

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter



FROM THE DESK OF THE MAYOR

Writing from a hotel room in Savannah, Georgia, prior to Christmas, it feels a bit premature saying, Happy New Year! Nonetheless, and with the full expectation that our next trip around the great nuclear sphere that is the Sun is a good one, Happy New Year is the appropriate salutation.

I mentioned that I'm in Savannah for work. Yes, the place where, almost 159 years to the day, William Tecumseh Sherman, General of the Union Army came to rest after delivering a crushing blow to the Confederacy. Sherman's infamous March to the Sea, started by, almost literally, burning a path from Atlanta to Savannah. Historians offer conflicting views as to why Sherman spared Savannah, but whatever his reasoning, it is not hard to argue, by his acquiescence, a beautiful city remains today.

Some or all of you reading this might ask "has the mayor lost his marbles? Taking up valuable space in the Senior newsletter to tell of a long-ago war that stains our history books?" I'd say to you, you're not wrong to ask the question. But as I so often do, and to Teresa's utter dismay and consternation, I wait until the very last minute to craft my words that undeservedly blanket the cover of this monthly.

So here I am in Savannah, basking in southern cooking, hospitality, and of course, the sun, thinking about Kirtland. But, and I think this might redeem me, even if only slightly, I came up with this topic because of something very fascinating that I stumbled upon. And after making the discovery, I wanted to share with all of you.

I was sitting at a restaurant, three stories above and overlooking the Savannah River, and was alerted to something so fascinating on an interior wall of the famous eatery, Vic's on the River. There, behind a four foot by four-foot glass case, was a tactical map drawn on the wall by General Sherman (or one of his soldiers). The map was in its original form and had been discovered during a remodel in 1903. The construction team at the time, was removing wallpaper and paint, and as they were pulling and poking at the wall, there upon the unearthed plaster – they discovered this incredible relic sketched in the waning days of that divisive and brutal conflict.

To me, the significance is more than just the discovery. To think that in 1903, with wounds still fresh from a bitter war, that those workers who discovered this bit of history chose to not desecrate or paint over the map. Or that the owners of the property also respected the historical value of this tool used to deliver final blows to the ghosts of the Old South. I find it truly remarkable.

So, I do apologize if you were hoping to read something that would better feed your appetite for hearing about all things Kirtland. Perhaps next month, I'll start my assignment a little earlier. Thus, not only making Teresa happier, but offering something a bit more relevant from the office to which I was elected.

Happy New Year, and if you have any Confederate money lying around, it still may be worth less than the paper on which it was printed. ~ Mayor Potter

Riddle Answers

1. Because sno-man's an island.
2. He was picking his nose.

Apologies for the late arrival of this here newsletter. The holiday season throws everything a bit off whack. We tried to plan events for later in the month to allow for a bit more lead time. Thank for your patience and we hope you had a merry everything in these past few weeks!

We also appreciate your flexibility with us at the start of December. If you didn't notice, the building was in a bit of disarray as we worked hard to replace carpet in rooms that desperately needed a facelift. Thanks to Public Works Director Fornaro for making this happen, and especially to Laura, John, Bob, and the missionaries from The Church of Jesus Christ of Latter-day Saints who moved all of the furniture out and then in again. It was a colossal job, and we're so excited about how they came out!



Speaking of Laura Lupica, please take a moment to welcome her as our newly hired building attendant. If you weren't aware, these dedicated employees (she joins Cindy, Dave, and Marcia) are in charge of the building during evening and weekend rental, meetings, and events. In addition, they also own the front desk during the day when either Marianne or myself cannot be there. We know that the Center is in good hands when it is in theirs!

December was a month full of random! Thank you to those who contributed to our annual "Random Acts of Kindness," which are offered each day of the month. This is only possible through the generosity of local businesses, civic groups, and residents. We hope that these acts brought a little bit of light into your month.

As we take a moment to step back and reflect on the past year, I am reminded again about how fortunate we are to have you as part of our Kirtland Senior Center family. It was a year of transition, and your patience was met with gratitude!

I may define years by the books that I have read. As many of you know, I take every opportunity I can to get my hand on a good novel. This year didn't bring quite as many as last year, but my top-rated recommendations are: "The Violin Conspiracy," "Symphony of Secrets" (both by Brendan Slocumb), "The Great Alone" by Kristin Hannah, and "The Wishing Game" by Meg Shaffer. If you get a chance to check them out, let me know what you think. Our Senior Spotlight for January also suggests "Before We Were Yours" by Lisa Wingate, and Karen Rose's murder mysteries.

We have a few irons in the fire for 2024, and I hope to bring you some good news of upcoming events in the next few months. In the meantime, we ask that you take a few moments to complete the annual survey, which is included in this newsletter. Feel free to cut it out, do the online version available on our website, or use separate paper. This is an invaluable tool for us as we not only plan events and activities but strive to be the best resource for you as a community.

As we enter deeply into budget season here in the City, know that hours of discernment and conversation are focused on how to best use the tax dollars entrusted to us. Your City Council, department heads, finance director, administration, and mayor work tirelessly each day for the residents of Kirtland, and we appreciate their continued support of our Center.

As ever, our door will be open in 2024, and if there is anything you need, please don't hesitate to stop in! A Happy New Year to all, and may you find peace, joy, and fun in 2024. ~ 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: Bus Trips and Upcoming Events
- Page 6: Upcoming Events
- Page 7: Community News
- Page 8: Annual Survey
- Page 9: Annual Survey
- Page 10: Senior Spotlight

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

JANUARY 2024 WEEKLY SCHEDULE

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*)
Tai Chi Fit
Chair Volleyball (*drop-in*)

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
Pickleball Lessons (*January 4, 18*)
Beginner Pickleball (*drop-in*)

TUESDAY

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

Advanced Pickleball (*drop-in*)
Piano Lessons (*Jan. 9 & 23*)
Aerobics (*Jan. 9, 16, 23, 30*)
Pickleball (*drop-in*)
Bingo (*drop-in*)
Beginner Pickleball (*drop-in*)

WEDNESDAY

9:00 – 9:45 am
10:00 am – 1:00 pm
10:00 am – 12:00 pm
11:00 am – 12:00 pm
1:00 pm – 3:00 pm

Strength Training
Pickleball (*drop-in*)
Reflexology/Light Therapy
(*Jan. 10 & 24*)
Fit Yoga w/ Sue
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
10:30 – 11:30 am
11:45 – 12:45 pm
12:00 – 1:30 pm
1:00 – 3:00 pm

Gentle Yoga
Pickleball (*drop-in*)
Massage (*Jan. 5*)
Strength Training (*Jan. 5 & 19*)
Chair Yoga
Aerobics w/drumming (*Jan. 12, 19, 26*)
Reiki (*Contact the front office*)
Chair Volleyball (*drop-in*)

COMING IN FEBRUARY 2024

Senior Board Meeting
Hiking Club
Podiatrist
Trivia
Book Club
Attorney
Massage
Trash to Treasure
Closed – Presidents' Day
Museum Bus Trip
Ladies Lunch
Birthday Lunch
Seminary Bus Trip

Wednesday, February 7
Monday, February 12
Tuesday, February 13
Tuesday, February 13
Thursday, February 15
Friday, February 16
Friday, February 16
February 19-29
Monday, February 19
Tuesday, February 20
Wednesday, February 21
Tuesday, February 27
Thursday, February 29

UPCOMING EVENTS

Office Closed ~ New Year's
Massage
Hiking Club
Podiatrist
Senior Board Meeting
Trivia
Mens' Lunch
Attorney
Trash to Treasure
Book Club
Resolution Day
Birthday Lunch

Monday, January 1
Friday, January 5
Monday, January 8
Tuesday, January 9
Wednesday, January 10
Monday, January 16
Wednesday, January 17
Friday, January 19
January 22 – 31
Thursday, January 18
Monday, January 22
Tuesday, January 30

For a complete listing of services and classes available, check out our website at www.kirtlandcommunity.com

Drop-in activities require no pre-registration.

JANUARY 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	January 9, 16, 23, 30	\$20 Drop-in: \$4
Aerobics w/drumming Instructor: Cheryl	Friday 11:45-12:45	January 12, 19, 26	\$16 Drop-in: \$4
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	January 5, 12, 19, 26	\$12 Drop-in: \$3
Chair Yoga Instructor: Anne	Friday 10:30-11:30	January 5, 12, 19, 26	\$12 Drop-in: \$3
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	January 3, 10, 17, 24, 31	\$15 Drop-in: \$3
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45 Select Fri @ 10:30	January 10, 15, 17, 22, 24, 29, 31, Feb. 5, 19	\$30 (10 classes) \$24 (8 classes) \$12 (4 classes) Drop-in: \$3
TaiCh iFit Instructor: Tim	Monday 1:00-2:00	January 8, 15, 22, 29	\$12 Drop-in: \$3
Workshops	Time	Dates	Cost
Knitting Group	Monday 10:00	Every Monday	FREE
Chess Club	Thursday 10:00 am		FREE

Classes	Time	Dates	Cost
Acrylic Painting Instructor: Connie	Thursday 12:30-2:30	January 4, 11, 18, 25	\$28
Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	January 4, 11, 18, 25	\$28
Piano Lessons Instructor: Karen <i>*must register 2 per month*</i>	Tuesday 9:00-1:30	January 9 & 23	\$17 per 30 minutes
Wellness/Other	Time	Dates	Cost
Attorney Deborah Loughner	Thursday / Friday 9:00-11:00	January 19 February 16	FREE 30 minutes
Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	January 9 February 13	\$25 per 15 minutes
Reiki Anne Owens	Friday 12:00-1:30	January 5	\$25 / 25 minute session
Reflexology or Light Therapy Linda McMahon	Wednesday 11:00-1:00	January 10 & 24	\$40 (Reflexology) \$45 (Light Therapy)
Swedish Massage Natalie Lopez	Friday 10:00-2:00	January 5 February 16	\$65 per 50 minutes
Hiking Club <i>*See inside for location</i>	Monday 10:30 am	January 8 February 12	FREE
Beginner Pickleball Lessons	Thursday 1:00-2:00	January 4 & 18	FREE

CHAIR YOGA

Our yoga instructor, Anne Owens, teaches a chair yoga class every Friday. 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 a four-week session or \$3/class.

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 - 12:00 pm. All levels are welcome and no registration is necessary!

CARDIO DRUMMING

Our fantastically fun (and sometimes loud) cardio drumming class continues every Friday. Due to popular demand and thanks to the flexibility of our instructor Cheryl, the class has been moved to 11:45 am. As always, if you have never tried a class, the first is free.

BINGO

We are playing Bingo every Tuesday! Bingo will be held in the Sunflower Room at 12:00. There is no cost to play and everyone is invited.

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 lesson. You must sign up for two classes a month. The cost is \$34 per month. Please contact the front office if you are interested in taking lessons. The next lessons will be held on January 9 & 23, between 9:00 am - 1:00 pm. Right now, we are looking to perhaps add a second session of classes if there is enough interest. The wait list is available at the front desk.

STRENGTH TRAINING

Our fantastically fantastic Strength Training instructor, Nancy, has added a Friday class! Thanks to the flexibility of the yoga classes (no pun intended), Nancy will now be offering classes on the first and third Fridays of the month at 10:30. Check the calendar for any changes in schedule.

BEGINNER, OPEN, AND ADVANCED PICKLEBALL

Everyone is always welcome to drop-in to pickleball, but here are a few guidelines to help you out.

Our schedules are set for a reason, and we ask that you **do NOT ENTER the gym** until the assigned time. Additionally, we ask that you **LEAVE the gym** at the scheduled time.

Open Pickleball is 10:00 am - 1:00 pm every weekday (except for Tuesday, when it runs from 11:30 am - 2:30 pm). We ask for patience as you wait for your turn to play! This is open to ALL levels.

Beginner Pickleball is for those who are just starting out or would enjoy a more comfortable level of play. While anyone can come, expect that the competition level will be more casual. More experienced players are welcome to come out and offer some wisdom and guidance! Beginner hours are on Tuesdays from 2:30 - 3:30 pm and follow **Thursday lessons (see page 7 for more details)** from 2:00-3:30 pm.

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

Outdoor Courts are closed for the winter season.



MYSENIORCENTER SIGN-IN

If you've been to the Center in the past few months, you'll notice that our now-not-as-brand-spanking-new MySeniorCenter sign in system is up and running! Make sure to head over to the front desk to grab your key card, and then check in for whatever you're doing whenever you're doing it. Thank you to the Lake County Commissioners Office for supplying us with this new resource. Not only does this eliminate paper sign-ins, but also allows us to collect data on how our Center is being used and when.

2024 LAKETRAN CLOSURES

For your information, Laketrans will be closed on the following holidays: Monday, May 24 (Memorial Day); Thursday, July 4 (Independence Day); Monday, September 2 (Labor Day); Thursday, November 28 (Thanksgiving); Wednesday, December 25 (Christmas)

THE SENIOR CENTER WILL BE CLOSED:

**Monday, February 19 (Presidents' Day)
Friday, March 29 (Good Friday)**



BUS TRIPS

Two Museums in One! - Tuesday, February 20

We are so fortunate in Northeast Ohio to have access to world class museums. Let's take advantage of that, shall we? On Tuesday, February 20, we will be headed to University Circle to enjoy both the newly updated Natural History Museum as well as the Museum of Art. \$12 will get you a ticket to the History Museum and the bus; the art museum is free! Food is available for purchase at the Art Museum. Any other exhibitions are on your own. The bus will leave around 12:15 pm and return to Kirtland around 5:00 pm. RSVP by Monday, February 5.

Tour of Borromeo and St. Mary's Seminaries - Thursday, February 29

Yet another on the list of "somewhere you have passed a million times but probably never visited," Borromeo and St. Mary's in Wickliffe are the seminaries for the Catholic Diocese of Cleveland. A recent renovation has transformed this center of learning, and our tour will be led by President-Rector Father Andy Turner. \$15 includes both the bus and lunch. We will leave Kirtland around 10:30 am and get back around 2:00 pm. Reservations are EXTREMELY limited and due by Thursday, February 15.

Museum of American Porcelain Art - March Date TBA

Did you know this existed in Northeast Ohio???? You do now. Details forthcoming about this journey to South Euclid. We will be come together for a presentation followed by a curator-led tour of the galleries and mansion. Space will limited!

Shaker Heights Forever - March Date TBA

We are working to secure a trip to Shaker Heights that you will not want to miss. Keep an eye out here and at the Center for dates and details!

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

PAYMENT IS DUE AT THE TIME OF THE RESERVATION

BOOK CLUB - THURSDAY, JANUARY 18 @ 11:00 AM

This month, we will be discussing "Good Night, Irene" by Lius Alberto Urrea. While I haven't yet read it, I love this quote: "She had done as much as possible to create a stable, gloriously dull life for herself."

We hear from NPR that "Taking as inspiration his mother's own Red Cross service, Luis Alberto Urrea has delivered an overlooked story of women's heroism in World War II. With its affecting and uplifting portrait of friendship and valor in harrowing circumstances, Good Night, Irene powerfully demonstrates yet again that Urrea's "gifts as a storyteller are prodigious."

On February 15, we will talk about "Cheneyville: A Novel of Murder, Loss, and Vengeance" by Paulette Giles, which sounds like a perfect book for a dreary winter month!

2024 MEMBERSHIP RENEWAL

2024 registration opened on October 1, 2023. All current memberships run through December 2024. Anyone is welcome to join, regardless of where you live. Please note that your 2023 membership will only go through February of 2024, and we will stop sending newsletters at that time. All members must renew annually in order to be part of the best Senior Center in Kirtland!

TRASH TO TREASURE

Our next Trash to Treasure Sale will be held from January 22 - 31. 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. If you have any donations, please bring them to the front office rather than putting them on the table. All proceeds go to the Senior Board.



UPCOMING EVENTS

BIRTHDAY LUNCH CELEBRATION - TUESDAY, JANUARY 30

Join us for chicken fingers, tater tots, and coleslaw. *The cost is \$8. Please RSVP by Friday, January 26.* If it is your birthday MONTH, than lunch is on us!...regardless of your birthdate! Everyone is welcome. Our next birthday celebration will be on February 27, and the menu will be rigatoni with meatballs, salad, and garlic bread. Yum!

**MEN'S LUNCHEON - WEDNESDAY, JANUARY 17**

Men's Luncheon will be held Wednesday, January 17 at 12:00 pm. The menu is wings. Cost is \$8. **Please RSVP by Thursday, January 11.** The next luncheon will be Wednesday, March 20 and the menu is meatball subs.

LADIES LUNCHEON - WEDNESDAY, FEBRUARY 21

February ladies lunch will be held Wednesday, February 21 at 12:00 pm and the menu is chicken salad. **Cost is \$8. Please RSVP by February 16.** Our next luncheon will be April 17 and the menu is chicken, steak, OR cheese Quesadillas. Ole!

All menus are set in advance. If you have a specific dietary need, please let us know and we will do our best to accommodate you.

TRIVIA - TUESDAY, JANUARY 16

Join us in-house for Trivia on **Tuesday, January 16 at 11:00 am.** Teams will be formed and put all your random (or useless) knowledge to good use! Most of the questions are multiple choice, and it's **FREE** to play! We promise, this is low-pressure and the stakes are NOT high. The winning team chose "**Weather Phenomena**" for our **January** theme, so start studying! We meet in the lobby to form teams and then the fun begins. No registration necessary.

SENIOR BOARD MEMBERS

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.

HIKING CLUB - MONDAY, JANUARY 8

Join us for a hike on **Monday, January 8 from 10:30 - 11:30 at Chagrin Reservation.** We will meet at **Strawberry Lane.** **Registration is requested but not required!** We hike rain or shine... use your best judgment and dress for the weather. A special thanks to Sue and Bob Morecki for leading us on the journey! See you on the trails.

FREE COVID TESTS

Just a reminder that we have free COVID tests here at the Center. Stop by the front desk to get yours! There are four tests per box. Please note that these tests expire in February.

BEGINNER PICKLEBALL LESSONS - JANUARY 4 AND 18

New to Pickleball? Need to learn the basics? We got you covered with the ins and outs of pickleball. Lessons are on the first and third Thursdays of the month from 1:00-2:00 pm. **Our next session will be held on January 4 & 18.** These are **FREE** classes, but fill up incredibly quickly. If you are interested in taking the class, contact Marianne or register through our website. **Pre-registration is required and space is limited.** Make sure to wear tennis shoes and comfortable clothes you can move in!

RESOLUTION DAY - MONDAY, JANUARY 22

Last year, we came together at the end of January to encourage each other to keep our resolutions. This year, we'll celebrate at least two of the promises we may have made to ourselves on Monday, January 30. Every fitness class that day will be free, and we will enjoy a salad bar lunch/potluck at 12:00 pm. If you would like to bring a healthy snack, sign up at the front desk. If you would rather just come to the meal, the cost for lunch will be \$5. Please register by January 17.

Just a reminder to check in whenever you come into the Center for ALL the activities that you will be doing that day. Thank you in advance for your help!

Welcome to our new members this month!

Rick, Kathy, Linda, Sharon, Walter, Marilyn, MaryJo, Dale, Theo, Elizabeth, Gary, Domenic, Dennis, Marsha, Craig, Deidra, Charlotte, Thomas

COMMUNITY NEWS



TAI CHI INFO

thobao.com

A study published late last month is adding to the trove of evidence that exercise is just as good for our brains as it is our bodies. The paper specifically looked at tai chi, a form of Chinese martial arts focused on slow, controlled movement, and its ability to boost memory. more than 300 older adults with reported memory problems took part in the study, which had them complete a test called the Montreal Cognitive Assessment to gauge their baseline cognitive function. The average score was 25, which is at the highest end of the range (18-25) that points to mild impairment. a score below 18 suggests moderate impairment and memory loss. those who practiced a simple type of chi called Tai Ji Quan twice a week for six months improved their scores by 1.5 points, which study author Dr. Elizabeth Eckstrom told NPR indicates “three extra years” of staving off cognitive decline.

2023-2024 HEAP Winter Crisis Program

**Are you facing a disconnection on your gas or electric bills or have less than a 10 day supply of bulk fuel?
Are you worried about how you'll heat your home this winter?**

If you answered yes to any of these questions, you may qualify for the Home Energy Assistance Program Winter Crisis Program (HEAP WCP).

The WCP program can provide a one-time payment per heating season (November 1 through March 31) for gas or electric utilities, or toward the delivery of wood, propane, fuel oil or kerosene to households when: a customer's gas or electric service has been disconnected; a customer has received a final disconnect notice; or the customer has less than a 10 day supply of bulk fuel.

All applicants must meet program guidelines, including income limits.

For more information, please contact:

Lifeline, Inc. Energy Assistance Office

PO Box 496 OR 8 N. State Street Suite 300

Painesville, OH 44077

Office Phone: 440-350-9160

Appointment Hotline: 1-440-381-8230

Appointment Website: <https://app.capappointments.com>

The Lifeline, Inc. Energy Assistance Office is open Monday-Friday 8:30 a.m. to 4:30 p.m.

Appointments can be scheduled by calling our appointment hotline at 1-440-381-8230 or visiting <https://app.capappointments.com>

Same day in-person appointments are available on a first-come, first served basis IF service is disconnected or if there is an IMMEDIATE need for bulk fuel at less than 25% remaining. Please call our office at 440-350-9160 to schedule a same-day appointment.

Appointment hold will be done only once during the season for CEI and Dominion.

Applicants should have ALL required documentation with them so that their application can be completed at the time of their appointment.

Please contact our office at 440-350-9160 for a complete list of required documentation.

SNOW POLICY

Our policy here in Kirtland is generally yes. There will be snow. Please note that the Center is closed for weather if the Kirtland schools are.

We will update the website and our voicemail as soon as we know of a closure.

THIS MONTH AT THE KIRTLAND LIBRARY:

Friday, January 5
2:30 pm

Color Me Calm Club
Registration requested

Monday, January 8
6:00 pm

Sew4Service
Sew4Service connects people who sew, quilt, knit and crochet with people and pets in need. You will learn various ways you can help create handmade items for charity.
Registration is requested.

Tuesday, January 9
5:30 pm

Mocktails and Masterpieces
An instructor will guide you through the “Aurora Night” canvas. All skill levels will find success with this simple, beautiful design. Your \$19 ticket includes one 12”x12” canvas, materials and instruction. Your completed canvas will be ready to take home that night.
Registration and payment are required to hold your spot.

Tuesday, January 16
6:00 pm

Cookbook Club

Monday, January 22
1:30 pm

No Pressure Book Discussion

Tuesday, January 23
5:30 pm

Candle Making Workshop
\$10/person
Registration required

Saturday, January 27

Holiday Junk Journaling

Monday, January 29
5:30 pm

Tiramisu Culinary Class
\$10/person
Registration required

Tuesday, January 30
6:00 pm

Aerosmith to ZZ Top
Registration required

Thank you for taking a few moments to share your thoughts and experiences. The results from this survey will help us continue the conversation about the future of your Senior Center.

Please drop off your completed forms to City Hall or at the Senior Center by Monday, February 19.

If you prefer, the survey is also available on-line (click on the link at www.kirtlandcommunity.com/newsletters).

Personal Information

(You may remain choose to remain anonymous; any personal information you share will be used for internal purposes only.)

Age: 55 – 64 65 – 74 75 – 84 85+

Gender: Male Female

Name: _____

Address: _____

Phone: _____

Email: _____

Kirtland Senior Center Questions

1. How often do you go to the Senior Center?

I have never been there I have attended sporadically I am there frequently

If you have not been, or do not attend regularly, please tell us why (choose any that apply):

- I am too busy
- I do not know enough about it
- I do not have transportation
- I am not sure if there is anything of interest for me
- I do not know anyone who goes there
- Financial constraints
- Other (please specify)

If you do go to the Center, please tell us why (choose any that apply):

- I attend in order to see my friends more often
- I enjoy the arts and crafts classes
- The one-on-one appointments are convenient (attorney, podiatrist, etc.)
- I often sign up for wellness classes (massage, light therapy, etc.)
- I use the fitness equipment or attend exercise classes
- I enjoy meals and events there
- I participate in the bus trips
- Other (please specify)

2. How would you rate the activities and services that are offered?

Excellent

Good

Fair

Poor

Unsatisfactory

3. Do you have any suggestions for activities or classes that would benefit you?

4. How long have you been a member of the Kirtland Senior Center?

Less than a year

Less than two years

More than two years

More than five years

5. Choose any preferred methods of communication regarding upcoming news and events:

Monthly newsletter

Email updates

Facebook or other social media

Mailings

Other (please specify)

6. Do you encourage others to come to the Center? Why or why not?

7. In two sentences or less, describe your experience with the Senior Center.

8. Do you have any other concerns, suggestions, or questions?

This month, we've decided to go international. Our neighbors to the north are known for many things: maple syrup, hockey, politeness, the tendency to say "eh." Here at the Kirtland Senior Center, we have another Canadian original to be proud of. Cindy Solinsky is a true joy to all who know her, and now you can count yourself amongst them.

In my own personal Wikipedia page (which exists only in my brain), Saint John, New Brunswick boasts Cindy as one of its own. She spent her first 23 years of life in this apparently picturesque seascape located on the Bay of Fundy. This country girl grew up with her sister and brother right on the Saint John River, and "swam and skated her life away." Right out of high school, she entered nursing school where she earned her diploma.

On a trip to Florida, she met a man from Ohio, who was so enamored that he made the trek all the way to a different country to visit this northern light. (I may have been watching too many Hallmark movies...) After getting married, they moved back to his home state in 1980 and she has been here ever since. Usually. They had two children before going their separate ways. Five or six years later, her daughter Meghan was playing with kids in the neighborhood and waxing poetic about their cat who had just had kittens. Obviously, one of her friends wanted one to call her own. Cindy, ever practical, told her that her father would have to approve. He initially came over to meet the cats, and they soon ended up on their first date at parent-teacher conferences. Although that little girl never got one of the kittens, she did get a blended family. Eventually he and his crew moved in and they went from a household of three to a household of eight. I think this has been brought up before but six children under 11 years old and two bathrooms DOES NOT SEEM LIKE ENOUGH BATHROOMS.

You ask Cindy about those years, and she speaks in a wistful tone of someone who loves family. She worked during the day, and he worked at night, leaving her to chauffeur the crew. As teenagers, all six of the kids did sports, and "van time" was one of the highlights of these years with them. In the midst of the (I'm guessing) loud, potentially controlled chaos that is inevitable with that many people, Cindy decided to fulfill a promise she had made to herself. She had wanted to go back to school to get her bachelor's degree in nursing, which sounds not at all easy. Once Matthew, her oldest, went to college, she went back to school. Working fulltime at the cardiac cath lab, at first Hillcrest and then Euclid Hospital, and raising a family means she had a full plate. She heaped more on as she finished both her bachelors and masters degrees in ten years.

In her spare time, she learned how to scuba dive. I really don't intend for these spotlights to be thematic, but we're going with this particular hobby two months in a row now. Fun fact - December Spotlight Rich Lowery actually taught her daughter to dive.

When she and her husband cleared the nest of all the chicks, he was diagnosed with a brain tumor and died too soon. Faced with both a quiet house and a new reality, Cindy took matters into her own hands and forged a way forward into the depths of the sea. While we are all faced with opportunities, this gal finds her own. Not one to turn down an adventure, she has gone on diving expeditions all over the world. From Indonesia to the Maldives to the Caribbean Islands, she has found waters warmer than those of the Saint John River.

She retired from the Clinic in 2017, and spent the next two winters as a traveling nurse in Florida. While she met wonderful people with whom she still keeps in touch, she hung up her nursing hat in 2019, just prior to the mayhem that hit the medical field.

Obviously grounded during COVID, she took the chance to clear out the nest that was now empty. Six kids in one house means there was a lot of stuff, and she spent months organizing and packing their memories. In May, she and Neisha (who is the cutest dog this side of the border) went cross country. From here to Kentucky to Texas to New Mexico to California to Utah to Colorado, they made their rounds. Visiting both the chicks who had scattered and 17 national parks, this was a trip that my dogs would hate. Neisha, on the other hand, only gets concerned if she doesn't have her own seat on a plane.

While at the Clinic, Cindy would take the yoga classes offered to employees. After retirement, Kim (see the Spotlight a few months back) invited her to class with Linda Baron, and then strong-armed her into membership here at the Center. If you know Kim, there was probably a gentle suggestion and if you know Cindy, I'm not sure strong-arming would have been effective, but use your imagination. Luckily for us, we get to see Cindy several times a week, and luckily for her, she has found the balance of home and away.

A common refrain amongst our members, she does wonder how she had time to work a full schedule. She has become her own handyman, and tackles household projects with the zeal of someone who now has both the will and the way. While her children remind her that she is never around anymore, she does take the time at home to get lost in fiction. The genres she doesn't read is shorter than what she does and I sure do appreciate the book suggestions she gave me!

Her goal is to still be diving at 80 years old, and her commitment to consistent exercise will help her on her way. She is currently at 684 dives throughout more countries than I can count.

While Saint John, New Brunswick is known for its beautiful scenery and rich history, here in Kirtland, we know it as the birthplace of our own northern light. Cindy is one who takes her own advice - enjoy life and go diving! Just make sure to come back to us.



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BAD JOKES FOR JANUARY:

Why did Frosty go to the middle of a lake?
Why was the snowman rummaging through a bag of carrots?

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. Become a member at any time!

*Funding provided by the City of Kirtland Recreation and Senior Levy
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