

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter



New in July

BIRDHOUSE PAINTING WORKSHOP

DETAILS ON PAGE 7

GENTLE YOGA AND REIKI

DETAILS ON PAGES 1, 3, 5

BOOK CLUB

DETAILS ON PAGE 6

TRIVIA COMPETITION

DETAILS ON PAGE 6

BIRTHDAY AND MEN/WOMEN'S LUNCHES

DETAILS ON PAGE 6



REMINDER:

**The Kirtland Community Center is closed on
Monday, July 5th in observance of the 4th of July!**

Riddle Answers: At the bottom; Because they lived in colonies



WELCOME BACK PART 2

Teresa Szary ~ Coordinator

It has been such a pleasure to see so many faces in these past few weeks. We are so excited to be re-opened, and incredibly humbled and overwhelmed with the amount of support, patience, and flexibility you have all shown us this month. What I personally have learned in June – I am, in fact, terrible at Chair Volleyball, but this competitive group is more than welcoming and willing to give this newcomer a try. I encourage anyone who may be interested in any of our activities to step (or sit) out of your comfort zone. Our Seniors are a great bunch who will go out of their way to show you the ropes until you get on your feet.



As Dave notes in his letter this month, a bunch of KSC favorites will be returning in July. Our new guidelines are on page 8, and we are confident that we will be able to offer these activities and events safely. In addition to everything offered in June, we will also be bringing back: monthly birthday lunches, men/women's lunches, the Trash to Treasure sale, and book club.

We are also excited (I'm usually excited if you can't tell!) to introduce our new Gentle Yoga instructor / Reiki provider! Tina will continue to offer her virtual classes every week, and highly recommends Anne Owens, who we are pleased to welcome. I've included Anne's bio below. She will be leading Gentle Yoga on Fridays at 9:00 am beginning on July 9 and Reiki will be offered every other Friday from 10:30 – 12:00 (details on pages 3, 5).

Anne Owens BSN, MA, EYT 200, Reiki Master–Anne Owens is a registered yoga teacher and Reiki Master. She is a graduate of Ursuline College where she received a bachelors degree in nursing, and Case Western Reserve University where she completed a masters in medical illustration. Her yoga certification is from Try For Life and she studied Reiki with Jan Hauestein and Sister Ann Winters.

WE NEED TRIVIA TEAMS! We'll be competing in a Northeast Ohio trivia contest, and need all you smart people out there to bring us to the winner's circle. Details on page 6.

When my mother has a crazy idea, she always starts with "picture this..." And trust me, there is a "picture this" event coming to the Center in August. We can't wait, and hope you have as much fun as we are! – Teresa

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Weekly Schedule

Monday

9:00 Strength Training with Nancy
 9:00-3:30 Billiards, Ping Pong, Library, Cards
 & Bocce
 10:00-1:00 Pickleball
 1:00 TaiJi Fit
 1:00-3:00 Chair Volleyball

Fitness Room open by APPOINTMENT ONLY

Tuesday

9:00-3:30 Billiards, Ping Pong, Library, Cards
 & Bocce
 10:00 Aerobics
 11:30-2:30 Pickleball

Fitness Room open to ANY MEMBER

Wednesday

9:00 Strength Training with Nancy
 9:00-3:30 Billiards, Ping Pong, Library, Cards
 & Bocce
 10:00-1:00 Pickleball
 10:00 Yoga with Dawn
 1:00-3:00 Chair Volleyball

Fitness Room open by APPOINTMENT ONLY

Thursday

9:00-3:30 Billiards, Ping Pong, Library, Cards
 & Bocce
 9:30-11:30 Watercolor Painting
 10:00-1:00 Pickleball
 12:30-2:30 Acrylic Painting
 1:00 Tai Chi

Fitness Room open to ANY MEMBER

Friday

9:00 Gentle Yoga (beginning July 9)
 9:00-3:30 Billiards, Ping Pong, Library, Cards
 & Bocce
 10:00-1:00 Pickleball
 1:00 Aerobics
 1:00-3:00 Chair Volleyball

Fitness Room open by APPOINTMENT ONLY

*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 get registered!*

Pickleball, Chair Volleyball, Billiards, Ping Pong, Library, Bocce & Cards are open to any member.

NO registration needed.
Just sign in and have some fun!

JULY CLASS & WELLNESS SCHEDULE

Registration is required for the following Classes or Wellness Appointments

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/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, and bring water to remain hydrated. **Aerobics classes will begin Tuesday, July 6 from 10:00-11:00 or Friday, July 9 from 1:00-2:00. The cost is \$15 for either the Tuesday session (4 classes) or Friday session (4 classes) or \$30 for both Tuesday & Friday (8 classes).**

Gentle Yoga for Flexibility, Strength, Relaxation *Instructor: Anne Owens*

Stressing respect for individual differences, this gentle yoga class is designed to increase strength, flexibility and relaxation. Mindfulness practice, body awareness exercise, visualization and calming yogic breathing will be explored. The student will be guided through a series of easy, slow movements, and relaxation techniques. A mat, chair or both may be used. Modifications will be provided to accommodate individual needs. You will need a mat, small pillow/blanket and eye pillow are suggested but not required. **Classes will be held on Friday from 9:00-11:15 and will begin on July 9. Cost will be \$12/4 week session.**

Strength Training *Instructor: Nancy DiFranco*

Strength training 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. Strength Training is **a 45 minute class and is two times a week beginning Monday & Wednesday from 9:00-9:45. The cost of the class is \$24/4 week session. This 4 week session will begin on Wednesday, June 30.**

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 will begin on July 7. 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 and will begin on July 12. Cost will be \$12/4 week session.** E-mail tlsoshea@aol.com with any questions.

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 and will begin on July 1. Cost of the class will be \$12/4 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! **Beginning in July, Pickleball will be played Monday, Wednesday, Thursday & Friday from 10:00-1:00 pm & 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! 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! **Beginning in July, Chair Volleyball will be played on Monday, Wednesday, Friday from 1:00-3:00.**

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. **Watercolor class will be a 4 week session held on Thursdays from 9:30-11:30 & Acrylic class will be a 4 week session held on Thursday from 12:30-2:30. Both classes will begin on July 1.**

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 July 13 & 27 from 9:30-12:00.**

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. July 13 - limited appointments.**

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, July 9 from 9:00-11:00.**

Reiki with Anne Owens

Reiki is a non-intrusive technique for stress reduction and relaxation that promotes holistic healing of the body, mind and spirit. It works in conjunction with regular medical treatments and can never cause harm. Reiki is beneficial for everyone. The experience is pleasant, comforting and nurturing. Reiki is administered through a gentle touch, or a hovering of the hands above the fully clothed body. Some of the benefits of Reiki are that it encourages relaxation, relieves stress, reduces pain, strengthen immune system, & improve sleep. Sessions are 25 minutes. **Cost is \$25/session. Sessions are available July 16 & July 30.**

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. 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 July 1, July 15 & July 29 from 9:00-1:00.** Learn more at librancepolarity.com

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 for one hour sessions from 10:00-12:00. The next sessions offered are July 7 & 21. Cost for Reflexology is \$40 per session & Light Therapy is \$45 per session.**

VIRTUAL CLASSES

All schedules are subject to changes

TaijiFit with Tim - 10:00 am Monday mornings

TaijiFit is for everyone. 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. 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.

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

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. Class is donation based.

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

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 a class for experienced students. The fee for this class is \$11 per class (\$10 for over age 70).

Upcoming Events



Birthday Lunch is BACK!

Come join us & celebrate ALL the birthdays that we have missed during this crazy past year! Luncheon will be held on July 28 at 12:30 pm. Cost is \$7.00 per person. You must pre-register by July 20. Happy Birthday!!!

Men's Luncheon

Come join us for the return of our Men's Luncheon on Wednesday, July 21 at 12:30 pm. Cost is \$7.00. Please RSVP by July 14.

Ladies Luncheon

Save the date for our first Ladies Luncheon for 2021 on August 18 at 12:30 pm. Cost is \$7.00. Please RSVP by August 10.



Book Club will be held on Monday, July 23 at 11:00 am. We will be discussing the book "A Gentleman in Moscow" by Amor Towles. This book stars a Russian aristocrat sentenced to permanent house arrest in the luxury Metropol Hotel in 1920's Moscow. Hope to see you there!

Trash to Treasure

Back by popular demand.....Trash to Treasure Sale! After a long year of cleaning, purging & organizing your home for fun, it's time to get rid of that clutter! Drop off any household items you would like to donate for our Trash to Treasure Sale. No personal items or clothing please!

We will be accepting items July 19-21 during business hours (9:00 - 3:00).
Our first sale of 2021 will be July 26-30.



Hey Trivia Buffs, Kirtland Senior Center is looking to form a team (or teams) to compete in the Mind Challenge Trivia Game against local Senior Centers in our area. Mind Challenge is a fun, **NO COST** trivia competition for seniors 55+ years and older allowing them to use their minds along with enhancing their socialization in a team format. Prize money, in excess of \$5,000 is awarded to the top four Senior Center Teams finishing the competition. Our initial series of events is our Team Formation Rounds and will be held July 23 here at the Community Center. If you are interested in being on Team Kirtland, please contact Teresa or Sharon for more information!

Birdhouse Painting Workshop *Instructor: Connie Adams*

See the front page for a picture of what you can do with these beautiful birdhouses!

Connie will lead this one day workshop in painting on Thursday, July 29.

Birdhouses are provided. See the front desk or Connie for details regarding times and fees.

Card Making Class *Instructor: Carol Caroff*

Make your own greeting cards! 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." We will do an assortment of cards during the monthly classes. **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). **All classes will be on the first Thursday of the month through October from 1:00 pm**

until 3:00 pm. Please note there must be at least 5 participants per class in order to hold the class each month.

Historic Kirtland 5K / 1 MILE

July 10 @ 8:00 am

Kirtland High School

\$10 / runner

information and registration at www.kirtland5k.com

We are also looking for volunteers! Call the Center or go to www.justserve.org (search for Kirtland) to sign up.

Kirtland Library Gazebo Concert Series

FREE! Wednesday evenings @ 7:00 pm

June 30: Chardon Polka Band
City Night

July 14: Debbie Gifford
Senior Center Night
Come support one of our own!!

July 21: Plaid Sabbath
Faith Night

August 18: Bob Wick Duo
Beauty Night

July Guidelines

As of June 15 – subject to change!

MASKS

If you have been vaccinated, masks are optional in the building.
Each instructor will decide the mask protocol for their own class.

SOCIAL DISTANCING and SYMPTOM CHECKS

Signs for social distancing and sanitizing will remain up and encouraged.

We will leave up the thermometer,
but are not requiring a temperature or symptom check
for those vaccinated.

As always, if you are not feeling well,
we ask you to please stay home for the safety of all.

CLASS CAPACITY AND LOCATION

Classes will no longer be scheduled to accommodate for limited capacity or time for sanitizing, but instead by instructor preference.

We encourage outdoor activities and events when weather permitting.
Please check the weekly schedule on page 2 as some times have changed
for the month of July.

REGISTRATION AND DROP-INS

On-line sign-ups will still be required for all classes (exercise, art, etc.),
wellness appointments, and lunches.

Prior registration will not be required for: chair volleyball, pickleball,
billiards/ping-pong, library, bocce, book club, or cards.

The fitness center will be appointment-based on Monday, Wednesday,
and Fridays but not required for Tuesday or Thursdays

For those activities not requiring an appointment,
everyone must sign-in either at the front desk or in each room.

WARM SAUSAGE CHEESE DIP APPETIZER

Recipes Submitted By: Jo Campbell

16oz roll of Bob Evans Pork Sausage
 16oz Cream Cheese, preferably softened
 10oz can Rotel Diced Tomatoes & Green Chilies, Mild

Brown the sausage. Mix in the cream cheese until blended, and then mix in the diced tomatoes. Put sausage mixture into a small crock pot and serve it warm with veggies or toasted sliced baguettes (see recipe below).



Toasted Baguette Slices

1 Baguette
 ¼ Cup Olive Oil

Slice the baguette on the bias into ¼" slices (about 20 slices). Brush each side lightly with olive oil. Bake at 350 degrees in a single layer on a rimmed baking sheet about 10-15 minutes. Check periodically to keep the baguette slices from burning.



Greetings from the Senior Board

Well, the big day came and went! We are open for business and a lot of classes have started meeting. While we still have county rules we must abide by, everything is loosening up as we continue to meet. I hope you have had the chance to visit the Center, and are taking advantage of the programs we have already offered.

At this month's board meeting the Senior Board discussed bringing back more of the favorite programs that we have sponsored in the past. We have decided in July we will bring back Men's Lunch, as well as begin Birthday Lunches. The July Birthday Lunch will look different than our normal lunch, but in August we will return to our normal Wednesday lunch. Also, the August Women's Lunch is being planned.

The center is also going to have construction of facilities outside the building in the next few months. At the June City Council meeting they discussed building three pickleball courts between the picnic pavilion and the building. The cost of the courts is being paid with both recreation levy money and city money. Also, we are waiting to hear about a grant to build additional bathrooms on that end of the building that could be used by us when using the pavilion, as well as the community during evening ball games. This would eliminate the latrines that are outside the building now.

We also discussed the Christmas Party in December. It is time to book Pine Ridge for our lunch, or look for another venue to use. We are exploring our options as we speak. Since Kirtland City Tavern has not reopened, although I saw someone washing chairs in the parking lot, we are looking for recommendations for lunches. Remember, they must deliver the meals. If you have a suggestion please stop in the office and let Sharon and Teresa know.

Well, I hope this finds you well and that you have stopped up at the community center. We have asked that the coffee cart be utilized again as soon as the supplies have been purchased. As you look around and you see something missing, or have an idea, let us know. – 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.

From her voice to her pickleball skills, there is no end to what Debbie Gifford can do! A resident of Willoughby Hills and a member of our Center, this fine lady shares her skills with all of us.

Her world in the arts began before she was even in it. Debbie's father was a vocalist and her mother was an artist. They met while she was painting the set of a show that he was working on, and years later, Debbie performed her first solo at the age of four. The second of three children, she was born in South Euclid and began her life as a performer. A favorite childhood memory is receiving a baby Thumbelina doll for Christmas when she was around 7 years old (this conversation turned into Teresa spending way too much time Googling "baby Thumbelina doll" in order to understand the excitement). Her father promised her that when she turned 16, he would take her to the Cleveland Music Settlement for classical music lessons, and her official education began. This childhood full of creativity, arts, and imagination eventually brought her to Cleveland State for her Bachelor's in Music Education and she continued with her Masters in vocal performance and classical opera. While at CSU, she traveled to Europe for the first of many international excursions.

She worked in the Painesville school system, teaching elementary school for 25 years. As a teacher and a performer, she had the best of both worlds, getting to teach during the day and performing in clubs in the evenings. Her days are now full of gardening, hiking and outdoor sports, pickleball, and of course, music. Her garden now houses stones that were part of the foundation of one of the first farms in Kirtland. The turkey coop that came with the house has been converted into a "she-shed," and she is always finding the balance of serenity and adventure. She also enjoys spending time with her two sons (Jesse and Mark) and three granddaughters (Lauren, Elizabeth, and Caroline).

She has five CD's out, and is releasing a new original song, "Love Finds You" this summer. We are excited to welcome Debbie to the Kirtland Library's Concert in the Gazebo series on Wednesday, July 14 at 7:00 pm. She loves to share the gift that she was born with, and is thrilled each time the band plays one of her songs. Singing jazz is incredibly interpretive, creative, and improvised, and you will never see the same show twice!

One of Debbie's favorite performances is at the annual Senior Center Christmas lunch, where she has the opportunity to share her talents with the good friends she has met here.

When Debbie had the chance to perform in her grandparent's hometown in Sicily, she was made to feel like royalty. We can say without hesitation that on the pickleball court or on the stage, here in Kirtland or abroad, her ancestral home got it right. She is, in fact, a queen!



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KIRTLAND SENIOR CENTER

July Riddles:

Where was the Declaration of Independence signed?

Why were the early American settlers like ants?

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*