

KIRTLAND FIRE DEPARTMENT VISIT—Visit with Dan Samf from the Kirtland Fire Department on MAR 3 at 11:00. FREE. He will help with smoke detectors, provide info on the city's lock box program, and answer any questions you may have regarding fire safety. Sign up in the office.

KIRTLAND POLICE DEPARTMENT VISIT—Visit with Officer Mike Valenti from the Kirtland Police Department on APR 7 at 11:30. FREE. He will help give a brief overview on senior safety and provide information on any scams aimed at seniors and answer any questions you have. Sign up in the office.

SLYMAN'S ST. PATRICK'S DAY LUNCH — Join in our annual luncheon where everyone is Irish for a day. Enjoy a half pound corned beef sandwich from Slyman's, sides, dessert, and beverages on March 12 at noon. Cost is \$10 and due 3/2. The Lake County Council on Aging joins in the lobby, sharing information on their services.

ART & CRAFTS — Make and take simple, fun crafts with Brittany. **Punched Tin-can Lantern**— use a regular tin-can (any size) to create a lantern, to illuminate with a candle. Class is MON, MAR. 9 at 4:30. Cost is \$10 and due 3/2. Stencils will be provided to create a pattern or students can create their own pattern. Bring in your own tin-can that has been filled with water and then frozen, prior to class.

STOP IN ON WEDNESDAYS IN MARCH FOR A FREE SNACK OF HOMEMADE POPCORN!

2020 CENSUS *The Kirtland Senior Center* wants to make sure that Lake County's older adults understand the importance of the Census and are accurately counted. Participating in the census means getting counted to determine how much federal funding comes into our community and how congressional representation is determined. Be reminded that between March 12-20 the majority of Lake County households will receive a post-card invitation to respond **online** to the 2020 census. Those who don't respond **online** will **then** receive the traditional paper **form in the mail**. If a household does not respond by mail, the bureau will send a census taker **door to door** to collect household data. Seniors matter! Don't be left out! To learn more, visit 2020Census.gov.

GAME DAYS—Game days are a hit! Stop in! TUES, MAR 24 & 31 at noon! If you like, bring an appetizer or finger food to share, drinks and popcorn provided. Games offered include Left/Right/Center, Scrabble, Uno, Jenga, and more. Activity is free and organized by members of the Senior Board.

THE GOODNESS OF GREENS MON, APR 20 AT 11:00 Free Leafy greens are a nutritious superstar hiding in your supermarket produce section! They're packed with vitamins, minerals and fiber while being low in calories. Registered dietitian Melinda Benz, RDN, LD, from Lake Health will explore the many health benefits of a diet that features greens and give simple tips for including more greens in your diet in ways that enhance taste and nutrition. Sign up in the office.

MATTER OF BALANCE is a nationally recognized, evidence-based falls management program presented by the Lake County General Health District for older adults. MOB acknowledges the risk of falling, but emphasizes practical strategies to reduce fear of falling and increase activity levels. The program consists of 8 weekly classes led by trained coaches. Participants learn to view falls and fear of falls as controllable, set realistic goals to increase activity, make changes to reduce fall risk factors, improve strength and balance through exercise. **MOB classes are intended specifically for anyone** concerned about falls, who has fallen in the past, who has restricted activities because of falling concerns, interested in improving balance, flexibility, and strength. **MOB course runs 8 weeks at KSC starting MON, APR 6– JUN 1 from 11:0 to 1:00. Participants need to attend all 8 weeks.** The program is free but signup is required. Signup in the office ASAP.

HERBS, TOMATOES, FLOWERS Join Kirtland Garden Club member, Janet Johnson to plant herbs, tomatoes, and flowers. Each class is at 11:00 for \$10 (fee due one week prior to class). Use KSC's plant growing lights to sprout plants. Take them home and grow them outdoors! Green thumbs optional.

MAR 18—Herbs

APR 22—Tomatoes

MAY 20—flowers

SELAH CONCERT Enjoy the beautiful voices of Kirtland's Selah women's choir as they sing songs from the Great American Songbook on APR 29 at 1:00. Free. Light refreshments served.

HELP NEEDED FILLING EASTER EGGS— 3,000+ eggs to fill for our egg hunt! We have all the supplies! Can you help? Stop by the office anytime and help or stop by MAR 6 at 11:00 and fill with the group! Thanks!!!

CHAIR VOLLEYBALL! CVB players sit in a chair while volleying a *beach ball* back and forth over a small low net. FREE! Laughter is the number one sound heard during this activity! Mon. & Fri. at 1:00, Wed. at 10:00. NO CVB 3/16. Mentor Senior Center players join us on 3/25 at 10:00 for some fun! Stop by!

**** LEARN TO PLAY DAY **** — Not sure about CVB? Join in the LEARN TO PLAY DAY! All new players are invited to join in on WED. MAR. 18 at 10:00. Join in the fun activity and try not to laugh! FREE. Just show up!

PICKLEBALL - All are invited to play pickleball on M/T/Th/F from 10:00-1:00 and W from 12:15-2:45. Equipment provided. ****Additional winter hours added for Kirtland Senior Center members only!** THUR - 6:00-8:00 p.m. 3/5, 12, 19, 26. NO PB 3/16 & 17.

BOCCE BALL—Plays on TUES & THURS at noon. The group sets up an indoor court in cold weather.

PIANO LESSONS Serious students and new students are welcome to start at any point. All lessons are one-on-one and build upon each other. It's not necessary to read music. Cost is \$30 for two monthly lessons of 30 minutes each. Lessons are offered 10:00 to 2:00. **March 3 & 17*, April 7 & 21, May 5 & 19.**

***PIANO CHAT**—*meet the teacher, ask questions, see if lessons are a good fit for you!* FREE! MAR 17 at 12:00.

Attorney, Debbie Loughner—3/6 & 4/3 Free. Make an appointment in the office. Debbie can help with all your senior-specific legal needs (power of attorney, wills, etc.)

The Senior Board meets WED. 3/11 at 12:30.

BOOK TALK Mar. 19 at 11:00. Books are available in the office. Join in the fun and lively talks!

COOKIE DECORATING Decorate six Easter and spring themed cookies on April 6. All materials and supplies are provided and no experience is needed! Cost is \$12 and due 3/30.

WATERCOLOR & ACRYLIC PAINTING Connie Adams teaches watercolor and acrylic class on Thursdays: Classes are designed for beginners through experienced artists. New students always welcome! **WC** is 9:00-11:00 and **AC** is 12:00-2:00 Cost is \$28 for each four-week series. March 5—26 & April 2—23 (*APR 30 will be a potential snow day makeup if needed*).

DROP-IN KNITTERS —Experienced and new knitters welcome! Meet informally in the lobby on Fridays at 10:30. The group now has a few looms for making winter hats for babies through adult sizes. A how-to video is available to watch and learn. Infant hats can be donated to local hospital NICU's.

LUNCH BUNCH Meets for lunch on Mondays at 12:30. Meal catered by a local restaurant. The signup sheet is in the kitchen on the bulletin board. Write your name on the sheet if you want to sign up; cross your name off if you need to cancel. All are welcome to join in. A nominal fee (cash only) is charged per person on the day of the meal. Organized by volunteers.

TRASH TO TREASURE SALE 3/23—26. Donate unwanted household items to our monthly sale. All proceeds go to the Senior Board.

TECH CLUB Meet with other folks and learn from each other how to use iPhones, iPads, and such. Informal group meets Tuesday at 10:00 in the lobby.

PODIATRY SERVICES—MAR. 10, APR. 14, MAY 12. \$25/DATE

REIKI—FRIDAYS 10:30-1:30. \$15/30 MINUTES

FOR ALL MEALS, ARRIVE A MINIMUM OF 15 MINUTES PRIOR TO THE START TIME. MEALS CANNOT BE ORDERED ONCE THE PAYMENT DEADLINE DATE IS PASSED. NO REFUNDS. NO EXTRA TO GO ORDERS.

LADIES LUNCH - APR. 15 serving stuffed peppers, mashed potatoes, salad, dessert. \$7 due 4/8.

MEN'S LUNCH Enjoy Italian subs from Mike's Meat Market - March 18. Cost is \$7 - due 3/11.

BIRTHDAY LUNCH Celebrate birthdays! Meals are \$7 each, payment is due one week prior to the lunch, and meals are served at noon. Kirtland City Tavern caters each meal. Cake and beverages served.

March 25—tangy BBQ beef sandwich

April 22—Lasagna & garlic bread

May 27—TBA

EXERCISE CLASSES

Classes are grouped into a series of dates- the start date through end date. Try the first class of a new series before paying to see if you like it. Cost listed below is per series. Fees are not discounted if a class is missed within the series. All classes are specifically created for the 55+ crowd. Enjoy! Detailed class descriptions are available in the brochure rack or can be emailed. Dates subject to change.

Aerobics—Morning TUE 9:00—10:00 *\$15	3/3—31* 4/7—28
Aerobics—Evening MON 5:30—6:30 \$14	3/9—30 4/6—27
Balance, Strength, Move THU 9:00—10:00 \$12	3/5—26 4/2—23
Cardio Blast THU 10:15—11:00 \$12	3/5—26 4/2—23
Cardio Blast FRI 10:30—11:30 \$12	3/6—27 4/3—24
Fit Yoga WED 10:05—11:15 \$12	3/4—4/1 4/8—29
Gentle Yoga FRI 9:00—10:15 \$12	3/6—27 4/3—5/1
Pilates MON 11:00—12:00 \$12	3/9—30 4/6—27
Strength Training MON & WED 9:00—9:50 \$24	3/18—4/8 4/13—5/6
Tai Chi TUE & THU 10:15—11:15 \$24	3/3—26 3/31—4/23
Tai Chi FIT MON 10:00—11:00 \$12	3/9—30 see Tim for details
Yoga -Balance, flex, & strength WED 11:30—12:30 \$12	3/4—4/1 4/8—29
Matter of Balance MON 11:00—1:00 FREE	4/6—6/1

SPRING INTO SPA WELLNESS WITH SAMPLES OF SERVICES

Self-care is all the buzz! Your wellness matters! Kirtland Senior Center has them all! If you have not treated yourself to a wellness services, you are missing out! These services are designed to make you feel awesome! They complement any traditional treatments you may already receive. The practitioners are highly skilled and trained to meet your wellness goals!

30 MINUTES FOR \$20 IN MARCH!

Massage Light Therapy Reflexology Polarity

Call the office to schedule your appointment ~ OR ~ Stop in & sign up in the binder in the hallway, near the office door.

30 MINUTES - \$20

Light Therapy

Massage

Polarity

Reflexology

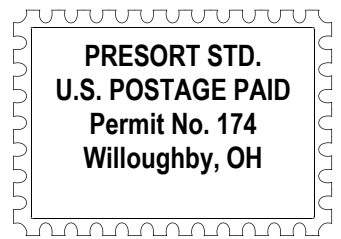
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All services take place
in secluded rooms,
with ample privacy.
Wear comfortable
clothing that is easy to
move in.



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



DATED MATERIAL— MAIL IMMEDIATELY
MAIL TO CURRENT RESIDENT OR:

MON — FRI

9:00 a.m.—3:00 p.m.

MON & THURS – select dates

5:00 —9:00 p.m.

Office (440) 256-4711

Email CommunityCenter@kirtlandohio.com

Website KirtlandOhio.com

This newsletter is published monthly on the City website.

PAYMENTS

Deadlines are important and there for a reason. All fees are due in full to the office by stated deadlines to reserve your spot in classes and lunches. Fees may be paid by CASH or CHECK, either in person to the office during normal hours or sent in the mail. Make checks payable to THE CITY OF KIRTLAND. There is also a drop-box for payments after hours. Credit cards are not accepted.

Kirtland Senior Center

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 is 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!

MAR· 2020

Funding provided by the City of Kirtland Recreation and Senior Levy and the Lake County Commissioners Senior Citizens Services Levy.

