

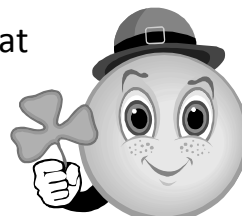
Kirtland Senior Center News

Recreation and socialization for adults 55 & over.

March 2010

ST. PATRICK'S DAY LUNCH

Join in our annual St. Patrick's Day celebration on **Wed., March 17** at **11:00**, serving traditional fare (corned beef, cabbage, red skin potatoes, and rye bread), provided free, by the Senior Board. All you need to do is sign up with Andrea (256-3194) by March 9 and bring a dessert to share. Wear green!!



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 **March 19**, lunch is served at 11:30. Reservations are needed before Mar. 9.

GREEN LIVING CLASSES

We have a new series of classes set to start this month and they focus on *green living*. Each month, our instructor Dawn Gettig, will present a topic and incorporate it into a project that's non-toxic. On **March 8**, participants are invited to make a room spray (air freshener) using essential oils. Use this spray to create an uplifting feeling in your home, minus the harmful chemicals. The class is at **10:00 a.m.** and cost is \$2.



HEARING SCREENINGS—FREE

Beltone Hearing Center will be here on **Thurs., March 25** from **10:00-12:00** providing free hearing screenings and answer any hearing questions you may have. Sign up for a time slot with Jenna.

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 **March 8 & 22** from **9:00 a.m.-2:00 p.m.** Cost is \$13 for 15 minutes or \$26 for 30 for members.

CARD MAKING CLASS

Card making class continues to be a monthly hit. Our instructor brings in precut materials and shows you step by step how to use rubber stamps to make all occasion cards. The next class is on **Mon., March 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 Mar. 18.

REIKI

Reiki is a natural healing technique that uses the laying-on-of-hands and is based on the concept that life force energy flows through us and is what enlivens our bodies. When activated and applied, reiki treats the body, mind and emotions, and spirit in a gentle, holistic, and safe manner. It can be used to compliment traditional medicine, assisting the body in healing itself by creating a state of deep relaxation and a profound sense of well being. Tina offers her healing reiki services on **Fri., March 12 & 26**, starting at 10:30. Sign up in the library binder. Cost is \$13 for 15 minutes, \$26 for 30 minutes for members.

KNITTERS!

Knitters continue to meet on Friday mornings, from 9:30-11:00. Join in! Free! Our instructor, Ann, will be here on Mar. 19.

WATERCOLOR PAINTING CLASS

The painting class has started up again, on Thursday mornings from 9:00-11:00 a.m. The new session is **March 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.

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 March 8 & 9. The sale is **March 10-12**. Thank you for all the donations!



GRANDPARENT & ME FUN!

Grandmas and grandpas are invited to bring their grandchild in for games, a craft, and running around in the gym on **Fri., March 5 from noon to 2:00**. Join in with other babysitting grandparents for a fun afternoon out. Sign up with Jenna! FREE!

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. Strengthen your body through exercises using hand weights and stretch bands (this is **not** an aerobics class and dumbbells are provided). \$14 per session (each session is 8 classes). New session: **Mar. 1.**

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

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

5) MEN'S WORKOUT-We've got a new exercise program, just for men. It's a *full body workout* and includes 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. New session begins: **Mar. 18.**

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



MEN'S LUNCH

Men are invited out for a warm lunch of barbeque ribs, coleslaw, baked beans, beverages and dessert on **Wed., Mar. 31** at **NOON**. Cost is \$5 and due before March 29.

BOARD BIRTHDAY BASH

If your birthday is in March, you have a **free** lunch coming your way from our lunch site on **Fri., March 12**. Sign up with Andrea at 256-3194 before March 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, then stop by to 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 **Tues., March 23** at **10:00**. Let's see if we can revive our discussions!

EGG HUNT & PANCAKE BREAKFAST

Mark your calendars for the annual Egg Hunt! The event is on **Sat., March 27** at **10:00 am** at the Kirtland Community Center for Kirtland children 10 and under (adult chaperones required), beginning promptly at 10:00 (dress appropriately!). The Kirtland Seniors are hosting an all-you-can-eat pancake breakfast for a nominal fee. **New this year-SENIOR CENTER SWEET SHOP!** Plan on purchasing some homemade chocolate Easter suckers, lovingly prepared by Lorraine Schupp and her Senior Center Sweet Shop Crew.

PODIATRIST

Dr. Kelly Whaley is here on **Wed., March 3**, 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.

****MARCH FOR MEALS: Sat., March 13 at 8:00 a.m. at the Mall.****

**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.