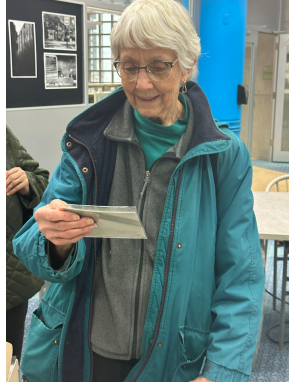


MARCH 2023

# GILDERSLEEVE GAZETTE

*Kirtland Senior Center Monthly Newsletter*



## FROM THE DESK OF THE MAYOR

March is upon us, but I'll spare you from what I really like to talk about in March - St. Patrick's Day. I will though, invite you to attend the second annual Shamrock Shuffle & Shenanigans at City Hall on March 26th. The Shamrock Shuffle is a 5k run or walk that starts and ends at City Hall. I can't promise much but I can almost guarantee racegoers will have an opportunity to hear enchanting sounds from a kilted Irish bagpiper. Whether you like the sheep skin derived wood-wind or not, one thing we can all agree on is that it is a very loud musical instrument.

Immediately following the 5k race, the Shenanigans are to begin. This year the post-race festivities will feature a forty by one hundred twenty-foot tent, fortified by canvas walls, and graced with a heating system. After last year's blizzard conditions, we decided to take no chances. The Shenanigans will once again host live music, a food truck and a Kirtland Kiwanis sponsored beer tent.

I am still trying to decide if I'll take on the likes of Kirtland City Law Director Matt Lallo and Superintendent Chad VanArnhem in the 5k race. If I do, I'll warn everyone right now that what the great South African mid-distance runner, Zola Budd, did to Mary Decker in the 1984 Los Angeles Summer Olympics will look like good sportsmanship when I'm done. At forty-five, with bad knees and hips, my only path to victory can come by implementing old school tactics like tripping, pushing, or even tackling those that are otherwise in better shape and more skilled than I.

Happy St. Patrick's Day!  
Mayor Potter



Riddle Answers: A nose;  
Hot - you can catch a cold



# ALL THE THINGS

I'm glad you have chosen to spend your time reading through our monthly newsletter and perhaps, working hard to find all of my mistakes (which I'm sure are numerous). As humbling as it is to hear that you were wrong, it gives me great joy to know that even the smallest detail is being read by someone. Thank you to everyone who, generally kindly, points out when I'm wrong. In light of the uncertainty of the past few weeks, I'm feeling particularly grateful today. Bear with me as I clumsily attempt to put that gratitude into words.

Never one to bury the lede or to dabble in either subtly or nuance, I will begin by the obvious change within the past month. The front desk has a new owner, and I am so excited for you to meet Marianne. One of my greatest faults and weaknesses (as most of the Senior Board will tell you), is that I really do like everyone. Staying on brand, I liked Marianne from the moment I met her. And I have every confidence that you will too. Her organization, disposition, attitude, and frankness blend together in a lovely Marianne cocktail. She manages to both keep up with and balance my frenetic energy, and I am so thankful to have her with us.

I can't even begin to express how much I appreciate your patience with me over the past six weeks. Few people can truly say they actually want to go to work, and the people of Kirtland and most especially this Center make my job a joy. You may not know how fortunate you all are to have the skills and talents of our four building attendants working behind the scenes. Vonna, Dave, Cindy, and Marcia are troves of information and a huge help whenever needed. They help keep this place running, and I hope you thank them! I probably don't often enough. Our lovely new furniture was assembled by the hands of our very own, who would probably not appreciate that I'm publicly calling them out. But they're amazing and I'm going to. Bill, Tim, Karen, Howard, Karin, Bob, Mel, Denise, Penny, and everyone else I have missed - thank you, thank you, thank you for the hours you offered in service to the comfort of all. I'm not good with power tools. Luckily you were!

This week, we were afforded the opportunity to join with the Mayor at the annual "State of the Cities," presented by the Willoughby Western Lake County Chamber of Commerce. It was a great reminder to me of all the good things that happened in this City last year as well as hope for what is to come. I'm extremely proud of Kirtland as a City, of the Center as a whole, and of you as an individual. From those who venture out on bus trips, who join us in community events, who brave any of the classes, who break bread with us at our meals, who have made this Center a home, and who put themselves out there to join in a new activity - I'm so thankful that I get to be with you every day. A specific note to our yoga participants: I restarted yoga this week, and twenty minutes made me hurt. Much respect to all of you. We'll see if I can keep it up.

Down to the nitty-gritty. Within these pages you will find information about bunches of new events. Check out: weekly Mahjong, the fall risk assessment, Senior Appreciation Night with the Kirtland schools, save the date for Senior Day at the Mall, and more. Get ready next month for more on Senior of the Year applications and the regional Mind Challenge coming in May!

You may have recently noticed lots of ladders and sounds around the building. Much appreciation to Joe Fornaro and those who worked so hard to acquire, organize, and install our much-needed new fire panel!

I will close with a gentle reminder that the schedule is the schedule for a reason. If I need to adjust it, we can certainly consider it, but there is a reason that everything has its allotted time. If a room is being used prior to or following your activity, please respect to those who are using that space. We never want anyone to feel rushed!

For now, I'll try to ride this wave of gratitude as far as it will take me. I hope you'll do the same. A big hearty welcome to Marianne! Be nice to her. She's new. ~ Teresa

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## SENIOR CENTER MEMBERSHIP

Per calendar year		Paperwork and information available at the front desk	
Resident (first year):	\$10	Resident (renewal):	\$5
Non-resident (first year):	\$12	Non-resident (renewal):	\$7



## KIRTLAND SENIOR CENTER

**MARCH 2023 WEEKLY SCHEDULE**

For a complete listing of services and classes available, check out our website at [www.kirtlandcommunity.com](http://www.kirtlandcommunity.com)

*Drop-in activities require NO pre-registration*

**MONDAY**

9:00 – 9:45 am  
10:00 – 1:00 pm  
10:00 am  
1:00 – 2:00 pm  
1:00 – 3:00 pm

Strength Training  
Pickleball (*drop-in*)  
Knitting Group (*drop-in*)  
TaiJi Fit  
Chair Volleyball (*drop-in*)

**FRIDAY**

9:00 – 10:15 am  
10:00 – 1:00 pm  
10:00 am – 12:00 pm  
10:30 – 11:30 am  
12:00 – 1:30 pm  
1:00 – 2:00 pm  
1:00 – 3:00 pm

Gentle Yoga  
Pickleball (*drop-in*)  
Massage (*March 10, 24*)  
Chair Yoga  
Reiki (*March 3, 17*)  
Aerobics (*w/ cardio drumming*)  
Chair Volleyball (*drop-in*)

**TUESDAY**

8:30 – 9:30 am  
10:00 – 11:00 am  
9:30 – 12:00 pm  
11:30 – 2:30 pm  
12:00 pm  
12:30 pm

Advanced Pickleball (*drop-in*)  
Aerobics  
Piano Lessons (*March 7, 21*)  
Pickleball (*drop-in*)  
Bingo (*drop-in*)  
Game Day (*drop-in*)

**WEDNESDAY**

9:00 – 9:45 am  
**10:00 am**  
10:00 am – 1:00 pm  
10:00 am – 12:00 pm

Strength Training  
**Mahjong**  
Pickleball (*drop-in*)  
Reflexology/Light Therapy  
(*March 8, 22*)  
Fit Yoga w/ Sue  
Chair Volleyball (*drop-in*)

11:00 am – 12:00 pm  
1:00 pm – 3:00 pm

**THURSDAY**

8:30 – 9:30 am  
9:30 – 11:30 am  
10:00 am  
10:00 – 1:00 pm  
10:30 am  
12:30 – 2:30 pm  
1:00 – 2:00 pm  
2:00 – 3:30 pm

Advanced Pickleball (*drop-in*)  
Watercolor Painting  
Chess (*drop-in*)  
Pickleball (*drop-in*)  
Cards – Hand and Foot (*drop-in*)  
Acrylic Painting  
Beginner Pickleball Lessons  
Beginner Pickleball (*drop-in*)

**UPCOMING EVENTS**

Bus Trip to Orchid Show at Gardens  
Friday, March 3  
Trivia  
Tuesday, March 7  
Senior Board Meeting  
Wednesday, March 8  
Fall Risk Assessments  
Friday, March 10  
Hiking Club  
Monday, March 14  
Men's Lunch  
Wednesday, March 15  
Book Club  
Thursday, March 16  
St. Patrick's Day Slyman's Lunch  
March 20 - 24  
Trash to Treasure  
Tuesday, March 21  
Birthday Lunch  
Tuesday, March 21  
Maple Presentation  
Friday, March 24  
Bus Trip to Maltz Museum

**COMING IN APRIL**

Council on Aging Visit  
Wednesday, April 5  
Hiking Club  
Monday, April 10  
Trivia  
Tuesday, April 11  
Senior Board Meeting  
Wednesday, April 12  
Attorney  
Friday, April 14  
Bus Trip to Cleveland Zoo  
Tuesday, April 18  
Ladies Lunch  
Wednesday, April 19  
Book Club  
Thursday, April 20  
Trash to Treasure  
April 24 – 28  
Bus Trip to Lake Erie College  
Monday, April 24  
Birthday Lunch  
Tuesday, April 25  
State of the Schools  
Tuesday, April 25  
International Potluck  
Wednesday, April 26  
Kirtland Schools Senior Night  
Thursday, April 27

# MARCH CLASS & WELLNESS SCHEDULE

REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES OR WELLNESS APPOINTMENTS:

Fitness Class	Time	Dates	Cost	Classes	Time	Dates	Cost
Aerobics Instructor: Cheryl	Tuesday 10:00-11:00	Mar 7, 14, 21 & 28	\$15 Drop-in: \$4	Acrylic Painting Instructor: Connie	Thursday 12:30-2:30	March 2, 9, 16 & 23	\$28
Aerobics w/drumming Instructor: Cheryl	Friday 1:00-2:00	Mar 3, 10, 17, 24 & 31	\$18 Drop-in: \$4	Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	March 2, 9, 16 & 23	\$28
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	Mar 3, 10, 17 24 & 31	\$15 Drop-in: \$3	Piano Lessons Instructor: Karen <i>*must register 2 per month*</i>	Tuesday 9:00-1:30	March 7 & 21	\$17 per 30 minutes
Chair Yoga Instructor: Anne	Friday 10:30-11:30	Mar 3, 10, 17 24 & 31	\$15 Drop-in: \$3	Wellness/Other	Time	Dates	Cost
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	Mar 1, 8, 22 & 29	\$12 Drop-in: \$3	Attorney Deborah Loughner	Friday 9:00-11:00	Mar 10, April 14 May 12	FREE 30 minutes
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45	Mar 6, 8, 13, 15 20, 22, 27 & 29	\$24 (8 classes) \$12 (4 classes) Drop-in: \$3	Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	Mar 14, April 11 May 9	\$25 per 15 minutes
TaijiFit Instructor: Tim	Monday 1:00-2:00	Mar 6, 13, 20 & 27	\$12 Drop-in: \$3	Reiki Anne Owens	Friday 12:00-1:30	March 3 & 17	\$25 / 25 minute session
Tai Chi Bamboo Fusion Instructor: Tim		<b>NO February Classes</b>		Reflexology or Light Therapy Linda McMahon	Wednesday 11:00-1:00	March 8 & 22	\$40 (Reflexology) \$45 (Light Therapy)
Workshops	Time	Dates	Cost	Swedish Massage Natalie Lopez	Friday 10:00-2:00	March 10 & 24	<b>\$65 per 50 minutes</b>
Knitting Group	Monday 10:00	Every Monday	FREE	Hiking Club <i>*See inside for location</i>	Monday 10:30 am	March 13	FREE
Card Making Class Instructor Carol	Wednesday 1:00-3:00	<b>Class Resumes in June</b>		Beginner Pickleball Lessons	Thursday 1:00-2:00	March 2, 9, 16 & 23	FREE



## TAICHI - BAMBOO FUSION

Join us as we experience the flow when the mind and body connect, by following along to the gentle mindful movements of TaiChi. This class you will discover Bamboo Fusion, where we combine TaiChi with standing Yoga poses. Just move, breathe and have fun! If interested in this class, please call the office. The class is offered by Tim Shea.

## CHAIR YOGA

Our yoga instructor, Anne Owens, will be teaching a chair yoga class. This class is a gentle yoga class with an emphasis on stretching and strengthening movements while seated in a chair. A portion of class will provide instruction on the option to use a chair for support with select standing postures. This class finishes with a seated meditation and breathing practices. It will be on Fridays at 10:30 am and costs \$12 for the month.

## CHAIR VOLLEYBALL

Chair Volleyball 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! We play every Monday, Wednesday, & Friday from 1:00-3:00.

## CHESS CLUB

Are you a chess player? Do you want to learn how to play chess? We meet weekly on Thursday mornings at 10:00 am. All levels are welcome and no registration is necessary!

## BEGINNER PICKLEBALL LESSONS

New to Pickleball? Need to learn the basics? We got you covered with the ins and outs of pickleball. Lessons are on Thursday from 1:00-2:00 pm. **Our next session (four classes) will begin on March 2, 2023.** This is a FREE class, but fills up incredibly quickly.

**Pre-registration is required and space is limited.** Make sure to wear tennis shoes and comfortable clothes you can move in!

## EXPANDED PICKLEBALL HOURS

### **Advanced Pickleball:**

Tuesdays and Thursdays from 8:30 - 9:30 am. This is an opportunity for our more seasoned players to play a bit more competitively. If you join us, get ready for great shots and fast games!

### **Beginner Open Play:**

Beginner Pickleball will be on Thursdays from 2:00-3:30. If you want to start playing, get some practice, or work on your game, this is a great time to do it!

### **Outdoor Pickleball:**

The Outdoor Courts are CLOSED for the winter!

## MAHJONG

We asked, and you answered! If you are interested in playing or learning Mahjong, come out on Wednesday mornings at 10:00 am.

## PIANO LESSONS

Sounds Inspirations Music Therapy provides 30 minute individual private piano lessons. Tailored to the learning styles of the adult students. Students are welcome to bring their own music to lessons for evaluating it as a useable resource. **You must sign up for two classes a month. The cost is \$34 per month. Please note the slight increase. Next classes will be March 7 and 21 between 9:00 am - 1:30 pm.**

## 2023 MEMBERSHIP RENEWAL

Registration is still open for 2023! Anyone is welcome to join, regardless of where you live. ***Please note that your 2022 membership expired in February. If you have not yet renewed, you will no longer receive our newsletters or be able to sign up for classes, trips, or activities.***



## THE SENIOR CENTER WILL BE CLOSED

**FRIDAY, APRIL 7**

## BUS TRIPS

### Orchids Forever at Cleveland Botanical Gardens - Friday, March 3

On Friday, March 3 join us as we take in the beautiful sites at the Orchids Forever Show at the Cleveland Botanical Gardens. Escape the cold and walk around the gardens and see the exotic orchids & then stop by the Garden Café and enjoy lunch on your own. We depart here at 9:15 and will return around 1:30 pm. Cost is \$17 for admission & bus. If you are a Holden Arboretum Member the cost for you is \$5. Reservations are required in advance and are due by February 24 while spots last.



### Maltz Museum of Jewish Heritage - Friday, March 24

Our second bus trip in March takes us on a history lesson. Come with us on Friday, March 24 as we go to the Maltz Museum of Jewish Heritage where we will take a guided tour and then be a part of an interactive experience with a Holocaust survivor. Cost will be \$15 per person. We will leave at 12:15 pm and return around 3:30 pm. Reservations are required and are due by MARCH 17, or until spots are full.



### Cleveland Zoo - Tuesday, April 18

If there is one place we all love, it is the zoo! In an attempt to avoid the summer crowds and heat, we are planning a trip for all you YOU on Tuesday, April 18. We will be leaving the Center at 9:30, and arriving back here around 2:00 pm. The cost is \$18.50 per person, which includes the bus, zoo admittance, and the Rainforest (lunch is on your own). Weather permitting, the trams will also be running to the top of the hill to see some big kitties. RSVP and payment need to be in to us by Wednesday, March 29.

### Lake Erie College - Monday, April 24

Next on our list of "places you've driven past a million times, but never been to," we will be headed out to Painesville for a tour of Lake Erie College. We will be leaving the Center at 10:15 am, and return around 3:00 pm. The cost is \$15 per person. We'll begin with a tour of the campus, enjoy lunch in the dining room, and finish the day with a tour of the world-famous Equine Center. Everyone must wear close-toed shoes, because horses. Reservations are due by Monday, April 17.

# UPCOMING EVENTS



**Please remember that all of our bus trips are for Senior Center members only.  
No reservations will be taken after the cut-off date.**

## BINGO

We are playing Bingo every Tuesday! Come take a chance on winning a gift card, lottery tickets or other great prizes. Bingo will be held in the Sunflower Room at 12:00. There is no cost to play Bingo.

## HIKING CLUB – MONDAY, MARCH 13

Do you enjoy the outdoors? Do you like to hike? Come gather with us for a leisurely hike at one of the many beautiful parks in our area, enjoy the great outdoors, and get some exercise in while you are at it. Join us for a hike on **Monday, March 13 from 10:30 - 11:30 at Chapin Forest - Hobart entrance. Registration is requested but not required!** We hike rain, snow, or shine.....use your best judgment and dress for the weather. See you on the trails!



*Welcome to our new members this month:*

*Carol, Jackie, Karen, Anne, Sandy, Jim, Deb, Laurie, Karla, Dan,  
Peggie, Joan, Barry, Ben, Dane, Lori, John, Amy, Barbara,  
Linda, Gertrude, Giovanni, Yvette, Marianne*





## **BOOK CLUB – THURSDAY, MARCH 16 AT 11:00 AM**

Our book selection is "Remarkably Bright Creatures" by Shelby Van Pelt. This heartwarming, charming, and unconventional story about the friendship between a lonely widow, a down on his luck young man, and a giant Pacific octopus. Side note - I (Teresa) did NOT want to read this book. It sounded silly. I love when I'm wrong. I found it delightful. The next Book Club is set for April 20 at 11:00 am and we will be discussing "Tomorrow, and Tomorrow, and Tomorrow" by Gabrielle Zevin.

## **TRIVIA – TUESDAY, MARCH 7**

Join us for Trivia on Tuesday, March 7 at 11:00 am. Come join us and be a part of a team this month and put all your random (or useless) knowledge about sports to good use! Most of the questions are multiple choice, and it's **FREE** to play! We meet in the lobby to form teams and then the fun begins. No registration necessary.



## **BIRTHDAY LUNCH CELEBRATION**

**New this year - join us for YOUR birthday month & lunch is on us!** Our March Birthday Lunch is Tuesday, March 21 at 12:00 pm. **The cost is \$8.** Our menu is a soup and salad. Please RSVP by March 16. EVERYONE is welcome, regardless of your birthdate! Our next Birthday celebration will be on April 25 and the menu will be fried chicken and macaroni salad!



## **LADIES LUNCHEON**

February's ladies lunch will be held Wednesday, April 19 at 12:00 pm and the menu is potato soup and salad. **Cost is \$8. Please RSVP by April 13.** Our next luncheon will be June 21 and the menu is a wrap and chips.

## **MEN'S LUNCHEON**

Men's Luncheon will be held Wednesday, March 15 at 12:00 pm. The menu is BBQ pulled pork sandwich & tater tots. **Cost is \$8. Please RSVP by March 10.** The next luncheon will be May 17 and we will be grilling burgers and having potato salad.



## **MAPLE PRESENTATION – TUESDAY, MARCH 21**

Join us following the March Birthday Lunch at 12:30 for a super cool presentation from our across-the-street neighbors at Richard's Maple products. Not only are they a new business in Kirtland, they were also incredibly generous in sponsoring one of our Random Acts of Kindness Days in December. We love not only getting to know our local businesses, but also learning about new things, so we're really excited to welcome them in. This is a free event!

## **KIRTLAND SCHOOLS SENIOR APPRECIATION NIGHT – THURSDAY, APRIL 27**

Once again, the Kirtland Schools have invited us for a night on the town! All Seniors living in the Kirtland School District are welcome to the High School to enjoy a pizza and pasta dinner for \$5 each. Following dinner, they will be presenting "Pirates, Papers, and Plunder," for your viewing pleasure. RSVP by Friday, April 21 on our website or at the front desk.

Kirtland Local School's Senior Citizen Appreciation Night

# PIZZA/PASTA DINNER & PLAY

K

**THURSDAY, APRIL 27**

**DINNER AT 6:00 P.M.**

Kirtland High School Cafeteria

ALL SENIOR CITIZENS LIVING IN THE KIRTLAND  
LOCAL SCHOOL DISTRICT ARE INVITED!

**Play:** *Pirates, Papers, and Plunder*  
by Josephine Czarnecki and Darwin Garrett

**Dinner Cost:** \$5 for pizza and pasta dinner.  
Payment can be dropped off at the Kirtland  
Community Center.

Checks should be made out to  
Kirtland Local Schools.

🎟️ **Free admission to see the play with dinner purchase!**

RSVP: [bit.ly/KirtlandPlayandPasta](https://bit.ly/KirtlandPlayandPasta)

## **SMILE! YOU'RE ON CAMERA**

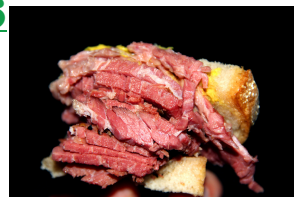
As part of the funds received through the County, we have also installed cameras throughout the building. These cameras will ONLY be used for safety and security purposes, and access is restricted to authorized personnel only. Coverage includes the gym, fitness center, and all outdoor facilities.

While signs are posted, we wanted to give you a heads up!

## **UPCOMING EVENTS**

### **ST. PATRICKS DAY SLYMAN LUNCH - THURSDAY, MARCH 16**

Our annual St. Patrick's Day Slyman's lunch will be held on Thursday, March 16 at 12:00 pm. Lunch will cost **\$18** per person and it includes a corned beef sandwich, potato salad, pickle, and dessert. **Take-Out is NOT available this year. This is a MEMBERS ONLY event & you must pre-register by March 7.** No reservations will be taken after this date. Space is limited, so get your reservation in as soon as possible.



### **STATE OF THE SCHOOLS - TUESDAY, APRIL 25**

Kirtland City Schools Superintendent Chad VanArnhem will join us at 12:30 pm following April's birthday lunch on Tuesday, April 25. The menu for the birthday lunch at 12:00 pm is fried chicken, macaroni salad & roll. While the State of the Schools presentation is free and open to the public, the lunch is for members only and costs \$8. RSVP for the lunch by Thursday, April 20.



### **INTERNATIONAL POTLUCK LUNCH - WEDNESDAY, APRIL 26**

Are you Italian & love pasta, Greek & love gyros, Irish & love soda bread, or Lithuanian & love Kugelis? If so, why not make a dish from your nationality and bring it to share at our first ever International Potluck Lunch on **Wednesday, April 26 at 12:00 pm (PLEASE NOTE THE NEW DATE)**. sign up in the office to let us know what you will be bringing and what nationality it comes from. Feel free to create a display for your country as well. Please RSVP for the event by Thursday, April 19.



### **FALL RISK ASSESSMENTS - FRIDAY, MARCH 10**

Balance and posture are important indicators of health and well-being. OsteoStrong Willoughby would like to offer you a free Fall Risk Assessment. Briefly stand on our B-Trax platform and we will determine your center of pressure and postural sway, a known risk factor for falls in older adults. An OsteoStrong coach will then explain your results and discuss ways to prevent falls and become more independent. Don't forget to call the senior center or sign up online to reserve your time slot for Friday, March 10 between 9:00 - 10:30 am.

### **COUNCIL ON AGING - WEDNESDAY, APRIL 5**

Council on Aging will be here in the lobby on Wednesday, April 5 from 10:00 - 11:00 am. They will be bringing information from the Council of Aging and other information on services they can provide. If you have something specific you would like to talk about, please feel free to stop by and ask.



### **TRASH TO TREASURE**

Our next Trash to Treasure Sale will be held from March 20-24. 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 during normal business hours. All proceeds go to the Senior Board.

### **SENIOR DAY AT THE MALL - WEDNESDAY, MAY 17**

Senior Day at the Mall is BACK! Thanks to collaboration with the Great Lakes Mall and the Senior Services Levy Coalition, we will be gathering from 9:30 am - 1:30 pm on Wednesday, May 17. More information will be forthcoming, but start thinking about who you want to nominate for our 2022 Senior of the Year!



***Just a reminder to sign in whenever you come into the Center, unless you are registered for a class or event. Also please make sure to sign-in for ALL the activities that you will be doing that day. Thank you in advance for your help!***



# COMMUNITY NEWS



## COMMUNITY GARDENS

It is never too early to think about red, ripe tomatoes! Kirtland Kiwanis and the Garden Club of Kirtland are once again promoting the Kirtland Community Gardens. The gardens are located across from the Temple on Rt 306. There are 32-8'x4' raised beds, two of which are high rises for those who have trouble getting down on their knees. The garden is fenced against critters and there is a handy water supply as well as a shed for your gardening equipment.

The cost of rental for the season is \$20.

For information contact  
[patriciaballo@hotmail.com](mailto:patriciaballo@hotmail.com) or  
 440-256-1341.

## LAKE COUNTY MOBILE FOOD PANTRY

RESERVE YOUR PICK-UP BY CALLING 2-1-1  
 OR COUNCIL ON AGING AT 440-205-8111.  
 FREE TO HOUSEHOLDS WITH A SENIOR!

PARTICIPANTS MUST CERTIFY ANNUAL GROSS HOUSEHOLD INCOME IS AT OR BELOW \$25,759 FOR A HOUSEHOLD OF 1 AND \$34,839 FOR A HOUSEHOLD OF 2. INCOME IS SELF-DECLARED; VERIFICATION IS NOT REQUIRED.

ALL DISTRIBUTIONS ARE TUESDAYS  
 FROM 10:00 A.M. - 11:00 A.M.



LAKE ERIE CHURCH  
 2300 HUBBARD RD.

OCTOBER 4, 2022	JANUARY 3, 2023
NOVEMBER 1, 2022	FEBRUARY 7, 2023
DECEMBER 6, 2022	MARCH 7, 2023

NEW HOPE BAPTIST CHURCH  
 428 JACKSON ST.

OCTOBER 11, 2022	JANUARY 10, 2023
NOVEMBER 8, 2022	FEBRUARY 14, 2023
DECEMBER 13, 2022	MARCH 14, 2023

WICKLIFFE SENIOR CENTER  
 900 WORDEN RD.

OCTOBER 18, 2022	JANUARY 17, 2023
NOVEMBER 15, 2022	FEBRUARY 21, 2023
DECEMBER 20, 2022	MARCH 21, 2023

MENTOR PARK-N-RIDE  
 8650 MARKET ST.

OCTOBER 25, 2022	JANUARY 24, 2023
NOVEMBER 22, 2022	FEBRUARY 28, 2023
DECEMBER 27, 2022	MARCH 28, 2023

\*No distribution on November 29 or January 31\*

Thank you to our  
 Community Partners:



## KIRTLAND KIWANIS FOUNDATION RUMMAGE SALE / GARDEN CLUB PLANT SALE

Back and better than ever! Hope to see you at this year's annual rummage and plant sale! Sponsored (respectively) by Kiwanis and the Kirtland Garden Club, this event is a great way to support two of our important local groups.

The 2023 sale will be held from May 11 - 13, starting at 10:00 am and ending at 6:00 pm at the Pumpkinville Barn (9337 Chillicothe Road). Kiwanis is always looking for contributions! During your spring cleaning, grab anything you think is worthy, and donate it from May 8 - 10 (12:00 - 6:00 pm). They cannot accept TVs, any chemical, upholstered furniture, or tires.

If you have any questions, or need items to be picked up, call Mike Sams at (216) 244-7335.

## TERESA'S FAVORITE BOOKS OF 2022

I have verbally shared this list so many times that I thought I'd save the time and put it in writing. I read a lot, but am incredibly stingy with my five star ratings. Out of 160 books read last year, I only awarded five stars ten times. In case you are interested, the ones I enjoyed the most were: The Nightingale (Kristin Hannah); Before Green Gables (Budge Wilson); The Sweetness of Water (Nathan Harris); The Star-Crossed Sisters of Tuscany (Lori Nelson Spielman); Fresh Water for Flowers (Valerie Perrin); Honor (Thrity Umrigar); Mary Jane (Jessica Anya Blau); The Displacements (Bruce Holsinger); The Winners - Beartown #3 (Fredrik Backman); Other Birds (Sarah Addison Allen). I'm always looking for book recommendations, so if you have any let me know!

## SHAMROCK SHUFFLE AND SHENANIGANS

On Sunday, March 26th at 10:00 am the City of Kirtland hosts the 2nd annual Kirtland Shamrock Shuffle and Shenanigans at City Hall. The day kicks off with a bagpiper leading the way to the GCXC 5K for walkers and runners around the streets of Kirtland, Following the race, everyone is welcome to join in the Shenanigans! There will be live entertainment inside the large, enclosed and heated tent on the front lawn featuring local artists Tommy McCone and The Shizz. There will be a free kids' zone with the OMG video game vehicle along with other activities. The Hungry Food Truck will be selling delicious selections, and a beer garden will be open, hosted by the Kirtland Kiwanis. Other additions will be announced prior to the event. Any proceeds will benefit our own Kirtland Public Library as the staff is working to add to the literacy program with use of new technology that includes tablets and a touch table for the children in our community. You can follow the event with updates on Facebook: @kirtlandshamrockshuffle. If you have any questions, or you would like to be a sponsor, please email Jeni Potter at [kirtlandshamrockshuffle@gmail.com](mailto:kirtlandshamrockshuffle@gmail.com). If you want to register for the 5K, please visit [www.gcxcrcing.com/kirtlandshamrockshuffle](http://www.gcxcrcing.com/kirtlandshamrockshuffle).



**2023  
Shamrock Shuffle  
And Shenanigans**

*New for 2023:  
Enclosed  
And  
Heated Tent*

**Proceeds to benefit  
Kirtland Public Library  
technology projects**

**Sunday  
March 26th**  
Kirtland City Hall

## FROM THE SENIOR BOARD

Welcome to the approach to March. It seems like winter's end is just around the corner. We get teasing spring days, followed by snow. I look at it as a time I no longer need to clear the driveway, since it will be 70 the next day. The weather can be so unpredictable.

For baseball fans, spring training should be well on the way. Hopefully we will get some games on TV. For college basketball fans, we are entertained by March Madness. Hockey continues to entertain us, and hopefully the Cavs continue to win. All this sports takes our minds away from the ups and downs of the weather.

We have two bus trips scheduled for March that have not sold out when I wrote this. We also have our annual Slyman's lunch for St. Patrick's Day. Also, we have our continuous exercise offerings going on. Check out our weekly schedule in this newsletter to see if something catches your interest. Or, just come in and socialize; the coffee pot is full all morning.

Hope this finds you well and ready for spring. Before we know it we will be working in the yard, and complaining of the heat. Hang in there! ~David Saywell

## SENIOR BOARD

Our Senior Board serves as an advisory committee to the Director and sponsors meals and events while fundraising to help subsidize these meals & events. If you have any issues or ideas, please see one of the board members to pass along. Our 2023 Senior Board consists of: David Saywell (President), Junior Orick (Vice-president), Marcia Haymer (Secretary), Penny Everson (Treasurer), Bill Russ, Karin Saywell, Janet Johnson, and Jean Orick.



# SENIOR SPOTLIGHT

As previously discussed, there is a new face in town, or at least, at the front desk. I'm stealing this space in order for you to familiarize yourself with Marianne Cicirelli, the lovely lady whose responsibilities now include trying to keep me sane. As many know, our Senior Spotlight process is as such: you suggest someone for us to highlight. I (sometimes literally) chase them down the hallway and try to convince them that they are in fact interesting. If I manage to convince them, we sit down so they can commence the arduous task of responding to my prompt of "tell me about yourself." I pen this missive and refuse to allow them to edit it before it goes to print. I then lay awake at night, concerned that I have not shared their story the way it deserves to be told, or that I have somehow inadvertently offended them. The only difference this month is that no one suggested we spotlight Marianne. Because a lot of you didn't know she existed. A month ago, I didn't either. I suspected that somewhere in the world there existed a woman of wonder, joy, and patience who has a smile that will light up a room. And then I had the privilege of meeting her. And if you come into the Center, now you do too.



Marianne grew up in north Collinwood, in the Euclid Beach Park area. An idyllic location for a young girl, one of her fondest summer memories was attending the annual picnic hosted by her father's company Cleveland Twist Drill (which kind of sounds like a punk band, but I'm presuming it was something more in the manufacturing vein). Apparently nice weather was a highlight for the young lass - the other fond memory that sprang to mind was visiting her uncle's farm in Rome, Ohio on Sundays. She may not immediately strike you as an angler, but each week she could be found on his pond, fishing for bluegill and big mouth bass. A tried and true 100% Slovenian, family gatherings were punctuated by live music provided by her Uncle Max on the accordion. I haven't tested this theory, but I do wonder if we randomly start playing a polka, she will instinctively get up and start dancing. Probably not. I'll keep you posted.

High school at Villa Angela and college beginning at Cleveland State and continuing at John Carroll means that Marianne was nurtured by both Ursuline nuns and Jesuits. Naturally curious and a me-proclaimed problem solver, she looks to the past to figure out the present and prepare for the future. You can't fix the world without understanding where it came from, so history was a college major that suited this life-long learner. I'm not sure if we will have a Trivia event with a focus on American history, but if we do, you've got your ringer.

Marianne brought her professional talents back to John Carroll, where she worked for 21 years. Starting at the Center for Mathematics and Science, Teaching and Technology (I tried really hard to get that right), continuing at the Provost's Office, and ultimately retiring from Disability Services, her hats were many and her memories fond. She really really really loves learning and "just kept studying." If the fates allow, she will earn her Masters in Humanities in December. After that momentous achievement, she looks forward to going back to read literature that may have been overlooked and will savor them rather than be tested.

Family is incredibly important. Potentially an obvious statement, but ever so true for Marianne. She and her husband Rollie have the good fortune of having two of their three children live locally. Christine and Susie are a constant fixture in her life, and they have each continued the apparent family tradition of having two girls and one boy. I also consider her extremely lucky to have an excuse to visit my home state of Connecticut, where her youngest child Mike lives and works as a nurse practitioner. A menagerie of animals fills their world here in Lake County, with the extended family boasting care of dogs, goats, bunnies, and cats. With the good fortune of animals, grandchildren, school, and now the Center, I am hesitant to believe her when she says that her story is not interesting.

The family moved to Kirtland about 19 years ago after residing in Wickliffe for 27. I am glad to be able to call her one of our 6,900 residents (according to recent Census data), and her faith in humanity and ability to see beauty in the world make her a model of our motto.

She is a big fan of popcorn Wednesdays, singlehandedly came in second at trivia, and is both wise and witty beyond her years. In advance, I officially apologize to her for me, and am so excited to work together. This conversation happened while she was covering the front desk and I was running out to a doctor's appointment. I could have listened to her stories for hours, and I hope I get to learn more over time. For now, my interest is piqued, and I'm sure yours is too. Come introduce yourself and prove her wrong. Marianne is more than interesting, and we're lucky to have her. Now I'm off to stare at the ceiling, hoping that I did her story justice.

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

## BAD JOKES FOR MARCH:

What smells better than it tastes?

Which is faster - hot or cold?

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