Council, Department Heads, and Employees are invited to a free evening of appetizers, chair volleyball, pickleball, tours, and community. No RSVP necessary!

Welcome to our new and returning members in 2021!!!

- | | | | | | | | | |
|---------|----------|---------|----------|----------|--------------|--------|-----------|-----------|
| Wendy | Kathleen | David | Dolores | James | Frank | Janet | Carl | Herbert |
| Denise | Jim | Chris | Lilian | Judy | Jason | Sue | John | Judi |
| Maria | MaryAnn | Doreen | Richard | Al | Jerri Elaine | Neil | Christine | Sarah |
| Barbara | Susan | David | Fran | Denise | Melanie | Joy | Susan | Kevin |
| Terryl | Vicki | Carla | Patricia | Claire | Jan | Thom | Patricia | Anne |
| Doug | Maureen | Donna | George | Patricia | Lynn | George | Lee | Elizabeth |
| | Kathleen | Dorothy | Cindy | Gary | Kathy | | | |

HEAP



Do you have trouble breathing when it is hot outside? Do you need help with paying your electric bill this summer? If you answered yes to any of these questions, you may qualify for the Home Energy Assistance Program Summer Crisis Program (SCP). The SCP begins 7/1 through 9/30 and is to help those qualified pay for summer cooling. Eligible households can receive a one-time electric bill payment or could receive a an or AC unit. AC units & Fans are first come, first served basis. For more information contact Lifeline, Inc. Energy Assistance Office at 1-440-350-9160 or schedule an appointment online at <https://app.capappointments.com>

Community News

Join Us For
SAFETY FORCE DAY
SATURDAY, SEPTEMBER 11TH
11 a.m. to 5 p.m.

You are invited to Kirtland City Hall front lawn for an informative fun filled afternoon of, K9, Taser and DRONE Demos, UH Helicopter, Raffles and many more!!

Follow Us On
 Facebook for event updates

American Legion Post 609 Annual Craft Show

The American Legion Post 609 will be holding their Craft Show on Saturday, October 2 from 9:00 am - 3:00 pm. Come shop local vendors and get a jump start on your holiday shopping. **If you are interested in becoming a vendor, please contact Chuck at 440-256-1104 or email at bick1104@aol.com for more information.**



Kirtland Community Halloween Party

Bring your little ghosts & goblins out to the Kirtland Community Center on **Tuesday, October 19 from 6:00-8:00 pm** for our annual Halloween Party. We will have trick or treating, entertainment, games, costume contest & prizes. More information will be available soon at www.kirtlandohio.com

Zucchini Brownies

Submitted by: Carol Clem

1/2 cup oil
 1 1/2 cups sugar
 1 tablespoon vanilla
 2 cups flour
 1/2 cup cocoa powder
 1 1/2 teaspoons baking soda
 1 teaspoon salt
 2 cups shredded zucchini drained



Preheat oven to 350*. Oil a 9x13 pan (can use foil to lift out). Combine oil, sugar, & vanilla and mix well (about 2 minutes). In a separate bowl sift flour, cocoa, baking soda & salt. On low speed, mix flour mixture into the sugar mixture and mix well. Fold zucchini into batter. Can add 1 cup chocolate chips if desired. Bake 25 minutes.

Greetings from the Senior Board

Community is defined as a group of people who have a similar interest in something, or live in a particular area. We, us seniors, are a community. Many people would tell you that we are a vital part of the community. Together our voice can be heard.

How do we show we are a community? By making sure our voices are heard. Many people would think it is political, by voting. But, it is much more than that. This month we participated in the Strawberry Festival, we entered a team to play in the community trivia contest against firemen, teachers, and school administrators. Were you there to cheer us on? We also entered two teams in the Mind Challenge county contest this month. We have participated in past Lake County Parks Senior Olympics, winning many medals representing the Kirtland community.

As a group we shop/buy in our community. Many times shopping I run into senior members and stop and talk. Also, as a group we try to shop Kirtland when purchasing lunches to serve in the community. Our buying force helps our community thrive.

Please take the time to support our community. I would like to see everyone attend our week long celebration of returning to the community. I would like to see everyone sign up for the clam bake in September, and the Christmas luncheon in December. It's time to return to the community, maybe that's why we are a community center.

-Dave

Our next Board meeting will be held on Wednesday, September 8 at 12:00 pm in the Sunflower Room. All are welcome!

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.

There are some people that we encounter on a regular basis that just make everything better. Rain or shine, good day or bad, these people have the ability to brighten up every room they walk into. We are fortunate here at KCC to have a whole list of such people, and this month we are so excited to spotlight someone who makes me smile every time I see her.

Sharon Woltman is a proud Eastlake resident and puts me to shame with her optimism and selfless volunteerism. Sharon was born in Cleveland, grew up as the second of five, and considers herself beyond lucky to be able to still consider her family her best friends and some of her best friends as family. Her siblings are all relatively local, and she is delighted to continue to share time with them often. As a teenager, Sharon had the opportunity to babysit a young girl with special needs and discovered a heart for working with children who need that extra love and attention.

After getting her Master's degree in education, she made this passion her career for twenty-five years. Working in the Cleveland school district, she considered it her privilege as a Special Education teacher to work every day with not only children with special needs, but their families as well.

After "retirement," Sharon threw herself (sometimes literally, it seems!) into serving her community. I'm going to try to fit in as much information about the organizations at which she volunteers and what they do... Take a deep breath, eat your Wheaties, and buckle up.

An active member of St. Mary Magdalene Parish in Willowick, Sharon is a Eucharistic Minister; a volunteer with the St. Vincent de Paul Society both fundraising for and assisting with their food pantry; helps with the annual school supply drive in August and the Advent giving event in December.

In her spare time, she is the treasurer of the Eastlake Women's Club working on (among other things) an Evening with Santa, Stars for our Troops, the Eastlake Little Free Library, and National Night Out with Lake County first responders.

Throw in other volunteer experience - the Kids in Need clothing program and Reading Buddies at Willoughby Eastlake Schools - and she has loads of free time to brighten all of our days here at the Center.



They say you can either have roots or wings, and we are so glad that Sharon is rooted right here in our local communities. She continues to live a life with no regrets and reminds everyone to enjoy every day and to find fun in everything! If you need to bring some laughter back into your world, come on out to chair volleyball and Sharon will teach you how!

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

September Riddles:

Spell me out and I am the number of a month in which I also match the number of letters exactly of this month. What am I?

What did the tree say to Autumn?

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*