

# Kirtland Senior Center News

*Recreation and socialization for adults 55 & over.*

February 2010

Closed 2/15

## **VALENTINE'S DAY LUNCH**

The annual Valentine's Day luncheon is on **Thursday, February 11** at noon at the Kirtlander. Cost is \$10 for members and due by Fri., Feb. 5. The menu includes chicken breast with apricot sauce, pork loin with gravy, escalloped potatoes, green beans almondine, salad, roll, beverages and dessert. We will have live entertainment provided by the Ron Stark Orchestra. Wear your Valentine colors and dancing shoes!



## **MEMBERSHIP & DUES**

If your mailing label on this newsletter is **PINK**, you have not paid your dues for 2010 and this is your last newsletter. Cost is \$5 for residents and \$7 for non-residents. Please renew now 😊

## **SNOW DAYS**

If the Kirtland schools close for the day **BECAUSE OF HEAVY SNOWFALL ONLY**, then the classes at the Senior Center are cancelled as well. However, you must call Andrea directly to find out if lunch is cancelled (256-3194).

## **PODIATRIST**

Dr. Kelly Whaley is here on **TUESDAY, February 9** this month, providing foot care for anyone who can't reach their feet for a trim as well as for diabetics with special foot care needs. Schedule your appointment with Jenna. Cost is \$17. Pay Dr. Kelly on the day of your visit.

## **CARD MAKING CLASS**

Card making class continues to be a monthly hit. Our instructor brings in pre-cut materials and shows you step by step how to use rubber stamps to make all occasion cards. The next class is on **Mon., February 22 at 10:00 a.m.-2:00 p.m.** (you can break for lunch if you like). Cost is \$5 to make up to ten cards for members. Class ends at 2:00. Payment is due by Feb. 18.

## **GREETING CARDS FOR SALE**

The Senior Center sells all occasion greeting cards available for 55 cents per card. The cards are hanging on display on the office door.

### **KNITTERS!**

Our knitting team is putting together the afghan and would like for you to have a peek! Stop in on a Friday morning between 9:30-11:00 and see all the 7 x 9 inch squares pieced together to make one big afghan. FREE!

### **WATERCOLOR PAINTING CLASS**

The painting class is starting up again, **February 4-25**. Join in and try something new! Painting is fun and relaxing, even if you've never considered yourself an artist! Cost of the four classes is \$25 for members. Stop by for a visit!

### **REIKI** (Pronounced "ray-key")

Tina offers her healing reiki services on **Friday, February 12 & 26**, starting at 10:30. Sign up in the library binder. Reiki is a healing technique that evokes deep relaxation and reduces stress, which then promotes healing and well-being (detailed informational brochures are in our brochure rack). Reiki is practiced in a quiet, secluded room where only you and Tina are present. You lie on a special padded table, close your eyes, and relax while Tina works her magic (without touching you!)...and somehow, it feels great! Cost is \$13 for 15 minutes, \$26 for 30 minutes for members. Give it a try!

### **CANDLELIGHT CAFE**

The Kirtland Kiwanis has donated funds to our Center again this year to continue providing the Cafés and picnics. Your lunch is free and we supply decadent desserts and non-alcoholic, bubbly wine and eat by candlelight. A reservation is required and is made by calling Andrea at 256-3194. The next café is on **February 26**, lunch is served at 11:30. Reservations are needed before Feb. 17.

### **TRASH to TREASURE SALE**

Each month we have a table full of new items for our trash to treasure sale. Bring your unwanted items in and we sell them for a fundraiser for the Senior Board. Items for the sale may be brought in on February 8 & 9. The sale is **February 10-12**. Thank you for all the donations!



### **MASSAGE**

Mary Ellen has been with our Center for over five years and her schedule is jam packed...have you given her seated massage a try?! She'll be here on **February 8 & 22** from **9:00 a.m.-2:00 p.m.** Cost is \$13 for 15 minutes or \$26 for 30 for members.

## **EXERCISE CLASSES**

*If you rest, you rust! Move it! 😊*



The Kirtland Senior Center offers a variety of fitness classes, tailor-made for adults 55 and over. Classes are for men and women, equipment is provided (hand weights, stretch bands), and new students are welcome and encouraged to start at any time. All our classes can be modified and performed while seated. Not only are the classes great for physical health, they are wonderful for mental health. You'll get out of the house, meet new people, and socialize! What are you waiting for?!

**1) STRENGTH TRAINING-Mon. & Wed. at 9:00;** \$14 per session (each session is 8 classes). Strengthen your body through exercises using hand weights and stretch bands (this is **not** an aerobics class and dumbbells are provided).

**2) TAI CHI-Mon. at 10:15, Tues. & Thurs. at 9:30.** Tai Chi involves slow, gentle, movements that help strengthen the body, improve balance, and relax the mind. It's a great exercise class for adults of all physical abilities. Class ends with a seated meditation. FREE! Try our Thursday ANIMAL class!

**3) YOGA-** Yoga helps participants to strengthen and stretch their bodies and relax their mind. Every **Fri. at: 9:00** (this class can be done seated.) FREE! Try a session of reiki afterwards!

**4) AEROBICS- Movin' to the Beat!** This class is tailored to various fitness levels, whether you are 50 or 80! Students will have fun moving, stretching, strengthening, and toning to music of the 50's. Classes are on **Tues. and Thurs.** mornings from **8:15-9:15**. Cost is \$14 for one session (8 classes) New session: **Feb. 16.**

**5) MEN'S WORKOUT-**We've got a new exercise program, just for men. It's a *full body workout* to include a warm-up, hand weights, stretching, squatting, lunging, and cool down. Try a class for free to see what you think! Class is on Thursday from 10:45-11:45. Cost is \$14 per eight-class session. Hand weights are provided. Give it a try!

**USED EYGLASSES & HEARING AIDES** are collected at the Center and donated to the local Lions club. A drop-off box is in our library.



### **LADY'S LUNCH**

Ladies are invited out for a warm lunch of chicken dumpling soup served in a bread bowl, salad, pumpkin pie, and beverages on **Wed., Feb. 17** at **NOON**. Cost is \$5 and due before Feb. 12.



### **BOARD BIRTHDAY BASH**

If your birthday is in February, you have a **free** lunch coming your way from our lunch site on **February 12**. Sign up with Andrea at 256-3194 before February 3 to reserve your spot. Cake and punch are served to all in attendance, compliments of the Senior Board.

### **MAGNIFIER**

If you could use a little help to enlarge any printed reading material, learn how to use the Center's electronic magnifier. It's in our library room and looks like a giant television.

### **GAME & PUZZLE ROOM**

Stop by our Meeting Room and work on the puzzle or take in a game of scrabble. In addition, we have dominoes and checkers. Help yourself!

### **BOOK TALK**

Pick up our latest book from our library and stop by to discuss what you've read on **Tuesday, Feb. 23** at **10:00**. Let's see if we can revive our discussions!

### **COMING ATTRACTIONS...**

**St. Patrick's Day lunch...March 17...***join us for our annual gala where everyone is Irish for a day!*

**Egg Hunt & Pancake Breakfast...March 27...***bring the grandkids out to hunt for eggs, meet the Easter bunny, and have delicious pancakes, cooked by our senior center volunteers.*

**Holistic wellness retreat...April...***a new approach to health and well-being!*



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

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

**HOURS**

7:30 a.m.-3:30 p.m.  
Monday-Friday

**SENIOR CENTER OFFICE**

256-4711

**LUNCH SITE**

256-3194

**E-MAIL**

Communitycenter@kirtlandohio.com

**WEBSITE**

www.kirtlandohio.com

**REGISTRATION POLICIES**

If there is a class with a payment, that payment is due when you sign up. You are considered signed up when you pay. Payment is taken on a first-come, first-served basis.

**REFUNDS**

Once you have paid for an activity, there are no refunds. If the Senior Center cancels an activity due to low enrollment or other unforeseen circumstances, you will be granted a full refund. Refunds are not given due to changes in your schedule or health. Refunds are mailed out to your home and take 2-3 weeks to receive.

**HOW DO I REGISTER?**

- 1) You register by stopping in the office and dropping off your payment. Cash and checks are accepted. Checks are to be made payable to "The City of Kirtland." If the office is closed, you may put the payment through the brass mail slot to the office or inside the deposit box by the front door.
- 2) You may register through the mail. Send in your full payment with a note stating the activity you are paying for. Mailed payments must be received before any deadline.
- 3) If there is no cost associated with an activity, email your registration.