

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter



FROM THE DESK OF THE MAYOR

Each month, I'm tasked with writing two Mayor's notes. One for the Kirtland Chronicle and one for the Senior newsletter. Because I have a propensity to write about the happenings, and even mechanics, of city government, I have to say that this message is a little more difficult. For these monthly reflections, I try to keep the mundane and dry tone that municipal government so often exudes to a very minimum. So, as I was sitting here thinking about the best possible subject to cover, I thought "why not write about the people that make this all happen?" That simple question spurred the following.

I want to thank all of you for making the Kirtland Senior Center the very best around. Yes, we have pickleball, fitness and chair volleyball. Sure, our center is home to birthday lunches, holiday parties, trivia, and clambakes. But what truly makes the Center the standard bearer, is the people. Our people. Time and time again, I've been more than welcomed into activities, games, and tremendous feasts. Each time I arrive at your center, I am astounded by the warmth and hospitality expressed to me and that you pass to one another. It truly is a wonderful place, and I'd say it's one of the things I'm most proud of in Kirtland. Thank you.

As we prepare for the shorter days and colder temperatures, please consider reaching out to those who are homebound and/or potentially lonely. And if you know of someone who requires an extra bit of assistance, please let me, Teresa or Marianne know, and we will help in any way we can. We have great volunteers, as well as civic and church groups in our community that are always ready to lend a helping hand. I know I say it often, but we are so very blessed to be in Kirtland where helpfulness and the spirit of community just seems to be second nature.

Thank you, Mayor Potter



Riddle Answers

1. One is a bit funny and the other is a fit bunny.

2. A dog

When I started here at the Kirtland Community Center, I was told that the summer is quiet because everyone is traveling and the winter is quiet because everyone stays inside during cold snowy weather. Three years in, I can unequivocally say that neither has proven to be true. I have yet to find a “quiet season” here in Kirtland. And this winter looks like it’s staying on brand.



So far, fall has brought with it abundant harvest in terms of programming and events. I am so grateful to everyone who comes out to join us either at City or Center events. There is such a great group of people here in Kirtland. As we look towards the season of thanksgiving, let us remember how fortunate we are in this community!

Out of everything that I have the opportunity to do within the City, two stick out at the top of the list. It’s well known that I LOVE sitting down with our members after I manage to convince them to be our monthly Senior Spotlight. But perhaps lesser known is a responsibility I have through the Mayor’s office. For over twenty years, the Ministers and Leaders within the Kirtland area have met monthly. A different organization hosts, and all churches, and civic groups are invited to come together to discuss how to best serve our residents. From the department heads to the library to the schools to service groups to churches and faith organizations, this is one of the best groups of people I have had the pleasure of working with. You may not be aware of how hard these dedicated ministers and leaders work for the good of the whole, but trust me - we’re lucky to have them all.

Part of the annual holiday tradition in Kirtland is to have all of these groups join together for an ecumenical Prayer Service of Thanksgiving. Since we restarted this event, the location has rotated, and is back at the Kirtland Temple this year. This is a great opportunity to come together this season and give thanks with our brothers and sisters around the City! More details are on page 7.

November will bring with it more than darker days and cozy nights. We begin with a bus trip to the Mansfield Reformatory, welcome half the City on Election Day (remember to vote!), host our annual Veteran’s Day lunch, and join with the aforementioned group for the Mayor’s Action Network Service Day. And that’s just the first week and a half! We will also invite our friends from Perry for a day of trivia, lunch (open to all, free for new members!), and chair volleyball. A trip to the Morgan Conservatory and a special art workshop start to wind down the month.

Membership for 2024 is now open! We had just under 700 members here at the Kirtland Senior Center in the last year, and are always excited to welcome new people as part of our community. A special thank you to all in City administration who work together to make this a family. The finance office, Mayor, City Council and Clerk, and Police, Fire, and Public Works departments all collaborate to make this City the best it can be for you. It tends to be a daunting and thankless task, and they are appreciated!

We have several chances to give back to the community who gives so much to us. Check out page 9 for information of donating to the Meals on Wheels Blizzard Bags, as well as the American Legion gifts for military and the Kirtland Area Service Council holiday drive. The generosity of this Kirtland family cannot be overstated, and I thank you in advance for supporting these important causes.

Finally, the Christmas party will be held on Wednesday, December 13. Make sure to sign up early - this event always sells out!
~ Teresa

By the way, the above picture is me being incredibly excited to sit in the rain to watch my six-year-old nephew play soccer. In the rain. The cold rain.

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SENIOR CENTER MEMBERSHIP

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

KIRTLAND SENIOR CENTER

NOVEMBER 2023 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

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

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

UPCOMING EVENTS

Massage *Friday, Nov. 3*
 Mansfield Reformatory Bus Trip *Friday, Nov. 3*
 Voting *Tuesday, Nov. 7*
 Senior Board Meeting *Wednesday, Nov. 8*
 Veteran's Day Lunch *Thursday, Nov. 9*
 Center Closed / Veteran Day Observed *Friday, Nov. 10*
 Resident Yard Clean-up *Saturday, Nov. 11*
 Trivia *Monday, Nov. 13*
 New Member Lunch *Monday, Nov. 13*
 Hiking Club *Monday, Nov. 13*
 Podiatrist *Tuesday, Nov. 14*
 Morgan Conservatory *Tuesday, Nov. 14*
 Men's Lunch *Wednesday, Nov. 15*
 Book Club *Thursday, Nov. 16*
 Trash to Treasure *November 20 - 30*
 Kirtland Thanksgiving Service *Tuesday, November 21*
 Birthday Lunch *Tuesday, Nov. 21*
 Office Closed ~ Thanksgiving *Thursday, Nov. 23*
 Office Closed ~ Thanksgiving *Friday, Nov. 24*

Strength Training
 Pickleball (*drop-in*)
 Knitting Group (*drop-in*)
 Tai Chi Fit
 Chair Volleyball (*drop-in*)
 Advanced Pickleball (*drop-in*)
 Piano Lessons (*November 7 & 21*)
 Aerobics
 Pickleball (*drop-in*)
 Bingo (*drop-in*)
 Beginner Pickleball (*drop-in*)
 Strength Training
 Pickleball (*drop-in*)
 Reflexology/Light Therapy (*November 8 & 22*)
 Fit Yoga w/ Sue
 Chair Volleyball (*drop-in*)

COMING IN DECEMBER

Massage *Friday, Dec 1*
 Bus Trip to Food Bank *Monday, Dec. 4*
 Senior Board Meeting *Wednesday, Dec. 6*
 Hiking Club *Monday, Dec. 11*
 Podiatrist *Tuesday, Dec. 12*
 Christmas Luncheon *Wednesday, Dec. 13*
 Bus Trip to Quinthealia's Tea Parlor *Thursday, Dec. 14*
 Trash to Treasure *December 18 – 29*
 Trivia *Monday, Dec. 19*
 Ladies' Lunch *Wednesday, Dec. 20*
 Hearing Screening *Wednesday, Dec. 20*
 Book Club *Thursday, Dec. 21*
 Office Closed ~ Christmas *Friday, December 22*
 Office Closed ~ Christmas *Monday, December 25*
 Birthday Lunch *Tuesday, December 26*

Advanced Pickleball (*drop-in*)
 Watercolor Painting
 Chess (*drop-in*)
 Pickleball (*drop-in*)
 Cards – Hand and Foot (*drop-in*)
 Acrylic Painting
 Pickleball Lessons
 Beginner Pickleball (*drop-in*)
 Gentle Yoga
 Pickleball (*drop-in*)
 Massage (*November 3*)
 Strength Training (*Nov. 10 & 17*)
 Chair Yoga
 Aerobics w/ drumming
 Reiki (*Contact the front office*)
 Chair Volleyball (*drop-in*)

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

Drop-in activities require no pre-registration

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	November 7, 14, 21, 28	\$15 Drop-in: \$4
Aerobics w/drumming Instructor: Cheryl	Friday 11:45-12:45	November 3, 10, 17	\$12 Drop-in: \$4
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	November 3, 10, 17	\$9 Drop-in: \$3
Chair Yoga Instructor: Anne	Friday 10:30-11:30	November 3, 10, 17	\$9 Drop-in: \$3
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	November 1, 8, 15, 22, 29	\$15 Drop-in: \$3
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45 Select Fri @ 10:30	November 1, 3, 6, 8, 13, 15, 17, 20, 22, 27, 29	\$30 (10 classes) \$24 (8 classes) \$12 (4 classes) Drop-in: \$3
TaiCh iFit Instructor: Tim	Monday 1:00-2:00	November 6, 13, 20, 27	\$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	November 3, 10, 17	\$21
Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	November 3, 10, 17	\$21
Piano Lessons Instructor: Karen <i>*must register 2 per month*</i>	Tuesday 9:00-1:30	November 7 & 21	\$17 per 30 minutes
Wellness/Other	Time	Dates	Cost
Attorney Deborah Loughner	Thursday / Friday 9:00-11:00	November 9 December 8	FREE 30 minutes
Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	November 14 December 12	\$25 per 15 minutes
Reiki Anne Owens	Friday 12:00-1:30	November 3	\$25 / 25 minute session
Reflexology or Light Therapy Linda McMahon	Wednesday 11:00-1:00	November 8 & 22	\$40 (Reflexology) \$45 (Light Therapy)
Swedish Massage Natalie Lopez	Friday 10:00-2:00	November 3 December 1	\$65 per 50 minutes
Hiking Club <i>*See inside for location</i>	Monday 10:30 am	November 13 December 11	FREE
Beginner Pickleball Lessons	Thursday 1:00-2:00	November 2 & 16	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 November 7 and 21 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 STILL OPEN (as of publication)! Please note that the courts are available on a first come-first served basis. If there are people waiting to play, please be courteous and share the courts. Senior Center members have priority from 10:00 am - 1:00 pm each weekday. The courts are generally closed for the season in November, weather-dependent.



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.

THE SENIOR CENTER WILL BE CLOSED:

Gym will be closed for voting on Tuesday, November 7

**Friday, November 10 (Veteran's Day)
Thursday, November 23 (Thanksgiving)
Friday, November 24 (Thanksgiving)**

Just a gentle reminder that the polls will be open this November 7. We encourage you - wherever you live - to go out and make your voice heard!



BUS TRIPS**Ohio State Reformatory - Friday, November 3**

Jump on the bus for a trek down to Mansfield! We will be doing self-guided tours of the Reformatory, with audio included. We will leave the Center at 9:45 am and get back around 6:00 pm. Cost is \$30 per person and includes the bus and tickets to the Reformatory. We will also stop for lunch (on your own) in downtown Mansfield. No trip down 71 is complete without a visit to Grandpa's Cheese Barn, so you best believe that will happen too!

Morgan Conservatory - Tuesday, November 14

DID YOU KNOW that the Morgan Conservatory is the largest art center in the country dedicated to papermaking, book arts and letterpress printing and to cultivating the talents of established and emerging artists? Betcha didn't. An international destination, the Morgan Conservatory is a working studio, gallery, gathering place for the community, educational hub and purveyor of some of the finest handmade papers in the world. And it's right here in Cleveland! This trip will include both a tour of the studios and facilities as well as a hands-on workshop. It's gonna be cool. This is a limited trip, so make sure to get signed up ASAP. Tickets are \$30 each, which includes the bus, the tour, and the workshop. We will meet at the Center at 12:30pm and get back to Kirtland around 4:00 pm.

Cleveland Food Bank - Monday, December 4

We are fortunate to have the opportunity to help others during this holiday season. We will be headed down to the Cleveland Food Bank to volunteer at the start of December. Leaving the Center at 8:15, we will return around 11:30. The only cost for this trip is \$5/person. Please RSVP online or at the front desk by November 27. This trip is EXTREMELY limited!

Burton Holiday Hoopla - Thursday, December 14

What better way to celebrate the cold than to enjoy warm? We will leave Kirtland around 11:30 and travel south to the magical wonderland that is Burton. Quintealia's Tea Parlor specializes in teas, scones, savories, and sweets in their antique furnished 1890's historical home, decorated for Christmas. Lunch selections will be available to choose by the first week of December and the cost will be on your own. We will also stop at Sunrise Barn, which is a barn gift shop offering gourmet food items, in-season produce, and unusual gift items. Cost is \$5/person, and tickets are 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, NOVEMBER 16 @ 11:00 AM

Now a show on Apple+, "Lessons in Chemistry" was one of the most popular books of 2022. Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show Supper at Six. Elizabeth's unusual approach to cooking proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo.

2024 MEMBERSHIP RENEWAL

2024 registration opened on October 1! 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 November 20 - 27. 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.



BIRTHDAY LUNCH CELEBRATION - TUESDAY, OCTOBER 31

New this year - join us for YOUR birthday month & lunch is on us! Our next Birthday Lunch is Tuesday, November 21 at 12:00 pm. **The cost is \$8.** Our menu is chili and cornbread. **Please RSVP by November 14.** EVERYONE is welcome, regardless of your birthdate! Our next Birthday celebration will be on December 26 and the menu will be pizza and salad.

**MEN'S LUNCHEON - WEDNESDAY, NOVEMBER 15**

Men's Luncheon will be held Wednesday, November 15 at 12:00 pm. The menu is chicken parm and pasta. Cost is \$8. **Please RSVP by Thursday, November 9.** The next luncheon will be in January 2024.

LADIES LUNCHEON - WEDNESDAY, DECEMBER 20

December ladies lunch will be held Wednesday, December 20 at 12:00 pm and the menu is chicken pot pie. **Cost is \$8.** **Please RSVP by December 13.** Our next luncheon will be in February of 2024.

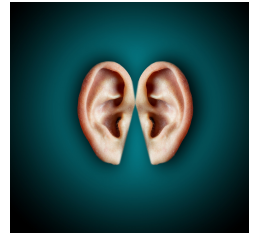
All menus are set in advance. If you have a specific dietary need, please let us know and we will do our best to accommodate you.

CHRISTMAS PARTY AT PINE RIDGE COUNTRY CLUB

Celebrate the Holiday Season with us at our annual Christmas Party. It will be held on Wednesday, December 13 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. **Please remember that if you have dietary restrictions to please let us know so that we may be able to accommodate you better.** Make sure to preregister and pay by Monday, December 4. No registrations will be taken after this day.

HEARING SCREENING - WEDNESDAY, DECEMBER 20

It is medically recommended to have your hearing tested annually, just like your blood pressure or cholesterol. Adults with untreated hearing loss are more likely to develop dementia. Hearing loss is not just an ear issue, it is also a quality of life issue, a health issue, and safety issue. Hearing loss can occur naturally due to age, but it can also be caused by other health reasons that may surprise you. Holly's Hearing Aid Center will be conducting FREE hearing screenings on Wednesday, December 20 from 10:00 am - 12:00 pm. Registration is required.

**VETERANS DAY LUNCH - THURSDAY, NOVEMBER 9**

Help us thank our Veterans at our annual November Luncheon on Thursday, November 9 at 12:00 pm. The meal will be turkey, mashed potatoes, stuffing, gravy, beans, rolls, and butter. Any Senior Center member who is a Veteran will be treated to a FREE lunch courtesy of the Senior Board. All other members are welcome to join & the cost is \$8. Registration required by November 3.

**TRIVIA - MONDAY, NOVEMBER 13**

Join us in-house for Trivia on **Monday, November 13 at 10:00 am** (note the day and time change). Come join us and our friends from Perry this month! 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 "Royalty" for our November theme, so start studying! We meet in the lobby to form teams and then the fun begins. No registration necessary.

ART WORKSHOP - FRIDAY, NOVEMBER 17

Join us on Friday, November 17 from 10:00 am - 12:00 pm for an art workshop with Connie! This month, we'll be playing with pinecones. Who knows what beauty we can make with ... existing beauty? The cost is \$10/person. Please sign up by Monday, November 13.

HIKING CLUB - MONDAY, NOVEMBER 13

Join us for a hike on **Monday, November 13 from 10:30 - 11:30** at North Chagrin. **We will meet at the Strawberry Lane parking lot. 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.

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!

UPCOMING EVENTS

TRIVIA, NEW MEMBER LUNCH, CHAIR VOLLEYBALL - MONDAY, NOVEMBER 13

Save the date for a full day of fun! We are inviting Perry Senior Center to join us for trivia, lunch, and chair volleyball, and hope that YOU can come too! Our monthly trivia theme is "Royalty," and will begin at 10:00 am. If you are a new member since May, lunch is on us - if you are a veteran of the Senior Center, the cost is \$8. Please let us know if you're planning on eating. If you want to play trivia or volleyball - just show up and have fun!

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 the first and third Thursdays of the month from 1:00-2:00 pm. **Our next session will be held on November 2 and 16.** These are FREE classes, but fill up incredibly quickly. If you are interested in taking the class, contact Marianne. Due to the interest in lessons, we will handle the registration at the front desk.

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

KIWANIS CITIZEN OF THE YEAR

Kirtland Kiwanis is searching for our 2023 Citizen of the Year. If you know of a worthy candidate and would like to make a nomination, go to your November Kirtland Chronicle to view the requirements, and make your nomination.

FROM THE SENIOR BOARD

October, falling leaves, cooler temperatures, and usually the first day hint of snow. I hope the end of the month does not follow the usual pattern I just described.

November plans include our annual Veterans Day/Thanksgiving lunch (Thursday, November 9). If you are a member and a veteran the senior board covers the cost of the meal. The rest of us pay our usual \$8. We honor our veterans for their service, and then enjoy our family meal. Plan to attend.

We also have two bus trips planned this month, with limited seating on both. The first trip is the old Mansfield Reformatory. This famous site was featured in the filming of Shawshank Redemption. It is a great way to see what old prisons looked like. The second trip is a tour of the Morgan Conservatory, and includes a paper marbling workshop. This trip is almost sold out, so make sure to sign up!

At today's Senior Board meeting we started discussions on the annual Christmas Luncheon. Reservations are now being accepted. We advise you to sign up early, as this event generally sells out!

I hope this finds you well, and out and about. If your driving by stop in! The coffee is always on.
Best, Dave

FREE COVID TESTS

Just a reminder that we have free COVID tests here at the Center. Stop by the front desk to get yours!

JOIN US FOR A
CELEBRATION OF

Faith and Beauty

KIRTLAND TEMPLE
TUESDAY, NOVEMBER 21
7:00 PM

FREE PATTERSON'S CIDER AND DOUGHNUTS TO FOLLOW
AT THE TEMPLE VISITOR'S CENTER

Give thanks in all circumstances
1 Thes. 5:18

ALL ARE WELCOME
TO AN ECUMENICAL SERVICE OF THANKSGIVING

ALL OFFERINGS SUPPORT
THE KIRTLAND AREA
SERVICE COUNCIL. IF YOU
WOULD LIKE TO DONATE,
PLEASE SCAN THE CODE.

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.

Welcome to our new members this month!

Mary, Robert, Ellen, Linda, Dorothy, Chris, Don, Gina, Janet, Charles, Ruby, Joseph, Ronald, Beth, Gail

COMMUNITY NEWS

PHONES DOWN: IT'S THE LAW.

Six months ago, Ohio passed a texting and driving law that prohibits people from holding a cell phone or electronic device in your hand, lap, or other parts of the body while driving on Ohio roads. When passed, the legislature allowed a six-month grace period, in which police could stop people for texting and driving. However, instead of a citation, officers were only to issue a warning. Effective October 5th, the grace period has ended and police can now treat this law as a primary traffic offense. A primary traffic offense is any traffic violation that allows an officer to pull over a vehicle and issue the driver a citation. A secondary traffic offense is an act that can only be charged when a driver has already been lawfully stopped for primary traffic offense.



There has been some confusion about what is permissible and constitutes a violation of this law. The law itself sounds pretty cut and dry, but there are exceptions. What you need to know is that drivers over 18 years old can make or receive calls via hands-free devices, including: speakerphone, earpiece, wireless headset, electronic watch, connecting phone to vehicle.

In most cases, anything more than a single touch or swipe is against the law. What's off limits includes: dialing a phone number, sending a text message, updating or browsing social media, video calls or FaceTime, browsing the Internet, watching videos, playing games, recording or streaming video.

You can listen to audio streaming devices or use navigational equipment as long as they are turned on prior to getting on the road or use a single touch swipe to activate, modify, or deactivate them. Drivers under the age of 18 are restricted from using devices in any way, including hands free features.

There are some exemptions for the general public that include: drivers reporting an emergency to law enforcement, a hospital, health care provider, fire department, or similar emergency entity; drivers holding a phone to their ear only during phone conversations, if the call is started or stopped with a single touch or swipe; drivers holding or using cell phones and other electronic devices while stopped at a traffic light or parked on a road or highway during an emergency or road closure.

This law is important to everyone. Statistics from the Ohio State Highway Patrol reported, "From 2017 through 2021, there were 64,108 crashes in Ohio that involved one or more drivers who were distracted by something within their vehicle. Of these, 206 were fatal crashes that resulted in 226 deaths." I hope this information is helpful to our senior community. If there are any questions, please feel free to talk to an officer when we are walking through the Center or call (440) 256-3336 with questions. We are always happy to help. ~ Chief Brian McCallister

RED CROSS BLOOD DRIVE - THURSDAY, DECEMBER 14

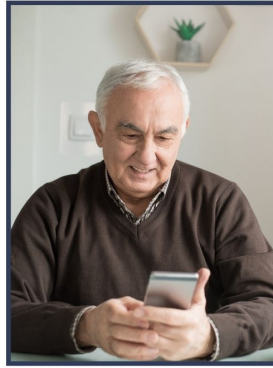
On Thursday, December 14, we will be hosting a Red Cross Blood Drive. Every donor has a reason. Every reason is unique. If you're an American Red Cross blood donor, there's a reason why you've chosen to help save lives in this way. If you're a donor - share your story! It may be just the inspiration your friends and family need to make the decision to join us. This is one of the best gifts you can give this holiday season. A typical donation takes less than one hour. We hope you can sign up to help out others on December 14.

THIS MONTH AT THE KIRTLAND LIBRARY:

Saturday, November 4 9:00 am - 1:00 pm	Book Sale	Friday, November 10 2:30 pm	Color Me Calm Club <i>Registration requested</i>
Monday, November 6 6:00 pm	Knit & Crochet Club	Monday, November 13 6:00 pm	How to Avoid Getting Scammed <i>Registration requested</i>
Tuesday, November 7 6:30 pm	Technique Base Card Making Class \$10/person <i>Registration required</i>	Monday, November 27 1:30 pm	No Pressure Book Discussion
Thursday, November 8 7:00 pm	Laura DeMarco, Local Author <i>Registration required</i>	Tuesday, November 28 6:00 pm	Bookpage Pumpkin Craft <i>Registration requested</i>

Telephone reassurance programs designed to help you

- *Feel connected to others*
- *Remain independent at home*
- *Improve your mental well-being*
- *Reduce loneliness and isolation*



ARE YOU OKAY

- Get an automated call at a pre-arranged time each day.
- If no answer after several attempts, we'll call your emergency contact for a well-check.
- To learn more and sign up, contact Andrea at (440) 354-2148.

↓ *Enroll in one, or both!* ↑

PHONE PAL

- Get matched with a volunteer for a friendly chat twice a week.
- All our volunteers are 55+ and background checked.
- To learn more and sign up, contact Alyea at (440) 350-2020.

Lake County Residents, 60+
No cost to participate



FALL YARD CLEAN-UP - SATURDAY, NOVEMBER 11

On Saturday, November 11, the Mayor's Action Network will be collaborating with faith and civil groups around the City for an entire day of service. As part of this event, we will again be headed out to resident homes for fall yard clean-up. If you are a senior or a veteran who would like some help, please contact Teresa at 440-256-3332 ex. 5 or at tszary@kirtlandohio.com to sign up.

CITY OF KIRTLAND FALL BRUSH PICK-UP

Beginning the week of October 30, the Kirtland Service Department will collect brush throughout the city. The program is intended to assist residents with the FALL clean-up of branches and twigs that have come down from the inclement winter weather. The program is NOT intended to assist with clearing a parcel or substantially clearing trees on a parcel. Weather permitting, City trucks will pass only one time through each ward, so please have your brush and tree limbs out by the start date listed for your ward. Contact the Kirtland Service Department if you have any questions: 440-256-1234 x11 and check out our website for requirements (www.kirtlandohio.com).

2023 Fall Brush Collection Schedule

Wards 1 & 4 – Week of October 30
Wards 2 & 3 – Week of November 6

HOLIDAY-TIME SERVICE OPPORTUNITIES MEALS ON WHEELS BLIZZARD BAG DONATIONS

The Blizzard Bag Food Drive is annual event where the community comes together to donate non-perishable food to help seniors. Our partnership with the Kirtland Senior Center has been a great way for Kirtland seniors to donate food items that will help other Kirtland Seniors who receive Meals on Wheels. Food collected through the annual food drive is packed into a Blizzard Bag. Each Blizzard Bag provides a 2-3 day supply of non-perishable food items for situations when storms, power outages or other events prevent our Meals on Wheels delivery or make it difficult to obtain or prepare food. The bags provide a supply of a few shelf-stable emergency meals to help assure no senior goes hungry during an emergency.

The non-perishable food items that are most needed are single serving and ready to eat items with a pull top. High protein and foods that are a-ready-to-eat meal; such as, peanut butter, canned chicken/tuna, canned soup, chili/pasta, mac and cheese, protein drinks, granola bars, oatmeal or cereal and cheese or peanut butter crackers and granola bars.

The Food Drive collection box will be at the Kirtland Senior Center from November 16 - December 15. We hope you will join us in supporting seniors with a non-perishable food donation this winter season. For more information contact, Linda Llewellyn, Director of Community Programs, at 440-205-8111 ext. 241 or LLlewellyn@Lcco.org.

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.

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 by the Kirtland Area Service Council and to the Kirtland Police and Fire as they distribute according to need throughout the year.



When the flakes start flying, we bid farewell to some of our regulars at the Center. People have asked for this particular Spotlight a few times, but it always seems to be when this familiar face has flown south for the winter. I thought ahead (a bit) this month, and at long last, I present to you Mr. John Mladi.

Raised in South Euclid, this young man is a product of St. Mary Margaret School, Memorial Junior High School, and Brush High School. After spending two years at Cleveland Community College, he joined the U.S. Army and headed down to Fort Bliss in El Paso, Texas for three years. As a "maintenance man" for the Mobile Missile Unit, he calls his time with the 333rd Artillery "very interesting." I think it's super cool that he got to guard President Johnson's plane when he was on a trip to Juarez, Mexico. Beyond the cultural differences, the environment itself was a shock to the system. Coming from a land of grass, lakes, and trees, the sand and expansive blue skies of Texas was certainly an eye opener. A few days prior to being mustered out (which I had never heard of), he was training on how to bring loads onto flat beds to bring to California before being shipped over to Vietnam. He was fortunate to serve his country in his country, and never had to go overseas.

After his time in the Army, he returned to Cleveland and began working at ATT, where he met his beautiful wife Rosie. They both worked in a private phone test board (which apparently serves larger companies who had their own national phone network). Being the first married couple to work in the same department, there was some concern that it would cause a conflict. Both of their managers wanted to retain them, and John and Rosie they both agreed - they were never married while on the job.

While John stayed on as a technician, Rosie continued her education and moved into management. They both worked holidays (except for New Years!), and vacationed in January, when it was easier to get time off.

This time away always took them south, but both of them prefer to be warm. Although Northeast Ohio is known for its balmy winter month, those trips to Aruba and Jamaica were a welcome respite from the cold reality.

They started looking for a house prior to getting hitched, and found a gem here in Kirtland. They honeymooned in Niagara Falls and moved in the next day. 49 years later and they have yet to change their address. As with most newlyweds, moving all of their things didn't fill a house, and they would spend their weekends at estate sales, especially in the Shaker Heights area. This adventuring resulted in a house that is a conglomerate of different furniture of different styles from different houses.

John retired at 50, and has never looked back. For the past fifteen years, they have truly embraced the warmer lifestyle and spend five months a year in Bonita Springs, Florida. They stay within the same community and divide their time between the Springs (no idea if anyone actually calls it that...), Fort Myers to the north, a Naples to the south. They play pickleball on Tuesdays and Thursdays, and spend their weekends finding and enjoying live music.

At this point in the conversation, I was reminded that we were "cutting into John's pickleball time." He was gracious enough to return to the conversation, where I learned what the life of a retiree looked like. At least in their house. He spends his time working on the yard, coming here to the Center, and just being generally awesome. I'm going to list of bunch of motorcycles he has owned in the past. If you know anything about motorcycles, this is probably super cool. If you don't, it's still cool. He has, at some point, been the proud owner of: a 350 Honda, a Triumph Bonneville, a BSA Lightning, a BSA Thunderbolt, and a BMW 750/5. I probably got a bunch of those wrong, but give me props for trying! Out of all of them, the BMW was his favorite, and he sold it for as much as he paid for it, twenty-five years later.

From the bikes, he moved onto sports cars. The Alpha Romero Spider, Mercury Capri, and now the Mazda MX5 have all called Kirtland home, and if the sun is shining, you better believe that top is down! He and Rosie loved going to classic car shows, but sensibly bring the sedan down south with them in the winter.

John has so many hobbies, he forgets them when asked. He builds clocks!!! WHO DOES THAT? I learned so much from this conversation. I knew what a grandfather clock was, but had never heard of a grandmother or grandchild clock was. Or, for that matter, a banjo or skeleton clock. A cacophony of chimes will greet you in their local abode, and the Florida house probably sounds eerily quiet for those five months.

From reading mysteries to gardening to cooking, this Renaissance man does it all, whether here or in the Sunshine State. If you need suggestions of restaurants, concerts, or wineries, you now know who to ask. A walking Zagat guide, he'll point you in the right direction. That direction tends to be wherever the sun is shining because "it can never be too hot." He wears his pickleball uniform of the famous John Carroll sweatshirt outside in the Florida sun and in the November Center gym.

From the mouth of a seasoned pro, he has some advice for those about to retire. When you contemplate finishing your professional career, consider your strategy as you would another job. What are the benefits, what is your strategy? We all need to work towards staying active, and finding that thing that we enjoy doing. And remember, if that project doesn't get done today, there's always tomorrow. And the tomorrow after that.

John and Rosie will hit the road in a sensible car after Thanksgiving, and we will miss them terribly when they do. Think of them fondly when the snow starts falling. I'm sure they will be thinking of you in the warm sunshine.

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

BAD JOKES FOR NOVEMBER:

What's the difference between a clown and an athletic rabbit?

What wears a coat in winter and pants in summer?

Answers inside!

KIRTLAND SENIOR CENTER

(440) 256-4711

communitycenter@kirtlandohio.com

www.kirtlandcommunity.com

The Kirtland Senior Center serves adults aged 55 and over with quality, affordable programming to provide opportunities for social interaction, recreation, fitness, and minor health and wellness services close to home. The aim to keep adults active, motivated, and engaged in their community for an optimal quality of life. Don't be misled by the term "senior!" Our programs are for the youngest Baby Boomers through those in their Golden Years. Become a member at any time!

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