

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter



FROM THE DESK OF THE MAYOR

First, I want to thank our Seniors for your overwhelming support of our recently passed Senior/Rec levy. The passage of this renewal reinforces the notion that how we serve our seniors and youth is of the utmost concern to our community. Job well done Kirtland!

November also hosted Veterans Day and I want to personally thank our Veterans for their service to our country. Because of your sacrifice, the rest of us enjoy the freedoms we have and maybe too often take for granted. Thank you!

In the spirit of giving back to both our seniors and veterans, on November 13th, nearly sixty volunteers headed out to twenty residents' houses for leaf cleanups. Not only am I thankful for the overwhelming participation by members of the Church of Jesus Christ of Latter Day Saints but proud of Councilman Smolic, Firefighter Corey Eisenberg and members of Divine Word that spent nearly six selfless hours in cold and wet conditions. With Teresa's assistance and coordination, we were able to give back to some wonderful residents who all truly appreciated the group's effort.



Riddle Answers: A North Pole; Seven

In closing, I need to express my gratitude to the committee that assisted me in hiring a new Police Chief. Our team vetted eleven applicants, reviewed a summary of results from the Ohio Association of Chiefs of Police Assessment Center, and sat in for two rounds of interviews to assist me with my final selection. Thank you to Ben Stankewicz, Tony Hutton, Chris Speece, Joe Smolic, Rich Lowery, Tom Meyer, Sheila Dikowicz and Chad VanArnhem for their time and perspective. I greatly appreciate their wisdom and ultimate guidance leading to my appointment of Sergeant Brian McCallister of the Highland Heights Police Department as Kirtland's next Chief. I am extremely confident that Brian will make an excellent police chief and am humbled he has agreed to take the job starting December 6th. From City Hall, Happy Thanksgiving to you all! ~ Mayor Potter

ALL THE THINGS

Teresa Szary ~ Coordinator

Happy December! Since we last sent the newsletter to print, we have had a few updates. The beginner pickleball lessons are on hold until January. Until that time, we will be extending the beginner pickleball hour from 1:00 – 3:30 pm on Thursdays. As with the advanced hours, anyone can come, but know that it will be a bit more practice and skill building than super intense play. Also, the Wednesday sewing class will resume in the spring. Again, until that time, we will have the room available for open sewing group from 10:00 am – 12:00 pm.

While the weather gets colder, the snow starts falling, and the holiday rush is upon us, we have added a few events to help you unwind and have fun this month.

Due to both the competitive nature and copious amounts of useless knowledge that our members displayed during the area-wide trivia competition this summer, we will be hosting our own trivia event on Thursday, December 2 at 1:00 pm. No experience is necessary for this free event, but get ready to laugh at yourselves and prepare for next year's Mind Challenge competition!

On Monday, December 6 at 1:00 pm, we will be gathering at the Historic Site for a tour of the annual nativity exhibition. This is totally free, but either sign-up online or let us know if you want to come so we can tell them how many to expect (more details on page 5).

Cookie decorating is back!!! We are so excited to welcome April from Vanilla Bean Bakeshop on Tuesday, December 14 from 11:00 – 12:30. Details are on page 4, and we can't wait to see what amazing edible artwork y'all come up with.

Make sure to sign up by December 7 for the Christmas party at Pine Ridge! On Wednesday, December 15 at 11:00 am, we will be headed over for jolliness, food, and festivities. The Center WILL still be open during this time, but some classes may be cancelled. If you aren't able to join us for the party, check out the schedule on page 3 to see if your class will still be held.

We are adding "Walk and Talk" hours in the gym. The inevitable ice and snow will make it difficult to walk outside, so take some time and get those steps in here at the Center. You are certainly welcome to walk through the building at any time, but the gym itself will be open for those who want to do some laps on Tuesdays from 2:30 – 3:30 pm and Fridays from 9:00 – 10:00 am without fear of getting smacked with a pickleball or accidentally drummed by the aerobics group.

Because I think it'll be fun, we will be adding a "Senior Santa" this month – check out details on page 7.

And FINALLY, we will be having an all day Winter Solstice extravaganza on Tuesday, December 21. This will include Senior Santa gift exchange, bring-a-gift-leave-a-gift under the tree, a craft, and whatever crazy holiday/winter activities we'll come up with throughout the Center all day.

Thank you to all who joined us to honor our Veterans this past month. A special thanks to the Selah group for their AMAZING musical program, Carol from United Healthcare for helping to serve and for donating that delectable pumpkin cheesecake, the American Legion for their presence and contributions (from posting of the colors to the Missing Man reflection), Sharon W. and the Eastlake Women's group for providing the stars for everyone, and, most importantly, to our veterans – for your service, your sacrifice, and your commitment.

We will NOT be open on: November 25 & 26 (yay for giving thanks!), December 23 & 24 (hooray for Christmas!), and January 3 (come on, 2022 – it's up to you now!). Beyond those days, we will be closed for inclement weather each day that the Kirtland Schools are closed due to snow.

Be good to each other, and we hope to see you soon! ~ Teresa



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DECEMBER WEEKLY SCHEDULE

FOR A COMPLETE LISTING OF SERVICES AND CLASSES AVAILABLE, CHECK OUT OUR WEBSITE AT WWW.KIRTLANDCOMMUNITY.COM

Monday

9:00 am – 9:45 am
10:00 am – 1:00 pm
10:00 am
1:00 pm – 2:00 pm
1:00 – 3:00 pm

Strength Training
Pickleball *(drop-in)*
Knitting Group
Taiji Fit
Chair Volleyball *(drop-in)*

Tuesday

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

Advanced Pickleball Hour *(drop-in)*
Piano Lessons *(December 14, 28)*
Aerobics
Pickleball *(drop-in)*
Bingo *(drop-in)*
Game Day *(drop-in)*
Ping Pong *(drop-in)*
"Walk and Talk" Open Gym *(drop-in)*

Wednesday

9:00 am – 9:45 am
9:00 am – 10:00 am
10:00 am – 12:00 pm
10:00 am – 1:00 pm
10:00 am – 11:15 am
10:00 am – 12:00 pm
11:00 am – 1:00 pm
12:30 pm – 2:00 pm
1:00 pm – 3:00 pm

Strength Training
Tai Chi – Bamboo Fusion
Open Sewing *(drop-in)*
Pickleball *(drop-in)*
Fit Yoga
Reflexology/Light Therapy *(December 1, 15)*
Bridge *(drop-in)*
Theatre for Healthy Living
Chair Volleyball *(drop-in)*

Thursday

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

Advanced Pickleball Hour *(drop-in)*
Watercolor Painting
Pickleball *(drop-in)*
Cards – Hand and Foot *(drop-in)*
Acrylic Painting
Tai Chi
Beginner Pickleball Open Hour *(drop-in)*

Friday

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

Gentle Yoga
"Walk and Talk" Open Gym *(drop-in)*
Pickleball *(drop-in)*
Massage *(December 3, 17)*
Reiki *(December 10, 17)*
Aerobics *(w/ cardio drumming)*
Chair Volleyball *(in Violet Room)*
Pinochle *(drop-in)*

ALSO IN DECEMBER

Trivia
Medicare Info Session
Nativity Exhibit Tour
Senior Board Meeting
Ladies Lunch
Polarity
Trash to Treasure
Cookie Decorating
Christmas Party @ Pine Ridge
Red Cross Blood Drive
Tuesday, December 21
Birthday Lunch
Closed for Christmas
Closed for New Years

Thursday, December 2 @ 1:00
Tuesday, December 7 @ 1:30
Monday, December 6 @ 1:00
Wednesday, December 8 @ 12:00
Wednesday, December 8
Thursday, December 14 @ 1:00
December 13 – 17
Tuesday, December 14 @ 1:00
Wednesday, December 15
Thursday, December 16 *(no gym activities)*
Winter Solstice Party
Wednesday, December 22 @ 12:00 pm
December 23 & 24
Monday, January 3

COMING IN JANUARY

Little Red Schoolhouse Tour
"Resolution Day"
Men's Lunch
Birthday Lunch

Drop-in activities require NO pre-registration

DECEMBER CLASS & WELLNESS SCHEDULE

Registration is required for the following classes or wellness appointments:

Fitness Class	Day & Time	Dates	Cost
Aerobics Instructor: Cheryl	Tuesday 10:00-11:00	Nov 9, 16, 30 Dec 7 & 14	\$21 6 classes
Aerobics w/drumming Instructor: Cheryl	Friday 1:00-2:00	Nov 5, 12, 19 Dec 3, 10, 17	\$21 6 classes
Fit Yoga Instructor: Dawn	Wednesday 10:00-11:15	Dec 1, 8, 15 & 29	\$12
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	Dec 3, 10 & 17	\$9
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45	Nov 29 Dec 1, 6 8, 13, 20, 22 & 27	\$24 (8 classes) \$12 (4 classes)
Tai Chi for Wellness Instructor: Ed	Thursday 1:00-2:00	Dec 9, 16 & 30	\$9
TaiJiFit Instructor: Tim	Monday 1:00-2:00	Dec 6, 13, 20 & 27	\$12
Tai Chi Bamboo Fusion Instructor: Tim	Wednesday 9:00-10:00	Dec 1, 8, 15 & 22	\$12
Workshops	Day & Time	Dates	Cost
Medicare Enrollment Workshop by Tim	Tuesday 1:30	Dec 7	FREE
Sewing Club	Wednesday 10:00-12:00	Dec 1, 8, 15, 22 & 29	FREE
Knitting Group	Monday 10:00	Every Monday	FREE

Classes	Day & Time	Dates	Cost
Acrylic Painting Instructor: Connie	Thursday 12:30-2:30	Dec 9, 16 & 30	\$21
Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	Dec 9, 16 & 30	\$21
Piano Lessons Instructor: Karen *must register 2 per month*	Tuesday 9:30-12:00	Dec 14 & 28	\$15 per 30 minutes
Wellness/Other	Day & Time	Dates	Cost
Attorney Deborah Loughner	Friday 9:00-11:00	Dec 10 Jan 14, Feb 11, Mar 11	FREE 30 minutes
Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	Dec 7 Jan 11, Feb 8, Mar 8	\$25 per 15 minutes
Reiki Anne Owens	Friday 10:30-12:00	Dec 10 & 17	\$25 per 25 minutes
Polarity Tim Polak	Wednesday 9:00-1:00	Dec 9	\$45 per 1 hour
Reflexology or Light Therapy Linda McMahon	Wednesday 10:00-12:00	Dec 1 & 15	\$40 (Reflexology) \$45 (Light Therapy)
Swedish Massage Natalie Lopez	Friday 10:00-3:00	Dec 3 & 17	\$55 per 50 minutes
Walk & Talk		Every Tues 2:30- 3:30 & Fri 9:00- 10:00	FREE

COOKIE DECORATING CLASS

Join us for a Cookie Decorating Class on December 14 from 11:00 am – 12:30 pm (cost is \$12.) April Matic, owner of Vanilla Bean BakeShop, will teach you step-by-step how to decorate your delicious holiday cookies. Everyone will decorate six cookies to take home.

SEWING CLUB

Sewing Club will continue to meet on Wednesdays from 10:00–12:00 pm for the Winter months. There will be no formal instruction or projects, but rest assured Mae will be on speed dial to answer any of your sewing questions you may have. Mae will be returning in the Spring to do projects & keep everyone in stitches.

EXPANDED PICKLEBALL HOURS

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

Beginner Open Play: Thursdays from 1:00 – 3:30. If you want to start playing, get some practice, or work on your game, this is a great time to do it!

CHAIR VOLLEYBALL

Chair Volleyball includes physical activity, social interaction, competition, and most of all, lots of laughs! The game is played with a beach ball and a five foot high net. More fun than you can possibly stand while seated! We play every Monday, Wednesday, & Friday from 1:00–3:00.

KNITTING GROUP

Grab your knitting needles & yarn and come on down to the Center on Mondays at 10:00 am. Set aside an hour or so every week and join our group. Knitting is a great way to release stress, be with friends (or make some new ones), relax and have a good time! No registration is necessary.

CARDS

Calling all Bridge players! We are looking for anyone interested in playing Bridge. This group will meet on Wednesday at 11:00. Thursdays come to play Hand & Foot cards Games begin around 10:30. Pinochle Group meets on Fridays at 12:00. Come join the fun. All are welcome!

TAICHI – BAMBOO FUSION

Join us as we experience the flow when the mind and body connect, by following along to the gentle mindful movements of Tai Chi. This class you will discover Bamboo Fusion, where we combine Tai chi with standing Yoga poses. Anyone can do it, no experience necessary. Just move, breathe and have fun! This class is offered by Tim Shea on Wednesday mornings at 9:00.

PICKLEBALL

Pickleball is a fun sport that combines elements of tennis, badminton and ping-pong. It can be played as doubles or singles. Come join the fun! Pickleball is played Monday, Wednesday, Thursday & Friday from 10:00–1:00 & Tuesday from 11:30–2:30.



THE SENIOR CENTER WILL BE CLOSED

DECEMBER 23 & 24 – CHRISTMAS

JANUARY 3 – NEW YEARS OBSERVED

JANUARY 17 – MLK DAY

2022 MEMBERSHIP RENEWAL

Membership renewal for 2022 is OPEN! It will run through all of next year but renew early so you don't miss any of the exciting things we have to offer. The cost of renewal for a Kirtland resident is \$5 per person and \$7 for a non-resident renewal.



LADIES LUNCHEON

Our next Ladies Luncheon will be held on Wednesday, December 8 at 12:00. Cost is \$7. Please RSVP by December 1. The menu will be Stuffed Peppers, Mashed Potatoes, Salad & Rolls. Mark your calendar for February 16 for our first 2022 luncheon!

MEN'S LUNCHEON

The next Men's Luncheon will be on Wednesday, January 19 at 12:30. Cost is \$7. Our menu will be announced at a later date. The next Men's luncheon for will be on March 23.



BIRTHDAY LUNCH CELEBRATION

This month's Birthday Lunch will be held on December 22 at 12:00. The cost is \$7. Please RSVP by December 18. We will be enjoying a Monti Cristo Sandwich & Tater Tots. EVERYONE is welcome, regardless of your birthdate! Our first Birthday Celebration of 2022 will be on Tuesday, January 25 at 12:00.

TRASH TO TREASURE

December's Trash to Treasure Sale will be held December 13-17. Drop off any household items you would like to donate for our sale. No personal items, clothing or electronics please! We will be accepting items during business hours (8:30-3:30) only.



COOKIE DECORATING



April Matic, owner of Vanilla Bean Bakeshop, will be here Tuesday, December 14 at 11:00 am to hold a Christmas cookie decorating workshop. April will guide & teach you how to decorate your cookies like a pro. Everyone will get to decorate 6 cookies and take them home to enjoy. Cost of the class will be \$12. Please pre-register by Friday, December 10.

SENIOR CENTER NATIVITY TOUR

On Monday, December 6 at 1:00 pm we will be heading to the Historic Kirtland Visitor Center for a private tour of the Nativity. Come feel the Spirit & bear witness of the unconditional love of our Savior and see the vast displays of nativities from around the world. We will meet at the Historic Center, but if you need a ride, please let us know so we can make arrangements. You can register on-line or in person here at the Center.



SURVEY

In next month's newsletter, we will be including our annual survey. Please take a few moments to fill it out – this is YOUR Center and we want to make sure that your opinion is heard. Last year's survey results were a huge help as we planned for events and activities for 2021, and we want to make sure that we are taking your thoughts into account as we work on making 2022 great!

**LITTLE RED SCHOOLHOUSE TOUR**

On January 27 at 10:00 am we will be going on a field trip to the Little Red Schoolhouse (5040 Shankland Road) in Willoughby for a "Senior Reminiscence Program." Join the school marm' there as she leads us through our readin' – writin' – and 'rithmetic lessons. The program will end with a good old fashioned spelling bee! This program lasts approximately 2 hours and is FREE. Please RSVP online or in person here at the Center.

**WALK AND TALK**

Looking for somewhere to walk (& talk) during the cold winter months? Look no more as our gym will be available on Tuesdays from 2:30–3:30 pm and Fridays from 9:00–10:00 am for you to do just that!

**GAME DAY**

Every **Tuesday at 12:30** we play games! Whether we play board games, card games, or the Wii, everyone is invited to join in. Bring a snack to share and your own beverage. If you have a favorite game we would love to play it! Come join the fun.

**KNITTING GROUP**

Grab your knitting needles & yarn and come on down to the center on Mondays at 10:00 and set aside an hour or so every week & join our group. Knitting is a great way to release stress, be with friends or make some new ones, relax and have a good time!

**BINGO**

We are playing Bingo every Tuesday! Come take a chance on winning a gift card, lottery tickets or other great prizes. Bingo will be held in the Sunflower Room at 12:30. There is no cost to play Bingo.



THE FINE ARTS ASSOCIATIONS **THEATER FOR HEALTHY LIVING™**

FAA's Theatre for Healthy Living™ program engages adults in a theatre project that provides them an opportunity to participate in creating, writing, producing, and acting in their own play.

These plays are designed to address pertinent social and health-related issues. Theatre content will be chosen by participants, based on relevant life experiences. This is an opportunity for self-expression and social-emotional growth. All experience levels are welcome! The Theatre for Healthy Living™ program will run for ten weeks beginning Wednesday, November 3 at 12:30 and is FREE.



UPCOMING EVENTS



STATE OF THE SCHOOLS LUNCHEON

Save the date to join Kirtland City Schools Superintendent Chad VanArnhem for lunch on Thursday, January 27 at 12:00 pm. Following lunch, Mr. VanArnhem will be giving a short State of the School address. More information to come!

WINTER SOLSTICE PARTY

On Tuesday, December 21, we will be celebrating all of the good things that winter has to bring. Throughout the day, take-a-gift-leave-a-gift under the lobby tree, try your hand at a craft or two, and enjoy some winter treats!



TRIVIA -- DECEMBER 2

Bring your A game and all of that useless knowledge you never thought you would use on Thursday, December 2 @ 1:00 pm. We will start to prepare to achieve crowning glory in next year's regional Mind Challenge Trivia competition. If you know all the things or only a few - come on out and have some fun!



SENIOR SANTA

If you are interested in participating in our version of "Secret Santa," fill out a contact card in the lobby from December 6 - December 10. We will contact everyone on Friday, December 10 and let you know who you were matched with. Bring a labeled present (\$15 limit) for that person to our Winter Solstice event on December 21!



Welcome to our new members this month!!!

Lynn, Donald, Deborah, Cindy, Eileen, Debbie, Dana, Sherry, Linda, Carol, Mary, Howard, Joan, Rich, Ralph, Janet, Katherine, Mary Lou, Barbara, Linda, Mary

Lake County Mobile Food Pantry

The Lake County Mobile Food Pantry is moving to once a week starting in October! Held each Tuesday from through January 25, 2022 from 10:00 - 11:00 am at LAKETRAN Mentor Park-N-Ride (8650 Market Street). Please reserve your pick-up by calling 211 or the Council on Aging at 440-205-8111. There are 100 spots available each week.



Nativity Exhibit at Historic Kirtland Visitor Center

"Behold, the Savior of the World!"

We invite all to come and see the vast displays of nativities from around the world and to bring family, friends, and neighbors to come with you to feel the Spirit bear witness of the unconditional love of our Savior.

The exhibit is free and will open for viewing on Sunday, November 28, and will run through Friday, December 31. More information can be found at www.ChristmasInKirtland.com and on Facebook at Historic Kirtland Nativity Exhibit. We will be having a private tour of the exhibit on Monday, December 6 at 1:00 pm. All are welcome; please register in advance for this free event.

Come join us as we prepare to remember, honor, and "Behold, the Savior of the World!"

RED CROSS BLOODMOBILE

Did you know that in most cases, there's no blood or platelet donation deferral if you received a COVID-19 vaccine and you're symptom-free & feeling well when you come to give blood? The American Red Cross will be hosting a Blood Drive on **Thursday, December 16 from 11:00-5:00** at the Community Center in the gym. Schedule at www.RedCrossBlood.org and enter code: kirtlandcommunity or call 1-800-RED-CROSS.



**NO Advanced Pickleball, Pickball, or
Beginner Pickleball on Thursday,
December 16 due to the Bloodmobile.**

Recipe

Citrus Apricot Cranberry Sauce

1 lemon
1/2 cup dried apricots, chopped
1/3 cup orange juice
1/2 cup sugar
1/2 cup water
1/8 teaspoon freshly ground pepper
Pulp and rind of 1 orange
Cinnamon and nutmeg to taste
1 bag (12 oz) cranberries (3 cups), picked over



- With vegetable peeler, remove all peel from lemon in strips (or Julienne) and squeeze 2 tablespoons juice.
- In 2 to 3 quart-quart saucepan, stir together apricots, orange juice, sugar, water, lemon juice, and 1/8 teaspoon freshly ground black pepper.
- Heat to boiling on medium-high, stirring occasionally.
- To saucepan, add cranberries, pulp and rind of orange, cinnamon and nutmeg (to taste), and lemon peel. Return to boiling.
- Reduce heat to medium; simmer 3 to 4 minutes or until half of cranberries pop and mixture thickens. Let cranberry sauce cool before serving, or cover and refrigerate up to 4 days.
- Discard lemon peel before serving, if you like.

From the Senior Board

It is November, a time to give thanks and gathering of family and friends. When I think of what I am thankful for, I think we all would say health. This was a long year with closures, and masking. We are all happy that the mask mandate is lessened, but we all wish it was gone. At the Veterans Day meal we were able to gather in thanks to our veterans, as well as in thanksgiving with friends.

We also need to thank the citizens of Kirtland. With the renewal of the recreation levy the center is financially stable for the foreseeable future. While the county levy pays for programs, the local levy keeps the lights and heat on. Thank you for your support!

Looking ahead we have our annual Christmas Lunch at Pine Ridge. Have you reserved your spot? We currently have about half the seats sold so don't wait too long. Also, be mindful of holiday hours at the center till the New Year. I am sure they are included in this newsletter.

Happy Thanksgiving!

~ Dave

SENIOR SPOTLIGHT

To start at the very beginning (it's a very good place to start...), Jo Ann Singer was born in the Grovewood neighborhood of Cleveland and raised in Euclid. She certainly did not enjoy the comforts of an easy childhood, and I am convinced that her story will be inspiring to all of us – no matter where we came from. As a young adult, Jo Ann got married, had a child, and journeyed into the world unequipped for the temptations and obstacles it provided. She did "all the wrong things," and had two options – to continue living in a downward spiral or prove herself to herself. At thirty years old, she worked hard to overcome both the personal struggles that found her and those she had sought. I cannot honestly say the last time I heard someone quote the Little Engine that Could, but thankfully Jo Ann chose a path of thinking she could. And she did.

Never one to mince words, Jo Ann told us that during this time, she was a "toilet scrubber." In reality, she worked for six years as a housekeeper for Peter B. Lewis of Progressive. Her professional career continued for thirty years as his personal assistant and, eventually, chef. This job brought her around the globe three times and she has lived in Italy, the Maldives, Africa, and Australia. She spent several years as the chef on a ship and had the opportunity to see so much of the world that the list of where she has NOT been is probably shorter. Jo Ann is a great believer in trying anything once, and this little engine certainly has. From sky diving to para sailing to scuba diving to running marathons to whale watching in the Antarctica, she isn't short on stories to tell or colorful adjectives with which to describe them. She has enjoyed time in the most obscure and beautiful places, and for many years, was very happy to just keep sailing.

Growing up, motorcycles were always a part of her life – sometimes literally in her living room. Once she learned how to ride her first scooter, the sky was the limit (not literally – she isn't a pilot), and she has been riding ever since. Cross country and inter-state trips were (and are) her passport to freedom and exploration. She's now on her sixth bike, and in 2020 rode 10,000 miles. 2021 brought her 12,000 miles of open road and 30 states worth of stories and memories. As one of the few women who rode motorcycles in the 70's and 80's, she never did so without her boots and red lipstick.

Jo Ann worked hard to stay in decent shape and health, but cancer has reared its ugly head four separate times in her life. She was excitedly awaiting the completion of her custom-made 37' bus so she could traverse sea to shining sea. This goal was quickly replaced by a more urgent need – finding a liver transplant within a year. This stage 4 cancer made its own plans for her life, and once again, she decided to take back her own destiny. Through the work of a brilliant surgical team, the man who chose organ donation, and the support of those around her, Jo Ann managed her goal of getting back on her bike. For those at the Center who were part of that support system, you will remember her in a chair during aerobics classes mere months after her surgery.

Although she would rather we write an entire newsletter lauding the escapades and achievements of the "five WONDERFUL grandchildren that I love dearly," rather than a page about her, alas we are running out of room, dear readers. Suffice it to say that those five grandchildren, ranging in age from 15 to 27, have a lot to be thankful for, adventures to look forward to, and an important legacy to continue along with her.

Because we wanted to continue the recent trend, she has been square dancing once and thought it was so much fun. I do think it would be an interesting party game to try to find something that Jo Ann has NOT done once. And if you said, "ride in a presidential motorcade," you would lose the game. She has.

Success means something different to every person, and to Jo Ann, it meant making it on her own. For many years an independent, healthy life was just a dream. Through perseverance, grit, and sheer stubbornness, she has disciplined, trained, and taught herself to be trustworthy, caring, and confident. She still refers to this clean way of living a "new world," and reminds herself in her thoughts and us in her actions that "it matters what you do and say and are. At the end of the day, all we are left with is our integrity." She firmly believes that surviving through cancer four times is God's way of telling her that she has more to do, and she is excited to wake up each day to try to find out what that is.

Jo Ann has lived alone for 25 years and in that time has learned to love herself and the life she has chosen and works hard for every day. She doesn't do "complicated" and loves cooking, riding, her grandchildren, and the Senior Center (in no particular order). Simplicity is key to Jo Ann's happiness, and the memories of traveling to the finest places in the world serve as a reminder of where and who she wants and chooses to be.



**WILLoughby, OH
Permit No. 174
U.S. POSTAGE PAID
PRESORT STD.**

**WILLoughby, OH
Permit No. 174
U.S. POSTAGE PAID
PRESORT STD.**

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

December Riddles:

What does Santa Claus use when he goes skiing?

I am an odd number. Take away a letter and I become even. Who am I?

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*