

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter



FROM THE DESK OF THE MAYOR

As I write this, I'm sitting in a hotel room in Orlando, listening to Cleveland Guardians radio announcer, Tom Hamilton, during a rain delay of the fifth and deciding game of the American League Divisional Series. Obviously, I'm hoping by the time this newsletter hits your mailbox, the Guardians will have, not only advanced to the American League Championship Series, but that they'll be beating up on the more than formidable Houston Astros. But, if not, and say our home team has fallen to those darn Yankees, I'm betting I speak for all of us when I say what a season, and what a team. The youngest team in baseball carried themselves as though they were a bench full of seasoned veterans. How much fun it's been to support a team like this!

In other news, maybe not as exciting the above, but nonetheless reportable and important: on November 8th, the voters of Kirtland will have a chance to vote on ballot Issue 6. The issue is a City Charter Amendment that, if passed, would allow City Council to raise the income tax rate by 0.25%. The amendment will not affect property taxes and will not tax retirement income. The additional dollars, if passed, are slated to create a road funding mechanism for the City. If you have any questions regarding the issue, please feel to call me on my cell phone at 440-429-0293.

~ Mayor Kevin Potter



Riddle Answers: When it become apparent; Because he Neverlands

ALL THE THINGS

I think we can officially say that fall is here. Gone are the days of outdoor potlucks, pickleball tournaments, and windows open. Luckily, we still have so much to look forward to this year, and we're excited to bring you along on this journey!

In October, we came together for the Kirtland Area Service Council luncheon, two days of pickleball tournaments, our annual Open House, the chilliness of the Bazaar Kirtland, the dedication of the new playground, a presentation with our awesome Police Chief McCallister, a bus trip to Lakeview Cemetery and Little Italy, a huge Service Day around the City, Trunk or Treat, and a Halloween bake-off. Whew!

November will bring with it a bit of "back to normal" (or as normal as we get around here) as we know that people are starting to focus on the holidays. From a new Wednesday yoga class to trivia on November 8 to the Veteran's Lunch on November 10 to the City-wide Thanksgiving Service on the 22 to our "Leftover Lunch" potluck on the 28 to a tour of FirstEnergy Stadium on the 30, we still certainly have our schedules full this month. Remember that the gym will be closed from Monday, November 7 - Tuesday, November 8 for voting and the Center will be closed on Friday, November 11 for Veteran's Day. Make sure you stop by, give us a call, or check out this newsletter or our website for more information!

So many people have complimented the beautiful flower arrangements at our front desk over the past few months. We have Marie to thank for these amazing contributions from her garden, and so appreciate her for bringing all of us some beauty this summer!

We're excited to offer everyone the opportunity to be generous this season. The holidays can be hard. Either we're too busy or everyone else can be too busy for us. The weather is getting colder and the dark is coming earlier. Some of us have lost loved ones, and may find it difficult to celebrate. As such, we need your help to help each other. Throughout the month of December, we will be celebrating a Random Act of Kindness every day that we are open. These Acts can be anything from lunch for whoever is here to flowers for a couple of people to free classes to giveaways. Sharon and I are the only ones who will know what each day will bring, so we all have something to look forward to! **If you would like to "sponsor" an Act, we will have sign-ups in the office.** Check out page 9 for more opportunities to help our community!

At the clam bake, we started something new, because we do that. At our larger lunches (Veteran's Day, etc.), we will have yellow cards available at check-in. If you have mobility concerns, or are unable to get up to get your meal, we invite you to take a card. As we dismiss tables, one of us will get your food for you. Please only use these cards if you need them, and we will be happy to help!

Remember that 2023 memberships are NOW OPEN!!! Come see us at the front desk and get you set so you don't miss any of the excitement. ~ Teresa



TABLE OF CONTENTS

Page 1: Note from the Director

Page 2: Weekly Schedule

Page 3: Monthly Schedule and Prices

Page 4: Classes and Activities

Page 5: Upcoming Events

Page 6: Upcoming Events

Page 7: Upcoming Events

Page 8: Community News

Page 9: Senior Board Note

Page 10: Senior Spotlight

SENIOR CENTER MEMBERSHIP

Per calendar year

Resident (first year): \$10

Non-resident (first year): \$12

Resident (renewal): \$5

Non-resident (renewal): \$7

Paperwork and
information available
at the front desk

KIRTLAND SENIOR CENTER

NOVEMBER 2022 WEEKLY SCHEDULE

*For a complete listing of services and classes available, check out our website at 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*)

TUESDAY

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

Advanced Pickleball (*drop-in*)
Aerobics
Piano Lessons (*November 1, 15*)
Pickleball (*drop-in*)
Bingo (*drop-in*)
Game Day (*drop-in*)

WEDNESDAY

9:00 – 9:45 am
10:00 – 1:00 pm
10:00 am – 12:00 pm
1:00 pm – 3:00 pm

Strength Training
Pickleball (*drop-in*)
Reflexology/Light Therapy
(*November 9, 16*)
Chair Volleyball (*drop-in*)

THURSDAY

8:30 – 9:30 am
9:30 – 11:30 am
10:00 am
10:00 – 11:15 am
10:00 – 1:00 pm
10:30 am
11:00 am – 12:00 pm
12:30 – 2:30 pm
1:00 – 2:00 pm
1:00 – 2:00 pm
2:00 – 3:30 pm

Advanced Pickleball (*drop-in*)
Watercolor Painting
Chess (*drop-in*)
Fit Yoga
Pickleball (*drop-in*)
Cards – Hand and Foot (*drop-in*)
Fit Yoga w/ Sue
Acrylic Painting
Tai Chi
Beginner Pickleball Lessons
Beginner Pickleball Hour (*drop-in*)

FRIDAY

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

Pickleball (*drop-in*)
Gentle Yoga
Massage (*November 4, 18*)
Chair Yoga
Aerobics (*w/ cardio drumming*)
Chair Volleyball (*drop-in*)

UPCOMING EVENTS

Reiki
Voting
Podiatrist
Movie Trivia
Attorney
Veteran's Day Lunch
City Offices and Center Closed
Hiking Club
Trash to Treasure
Men's Lunch
Book Club – "The Happy Camper"
Pour Painting Workshop
Birthday Lunch
Thanksgiving Service of Faith and Beauty
City Offices and Center Closed
Thanksgiving Potluck
FirstEnergy Stadium Bus Trip

Friday, November 4
Tuesday, November 8
Tuesday, November 8
Tuesday, November 8
Wednesday, November 9
Thursday, November 10
Friday, November 11
Monday, November 14
November 14 – 18
Wednesday, November 16
Thursday, November 17
Friday, November 18
Tuesday, November 22
Tuesday, November 22
November 24 – 25
Monday, November 28
Wednesday, November 30

COMING IN DECEMBER

Birthday Lunch
Council on Aging
Veteran's Day Lunch
City Offices and Center Closed
Podiatrist
Trivia
Christmas Party @ Pinecrest
Ladies Lunch
City Offices and Center Closed

Tuesday, December 6
Wednesday, December 7
Thursday, November 10
Friday, November 11
Tuesday, December 13
Tuesday, December 13
Thursday, December 15
Wednesday, December 21
December 23 – 26

NOVEMBER CLASS & WELLNESS SCHEDULE

REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES OR WELLNESS APPOINTMENTS:

Fitness Class	Time	Dates	Cost
Aerobics Instructor: Cheryl	Tuesday 10:00-11:00	Nov 1, 8, 15, & 29	\$15 Drop-in: \$4
Aerobics w/drumming Instructor: Cheryl	Friday 1:00-2:00	Nov 4, 8, 18	\$12 Drop-in: \$4
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	Nov 4, 11 & 25	\$9 Drop-in: \$3
Chair Yoga Instructor: Anne	Friday 10:30-11:30	Nov 4, 11 & 25	\$9 Drop-in: \$3
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	Nov 2, 9, 16, 23, & 30	\$12 Drop-in: \$3
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45	Oct 31, Nov 2, 7, 9, 14, 16, 21 & 23	\$24 (8 classes) \$12 (4 classes) Drop-in: \$3
Tai Chi for Wellness Instructor: Eb	Thursday 1:00-2:00	Nov 3, 10 & 17	\$9 Drop-in: \$3
TaiJiFit Instructor: Tim	Monday 1:00-2:00	Nov 7, 14, 21 & 28	\$12 Drop-in: \$3
Tai Chi Bamboo Fusion Instructor: Tim		No November Class	
Workshops	Time	Dates	Cost
Knitting Group	Monday 10:00	Every Monday	FREE
Pour Painting Instructor Connie	Friday 9:30-11:30	Nov 18	\$15

Classes	Time	Dates	Cost
Acrylic Painting Instructor: Connie	Thursday 12:30-2:30	Nov 3, 10 & 17	\$21
Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	Nov 3, 10 & 17	\$21
Piano Lessons Instructor: Karen <i>*must register 2 per month*</i>	Tuesday 9:30-1:00	Nov 1 & 15	\$15 per 30 minutes
Wellness/Other	Time	Dates	Cost
Attorney Deborah Loughner	Friday 9:00-11:00	Nov 9, Dec 9 Jan 13	FREE 30 minutes
Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	Nov 8, Dec 13 Jan 24	\$25 per 15 minutes
Reiki Anne Owens	Friday 12:00-1:30	Nov 4	\$25 / 25 minute session
Reflexology or Light Therapy Linda McMahon	Wednesday 10:00-12:00	Nov 9 & 16	\$40 (Reflexology) \$45 (Light Therapy)
Swedish Massage Natalie Lopez	Friday 10:00-2:00	Nov 4 & 18	\$55 per 50 minutes
Hiking Club <i>*See inside for location</i>	Monday 10:30 am	Nov 14	FREE
Beginner Pickleball Lessons	Thursday 1:00-2:00	Nov 3, 10 & 17	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 will cost \$12.

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 – NEW

Are you a chess player? Do you want to learn how to play chess? Looking for somewhere and someone to play chess with? We will meet weekly on Thursday mornings at 10:00 am.

2023 MEMBERSHIP RENEWAL

Registration is now open for next year! If you are a new member, your membership will be good through December 2023. Anyone is welcome to join, regardless of where you live. Please note that your 2022 membership will only go through February of 2023, and we will stop sending newsletters at that time.

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 (3 classes) will begin on NOVEMBER 3.** This is a FREE class.

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:

Thursdays from 1:00-3:30. 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 weather is beautiful (for the moment), so let's get playing on those outdoor courts! Courts are open for anyone to use at anytime during daylight hours. Every weekday from 10:00 am - 1:00 pm is reserved for Senior Center members. Play is first come, first served (pun completely intended). Be patient, be polite, and be awesome!

CARDS & MAHJONG

Calling all card players! We are looking for anyone interested in playing Hand & Foot on Thursday at 10:30 am.

Looking to start a Mahjong group. If you are interested in playing please contact the office.

Come join the fun. All are welcome!

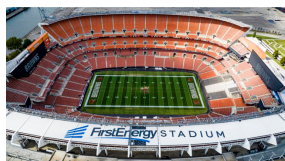
THE SENIOR CENTER WILL BE CLOSED

FRIDAY, NOVEMBER 11

THURSDAY, NOVEMBER 24

FRIDAY, NOVEMBER 25

BUS TOUR OF FIRSTENERGY STADIUM & LUNCH



Go, Fight, Win! Tour and have lunch at the Cleveland Brown's FirstEnergy Stadium with us on Wednesday, November 30. Come see the ins & outs of the Brown's stadium and learn what makes it tick. **Cost and time will be determined. Registration for this event will not open until November 10 and there will be limited space available. Deadline to register is November 23! No reservations will be taken after this date. Go Browns!**

VETERANS DAY LUNCH

Help us thank our Veterans at our annual Veterans Day Lunch. The meal will be turkey, mashed potatoes, stuffing, gravy, beans, rolls & butter.

Join us on Thursday, November 10 at 12:00 pm. **All member Veterans will be treated to a FREE lunch courtesy of the Senior Board.** All other members are welcome to join & the cost is \$7. Registration required by November 3.



CHRISTMAS PARTY AT PINE RIDGE COUNTRY CLUB



Celebrate the Holiday Season with us at our annual Christmas Party. It will be held on Thursday, December 15 at Pine Ridge Country Club in Wickliffe. Door Prizes, Carolers and so much more. Come and join the fun! Lunch will be served at 12:00 pm. The cost is \$18 per person and you must be a Kirtland Senior Center member to attend.

The menu is Roast Eye of Round Beef, Chicken Piccata, Roasted Potatoes, Cavatelli, Green Bean & Carrots Almondine, Salad, Roll & Dessert. **Please remember that if you have dietary restrictions to please let us know so that we may be able to accommodate you better.** Please preregister & pay by December 5. No registrations will be taken after this day.

THANKSGIVING LEFTOVER LUNCH POT LUCK

Looking for a way to get rid of all those Thanksgiving Day leftovers? Well, search no more! We will be glad to help you get rid of any leftovers at Annual Thanksgiving Leftover Lunch Pot Luck. Bring your leftover turkey, ham, mashed potatoes, sweet potatoes, desserts or make a dish to share if you don't have anything left. Lunch will be held on Monday, November 28 at 12:00 pm. No registration is required.



POUR PAINTING WORKSHOP

Come try out the acrylic pour painting technique at our workshop on November 18 from 9:30-11:30 am. Our resident art instructor, Connie, will guide you step by step in creating a beautiful masterpiece. No artistic ability needed. Cost is \$10 and all your supplies will be provided. Just bring a box to transport your painting home. Registration is required by November 11.



Welcome to our new members this month!!!

*Marilyn, Brian, Mary Ann, Greg, Linda, Al, Jerri,
Vilija, Duane, Ginny, Robert, Jean, Linda, Ken,
Charles, Susan & Domenic*

UPCOMING EVENTS



A CELEBRATION OF FAITH AND BEAUTY

On Tuesday, November 22 at 7:00 pm, everyone is invited to come together at Divine Word Parish (8100 Eagle) for our annual gathering of Thanksgiving. Area faith organizations will be joining in celebration for all that we are as a City. No RSVP is necessary, and refreshments will be provided.



HIKING CLUB

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 city and enjoy the great outdoors & get some exercise in while you are at it. Join us for a hike on Monday, **November 14** from 10:30 - 11:30 am at Orchard Hills Park (11340 Caves Road, Chesterland). **Registration is requested.** We hike rain or shine.....use your best judgment. See you on the trails!



TRIVIA

Join us for Trivia on Tuesday, November 8 at 11:00 am. Be part of a team and this month, test your knowledge of movies. What does that encompass? Great question! Come join us to find out. 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

November Birthday Lunch is Tuesday, November 22 at 12:00 pm & will cost \$7. Our menu is chicken paprikash. Please RSVP by November 18. EVERYONE is welcome, regardless of your birthdate! Our next Birthday Celebration will be on December 6 and the menu will be Beef Stew & Rolls.



LADIES LUNCHEON



December's ladies lunch will be held Wednesday, December 21 at 12:00 pm and the menu is pork schnitzel with cabbage & noodles. Cost is \$7 and you must RSVP by December 16. Our next Ladies Luncheon will be Wednesday, February 15.

MEN'S LUNCHEON

Men's Luncheon will be held Wednesday, November 16 at 12:00 pm. The menu is Chicken Parm. Cost is \$7. Please RSVP by November 10. The next luncheon will be January 18 and we will be having Slovenian Sausage & Sauerkraut Sandwiches.

COUNCIL ON AGING

Council on Aging will be here in the lobby in December 7 from 10 - 11:00 am. They will be bringing information from the Council of Aging and other information on specific services they can provide. If you have something specific you would like to talk about, please feel free to stop by and ask.

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.



UPCOMING EVENTS



TRASH TO TREASURE

Our next Trash to Treasure Sale will be held from November 14-18. 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 business hours.

PIANO LESSONS

Sounds Inspirations Music Therapy provides 30 minute individual private piano lessons. Tailored to the learning styles of the adult students. Students are welcomed to bring their own music to lessons for evaluating it as a useable resource. **You must sign up for two classes a month (\$30 per month). Next classes will be November 1 & 15 from 9:00-12:30.**



BOOK CLUB – NOVEMBER 17



Our next Book Club is set for November 17 at 11:00 am. We will be reading "The Happy Camper" by Melody Carlson. This book is full of peculiar characters, family drama, and a sweet romance. The Happy Camper just might have you scouring Craigslist for that diamond-in-the-rough camper to restore and searching your local hardware store for that special handy guy to help make all your dreams come true.

CHAIR YOGA

We now offer a chair yoga class on Friday mornings at 10:30 am. 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 will finished with a seated meditation and breathing practice.



TAICHI – BAMBOO FUSION



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! The class is offered by Tim Shea. If interested in this class, please call the office to be put on a list.

FIT YOGA

Fit Yoga is moving back to Wednesday! **Come join us for a FREE preview day and meet our newest instructor Sue Kamensky on Wednesday, November 2 from 11:00 am - 12:00 pm.** November's four week Fit Yoga session will begin on Wednesday, November 9 and the cost will be \$12.



Just a reminder to please sign-in whenever you come into the Center unless you are registered for a class. 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

KIRTLAND PUBLIC LIBRARY PRESENTS: ADULT WINTER CRAFTS



Join the Kirtland Public Library just in time for the Holidays for some adult winter crafts. On Monday, December 7 at 7:00 pm, they will be hosting a Beginner's Card Making Class. The cost is \$12 for supplies. Then on December 5 at 5:30 pm they will be making Beach Glass Ornaments. The cost for this class is \$10. Please pay at the door with cash or check. Space is limited for these program so you must pre-register at www.kirtland.lib.oh.us or call at 440-256-7323.

FRIENDS OF KIRTLAND PUBLIC LIBRARY PRESENTS: WWII TALK

Join the Friends of the Kirtland Public Library for a World War II talk on November 15 at 4:00 pm. Meet local author Skip Trombetti as he tells us about two Ohio Marines who go through boot camp together and eventually reunite on Iwo Jima. Skip's book will be available for purchase as well. Space is limited for this FREE program. Please register at www.kirtland.lib.oh.us or call at 440-256-7323.



COMMUNITY OF CHRIST PANCAKE BREAKFAST

The monthly pancake breakfasts at Community of Christ are back! The next breakfast will be on Saturday, November 5 from 9:00 - 11:00 pm. This month, all donations go towards Old South's food bank. The December 3 breakfast will benefit the Kirtland Area Service Council.

Behold, the Savior of the World



Historic Kirtland Nativity Exhibit
November 27th to December 31st, 2022

Join us this Christmas Season for our annual Nativity Exhibit. With hundreds of nativities from around the world on display, you won't want to miss it!

GYM CLOSED FOR VOTING
MONDAY, NOVEMBER 7
TUESDAY, NOVEMBER 8

Just a gentle reminder that the polls will be open this November 8. We encourage you - wherever you live - to go out and make your voice heard!

OPPORTUNITIES TO HELP OUR COMMUNITY

HALLOWEEN COSTUME DONATIONS FOR BIRTHRIGHT

This year, we are partnering with the Church of Jesus Christ of Latter-day Saints and Lake County Birthright to provide Halloween costumes for children of the families served by Birthright. A collection box will be available in the portico through the first few weeks of November for children's costumes (new or gently used and laundered). Please put costumes in a zip lock bag with size and character labeled on the outside.

AMERICAN LEGION BASKETS FOR TROOPS

During November, the American Legion will have a donation basket out for anyone who would like to contribute. These funds go directly to assist the Legion in sending holiday baskets to Kirtland graduates who are on active duty. In addition, if you know of a Kirtland student who is currently serving, please let the front office know so they can be included in the Legion list.

KIRTLAND POLICE THANKSGIVING FOOD DRIVE

The Kirtland Police Associates are hosting a Thanksgiving food drive. They will be collecting canned food/non-perishable items until Thursday, November 17. If you have any donations, feel free to bring them to the front office or to the lobby at City Hall. Monetary donations can also be made by contacting Amy at the PD at 440-256-3336 ex 103.

RANDOM ACTS OF KINDNESS

The holiday season can be difficult as the colder weather sets in, the darkness starts earlier, people are busy with preparations, and some are grieving those who are no longer here to celebrate with us. As such, we are excited to have a Random Act of Kindness for one or many of our Seniors each day we are open throughout December. If you would like to "sponsor" one of those Acts, let us know and we will give you some suggestions.

SENIOR CENTER GIVING TREE

This year, we will be gathering gift cards for community members in need. There will be a tree up beginning in November, and we invite everyone to take a tag. Each tag will have a suggestion on it of an appropriate store from which to purchase a gift card. Gift cards will be accepted through the middle of December. These gifts will be included in holiday food baskets for distribution and to the Kirtland Police as they distribute according to need throughout the year.

FROM THE SENIOR BOARD

November brings a noticeable change in our weather. By now, everyone should be tired of raking leaves and getting the yard ready for snow. Coats are coming out of summer storage, and the thing I hate the furnace has been turned on. Now we sit and wait to see what Old Man Winter has planned.

While you were raking the leaves did you feel out of shape? Now is the time to do the tune up our bodies need. Our center offers many exercise programs to get that tune up started. We also offer a small gym with several exercise equipment options, as well as camaraderie while you do it. Check out our options if interested.

Thank you to everyone who helped in putting the clam bake together last month. Everyone around me had a good time, and ate a lot of food. This month we will hold a Veterans Day/Thanksgiving lunch on November 10. The senior board will provide free meals to our veteran members as long as they register in advance. Just tell Sharon when registering that you are a veteran. We will have a ceremony as well as a Thanksgiving meal. The center will be closed November 11 for the actual holiday.

I hope this finds you well, and encourage you to come up to the center. We are always looking to add someone to our conversations. Don't forget the coffee pot is always on, and there are usually Panera snacks to dunk in your coffee. We look forward to seeing you soon!

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 2022 Senior Board consists of: David Saywell (President), Junior Orick (Vice-president), Marcia Haymer (Secretary), Penny Everson (Treasurer), Bill Russ, Karin Saywell, Jean LaRiche, Janet Johnson, and Jean Orick.

This month, we continue the saga of the Dulaney crew. Although significantly newer to the Kirtland Senior Center bunch than his wife Cheryl, once this busy guy retired, he was able to find time to stop over more often. And if you have been on his trivia or chair volleyball teams, you will be thankful for that!



Christopher Dulaney is a born and bred New Jersey-er (New Jersey-ite?). He came into the world at the same Teaneck hospital as Ricky Nelson, although he has arguably made a bigger impact here at 7900 Euclid Chardon than Mr. Nelson, no offense to the latter. His father worked for Texaco and was responsible for the logistics of shipping oil to the Allies in WWII. As a direct result, from the ages of 5 - 8, Chris lived in the Panama Canal Zone before moving to Guatemala at the ripe old age of 9. The best part of living in the Panama Canal Zone was chasing the 6 - 9 foot iguanas. The hardest part about living in Guatemala was taking fifty percent of classes in Spanish. Without knowing Spanish. He says he's still weak in math and science, but may still be able to catch a giant lizard. (I added that last part).

Coming back to the US of A, he skipped a year and started in sixth grade, consistently making him the "runt" of his class. His "little" brother outgrew him to become a 6'3" 350 pound rower who could beat him up starting when Chris was a freshman. St. Peter's Prep in Jersey City prepared him well for the everyday world by teaching him Latin, Greek, and German. Although diminutive in stature, this youngun' soared in every other way possible. Four years of an all-boy school led him to co-ed Le Moyne College in Syracuse.

Chris' professional career started in New York City with his wife and first child in tow, first at a home insurance company then on to JC Penney. An opportunity at Proctor and Gamble brought him to Cincinnati, where his next three children were born. I really could spend most of this newsletter highlighting his career changes and promotions, but other things happened too. He migrated BACK to the Big Apple and continued in brand management. Positions with American Home Products, Knight Ridder Media, and the banking industry brought him to Connecticut, Buffalo, and Seattle. I'm seriously running out of room, but if you want to hear some amazing stories about the life of VP of Marketing and Sales, chair volleyball is from 1 - 3:00 pm on Mondays, Wednesdays, and Fridays.

Ultimately, Kaiser Permanente brought him on as President and he trekked over to the Buckeye State. At this point, he and Cheryl had been married, and they liked it here in Ohio. His oldest, Valerie, had gone to Cornell and Maine Law School, following them to Seattle and becoming head of an intellectual property division of a major law firm. The rest of the the families were all out east, and they were happy to land a bit closer to everyone. His daughter Tracey went to Duke, getting her degree in biomedical engineering. She went on to Texas for her Masters, coming back to Raleigh for her PhD. Her son Alex is at the University of North Dakota, and Eric is in high school. Her years in North Carolina have also introduced the family to many a happy summer on the Outer Banks. Sally came next and followed in the Cornell footstep. She eventually retired as the Director of Marketing for the Smithsonian, and still lives in DC while her son Lucas is a senior at Denison University and his sister is at McGill. Last but certainly not least, Curt, an eighth generation "C. Franklyn Dulaney," is a programmer who lives in Boulder.



The patriarch of this high achieving family is full of wit, wisdom, and welcome. Imparted to his grandchildren is advice I think we can all live by - the secret to being happy is to like yourself. Like yourself by identifying the people you admire, analyzing the values they represent, and emulate those characteristics in your own life. His contribution to the English speaking world includes adding "and hand grenades" to the end of "close only counts in horseshoes." While he can't actually PROVE that he was the first person to ever say it, he asserts that he has no reason not to take credit. Although he lists this as one of his top achievements, I think we can safely say that his commitment to family, to growing in knowledge, to sharing wisdom, and to kicking butt with athletic prowess and trivial knowledge add up to more than an oft-used adage.

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November Bad Dad Jokes:

When does a joke become a Dad joke?

Why is Peter Pan always flying?

Answers inside!

KIRTLAND SENIOR CENTER

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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.

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