

# GILDERSLEEVE GAZETTE

*Kirtland Senior Center Monthly Newsletter*



## **FROM THE DESK OF THE MAYOR**

As I sat down to write the note for this month's newsletter, it dawned on me that no month hosts more holidays than February. At least that I'm aware of, and certainly, as a percentage it boasts more than any of its other eleven counterparts. Many months have two holidays but I can't think of another that has three. That's right, more than ten percent of the days in February are holidays. Astounding, and that's not to mention February pays a month's long homage to Black History.

Starting on February 2nd, that furry little brown fella, Punxsutawney Phil, attracts thousands upon thousands of men, women, and children to Gobbler's Knob in Punxsutawney, Pennsylvania. Just like those who get paid top dollar on local and national television to butcher weather forecasts, Phil, the ultimate weatherman, does it with unrivaled fanfare, and more notably, with utter impunity. I mean, who remembers in Mid-March, when we're getting pounded with a sleet laden Artic blast, if Phil predicted an early Spring or an extended Winter? We simply want it to be over and never think twice about the fact that the most adored Central Pennsylvanian varmint may have just not looked hard enough for his shadow way back in early February.

The second holiday in February is Valentine's Day. I care very little for Valentine's Day and as a result, my poor wife often chooses to pick up an extra shift at the hospital. If you were expecting me to roll out the romantic red carpet and speak to the meaning of love, you probably don't know me too well. I don't exactly have a heart of steel; I just don't have much appetite for spending money on cards, overpriced roses, and expensive dinners at crowded restaurants for the sake of then having to tell someone how much they mean to me. So, I simply ignore the holiday.

Presidents' Day. Now there's a holiday. Since we've had forty-six heads of the American State, it should be easy for us to pick one of them to revere and remember on the third Monday in February. In preparation for Presidents' Day this year, I've decided to try to read a little something about one of the more obscure and lesser-known winners of the Electoral College. So, without much thought and a proverbial toss at the dart board of President's names, I plan to read about Millard Fillmore. I'm going into the Fillmore study blind and with low expectations.

We grew up hearing countless tales about Washington, Jackson, Lincoln, and Kennedy, but the likes of lesser knowns such as Fillmore, Polk, and Harrison seem to be forgotten or shelved as if they hardly existed. I realize I'm being a bit presumptuous and for all I know, many of you are experts on the boring and lackluster reigns of Warren Harding and Chester Arthur. If that is the case, I apologize. I mean no offense to you or your affinity for one-term wonders like Franklin Pierce or Martin Van Buren.

Signing off from Russellhurst Drive and hoping that, regardless of the Groundhog's prediction or how any of us choose to honor past Presidents, soon Winter will begin an early demise. In the meantime, I'll be learning about the thirteenth President, Millard Fillmore, and how he was America's last top elected official that had no affiliation to either the Democratic or Republican party. Don't believe me? Look it up.

Happy Valentine's Day,  
~ Mayor Potter

### **Riddle Answers**

1. It overswept.
2. Aware wolf

Every year, I say that we're going to take it easy in January and February. We'll ease into the new year, settle back into routines and bunker down during the cold weather. I hope that this year you had the opportunity to do just that.

Bus trips are back in February with a trip down to the Natural History Museum and the Art Museum. We're close to sold out for this trip, but there are a few spots still left! The tour of Borromeo and Saint Mary Seminaries has been full for a very long time. Due to the interest in this trip, we will plan to repeat it again in the fall. I'm excited about our March trips! The Museum of American Porcelain Art will be awesome. I had the opportunity this month to visit with the woman who will be giving our tour and her enthusiasm is infectious. I fully expect for the Shaker Heights trip on March 22 to fill up quickly, so make sure to sign up!



For those who have been asking, the trips sell out for a number of reasons. Several of our trips do not have a maximum number of participants, and we will take reservations until the bus is full. Others, such as led tours, have a set number of people we can bring. For almost all of our trips, we do have to pay in advance, which is why we have a deadline. We've got some exciting events coming up in the spring, so make sure to keep an eye out!

I'm excited for a new opportunity that will begin in the next few months, but need your help to make it happen! We had a small group head out to volunteer at the Cleveland Food Bank in December. It was such a positive experience that several of them have continued to go on their own. I recognize that people want to give back to the community, but are not sure how or where to go. We are looking for two or three people to work together and spearhead a new volunteer group here at the Center. The goal is to identify an organization that needs support, and take a group once a month to help out. These leaders will find those organizations (with our help), and work through the logistics. This will NOT be a bus trip, but the group will leave from here. If you are interested in helping to organize these outings, or interested in attending on these excursions, let us know at the front desk. Let's come together to help to communities that have given us so much!

Finally, we hope this is the final time we have to remind everyone about our snow policy. There was a bit of confusion this month, and want to clear up any questions. Again, if the schools are closed due to hazardous snowy road conditions, we will be closed. If there is any question, call the Center at 440-256-4711. Once we make a decision, I immediately change the voicemail. I will also update the both the City website ([www.kirtlandohio.com](http://www.kirtlandohio.com)) and the Center website ([www.kirtlandcommunity.com](http://www.kirtlandcommunity.com)).

Make sure to peruse the newsletter for important information about Candy Grams, our Valentine's Day lunch, the upcoming State of the Schools, and our annual St. Patrick's Day lunch! Big doings here at the Kirtland Senior Center - don't miss out!

We join together with the City of Eastlake in mourning the loss of Mayor Dennis Morley. For those of you who know Mayor Morley, you knew of his genuine love for not only Eastlake, but for all of Lake County. His enthusiasm and support of the Miracle League was unmatched. If you have some time, please take a moment to research this important organization and the impact it has. A dear friend to all the Western Lake County Mayors and a strident advocate for his residents, he will be missed.

This month's picture was actually from my birthday celebration in 2021. Why did I choose this particular shot? Check out our Senior Spotlight to read about why that day was so important... ~ Teresa

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**SENIOR CENTER MEMBERSHIP**

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

KIRTLAND SENIOR CENTER

**FEBRUARY 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

**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

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

Advanced Pickleball (*drop-in*)  
 Piano Lessons (*Feb. 6 & 20*)  
 Aerobics  
 Pickleball (*drop-in*)  
 Bingo (*drop-in*)  
 Beginner Pickleball (*drop-in*)

Strength Training  
 Pickleball (*drop-in*)  
 Reflexology/Light Therapy  
 (*Feb. 14 & 28*)  
 Fit Yoga w/ Sue  
 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  
 12:00 – 1:00 pm  
 12:30 – 2:30 pm  
 1:00 – 2:00 pm  
 2:00 – 3:30 pm

**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  
 1:00 – 3:00 pm

Advanced Pickleball (*drop-in*)  
 Watercolor Painting  
 Chess (*drop-in*)  
 Pickleball (*drop-in*)  
 Cards – Hand and Foot (*drop-in*)  
 Reiki (*February 8, 22*)  
 Acrylic Painting  
 Pickleball Lessons (*Feb. 1 & 15*)  
 Beginner Pickleball (*drop-in*)

Gentle Yoga  
 Pickleball (*drop-in*)  
 Massage (*Feb. 16*)  
 Strength Training (*Feb. 2 & 16*)  
 Chair Yoga  
 Aerobics w/drumming  
 Chair Volleyball (*drop-in*)  
*Drop-in activities require no pre-registration.*

**COMING IN MARCH 2024**

Shamrock Shuffle and Shenanigans *Saturday, March 9*  
 Hiking Club *Monday, March 11*  
 Porcelain Museum Bus Trip *Monday, March 11*  
 Podiatrist *Tuesday, March 12*  
 Senior Board Meeting *Wednesday, March 13*  
 St. Patrick's Day Slyman's Lunch *Thursday, March 14*  
 State of the Schools *Thursday, March 14*  
 Attorney *Friday, March 15*  
 Massage *Friday, March 15*  
 Trash to Treasure *March 18-29*  
 Gym Closed for Voting *March 18 – 19*  
 Trivia *Tuesday, March 19*  
 Men's Lunch *Wednesday, March 20*  
 Book Club *Thursday, March 21*  
 Shaker Heights Bus Trip *Friday, March 22*  
 Kirtland Easter Egg Hunt *Saturday, March 23*  
 Birthday Lunch *Tuesday, March 26*

**UPCOMING EVENTS**

Senior Board Meeting *Wednesday, February 7*  
 Hiking Club *Monday, February 12 & 19*  
 Podiatrist *Tuesday, February 13*  
 Valentine's Day Lunch *Tuesday, February 13*  
 Book Club *Thursday, February 15*  
 Attorney *Friday, February 16*  
 Massage *Friday, February 16*  
 Trash to Treasure *February 19-29*  
 Closed – Presidents' Day *Monday, February 19*  
 Museum Bus Trip *Tuesday, February 20*  
 Trivia *Tuesday, February 20*  
 Ladies Lunch *Wednesday, February 21*  
 Birthday Lunch *Tuesday, February 27*  
 Seminary Bus Trip *Thursday, February 29*



# FEBRUARY 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	February 6, 13, 20, 27	\$15 Drop-in: \$4
Aerobics w/drumming Instructor: Cheryl	Friday 11:45-12:45	February 2, 9, 16, 23	\$15 Drop-in: \$4
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	February 2, 9, 16, 23	\$12 Drop-in: \$3
Chair Yoga Instructor: Anne	Friday 10:30-11:30	February 2, 9, 16, 23	\$12 Drop-in: \$3
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	February 7, 14, 21, 28	\$12 Drop-in: \$3
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45 Select Fri @ 10:30	February 2, 7, 12, 14, 16, 21, 26, 28 March 4 & 6	\$30 (10 classes) \$24 (8 classes) \$12 (4 classes) Drop-in: \$3
TaiCh iFit Instructor: Tim	Monday 1:00-2:00	February 5, 12, 26	\$9 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	February 1, 8, 15, 22	\$28
Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	February 1, 8, 15, 22	\$28
Piano Lessons Instructor: Karen <i>*must register 2 per month*</i>	Tuesday 9:00-1:30	February 6 & 20	\$17 per 30 minutes
Wellness/Other	Time	Dates	Cost
Attorney Deborah Loughner	Thursday / Friday 9:00-11:00	February 16 March 15	FREE 30 minutes
Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	February 13 March 12	\$25 per 15 minutes
Reiki Anne Owens	Thursday 12:00-1:300	February 8, 22	\$25 / 25 minute session
Reflexology or Light Therapy Linda McMahon	Wednesday 11:00-1:00	February 14 & 28	\$40 (Reflexology) \$45 (Light Therapy)
Swedish Massage Natalie Lopez	Friday 10:00-2:00	February 16	\$65 per 50 minutes
Hiking Club <i>*See inside for location</i>	Monday 10:30 am	February 12 March 11	FREE
Beginner Pickleball Lessons	Thursday 1:00-2:00	February 1 & 15	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 February 6 & 20, 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)**  
**Gym closed March 18 - 19 (Voting)**  
**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 Thursday, February 15.

### **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. **This bus trip is SOLD OUT**, but we are happy to add your name to the wait-list.

### **Museum of American Porcelain Art - Monday, March 11**

Did you know this existed in Northeast Ohio???? You do now. This journey to South Euclid is sure to be awesome. We will be come together for a presentation followed by a curator-led tour of the galleries and mansion. The bus will leave around 10:45 am, and come back around 3:00 pm. \$20 will get you a spot on the bus, the tour of the museum, and a boxed lunch. Space is limited, so sign up soon! RSVP by Monday, March 4.

### **Shaker Heights Forever (Edwins and Van Aken) - Friday, March 22**

For those of you who have not ventured to the distant land of Shaker Heights, you are missing out! We will be headed down on Friday, March 22, with the bus leaving at 10:30 am. Starting our day will be a tour of Edwins Restaurant and Leadership Institute Campus. This nationally-known institution boasts a gourmet French restaurant, bakery, and butcher shop. The organization offers formerly incarcerated adults a foundation in the culinary and hospitality industries and a support network necessary for long-term success. After our tour of Edwins, we will head down to Van Aken District for food and shopping on your own. The trip itself will only cost \$5/person. Donations to Edwins will be accepted there, and the bakery will be open to purchase yumminess. Bus will return around 4:00 pm. Spots are EXTREMELY limited!

**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, FEBRUARY 15 @ 11:00 AM**

This month, we will be discussing "Cheneyville: A Novel of Murder, Loss, and Vengeance" by Paulette Giles, which sounds like a perfect book for a dreary winter month! According to Goodreads, there is vengeance, redemption, and a "reckoning..." March will discuss "Horse" by Geraldine Brooks. "Based on the remarkable true story of the record-breaking thoroughbred Lexington, Horse is a novel of art and science, love and obsession, and our unfinished reckoning with racism."

## **2024 MEMBERSHIP RENEWAL**

2024 registration opened on October 1, 2023. All current memberships are set to expire this month. Anyone is welcome to join, regardless of where you live. **Please note that your 2023 membership will only go through THIS ISSUE in February of 2024, and we will stop sending newsletters after this month.** 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 February 20 - 29. 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 throughout the entire month. 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, FEBRUARY 27**

Join us for a slider celebration! We will enjoy selections of the famous mini-sandwiches from Down the Block on Tuesday, February 27. **The cost is \$8. Please RSVP by Friday, February 23.** If it is your birthday month, then lunch is on us! Everyone is welcome...regardless of your birthdate! Our next birthday celebration will be on March 26, and the menu will be rigatoni with meatballs, salad, and garlic bread.

**MEN'S LUNCHEON - WEDNESDAY, MARCH 20**

Men's Luncheon will be held Wednesday, March 20 at 12:00 pm. The menu is meatball subs. Cost is \$8. **Please RSVP by Thursday, March 14.** The next luncheon will be Wednesday, May 15 and the menu is mac & cheese.

**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.**

**VALENTINE'S DAY LUNCH - TUESDAY, FEBRUARY 13**

The Kirtland Senior Board cordially invite you to a Valentine's Day Lunch on Tuesday, February 13 at 12:00 pm. The menu is pasta, meatballs & garlic bread. Suggested good will donation is \$5. Please RSVP to the front office by Friday, February 9.



**ST. PATRICKS DAY SLYMAN LUNCH - THURSDAY, MARCH 14**

Our annual St. Patrick's Day Slyman's lunch will be held on Thursday, March 14 at 12:00 pm. Lunch will cost **\$18** each 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.

**HIKING CLUB - MONDAY, FEBRUARY 12**

Join us for a hike on **Monday, February 12 from 10:30 - 11:30 at Chapin Forest. We will meet at Hobart Road. 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.

**HIKING UNDER THE LIGHTS! - MONDAY, FEBRUARY 19 @ 6:00 PM**

Hike under the lights this winter at Chapin Forest Reservation! A mile of trail lights will be turned on on the Arbor Lane Loop Trail (Hobart Road entrance) each evening from dusk until park closes. We will meet in the parking lot at 6:00 pm and enjoy this magical lovely nature-adventure. Dress for warmth!

**VALENTINE'S DAY CANDY GRAM**



What's better than chocolate on Valentine's Day? Not much, but maybe a Valentine's Day Candy Gram!!!! The Senior Board will be selling candy grams February 1-14 for \$2 each. They will be delivered here at the center beginning Valentine's Day. Write a note to brighten someone's day or to show them how special they are to you. Candy grams must be able to be delivered within the Senior Center. All proceeds go to the Senior Board to subsidize board sponsored events during the year. Happy Valentine's Day!!!

**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!**

Clare, Mary Jane, Pat, Greg, Sue, Jeff, Sonia, Judy, Michael, Dorothy, Joanne, Judeth



**TRIVIA - TUESDAY, FEBRUARY 20**

Join us in-house for Trivia on **Tuesday, February 20 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 **"First Ladies"** for our **February** theme, so start studying! We meet in the lobby to form teams and then the fun begins. No registration necessary.



**MIND CHALLENGE TRIVIA**

This year's area-wide Mind Challenge will kick off at 1:00 pm on **Wednesday, April 24 at the Willoughby Senior Center**. As they're gearing up for another awesome year, we need you to sign up! Let us know in the front office if you are interested in playing. **Deadline for sign-ups is Friday, March 15**. Mind Challenge is **FREE** to play!

**BEGINNER PICKLEBALL LESSONS - FEBRUARY 1 & 15**

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 February 1 and 15**. These are **FREE** classes. If you are interested in taking the class, contact Marianne, register through our website. **Pre-registration is requested but not required!** Make sure to wear tennis shoes and comfortable clothes you can move in. We have pickleball paddles (raquets? who knows...) available to borrow.

**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. **If the schools are closed for a reason OTHER THAN poor road conditions due to the snow, we plan on being open**. Each instructor sets the policy for their own classes, so be sure to check with them in advance. We will update the website and our voicemail as soon as we know of a closure.

**STATE OF THE SCHOOLS**

Join Kirtland City Schools Superintendent Chad VanArnhem following our annual St. Patrick's Day lunch on Thursday, March 14. Note that the lunch is available to Senior Center members only and you must RSVP in advance (more details on page 6). Following lunch, Mr. VanArnhem will be giving a short State of the School address and answer any questions you may have for him. This presentation is free and open to all members of the community. He will begin shortly after the lunch, around 1:30 pm.



**THIS MONTH AT THE KIRTLAND LIBRARY:**

- |  |   |
|--|---|
| <p><b>Monday, February 5</b> Knit and Crochet Club<br/>6 - 7:00 pm</p>   | <p><b>Friday, February 16</b> Color Me Calm Club<br/>2:30 pm<br/>Registration requested</p>   |
| <p><b>Monday, February 12</b> Valentine Cookie Decorating<br/>5:30 pm<br/>Join Becky From Sweeter Than Honeycomb as she teaches us how to decorate cookies for Valentine's Day! The cost is \$10/person at the door and includes all your supplies.<br/><i>Registration required</i></p> | <p><b>Wednesday, February 21</b> Author Terry Pluto<br/>7:00 pm<br/><i>Registration required</i></p>  |
| <p><b>Tuesday, February 13</b> Lip Balm Craft<br/>5:30 pm<br/>Want to try to make your own lip balm for the winter weather? Sign up for this craft! We will have an assortment of flavors to choose from. The cost is \$10/person.<br/><i>Registration required</i></p>                  | <p><b>Tuesday, February 20</b> Cookbook Club<br/>6:00 pm</p> <p><b>Monday, February 26</b> No Pressure Book Discussion<br/>1:30 pm</p> <p><b>Saturday, February 27</b> Fairport Harbor Lighthouse Talk<br/>6:00 pm<br/>A Docent from the Fairport Harbor Marine Museum and Lighthouse will be here to discuss the history of the lighthouse and Lake County's role in Lake Erie history.<br/><i>Registration required</i></p> |

**FROM THE SENIOR BOARD:**

The holiday rush is over at the Senior Center and in our personal lives. I hope everyone had a warm, comfortable Christmas and a happy New Year. But don't think that just because the holiday rush is over, that anyone will be bored during these winter months. (Isn't March still winter in NE Ohio?) The Senior Center has plans for members to help pass those cold days quickly, with physical activities to bring up your body heat, classes to spark your creativity, and challenging events to keep your brain burning. Check out the newsletter or online newsletter for routine and new activities.

The bus trip choices for members continue to be amazing. The Porcelain Museum is a new adventure.... a trip to Shaker Heights.... and more to come in the future. Then there is the Valentine's Day luncheon. Upcoming on March 14th is the traditional St. Patrick's Day lunch (corned beef sandwiches, potato salad, etc.). No beer, green or otherwise, sorry! Check the newsletter for cost, dates, and sign-up details for these events.

Election of officers for the senior volunteer board took place at the January board meeting. Dave Saywell remains as president, Bill Russ is our newly elected VP, Marcia Haymer remains as secretary, and Penny Everson remains as our treasurer.

Please welcome any new members joining your activities. Urge those who haven't renewed their membership to do so, as the year is just beginning.

Just a reminder that the center will be closed President's Day, Monday, February 19.

~ Janet Johnson, board member, writing for Dave Saywell, just for the time being.

**WHY ALL THE TRAFFIC STOPS???**

Residents reached out numerous times during the year and requested additional traffic enforcement in various areas within the city. We took these concerns to heart and made 3,539 traffic stops in 2023. This number represents an increase of 1,100 traffic stops from 2022. The violations we stopped for ranged from minor traffic infractions like two working headlights all the way to speeding, which was the residents' biggest concern. I wanted to let our seniors know that the Kirtland Police Department remains committed to the community and keeping the roads safe for vehicular and pedestrian traffic.

If you are experiencing traffic issues or concerns in your neighborhood, feel free to reach out to the police department. We will be happy to discuss the problems and try to create a plan to address the issues.

If you are interested in seeing more statistics, the police department will be publishing the 2023 annual report near the end of February. It will be available on the city website under the police department's annual reports tab.

As always, we look forward to seeing you at the community center and you can feel free to reach out anytime with questions or concerns (440)256-3336.

**SENIOR BOARD MEMBERS**

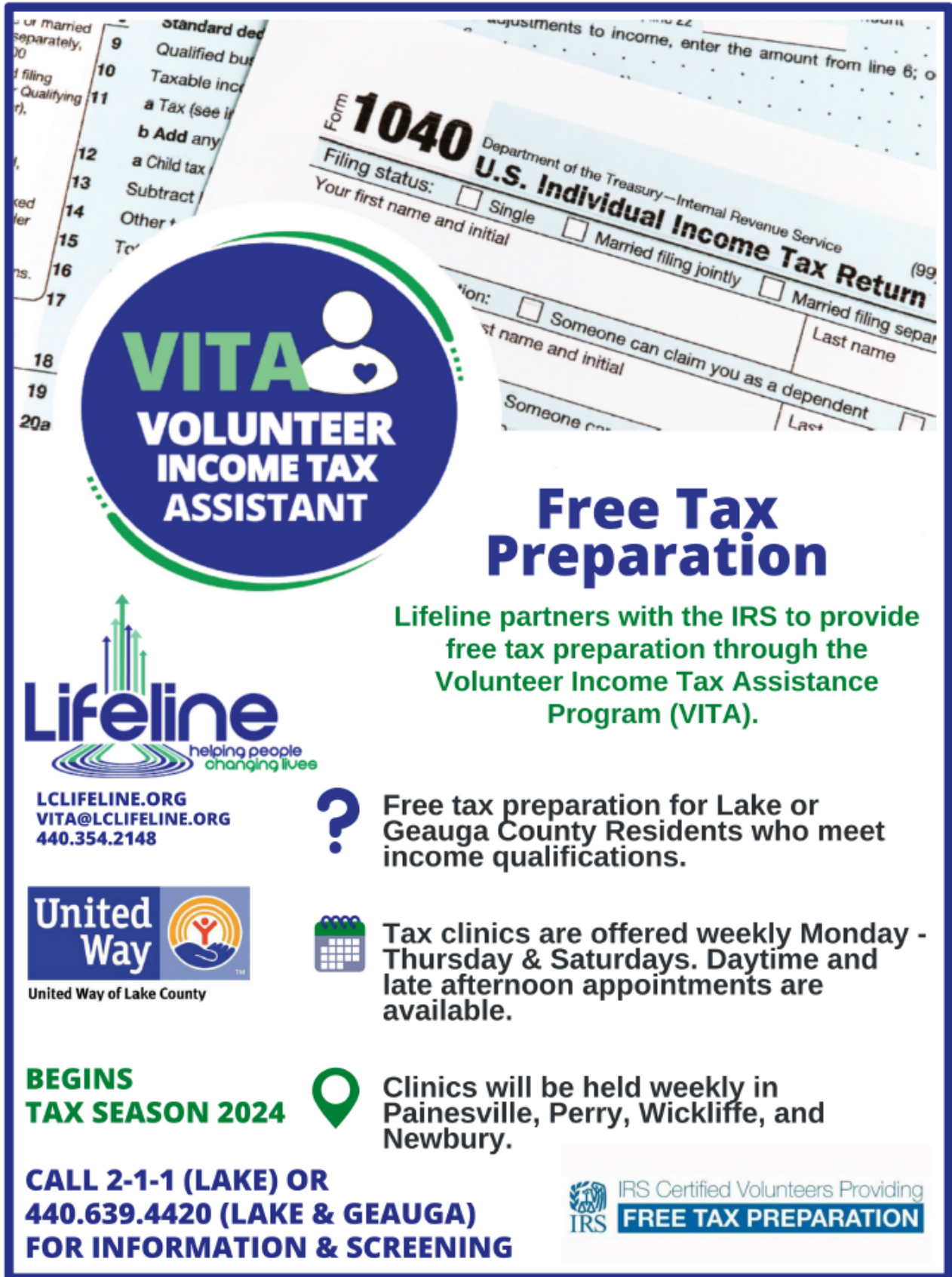
Our Senior Board serves as an advisory committee to the Director and sponsors meals and events while fundraising to help subsidize these meals & events. If you have any issues or ideas, please see one of the board members to pass along. Our 2024 Senior Board consists of: David Saywell (President), Bill Russ (Vice-president), Marcia Haymer (Secretary), Penny Everson (Treasurer), Jr. Orick, Karin Saywell, Janet Johnson, and Jean Orick.


**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.








**VITA**  
VOLUNTEER  
INCOME TAX  
ASSISTANT


## Free Tax Preparation


Lifeline partners with the IRS to provide free tax preparation through the Volunteer Income Tax Assistance Program (VITA).




**Lifeline**  
helping people  
changing lives

LCLIFELINE.ORG  
VITA@LCLIFELINE.ORG  
440.354.2148


 Free tax preparation for Lake or Geauga County Residents who meet income qualifications.




United Way of Lake County

 Tax clinics are offered weekly Monday - Thursday & Saturdays. Daytime and late afternoon appointments are available.

**BEGINS  
TAX SEASON 2024**

 Clinics will be held weekly in Painesville, Perry, Wickliffe, and Newbury.

**CALL 2-1-1 (LAKE) OR  
440.639.4420 (LAKE & GAUGA)  
FOR INFORMATION & SCREENING**



IRS Certified Volunteers Providing  
**FREE TAX PREPARATION**

**WASTE MANAGEMENT SENIOR DISCOUNT**

As advertised by Waste Management, they are offering a 5% discount to Kirtland residents 65 and over. To enroll, contact Teresa or Marianne.





What were you doing on Saturday, September 18, 2021? (This is me asking, not the Police Chief.) On those long ago days coming out of COVID, we didn't have a ton of weekend rentals here at the Center, so I was getting a few hours of work done before heading out to my birthday celebration. It was a beautiful sunny day - I have pictures to prove it. And although it may sound creepy, I can also tell you exactly what Diane Castrataro was doing that day. It was her 55th birthday, and she and her husband Joe were enjoying lunch. As they drove home, Joe suggested that they stop at the Senior Center to check it out, because she was officially eligible now. I can practically see the look she gave him. But stop they did, and peered in through those glass windows. There was a sign on the door for our clam bake, although the cut-off was the day before. As fate would have it, I was just pulling out and wondered who these people were and if they were planning on casing the joint. Being the observant person I am, I stopped to ask them if they needed anything. Half an hour later, they were new members, signed up (after the cut-off) for the clam bake, and I was late to my own birthday celebration.

Years of living brought Diane to our doors that fateful day. Her journey began in Mentor as the only child of a mother that stayed home with her and a father who delivered mail in Waite Hill. An enthusiastic trumpet player, she made her way through the Mentor school system, spending summers at band camp and Friday nights at football games. On a completely unrelated note (I hope), she also developed an interest in the medical field. Without wanting to be too hands-on with blood and guts and the like, she made her way to Ohio Northern University and graduated with her degree in pharmacology.

After studying drugs in college, Diane went on to work for Revco. Her hatred of snow encouraged her to take her boards in Florida. Her parents had a place down south, and she was familiar with the Naples area. This 23 year-old was looking forward to the weather, but may have forgotten to take into account the average age of the local population. After two years, she figured that snow wasn't the worst thing in the world, and reverse migrated back to the O60.

Now back at her childhood home, and working a stupid amount of hours at Medic, her fates were soon to be changed once more. A husband of a colleague insisted on setting her up on a blind date, a prospect to which she did not enthusiastically respond. February 4 was one of those freezing cold nights that had made her flee to the Sunshine State. After working a long day, she was looking forward to spending the evening at home with Poobear the Maltese. What she was not expecting was a call from said colleague insisting that she come over and meet this unknown guy. Diane eventually ended up at, she hoped, the correct house. Opening the door was not her work friend. Or her husband. Or their children. This random dude welcomed her in, and locked the doors behind her. Rather than running for the snowy hills, she hesitantly entered. After she was not murdered by a stranger, the double date continued at Ground Round. A self-proclaimed "not a night-person," Diane and Joe ended up talking in the driveway until the wee hours of the morning.

When you know, you know. Ten months after their auspicious start, this non-threatening and jovial fellow agreed to play Santa at Revco's Christmas party. Santa proposed marriage, and they wed seven months later. They were both living with their parents at the time, and had to choose where to settle down. Rather than finding a starter home, they bit the bullet and purchased a house in Kirtland, where they have indeed settled. As we grow older, we recognize that our needs change. And Joe's needs included somewhere to store his snowblower. Using this logic, they added a two story barn to the property. I have no idea how big the snowblower is, but I'm sure it warranted a house to call it's own...

After stints at University Suburban Health Center and as a manager at WalMart pharmacy, Diane decided to hang up her stethoscope when she was 45. (Wait, pharmacists don't use stethoscopes, do they?) Either way, this adventurous lady decided to continue her world domination. Storming the world by sea, she has been on about 55 cruises to date. Although she hasn't yet convinced me that cruises are the best way to vacation, she is a wealth of both knowledge and experience. In fact, when you read this, she will have just have returned from the Caribbean, escaping the winter weather.

Not historically one to often flex her muscles, she has since grabbed ahold of exercise and can be found most days in a class here at the Center. Often seen cruising the far seas, she also stays a bit closer to home and can also be found on almost all of our bus trips. We're lucky enough to see Joe at events centered around food, and when they aren't traveling, they're renovating, visiting with friends, or caring for their 16 year-old dog Louie. They keep busy doing other stuff too, but this is a one-page story.

Always a dog lover, Diane volunteered at the Humane Society and refused to leave until all of the dogs were walked. The one rule in their house was that no one was coming home with her, and she somehow stuck with it. She is made of stronger stuff than I am... Our recent trip to the Food Bank has inspired her and others here to volunteer on a more regular basis. They helped out again this month and have a trip planned for February.

From eating to working out to adventures to volunteering, Diane has embraced most of what we have to offer here in Kirtland. We're glad to say that the picture above was staged during a Police Department tour and was not taken while Joe and Diane were actually in custody.

We are grateful that they stopped here on September 18, 2021. Even though I almost missed my own party, they were truly the birthday gift that has kept on giving, and I am thankful for them!

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KIRTLAND SENIOR CENTER

## BAD JOKES FOR FEBRUARY:

Why was the broom late to the meeting?  
What do you get when you teach a wolf to meditate?  
*Answers inside!*

### **2024 MEMBERSHIP RENEWAL**

All members must renew annually in order to be part of the best Senior Center in Kirtland! If you have not come in to renew, please do so. **Note that your 2023 membership will only go through THIS ISSUE in February of 2024, and we will stop sending newsletters after this month.**

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!

## KIRTLAND SENIOR CENTER

(440) 256-4711  
communitycenter@kirtlandohio.com  
www.kirtlandcommunity.com

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