

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter



FROM THE DESK OF THE MAYOR

It's that time of year again in Northeast Ohio - construction season. In Kirtland we have no shortage of projects that will be happening this year. As we all know, the bridge that makes passage over the East Branch of the Chagrin possible will be under construction well into fall. The Old Town sewer project is back under way, disrupting movement about the neighborhood. And, thanks to the City Council's passage of our budget, nearly twenty streets will see road improvements of one sort or another this season.

These types of projects impede morning commutes, can disrupt peace and quiet, and often test our nerves. But the odd paradox is, work of this type doesn't just test our patience, but improves our neighborhoods and is necessary to maintain a functioning society. Not to mention that every street that sees improvement helps to quell the natives.

Speaking of quelling the Natives (or not); I just finished Stephen Ambrose's "Crazy Horse and Custer." The account parallels each warrior's life and gives insight and context to the United States advancement into the West, especially the period immediately after the American Civil War and post-war Reconstruction.

We all grew up watching TV shows and movies featuring skirmishes or peace deals between the "Indians" and the "White Man." And of course, these engagements nearly always featured swaggering sheriffs or immaculately dressed soldiers pitted against actors playing "Indians" donning plumes of feathered head dresses and covered in war paint. As I read Ambrose's documentation of the period, it was obvious that rarely were these portrayals representative of the way things happened on the plains, prairie, and mountains of the American West.

The "Indian question," as it was so often called, was the central conflict in a seemingly unbridled western expansion that included mad gold rushes, industrialists vying for railroad expansions, and wagon trains of settlers (often immigrants), all racing into an incomprehensibly vast landscape and wilderness. Further complicating the issue was the fact that tens of thousands of disaffected soldiers, like Custer, that had just finished an interminably bloody Civil War were now being asked to lead expeditions to tame or eradicate the "savages."

Ultimately, the book closes with the infamous Battle at Little Bighorn. The disastrous outcome to the American side was the culmination of several key blunders made by Custer that fateful day in June of 1876. Known as his last stand, Custer and his men were outnumbered at least ten to one and had to ascend a large hill in the face of thousands of well positioned and better armed Sioux warriors. Crazy Horse, leader of the Sioux that day, had perfectly executed his plans while the way Custer led his men into a battle gave the military zero chance to win. Including himself, every soldier following Custer's lead into conflict that day perished.

It is worth an argument that perhaps the day should have been named Crazy Horse's Last Stand, not Custer's. Although Crazy Horse easily survived the battle, that day was the last time any formidable alliances amongst tribes had come together to repel the scourge of American expansion. Thus, over the next few years, the "Indian question" was over, and tens of thousands of Natives were relegated to what would become known as Indian Reservations.

As was the case again this month, sitting down to write these monthly notes in the Senior newsletter, I rarely have a plan and just start typing. So, if this month wasn't what you were looking for, try back in May and perhaps I'll have found subject matter that suits just the type of useless information you are looking for. ~ Mayor Potter



March always brings with it the tease of warmer weather to come. Sometimes, if we're lucky, we get a few of those beautiful days that remind us how lovely Northeast Ohio is. Sometimes, in reality, we get more of those days that can send us into despair wondering if the cold rain and snow will ever truly end.

Whichever state you found yourself in, we did our best to keep you busy! Due to the early celebration of Easter this year, our annual Shamrock Shuffle and Shenanigans was held at the start of the month. As is now tradition, it wasn't one of the hopeful spring days, but the runners persevered as only runners do.

Our bus trips this month took us to the far reaches of South Euclid and Shaker Heights. Truly, if you haven't been to the Museum of American Porcelain Art, take a trip. It's well worth it! We also had the opportunity to learn about the mission of Edwin's Leadership Institute and restaurant. If you're interested, check out "Knife Skills," the Oscar-nominated documentary available on YouTube. While you won't have the joy of listening to Derrick, our incomparable tour guide, you'll be sure to learn about this important Cleveland foundation.



Thanks to all who helped stuff eggs for our annual hunt! The fickle weather decided to dump a few inches of snow, which just made the eggs easier to find. We are so grateful to our departments (especially the plow truck!) that both supported the event and brought in the Easter Bunny. Kudos especially to The Church of Jesus Christ of Latter-day Saints, who spent their Friday evening transforming City Hall into an Easter wonderland.

Just a note that both of the April bus trips are sold out. If you are interested in being added to the wait list, let us know at the front desk. Reminder that the policy is that all new trips will open on the first of the month, in-person only, at 11:00 am. On-line registration will be available on the second of the month, and no spots are confirmed until payment is received. Regardless of when you receive your newsletter, information will be available on-line prior to the first, and we will have signs around the Center advertising the next trips.

We're looking forward to all of the craziness that April will bring! Make sure to check out Dinner and a Show with the school (page 9), our Spring Tea (page 6), and our first ever volunteer group meeting (page 7). The hope is to also open the outdoor pickleball courts by the middle of the month.

FINALLY, we will be closed at noon on Monday, April 8 so everyone can safely enjoy the eclipse. We will, however, have free Eclipse Bags available at the front throughout the first week of the month. These bags are for MEMBERS ONLY and you must get them in person. When supplies are gone, they're gone! What is in said bags, you ask? Wait and find out! We will say that glasses are included...

A huge thank you to all who worked so hard over these past few months to pass the City budget. This is an extensive process, and would not be possible without the commitment from the Mayor, Department Heads, City Council, and our Finance Director. I appreciate your patience with me on those days that I stumbled out of the office, eyes glazed from staring at numbers...

This month's picture is of me and my new best friend. Derrick from Edwin's may not know anything about goats, but I sure do. ~ Teresa

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SENIOR CENTER MEMBERSHIP

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

KIRTLAND SENIOR CENTER
APRIL 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 (*April 2 & 16*)
 Aerobics
 Pickleball (*drop-in*)
 Bingo (*drop-in*)
 Beginner Pickleball (*drop-in*)

Strength Training
 Pickleball (*drop-in*)
 Reflexology/Light Therapy
 (*April 10 & 24*)
 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

Drop-in activities require no pre-registration.

COMING IN APRIL 2024

Podiatrist
 Spring Celebration
 Volunteer Group Meeting
 Closed @ 12:00 (Eclipse)
 Senior Board Meeting
 Gym Closed – Blood Drive
 Massage
 Hiking Club
 Trivia
 Ladies Lunch
 Book Club
 STOMP Bus Trip
 Attorney
 Trash to Treasure
 Birthday Lunch
 Mind Challenge Trivia
 Dinner and a Show @ Kirtland Schools
 Spring Yard Clean-up

Advanced Pickleball (*drop-in*)
 Watercolor Painting
 Chess (*drop-in*)
 Pickleball (*drop-in*)
 Cards – Hand and Foot (*drop-in*)
 Reiki (*April 11 & 25*)
 Acrylic Painting
 Pickleball Assistance (*April 4 & 18*)
 Beginner Pickleball (*drop-in*)

Gentle Yoga
 Pickleball (*drop-in*)
 Massage (*April 12*)
 Strength Training (*April 12 & 26*)
 Chair Yoga
 Aerobics w/drumming
 Chair Volleyball (*drop-in*)

Tuesday, April 2
 Wednesday, April 3
 Thursday, April 4
 Monday, April 8
 Wednesday, April 10
 Thursday, April 11
 Friday, April 12
 Monday, April 15
 Tuesday, April 16
 Wednesday, April 17
 Thursday, April 18
 Thursday, April 18
 Friday, April 19
 April 22 – 30
 Tuesday, April 23
 Wednesday, April 24
 Thursday, April 25
 Saturday, April 27

COMING IN MAY 2024

KASC Senior Lunch
 Senior Board Meeting
 Massage
 Hiking Club
 Podiatrist
 Bee Presentation
 Men's Lunch
 Book Club
 Attorney
 Public Works Open House
 Trash to Treasure
 Senior Day @ the Mall
 Bus Trip to Rittman
 Memorial Day Potluck
 Birthday Lunch
 Bus Trip to Maltz Arts Center

Monday, May 6
 Wednesday, May 8
 Friday, May 10
 Monday, May 13
 Tuesday, May 14
 Tuesday, May 14
 Wednesday, May 15
 Thursday, May 16
 Friday, May 17
 Friday, May 17
 May 20 – 31
 Tuesday, May 21
 Tuesday, May 21
 Friday, May 24
 Tuesday, May 28
 Thursday, May 30

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

Classes	Time	Dates	Cost
Acrylic Painting Instructor: Connie	Thursday 12:30-2:30	April 4, 11, 18, 25	\$20
Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	April 4, 11, 18, 25	\$20
Piano Lessons Instructor: Karen <i>*must register 2 per month*</i>	Tuesday 9:00-1:30	April 2 & 16	\$15 per 30 minutes
Wellness/Other	Time	Dates	Cost
Attorney Deborah Loughner	Thursday / Friday 9:00-11:00	April 19 May 17	FREE 30 minutes
Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	April 2 May 14	\$25 per 15 minutes
Reiki Anne Owens	Thursday 12:00-1:300	April 11 & 25	\$20 / 25 minute session
Reflexology or Light Therapy Linda McMahon	Wednesday 11:00-1:00	April 10 & 24	\$40 (Either Reflexology or Light Therapy)
Swedish Massage Natalie Lopez	Friday 10:00-2:00	April 12 May 10	\$60 per 50 minutes
Hiking Club <i>*See inside for location</i>	Monday 10:30 am	April 22 May 13	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 awesomely 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 (unless there is another event scheduled at that time)! 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 \$30 per month. Please contact the front office if you are interested in taking lessons. The next lessons will be held on April 2 & 16, 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 - 1:30 pm and Thursday, when it runs until 1:30 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 1:30 - 3:00 pm. If you are new to the game and would like to learn the basics, beginner hours with a bit more instruction are also offered on Thursdays from 1:30 - 3:00 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!

We anticipate the **Outdoor Courts** to be open by the middle of April.

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 27 (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, April 8 @ 12:00 pm (Eclipse)
Gym closed Thursday, April 11 (Blood Drive)
Monday, May 27 (Memorial Day)



BUS TRIPS

To the best of our ability, bus trips will be advertised two months out. When new trips are scheduled, registration will begin at 11:00 am on the first of the month. In order to confirm your spot on that day, you must register in person with full payment. Online registration will open on the second of each month.

STOMP @ Playhouse Square - Thursday, April 18

If you have not had the pleasure of experiencing *STOMP*, you are in luck. While I'm not quite sure how to describe it, Wikipedia defines it as a "percussion group... that uses the body and ordinary objects to create a physical theatre performance using rhythms, acrobatics and pantomime." That doesn't do it justice. We will begin selling spots for \$40 each on Friday, March 1. **THIS BUS TRIP IS SOLD OUT!** The bus will leave around 11:00 am and return to Kirtland around 3:30 pm.

Collision Bend Brewery Lunch and Tour - Thursday, April 25

We're excited that Cleveland's Collision Bend Brewery has opened a brand new production facility and brewpub in Euclid! This brand spanking new brewery is now open to the public most days of the week, and has generously agreed to provide lunch and give us a tour. Ever wonder what goes into the process of a commercial brewery? If you don't know yet, you'll probably be surprised. The bus will leave around 11:15, and we will back to Kirtland 2:30 pm. The cost is \$20. **THIS BUS TRIP IS SOLD OUT!**

Rittman Cemetery and Lehman's - Tuesday, May 21

This trip will open at 11:00 on Monday, April 1. As a early observance of Memorial Day, we will travel down to the Ohio Western Reserve National Cemetery in Rittman. Following our tour, we will have lunch (on your own), and conclude the day at Lehman's Amish Goods in Kidron. The bus will leave around 9:00 am on Tuesday, May 21 and return around 6:00 pm. The cost per person is \$5 (cash only please).

Maltz Performing Arts Center Tour - Thursday, May 30

This trip will open at 11:00 on Monday, April 1. We will travel to the Maltz Performing Arts Center for a behind-the-scenes tour of this beautiful, historic building in University Circle. Following the tour, we will enjoy lunch at Urban Kitchen (on your own). The bus will leave around 10:30 am on Thursday, May 30 and return to Kirtland around 2:15 pm. The cost per person is \$5.

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

GOOD LUCK TO OUR MIND CHALLENGE TEAMS

We wish our trivial people well as they travel all the way to Willoughby to compete in this year's Mind Challenge! Send them smart thoughts on April 24, May 1, and May 8 at 1:00!

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

Come on out this month to discuss "The Spy Coast" by Tess Gerritsen. Another new one to me, this combines Maine, retired CIA operatives, and murder. FUN! On May 16, we'll talk about "The Unsettled" by Ayana Mathis.

2024 MEMBERSHIP RENEWAL

2024 registration opened on October 1, 2023. All 2023 memberships expired last month. Anyone is welcome to join, regardless of where you live. **Please note that in order to register for classes or events, your 2024 membership must be up to date!** If you are not sure if you have renewed, ask at the front desk or give us a call. 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 **April 22 - May 3**. 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.

Just a reminder to check in on MySeniorCenter (computer next to the front office window) 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

BIRTHDAY LUNCH CELEBRATION - TUESDAY, APRIL 23

We will enjoy calzones and salad on Tuesday, April 23. *The cost is \$8. Please RSVP by Friday, April 19.* If it is your birthday month, then lunch is on us (RSVP required)! Everyone is welcome...regardless of your birthdate! Our next birthday celebration will be on May 28, and the menu will be ribs and salad.

MEN'S LUNCHEON - WEDNESDAY, MAY 15

Men's Luncheon will be held Wednesday, May 15 at 12:00 pm. The menu is burgers on the grill. Cost is \$8. **Please RSVP by Thursday, May 10.** The next luncheon will be Wednesday, July 17 and the menu is steak and fixings.

LADIES LUNCHEON - WEDNESDAY, APRIL 17

April ladies lunch will be held Wednesday, April 17 at 12:00 pm and the menu is chicken, steak, OR cheese Quesadillas. Ole! **Cost is \$8. Please RSVP by April 12.** Our next luncheon will be June 19 and the menu is steak because why should the boys have all the fun?

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.

MEMORIAL DAY POTLUCK - FRIDAY, MAY 24

Come join us for a Memorial Day Picnic on Friday, May 24 at 12:00 pm. We will supply the main meat dish, and you supply the rest! This potluck will be an awesome way to kick off the summer. Let us know at the front desk if you are planning on bringing a dish to share. Regardless of whether or not you choose to bring something, **this event is FREE for everyone! RSVP's are required by Friday, May 17.** Join us for this great way to get to know some new faces and enjoy some good grub. Hang out and play some corn hole, bocce, pickleball or just sit and relax and be with friends.

SPRING TEA AND CONCERT - WEDNESDAY, APRIL 3

We are excited to welcome the Selah Women's Choir to the Center on Wednesday, April 3! This amazingly talented group serenaded us at our Christmas party and have been working on a fun program just for us! We will begin our tea and yummy spring snacks around 10:30 am and Selah will perform starting at 11:00 am. **This event IS FREE**, but we do ask that you let us know if you're coming. Bring your own teacup, wear your best hat and be entered to win a prize!

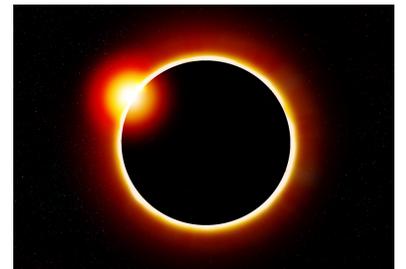


HIKING CLUB - MONDAY, APRIL 22

Join us for a hike on **Monday, April 22 from 10:30 - 11:30 at North 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.

TOTAL ECLIPSE OF THE EVERYTHING - MONDAY, APRIL 8

As you may or may not have heard, our area will be in the path of totality for the solar eclipse on Monday, April 8. You probably DIDN'T know that we will be closing the building that day at 12:00 pm. With the large number of visitors expected to descend upon Lake County, we hope that you stay safe and enjoy this once in a lifetime experience! To help you do so, we will have "Eclipse Bags" (including glasses!) available at the front desk beginning on Monday, April 1. Make sure to grab one while supplies last! **These bags are for members only, and you must be present to receive one.**



Welcome to our new members this month!

Carol, Dina, Patricia, Maureen, Susan, Linda, Ann, Petra, Debbie, Aline, Roe, Sharon, Terri, Jim, Nancy, Tom, Debbie, Laurie, Pat, David, Lisa, Dale, Jayne, Nancy, George

TRIVIA - TUESDAY, APRIL 16

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



BEE PRESENTATION - TUESDAY, MAY 14 @ 11:00

Our fun-filled presentation is for anyone interested in learning more about honey-bees. It might even help you decide if beekeeping is for you. Topics will include the basic honey-bee biology, the vital importance of the honey-bee, basic bee keeping techniques, honey-bee environmental challenges, and even some honey tasting! This presentation is free!

SENIOR OF THE YEAR NOMINATIONS

Do you know a Senior member who you think deserves some recognition for all they do to help others? If so, we are looking for nominations for the 2022 Senior Citizen of the Year. Nomination forms will be available in the lobby and can be returned to the front office. All nominations are due by Monday, April 22.

COMMUNITY GARDEN - BEDS AVAILABLE

The Garden Club of Kirtland has garden beds for rent at the Kirtland Community Gardens located across from the Temple. There are still a few beds available. Each garden bed is 4'x8' and the cost is \$20 for the season. For more info email patriciaballo@hotmail.com or call Pat at 440-256-1341.

VOLUNTEER GROUP

We recognize that people want to give back to the community, but are not sure how or where to go. We are looking for a few 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 the Center. **If you are interested in helping to organize these outings, or interested in attending on these excursions, we will gather for a conversation on Thursday, April 4 at 10:30 am.** No need to RSVP. Let's come together to help to communities that have given us so much!



THIS MONTH AT THE KIRTLAND LIBRARY:

Monday, April 1 6 - 7:00 pm	Knit and Crochet Club	Monday, April 22 1:30 pm	No Pressure Book Discussion
Saturday, April 6 2:30 pm	Edible Book Festival Make an edible book and win prizes! Check out signs around the Center for rules, or ask the Center front desk or the library.	Tuesday, April 23 6:00 pm	British Baking: Scones Learn how to make this beloved treat of England and Devonshire cream to top it off. \$10/person
Friday, April 12 2:30 pm	Color Me Calm Club <i>Registration requested</i>	Monday, April 29 6:00 pm	"To Tea or Not to Tea" Learn about differences between tea and tisanes. Samples will be served. <i>Registration required; \$10/person</i>
Monday, April 15 5:30 pm	Bookbinding Workshop Local artist Anne Rose will teach us the art of bookbinding. All supplies are provided. <i>Registration required; \$10/person</i>	Tuesday, April 30 5:00 pm	Cyber Safety Join the Center for Internet Safety as they discuss how to be diligent and safe online. Individual appointments are available to sign up for after the talk.
Tuesday, April 16 6:15 pm	Cookbook Club Bring in a dish from "Smitten Kitchen Keepers. Don't forget your own place setting and beverage! <i>Registration requested</i>		

FROM THE SENIOR BOARD

It is great to be back! Thank you to all who sent well wishes my way during my recuperation. I couldn't wait to be back to see everyone. Many thanks to Janet Johnson for writing this article during my absence.

Wow, what a March we had. The St. Patrick's Day lunch was delicious. Everyone who couldn't finish their meal went home with doggie bags of Slymans. The bus trip to the Porcelain Museum was also a big hit. The pictures of the pieces on display are beautiful. If you didn't go, it might be something to add to your bucket list. The museum is located at the old South Euclid library just past Brush High School.

April 8 brings the Eclipse and Eclipse bags at the Senior Center. Make sure you stop-in to pick one up while supplies last. It will be full of fun things to do and includes safe glasses as well. Please note, the bags are for members only and you must be present to get one. These bags will be available the first week of April.

Also, we are hosting a Spring Tea on April 3. Please remember to register if you plan to attend so we can plan accordingly. The bus trips for April are sold out, with waiting lists to attend. We are busy at the Center!

I hope this finds you well and enjoying spring. With such a warm winter I hope we have a spring and not go directly into summer. Whatever the weather, take a moment and stop by, we look forward to seeing you.

~ Dave

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.

KIRTLAND AREA SERVICE COUNCIL SENIOR LUNCH

This year's annual Senior Luncheon sponsored by the Kirtland Area Service Council will be held on Monday, May 6 from 11:00 am - 1:00 pm here at the Kirtland Senior Center. Lunch will include: cabbage rolls, mashed potatoes, glazed carrots, roll and butter and dessert. The cost per person is \$12 for residents and \$15 for non-residents, and reservations are due by April 26. You can drop off your money to the Community Center or mail to the Kirtland Area Service Council (9301 Chillicothe Road, Kirtland, OH 44094).

COLLECTION FOR OLD SOUTH PANTRY

We will be collecting taxable items for the Old South Food Pantry. This includes new paper goods, toiletries, feminine products, etc. Bring any items to the front office throughout the next month, and we will make sure they get to Old South. Thank you in advance for your donations!

PLAN TO PLAY - HOUSE CHECKS

As we work our way through intermittent bouts of rain, snow and sunshine, the daffodils remind me that Spring is on its way. They are already stretching their arms toward the scattered rays of sunshine that tease them with promises of warmth and the fun of the season ahead.

Many of us are also waiting on the promises of a sunny and fast approaching spring as we book vacations to celebrate the warming weather. I would like to remind our seniors that the Kirtland Police Department offers house checks while you are away. All you have to do is go online and submit a form or call (440) 256-3336 and speak to our Records Clerk. We will add your information to our bulletin board, which will alert officers to do weekly checks to ensure that your home remains safe and secure while you are away.



You can visit our website at kirtlandohio.com. If you click on departments the police section will have an area called Information and Forms. The link will be under forms and documents on the left side of the page. It is called House Check Final. Happy travels! ~ Chief McCallister

P.S. - The dog pictured is not a Kirtland Police Dog. He will not be checking on your house. But he's really cute. ~ Teresa

Riddle Answers

- 1. A happy uncle.
- 2. Scot

Kirtland Local School's Senior Citizen Appreciation Night

PIZZA/ PASTA DINNER & PLAY

K THURSDAY, APRIL 25
DINNER AT 6:00 P.M.
Kirtland High School Cafeteria
PLAY BEGINS AT 7:00PM

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

Play: *Moriarty's Revenge*
by Christopher Burruto

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

Checks should be made out to Kirtland Local Schools.



 Free admission to see the play with dinner purchase!

RSVP: bit.ly/KirtlandPlayandPasta

SPRING YARD CLEAN-UP

The Mayor's Action Network will be gathering to help our Seniors with their Spring yard clean-up on Saturday, April 30. For more information or to be placed on our list contact us at 440-256-4711.



KIRTLAND GARDEN CLUB

The next meeting of The Garden Club of Kirtland will be held on Thursday, April 4, 2024 at the Kirtland Senior Center (7900 Euclid-Chardon Rd., Kirtland). Matt Valencic, a Geauga County Master Gardener, will be speaking about "Raised Bed Gardening." He will discuss proper site location and the advantages and disadvantages of using raised beds, as well as construction, soil preparation, plant selection and growing techniques.

Our annual Plant Sale will be May 9-11, 2024 from 10am-4pm, or until sold-out, in the garage across the driveway from the Kiwanis Rummage Sale at Pumpkinville on Route 306. We will have a wide selection of perennials, annuals, herbs and vegetables

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.

SPRING BRUSH PICK-UP

Beginning the week of April 8, the Kirtland Service Department will collect brush throughout the city. The program is intended to assist residents with the SPRING 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.

See the city website (www.kirtlandohio.com) for requirements for brush pick-up.

2024 SPRING BRUSH COLLECTION SCHEDULE

Ward 2: April 8 - 12

Ward 4: April 22 - 26

Ward 3: April 15 - 19

Ward 1: April 29 - May 3

SENIOR SPOTLIGHT



For a time recently, the Center was a bit gloomier. I was trying to figure out what I was doing wrong, when it hit me. We hadn't seen Heidi in a while. Luckily, she's back, and bringing her joy and energy into every room.

Heidi Egensperger was born in West Berlin, Germany. Her parents lived through World War II, and made the decision to immigrate to the U.S. when she was 3. Shortly after, they moved to Willowick, where she spent a Willowickian childhood. Heidi went through the local school system, and became a citizen when she was seven years old. As she put it, she walked to school every day. Barefoot, uphill both ways. Granted, they lived within a stone's throw of the building, but it was a character-builder nonetheless. Her parents were both professional tailors, and her father one of the original 700 Fussy Tailors (which is apparently a well-known Cleveland thing).

Always one who wanted to help others, she went to Bowling Green as a pre-med student. When her father fell ill, she sacrificed her dream of being a doctor to fulfill the reality of caring for her loved one. In lieu of eight more years of schooling, she stayed closer to home and became a medical tech. What does a medical tech do, you ask? So did I. She found her

footing working in hospitals, making her way from a chemistry supervisor to an assistant lab manager to a lab manager. So this particular med tech made things happen. Eventually she ran a lab of sixty women and one man. In all humility, I ask you to spare a thought for Paul, brave man that he was.

After ten years in the hospital system, she made the move into industry, working with a company that makes chemical analyzers. Her answer to my question of "what does a chemical analyzer do?" was akin to "analyzes chemicals." Fair enough. This company became her home for the next fifteen years, while moving her actual home to Rochester, Connecticut, and Boston, amongst others. One of her last positions was working with 22 hospitals within the Mass General healthcare system. On the list of jobs that you don't even know exist, but would know if they didn't, she became the liaison for every department so they could work seamlessly to provide the most positive patient impact. The best part of the position was the opportunity to train others around the country. While her youthful dreams of becoming a doctor never panned out, she was given the chance to make a larger impact on patients throughout Mass General, and the country.

I always ask nomads where was their favorite place to live. The unequivocal answer was Hampton Falls, New Hampshire. To give you a glimpse into this town of 1,600, Heidi and her then-husband were unanimously chosen as "hog reeves" upon their arrival. This vital appointed position was a one year assignment. They were assigned long prods and instructed to respond if anyone's hogs escaped. Their glamorous job was to corral the fugitives and return them safely to their owners. While this was a real job, the newcomers soon realized that no hogs actually resided in Hampton Falls, and fulfilled their responsibilities with no incident. And now you have an idea of how New Hampshire humor manifests itself. Live free or die! Other than the obvious lack of hogs, this lovely little town right on the water, and the combination of seafood restaurants and sea breezes (the actual weather, not the drinks) made for a peaceful environment.

As a young whippersnapper, her family would vacation in Phoenix in the summer months which, everyone knows, is the best time to go to Arizona. These early memories led to a lifetime love of the southwest, especially the Four Corners (where Arizona, New Mexico, Utah, and Colorado meet). She developed a deep appreciation for Native culture, and has spent time on several reservations around the country. (This story was not intended to be thematic, but check out the Mayor's note to learn more about the plight of the Indigenous People.)

This fun-loving blond was not all work and no play. Filling her spare time with downhill skiing, horseback riding, hiking, and kayaking, Heidi has always been a nature-lover. Her best times now are spent on the water. Since moving back to the area in 2001, she has found a family at the Great Lakes Cruising Club. As Mentor's Port Captain, she takes care of those passing through our local waters.

While sadly I'm not including a picture, I really love that Heidi's cat Louie recently embarked on a month-long road trip in her small RV. Ever seen someone taking a cat for a walk on a leash? It may just have been Heidi. Between traveling, ebiking, and continuing to enjoy nature, Heidi fills her days with creating stories and lasting memories.

Before we part, allow her to climb up on her soapbox for a moment. A two-time survivor of cancer and a staunch supporter of The Gathering Place in Beachwood, Heidi encourages everyone to embrace preventative care. Find a primary care physician that will spend the time with you that you deserve, and advocate for yourself. If something seems wrong, make sure you ask the questions.

We did spend a good amount of time praising the virtues of the City of Faith and Beauty. A resident for over twenty years, she loves the small town feel, not being asked to wrangle hogs, her neighbors, and tending her vegetable garden. Convinced by a friend to come here to the Center, you can see her playing chair volleyball, trying to learn chess, figuring her way through pickleball, and joining us on bus trips.

If you need advice on how to advocate for yourself, ask Heidi. If you want to know the best way to recuperate after being thrown off a horse, she's your gal. If you need an updated harbor report, she'll be here most every weekday. And if you are ever looking to spend time with someone who has survived the hard and celebrated the good, you're in luck. And so are we.

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

BAD JOKES FOR APRIL:

What's the opposite of a croissant?
If Scotland is 50% land, what is the other half?
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 only went through February of 2024, and we will have stopped sending newsletters to those who have not renewed.**

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*