

# GILDERSLEEVE GAZETTE

*Kirtland Senior Center Monthly Newsletter*



**Thank you to Eagle Scout candidate Andrew and Troop #286 for working so hard on building a new patio, benches, and birdhouses out by the bocce courts. We so appreciate all of your hard work on this project!**

## **Strawberry Festival Updates!**

The Strawberry Festival is not only a great social event, but also has a long standing tradition of providing the funds necessary for Kiwanis to support the varied needs of our youth and city. If you are interested in lending a hand to support the long term success and sustainability of this community treasure, please send your name and contact information to [kirtlandberryfestival@gmail.com](mailto:kirtlandberryfestival@gmail.com). All volunteers are welcome.

This year's Strawberry Festival will include many new activities and events, such as our Sidewalk Art, Baking and Lego Building contests. Contest rules and details for the following activities are available at [kirtlandkiwanis.org](http://kirtlandkiwanis.org): chalk art contest, bake-off, Lego contest.

*New Sponsors: Nexus Software (sponsoring Lego Building Contest)*

*Friends of the Festival: Potter Family and Steven DiFranco Jewelers*

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## WELCOME BACK PART 8?

*Teresa Szary ~ Coordinator*

And we're underway at the corner of awesome and Route 6 (if you get that reference, we are immediate friends)! There are so many new activities and events coming up or in the works, and we want to make sure you know everything we do. I'm going to try to be concise, but there is a lot of information, so please bear with me.

Coffee is back at the Center! We make fresh pots every morning - if it isn't good, blame Sharon. Thanks to the hard work of Dave and the Senior Board, we will also be offering tasty treats from the Mentor Panera to enjoy or take home. These are available starting on Thursday mornings and are first come, first served. There is **NO COST** for these goodies; a free will offering basket is available to help us cover the cost of the insane amount of bags that we purchase (everything is individually bagged).



Also in the lobby, you may notice the "National Day" sign - we put this up as a simple reminder that every day is a celebration of SOME kind. We have also renewed our subscriptions of both the News-Herald and the Plain Dealer for you to peruse while you're here.

**SUPER IMPORTANT** - if you have a colored label on your newsletter, this will be the FINAL month you will receive it unless you come in to renew your membership. We want to make sure everyone has access to all the good things happening at the Center, but we need to make sure that our database is current.

Make sure to check out the cover page for more information about the Strawberry Festival and the fantastic new additions to our grounds.

A huge thank you to everyone who came out this month for Debbie Gifford's concert at the Gazebo. Entertaining and lovely as usual, Debbie put on an amazing show and it was great to see so many of you throughout the evening!

A warm welcome to our newest wellness provider! Natalie Lopez is a local favorite at Faith and Beauty Salon downtown and will be offering both Swedish and relaxation massage. Her hours and available appointments will change as we journey on, but for right now make sure to sign up quickly before everything is full!

Thank you again to our chair volleyball players for allowing Mayor Potter to come in to play. On behalf of the City, we appreciate that you went easy on him, and I know he enjoyed the opportunity.

**FINALLY**, we are so excited for our first ever Senior Summer Camp. Throughout the week of August 23, we will be celebrating all of the holidays we missed over the past year. Check out more details on page 6. Some of the activities run throughout the whole day, so you can participate in your classes/appointments and still take time to enjoy all that our crazy minds have dreamt up. Everything throughout the week (except for the pig roast) is free as our thank you for your patience and understanding as we muddle through changes, additions, challenges, and blessings.

More is in the works for September, so make sure to keep your eyes and ears open! - Teresa

# Weekly Schedule

## Monday.

### **9:00 am Strength Training**

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

### **10:00-1:00 Pickleball**

### **1:00 pm TaiJi Fit**

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

### **1:00-3:00 Chair Volleyball**

## Tuesday.

### **10:00 am Aerobics**

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

### **11:30-2:30 Pickleball**

## Wednesday.

### **9:00 am Strength Training**

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

### **10:00-1:00 Pickleball**

### **10:00 am Fit Yoga**

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

### **1:00-3:00 Chair Volleyball**

## Thursday.

### **9:30-11:30 Watercolor Painting**

\$28/4 class session

### **10:00-1:00 Pickleball**

### **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](http://www.kirtlandcommunity.org)**  
or call (440)256-4711. We will  
be glad to help you get  
registered!*

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

**OPEN DAILY FROM 8:30 am - 3:00 pm**

*Billiards  
Ping Pong  
Library  
Bocce  
Cards*

*Just sign in at each room and have  
some fun!*

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



# AUGUST CLASS & WELLNESS SCHEDULE

Registration is required for the following classes or wellness appointments:

Fitness Classes	Day	Time	Session Dates	Cost
Aerobics Instructor: Cheryl Dulaney	Tues	10:00-11:00	Aug 3, 10, 17, 24	\$15.00
Aerobics w/cardio drumming Instructor: Cheryl Dulaney	Fri	1:00-2:00	Aug 6, 13, 20, 27	\$15.00
Fit Yoga Instructor: Dawn Gettig	Wed	10:00-11:15	Aug 5, 11, 18, 25	\$12.00
Gentle Yoga Instructor: Anne Owens	Fri	9:00-10:15	Aug 6, 13, 20, 27	\$12.00
Strength Training Instructor: Nancy DiFranco	Mon & Wed	9:00-9:45	Aug 2, 4, 9, 11, 16, 18, 23 & 25	\$24.00 (8 classes) \$12.00 (4 classes)
Tai Chi for Health Wellness Instructor: Eb Molesch	Thurs	1:00-2:00	Aug 5, 12, 19, 26	\$12.00
TaiJiFit Instructor: Tim Shea	Mon	1:00-2:00	Aug 9, 16, 23, 30	\$12.00
Classes/Workshops	Day	Time	Session Dates	Cost
Acrylic Painting Instructor: Connie Adams	Thurs	12:30-2:30	Aug 5, 12, 19, 26	\$28.00
Watercolor Painting Instructor: Connie Adams	Thurs	9:30-11:30	Aug 5, 12, 19, 26	\$28.00
Card Making Class Instructor: Carol Caroff *min 5 participants required*	Wed	1:00-3:00	Aug 4, Sept 1, Oct 6	\$10.00
Wellness	Day	Time	Dates	Cost
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	Aug 13, 27	\$25.00/25 minutes
Polarity with Tim Polak	Thurs	9:00-1:00	Aug 12, 26	\$45.00/1 hour
Reflexology/Light Therapy with Linda McMahon	Wed	10:00-12:00	Aug 4, 18	\$40/Reflexology \$45/Light Therapy
Swedish & Relaxation Massage with Natalie Lopez	Fri	10:00-3:00	Aug 6, 20	\$55/50 minutes



## **\*\* NEW Wellness Service \*\***

### **Swedish & Relaxation Massage**

Interested in improving your sleep, circulation, immune function, while also reducing muscle soreness, and stress? Book a massage here at the Senior Center! Swedish & Relaxation massages focus on the full body & use light to medium pressure with gentle relaxing movements. Natalie Lopez has been in the spa industry since 2012. She has worked in luxury destination and day spas and is excited to bring her knowledge and talent to the Senior Center. Her desire is to give you an outstanding massage to improve your overall well-being. Swedish & Relaxation will be offered every other Friday starting August 6 from 10:00-3:00. Cost is \$55 for 50 minutes.

### **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.**

### **Pickleball**

Pickleball combines elements of tennis, badminton and ping-pong. Pickleball is played on a badminton-sized court with a slightly modified tennis net. 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.**

Looking for something to do?  
Come on out to KCC and have some fun.  
We've got **Billiards, Bocce, Ping Pong, Fitness Center & Library** open for you to use. As well as room to **play cards, work on a puzzle** or **just hang out** in the lobby with friends!  
**Coming soon to the KCC**  
**Wii Games & Bingo**

**The August Piano Lessons will be cancelled. Classes will resume in September!**

## **VIRTUAL CLASSES**

*All schedules are subject to changes*

### **TaijiFit with Tim - 10:00 am Monday mornings**

TaijiFit is for everyone. Nothing to learn, nothing to remember and you can't do it wrong! 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 online. Email me at [tlsoshea@aol.com](mailto:tlsoshea@aol.com) for an invitation.

### **Yoga with Tina**

Email [tina@fourthpathyoga.com](mailto: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.

# Upcoming Events



August Book Club will be on August 20 at 11:00 am. Our next book will be "American Dirt" by Jeanine Cummins. This book is a captivating & sympathetic story of a Mexican mother & son and their struggle to flee the cartel violence and settle in America. Books will be available to pick up at the library.

## Ladies Luncheon

Our first Ladies ONLY Luncheon will be held **August 17 at 12:00 pm**. Cost is \$7. Menu is wings, salad & dessert. **Please RSVP by August 10**. Mark your calendar for October 20 & December 8 for the remaining Ladies Luncheons for 2021!

## Men's Luncheon

Come hang out with just the guys and enjoy a great meal at our next Men's luncheon on **September 15 at 12:30 pm**. Cost is \$7. **RSVP by September 8**. Save the date for November 17 as well.



## Trash to Treasure

**August Trash to Treasure Sale will be held August 23-27.**

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 August 16-18 during business hours (8:30 am - 3:00 pm).**

## Birthday Lunch/Pig Roast

Join us on **August 25 at 12:30 pm** for our annual Pig Roast and help us celebrate all the August birthdays! Lunch will include pulled pig, scalloped potatoes, baked beans, coleslaw & rolls.

Cost is \$15 per member. **Please RSVP by August 13.**



Now that we have our team(s) it's time to compete! The first round of "Knock Out" competition is on July 30 from 9:30-11:30 at the Mentor Senior Center. Our team is competing to move on to the "Smart 16 Round" which will be held on August 6 from 9:30-11:30 in Mentor. 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.



***Please sign-in when you come into the center. Sign-in sheets are located in the Billiards room, library & gym. This information is needed for county reports. Thank you in advance for your help!***

# *Senior Summer Camp*

## *August 23-27*

Searching for some fun during these dog days of summer?  
Come on out for our first EVER Senior Summer Camp. Each day we will be celebrating a holiday that we missed during lockdown.  
**EVERY activity (with the exception of the pig roast) is FREE.**

### Monday, August 23

#### **Easter**

##### **Continental Breakfast**

9:30 am - 11:30 am

##### **Easter Egg Hunt**

Throughout the Center

All day

##### **Free Finger Nail Painting**

Freshen up your look!

### Tuesday, August 24

#### **Halloween**

##### **Costume Contest**

Wear your best costume for the chance to win some prizes!

##### **Halloween Jack-o-Lantern Craft**

##### **"Trick or Treat"**

all day throughout the Center

##### **Cider & Donuts**

9:30 am - 12:30 pm

### Wednesday, August 25

#### **Summer Holidays**

##### **Pig Roast**

\$15/person pre-register by 8/13. See page 5

##### **Old fashioned picnic games**

12:30 pm - 2:00 pm

### Thursday, August 25

#### **Thanksgiving**

##### **Movie in the Gym w/ Concessions**

"Grumpy Old Men" @ 1:30 pm

##### **Wall of Thanks**

All day in the lobby

### Friday, August 26

#### **Merry Christmas**

##### **Frozen Treats**

11:30 am - 1:30 pm

##### **Christmas Sing-a-long**

##### **Take a Gift/Leave a Gift White Elephant Exchange**

All day - bring a wrapped gift and exchange it for one under the tree!

##### **Christmas Tree Lighting & Decorating**

All day - make an ornament to hang or bring one from home



**We are  
Back!**



61<sup>st</sup> Annual

Kirtland Kiwanis

# Strawberry Festival

**AUG. 5-6-7** 2021 Kirtland Schools  
on Route 306

**FREE Admission / FOOD & FUN FOR ALL**

## *Schedule of Events*

### EVERY DAY:

STRAWBERRY SHORTCAKES, SUNDAES AND SUPREMES  
CHOCOLATE COVERED STRAWBERRIES  
STRAWBERRY SHORTCAKE EATING CONTESTS (Sponsored by KIRTLAND CREAMERY)  
KIWANIS LEMONADE (Sponsored by MOVING AHEAD SERVICES)  
KIWANIS DONUTS (Sponsored by KIRTLAND DENTAL/DR. JEFFERY BAILEY)  
MAIN STAGE ENTERTAINMENT: D.J. JOHNNY SHULA (Sponsored by K&D)  
KIDDIE LAND ENTERTAINMENT (Sponsored by SMOLIC MACHINE)  
BOUNCE HOUSES AND DUNK TANK  
CAR SMASH (Sponsored by STATE FARM)  
PHOTO BOOTH (Sponsored by LAW OFFICES OF TIM MISNY)  
CRAFTER AND COMMERCIAL AREA

### THURSDAY, AUGUST 5 6:00-11:00 PM

6:00 pm OPENING CEREMONIES  
6:30 pm STRAWBERRY SHORTCAKE EATING CONTEST  
6:30 pm JUNGLE BOB (Sponsored by KIRTLAND SUNOCO)  
7:00 pm TRIVIA CONTEST  
(Sponsored by JUST ONE MORE TAVERN)  
7:30 pm LEGO BUILDING CONTEST  
8:00-close MUSIC BY BILL MARCH

### FRIDAY, AUGUST 6 5:00-11:00 PM

6:30 pm PARADE  
(Sponsored by THE SAMS TEAM/HOWARD HANNA)  
OPEN TO ALL BANDS, FLOATS, MARCHING UNITS & GROUPS  
ASSEMBLES AT 5:45 PM  
INFO: [www.kirtlandkiwanis.org/strawberryfestival](http://www.kirtlandkiwanis.org/strawberryfestival)  
6:30-8:30 pm FACE PAINTING by KATIE'S DESIGNS  
7:30 pm KIRTLAND HIGH SCHOOL CHEERLEADERS  
7:45-close MUSIC BY THE TEA BAGS  
8:30 pm STRAWBERRY SHORTCAKE EATING CONTEST

### SATURDAY, AUGUST 7 Noon-11:00 PM

1:00 pm SIDEWALK CHALK ART CONTEST  
(Sponsored by MOLLY MAIDS)  
3:00 pm STRAWBERRY BAKING CONTEST  
(Sponsored by DOWN THE BLOCK)  
(entry drop off noon-3pm)  
4:00 pm TUG O' WAR (Sponsored by RIBIC MACHINE)

### KIDDIE LAND STAGE

2:00 pm SWIFTY THE CLOWN: BALLOON TWISTER  
4:30 pm MICHAEL MAGE: MAGIC AND COMEDY  
5:30 pm DR. U. R. AWESOME: BUBBLE ARTIST

### MAIN STAGE

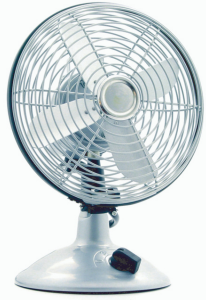
1:00-4:00 pm MUSIC BY JUSTIN 'JET' GERACI  
5:00 pm STRAWBERRY SHORTCAKE EATING CONTEST  
6:00 pm MISS KIRTLAND CONTEST  
(Sponsored by TAVERN 6)  
7:00-close MUSIC BY SOUL SHAKE AND  
THE EASTSIDE HORNS

### FRIENDS OF THE FESTIVAL:

B&K ELECTRIC CO.  
BLACKHAWK INSPECTIONS  
CHRIS HESSON FAMILY  
THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

MBIT  
FRIENDS OF THE KIRTLAND PUBLIC LIBRARY  
MIKE'S AUTO SALVAGE  
SYNERGY SALON  
WILLOUGHBY WESTERN LAKE COUNTY CHAMBER OF COMMERCE

Information: CHRIS HESSON (803-210-8096) OR [www.kirtlandkiwanis.org/Strawberryfestival](http://www.kirtlandkiwanis.org/Strawberryfestival)



### **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 either 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 fan 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>

### **American Legion 7th Annual Barber-Williams Golf Scramble**

The American Legion is holding its 7th Annual Barber-Williams 2 Man/2 Club Golf Scramble on Friday, August 13 at Pine Ridge Country Club in Wickliffe. Registration begins at 4:00 and Shot-gun Tee-off begins at 5:00. Cost is \$40.00 per golfer and includes 9 holes of golf, a cart, chicken dinner & refreshments. All money raised will benefit the Barber-Williams Scholarships and Community Outreach programs. Call Keith McCrory with questions at 440-488-3086.



### **Alzheimer's Caregivers Research Study**

Are you a caregiver for someone who has Alzheimer's or Dementia? If so, you may be interested in participating in a research study on caregiver stress and health. The purpose of these studies is to find out best ways to help family members of people with dementia to minimize or prevent daily stress and stay healthy. Participants will be compensated for their time. To find out more information please contact Case Western Reserve University at 216-368-8848 or email them at [caregiver@case.edu](mailto:caregiver@case.edu).

## **Kirtland Library Gazebo Concert Series**

*FREE! Wednesday evenings @ 7:00 pm*

**August 18:** Bob Wick Duo  
*Beauty Night*

Our LAST summer concert of the season will also focus on the "beauty" of our City! Local parks will be joining us with information and activities. Make sure to come support this important part of Kirtland! The Fungry food truck will also have food available for purchase.



## **Strawberry Dessert Salsa**

Recipe Submitted By: Mary Kay Dolesh

### **Ingredients:**

1 quart fresh Strawberries  
2 Fresh Kiwis  
1 Granny Smith Apple  
1 teaspoon Cinnamon Sugar  
1 Orange



Finely dice the strawberries and kiwis and place into a bowl. Then finely grate the granny smith apple and add to strawberries & kiwis. Add cinnamon sugar. Squeeze the orange over the fruit & spice mixture and combine. Serve with a cinnamon pita chip (I use Stacy's Naked Cinnamon Pita Chips). ENJOY!!!

## **Greetings from the Senior Board**

How do you rebuild a program that has been dismantled by a pandemic. That is what Teresa, Sharon, and the Senior Board have been grappling with over the last several months. First, we hired a director who would build the program. Then we survey the senior members about what they like, and would like to see happen here. Finally, we experiment to see which programs get member support, which times work best for that program, and look everywhere for instructors that will fit our needs. Once we have accomplished that task, we begin to build a program. Well the program was built in June, and now as members we must adjust as the programs fit into the schedule of the center. Patience on your part is needed! We are doing everything we can to make the center feel like home again.

The board discussed bringing back some lunchtime favorites. Birthday lunches, as well as mens/womens lunches will be on the calendar starting this month. Also, we have begun discussions on bringing back the popular clambake and pig roast in the fall. Also, we cannot forget our Christmas Party in December. We have decided to return to Pine Ridge for that affair so watch your newsletter in November since this event sells out fast.

I hope the summer is an enjoyable one for you and you have made it to the center to visit. Also, check out the Concerts at the Gazebo. July 14 has our member Debbie Gifford entertaining everyone. Most of you have heard her do a Christmas show at the Pine Ridge party in the past. I am sure it will be a nice event.

- Dave

**Please Note: If your membership is not current (& your label is colored) this will be the last newsletter to be mailed to you. Contact us to get registered so you don't miss out on all the exciting things happening here at the Center.**



# 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.*

Some people are considered a "jack of all trades, master of none." We think you'll agree that our Senior Spotlight this month is instead a master at most things!

Ken Wyban has been a member of the Senior Center for about five years, and to those who have the



pleasure of knowing him, is a consummate team player whether on or off the pickle ball / chair volleyball courts.

Ken was born in Cleveland and moved around the area, eventually graduating from Brush High School in 1967. He originally went to Tri C with the intention of becoming a police officer. When he dropped out to pursue other career options, he was drafted into the Army.

After serving two years (one in Vietnam), he left the Army and came home to get married. As time went on, he realized how much he missed the Army and went back in for thirty years. Following in the footsteps of his uncle, a Combat Engineer in WWII, his MOS (Military Occupational Specialty) was 12 Bravo, with his focus on explosives in combat engineering. He also spent time as a recruiter before moving to Missouri where he was a Drill Sergeant. His tours included Desert Storm and six years in Germany. He went to Panama for Jungle Warfare training with the Ranger Battalion before he began focusing on re-enlisting and retention. Ken became the Retention Sergeant Major for Forces Command, then Retention Sergeant Major for the Military District of Washington.

While in Washington, Ken bought a house near base with the intention of creating a bed and breakfast to serve both the public and military families. The house was possessed by imminent domain, and if it had remained

standing, would now be at the exact entrance of the new Nationals ballpark.

As Ken's life began to shift focus, he had the opportunity to move to Florida to be with and care for his mother. During the last year and a half of her life, it was his honor to be able to spend time with her every day. After her passing, he made his way back home to Ohio where he had the privilege of enjoying time with his father. Every day included new projects around his house on Hobart. Those years are without measure and after decades in service, there was no better way for Ken to spend his time than journeying with his parents throughout their final years.

After an unexpected heart attack in 2012, Ken met a great group of people in cardiac rehab at Lake West. Through the support of these new friends and sheer determination, Ken was reminded of the importance of continuing to move, of physical fitness, and of caring for both oneself and those around you.

From sports to military service to budding entrepreneur to house-fixer to caregiver to friend - it is a joy to have Ken as part of our team! As with all of our members, Ken's wisdom is beyond his years, and he encourages everyone to take advantage of the amazing park systems we have available. "Use what you have... it's beautiful."

*Author's Note - I tried really hard to get all of the military terminology correct. Any mistakes are my own and apologies in advance to both Ken and the entire Armed Forces.*

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

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Willoughby, OH

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

## August Riddles:

Why do bananas use sunscreen?

What has 13 hearts but no organs?

*Answers inside!*

### KIRTLAND SENIOR CENTER

(440) 256-4711

[communitycenter@kirtlandohio.com](mailto:communitycenter@kirtlandohio.com)

[www.kirtlandcommunity.com](http://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*