



Kirtland Recreation Fall 2010 Program Schedule



Kirtland Community Center

7900 Euclid-Chardon Rd.

Kirtland, OH 44094

phone: 256-4711 • fax: 256-4712

CommunityCenter@kirtlandohio.com

www.kirtlandohio.com



Halloween Carnival

The Community and Senior Center is hosting a Halloween carnival for preschoolers, parents, and grandparents (and even great-grandparents!).

The event will include carnival games, kid tattoos, and snacks. Kids will get to decorate a trick or treat bag to take home and may wear a costume if they like.

This day is also the annual Senior Center Open House. Adults 55 and better are encouraged to stop by with or without grandchildren and see what the Senior

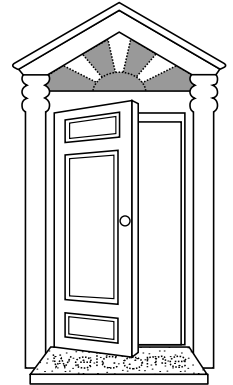


Center has to offer. We will provide information on our programs and activities as well as a free snack and seated massage.

This multigenerational entire event is **FREE** for everybody and will be held on **Friday, October 29** from **noon to 2:00** at the **Community and Senior Center** (7900 Euclid-Chardon Road). Registration is not required. Just show up! Contact the Center (Communitycenter@kirtlandohio.com or 256-4711) if you have any questions!

SENIOR CENTER OPEN HOUSE

The fourth annual Senior Center Open House is on **Friday, October 29** from **noon to 2:00** at the Center for adults 55 and better. We will provide a free lunchtime snack and seated massage. In addition, we'll have information on our programs and activities, give you a tour, and introduce you to members of the Center so that you feel comfortable and welcomed. Registration is not required. Just show up!



SHRED DAY & RECYCLING COLLECTION for Newspapers, Magazines, and Computers**

The City of Kirtland is hosting a **FREE** community shred day on **Saturday, October 2** from **9:00am to Noon** at the Community Center, rain or shine. All Kirtland residents are welcome to bring in up to five bankers sized boxes worth of documents. Staples and paper clips do not need to be removed in advance. Proof of residency (i.e. driver's license or utility bill) is required. Items also accepted for recycling include newspapers, magazines, and computers (**towers, keyboards, printers, and fax machines – ONLY).

Yoga*

Bring healing energy and harmony to your whole being! Try the mindful practice of Hatha Yoga. Cultivate awareness, flexibility and strength through guided centering and breath work, gentle stretching and yoga postures. This practice will allow you to recharge, reconnect and rejuvenate! Classes begin and end with relaxation. Try approaching your life from a different perspective...take the path to begin or deepen your journey. Bring a yoga mat for practice and a pillow and/or blanket. This class is appropriate for all levels and abilities.

Dates: Session 7: Sept. 30 - Nov. 11
Session 8: Nov. 18 - Jan. 20, 2011

Time: 7:00-8:30pm (7 weeks)

Cost: \$70

For: Adults

Instructor: Paula Gardner

**Yoga classes for adults 55 and over are offered on Friday mornings from 9:00-10:15. No registration required-just show up! Instructor: Tina DiCillo*

Prenatal Yoga Couples Workshop



Create the foundation for a "lighter" more successful birthing in this workshop where you and your partner will share yoga postures, breath awareness, vocal toning, meditation and massage. Cultivate greater relaxation and nurture family intimacy in this opportunity to connect with the unbounded love living in the mother's body! Join us for an afternoon of bonding and sharing in this special time.

Date: Sunday, October 3

Time: 4:00-6:00 p.m.

Cost: \$35 per couple.

Instructor: Paula Gardner

Prenatal Yoga

There is probably no better way to prepare for childbirth than with yoga! Research shows that expectant moms who practice prenatal yoga experience "lighter" births, with less pain and shorter labor. A prenatal yoga practice during pregnancy allows the expectant mom to consciously focus on different areas of the body, which is so helpful during childbirth. Our emphasis will be on breathing and moving simultaneously, increased flexibility, improving muscle tone, balance, centering and relaxation. This class will also enhance general well-being and the ability to bring oneself into a calm and relaxed state, connecting and bonding with your unborn baby. Wear comfortable, loose clothing. Bring a yoga mat and your care provider's permission.



Dates: Thurs. 5:45-6:45 (4 weeks)
Session 1: Sept. 9-30
Session 2: Oct. 7-28

Cost: \$40 per session

For: Adults

Instructor: Paula Gardner

Adult Co-ed Open Gym

Are you looking to get on the basketball court for some non-competitive fun?! This is the place! Get off the couch and get on the court! The Community Center offers co-ed, adult (30-ish years old and over) open gyms for basketball. This is a drop-in activity and registration is not required. Participants are asked to bring a light and a dark shirt for play. Special shoes are not required. The open gyms are on Monday evenings from 7:00-9:00. Dates are as follows: Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 8, 15, 22, 29; Dec. 6, 13, 20. Contact Scott Haymer for more information at (440) 478-8484.

BULK RUBBISH PICKUP

Kirtland residents who utilize Waste Management for their garbage services may request **FREE** pickup of bulk rubbish items at any time during the year. Please call Waste Management at 1-800-343-6047 for more information or to schedule a pick-up. Certain restrictions apply.

KIRTLAND RECREATION FALL SCHEDULE

Senior Activities

*Recreation and socialization
for adults 55 & better!*

KIRTLAND SENIOR CENTER

The Kirtland Senior Center offers a variety of recreational activities to adults 55 and over. Membership to the Senior Center is \$10 for residents and members are mailed a monthly copy of *The Kirtland Senior News Newsletter* which details programs and activities. Activities are designed for adults 55 and over include:

- Aerobics (low impact)
- Arts & Crafts
- Billiards room
- Bingo
- Birthday celebration lunch
- Bocce ball
- Card Making classes
- Electronic Magnifier
- Green Living classes
- Lunches (Mon.- Fri. at 11:30-call 256-3194)
- Massage
- Meals on Wheels (call 205-8111)
- Men's workout
- Monthly Book Talks
- Podiatry services
- Reflexology
- Reiki
- Strength training
- Tai chi
- Watercolor Painting
- Yoga

Special events: Clam Bake (9/23), Open house (10/29), Thanksgiving potluck (11/11), Christmas party (12/9)



*Sign up early
as classes fill up fast!*

Registration

Registration is taken on a first-come, first-served basis. Fees are required at time of registration. To sign up for a class, submit payment to the Community Center along with information on the participant's name, phone number and name of the class. Registration may be mailed in or dropped off. An after-hours deposit box is located outside of the front door to collect payment when the office is closed. Participants are considered enrolled when payment has been received. Class prices are not prorated.

Make checks payable to: THE CITY OF KIRTLAND

Refunds

In case of class cancellation, participants are notified and mailed a full refund in the form of a check. There are no cash refunds. Refunds take approximately 2-3 weeks to process. Refunds are issued only when the Recreation Department cancels the program. Participants assume the risk of changes in personal affairs or health and refunds are not granted when the participant cancels. The Recreation Department reserves the right to cancel classes due to low enrollment and/or unforeseen circumstances.

About the Community Center

Photo Release

By participating in any program offered through the Kirtland Recreation Department, participants agree to allow publication of photos taken during the program of them or their children.

Pavilion Rentals

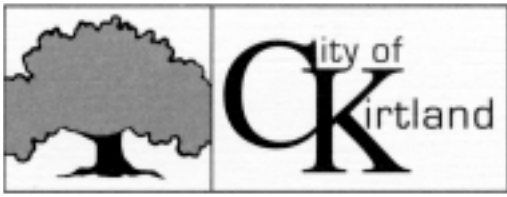
The Kirtland Community Center is home to the Nature Works pavilion. The pavilion is equipped with charcoal grills, picnic tables, a fireplace, adjustable side walls, and bocce ball courts. Residents wishing to use the pavilion for a private function may reserve it, as space is available. Call the Community Center for details.



**Newly
Renovated!**

Rentals

The Community Center **HAS BEEN NEWLY RENOVATED** and is available for rent when it is not occupied by other classes or activities. It is great for reunions, birthday parties, and showers. Stop in to see if it is right for your party needs. There are several rooms to choose from with occupancy levels ranging from a dozen to over one hundred, depending on seating arrangements. Detailed rental information can be found on the city website (www.kirtlandohio.com) in the community calendar section.



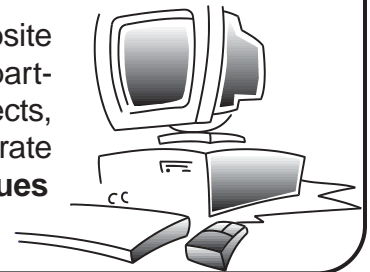
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Willoughby OH

Kirtland Community Center
7900 Euclid-Chardon Road
Kirtland, Ohio 44094

POSTAL CUSTOMER
KIRTLAND, OH 44094

CHECK OUT OUR WEBSITE: www.kirtlandohio.com

The City of Kirtland is pleased to announce that the new and improved website is up and running. The website includes links and information to all departments and city council and will be used to keep residents updated on projects, announcements, and events. Take a look and see the many reasons to celebrate the City of Faith and Beauty! **For information on the Kirtland ballot issues related to the upcoming November Election, please visit the website.**



Kirtland Youth Sports Websites

Within the City of Kirtland there are four youth sports leagues. These leagues are run and managed by independent boards for each sport and include baseball, basketball, football/ cheerleading, and soccer. The City of Kirtland is responsible for the operation of the fields at Recreation Park and the Community Center. The City maintains the fields and makes improvements to these facilities so that playing quality is sufficient. For specific questions, contact the appropriate personnel or website as listed below.

Baseball www.kirtlandbaseball.com
Football www.kirtlandfootball.org
Soccer www.kirtlandsoccer.com
Basketball **Contact Roger Speece at 256-1385**

