

FEBRUARY 2023

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter



FROM THE DESK OF THE MAYOR

When I tell folks one of my favorite months is February, they look at me as though I'm a bit odd. Yes, I know, February tends to be cast in cloudy and grey chills, often leading to extreme vitamin D depletion and slumber-filled doldrums for many. But it is also an early breeding ground for spring fever. Starting on the second day of February, in that little town in western Pennsylvania, hope springs eternal. Just as dawn breaks, a furry little brown fella climbs from his catatonic place underground to relay to the world just what his marmot senses are whispering to him. To steal a line from the Bill Murray movie, this "prognosticator of prognosticators," known best by his stage name, Punxsutawney Phil, tells the world just how much longer it'll have to endure the cold and harsh.

My hope, of course, is that our little man does not see his shadow and we find ourselves basking in an early break of weather. But if he does, it isn't the end of the world either. The glass half full side of me says to the idea of a dragged-out winter, "well, at least when the weather does break for the better, we'll have that much more appreciation for it."

Thinking through the reasoning of why February 2nd was the chosen date, I realized why this bizarre and widely celebrated holiday falls just about smack dab between the Winter solstice and Spring equinox. Thus, the early breeding ground for spring fever. From the sheer and simple hope of better weather and things to come, I believe our brains start to turn the proverbial corner. Whatever Phil tells us almost doesn't matter. Either way, we mention Spring that day. We hope Spring that day. And on the rare occasion, with the right break in the clouds and perhaps an arrant solar flare, we feel Spring that day.

Before signing off for the month, I want to sincerely thank Sharon Taraska for her service over the last couple years to our Senior and Community Center. Sharon is a big part of why and how we've seen the successes we've seen in the Center since we resumed activity post-COVID restrictions. Her service to our city is appreciated and she will certainly be missed.

Here's to talking again in March - Mayor Potter



Riddle Answers: A Flat Miner; His grades were below sea level

ALL THE THINGS



As I write this, we are experiencing 47 degree weather with rain. We are simultaneously under a winter weather advisory. Because it's January, and who even knows anymore?

But I will take this opportunity to remind you again about our snow policy. When the Kirtland Schools are closed for snow, we are too. If they are closed for cold or lack of power or something along those lines, we may be open. We could keep you guessing, or you can always check out our website at www.kirtlandcommunity.com to check out our status. For those who prefer a more personal touch, I will change our Center voicemail immediately if we are closed, and you can reach my dulcet tones at 440-256-4711.

Few other pretty big changes this month. First and foremost, Sharon, the fearless front office window person, is leaving us. You probably all know that she owns the front desk and is always willing to take your money. What you may not know is everything she does behind the glass. I don't have enough space to completely expound upon the gifts that Sharon has brought the Center, but know that they are plentiful. She has been an asset not only to me, but to our community. We cannot thank her enough for her time and service here at the Center and for you. Beyond being a huge help to me, she has unselfishly given of herself for the good of all of you, and she will be missed. In completely unrelated news, I would appreciate your patience with me during this transition!

Not as important as staffing changes, but pretty close - thanks to additional monies granted from the Lake County Commissioners Office, we have new furniture! By the time this newsletter comes out, we may have new: chairs in the lobby and card room, loveseats by the fireplace, lobby tables, and folding chairs. Beyond the obvious upgrades, we have also been able to update some plumbing, do some work in the bathrooms, and fix up some of the outdated kitchen equipment. We are beyond grateful to the Commissioners Office for continually supporting our Seniors around the County!

We try not to plan a lot of "extra" activities or events in January or February due to the aforementioned "who even knows anymore" weather potential. When putting together the calendars though, it looks like we didn't heed our own advice. There are so many things coming up, so get out those calendars and make sure you sign up for anything you are interested in. Our bus trips are starting to sell out, so if you're interested, let us know as soon as you can.

Our Senior Board President, Dave Saywell, goes into a bit more detail on page 9, but I wanted to reiterate that the prices for the monthly lunches (men's, ladies, and birthday) will be increasing by a dollar. You'll notice a few other price changes as our instructors try to keep up with the increases of life right now. Thank you all for sticking with us, and we will see you soon! ~ 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

FEBRUARY 2023 WEEKLY SCHEDULE

For a complete listing of services and classes available, check out our website at www.kirtlandcommunity.com
Drop-in activities require NO pre-registration

MONDAY

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

- Strength Training
- Pickleball (drop-in)
- Knitting Group (drop-in)
- TaiJi Fit
- Chair Volleyball (drop-in)
- Gentle Yoga
- Pickleball (drop-in)
- Massage (February 10, 24)
- Chair Yoga
- Reiki (February 3, 17)
- Aerobics (w/ cardio drumming)
- Chair Volleyball (drop-in)

TUESDAY

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

- Advanced Pickleball (drop-in)
- Aerobics
- Piano Lessons (February 7, 21)
- Pickleball (drop-in)
- Bingo (drop-in)
- Game Day (drop-in)

WEDNESDAY

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

- Strength Training
- Pickleball (drop-in)
- Reflexology/Light Therapy (February 8, 22)
- 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
- 12:30 – 2:30 pm
- 1:00 – 2:00 pm
- 2:00 – 3:30 pm

- Advanced Pickleball (drop-in)
- Watercolor Painting
- Chess (drop-in)
- Pickleball (drop-in)
- Cards – Hand and Foot (drop-in)
- Acrylic Painting
- Beginner Pickleball Lessons
- Beginner Pickleball (drop-in)

UPCOMING EVENTS

- Council on Aging Visit
- Trivia
- Senior Board Meeting
- Cleveland Public Library Bus Trip
- Attorney
- Hiking Club
- Podiatrist
- Valentine's Day Lunch
- Ladies Lunch
- Book Club
- City Offices and Center Closed
- Trash to Treasure
- Birthday Lunch
- Mystery Bus Trip - rescheduled
- Chili Cook-off

- Wednesday, February 1
- Tuesday, February 7
- Wednesday, February 8
- Friday, February 10
- Friday, February 10
- Monday, February 13
- Tuesday, February 14
- Tuesday, February 14
- Wednesday, February 15
- Thursday, February 16
- Monday, February 20
- February 20 - 24
- Tuesday, February 21
- Tuesday, February 22
- Tuesday, February 28

COMING IN MARCH

- Bus Trip to Orchid Show at Gardens
- Trivia
- Senior Board Meeting
- Attorney
- Hiking Club
- Podiatrist
- Men's Lunch
- Book Club
- St. Patrick's Day Slyman's Lunch
- Trash to Treasure
- Birthday Lunch
- Bus Trip to Maltz Museum

- Friday, March 3
- Tuesday, March 7
- Wednesday, March 8
- Friday, March 10
- Monday, March 14
- Tuesday, March 14
- Wednesday, March 15
- Thursday, March 16
- Thursday, March 16
- March 20 - 24
- Tuesday, March 21
- Friday, March 24

FEBRUARY CLASS & WELLNESS SCHEDULE

REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES OR WELLNESS APPOINTMENTS:

Fitness Class	Time	Dates	Cost
Aerobics Instructor: Cheryl	Tuesday 10:00-11:00	Feb 21 & 28	\$8 <i>Drop-in: \$4</i>
Aerobics w/drumming Instructor: Cheryl	Friday 1:00-2:00	Feb 3, 17 & 24	\$12 <i>Drop-in: \$4</i>
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	Feb 3, 10, 17 & 24	\$12 <i>Drop-in: \$3</i>
Chair Yoga Instructor: Anne	Friday 10:30-11:30	Feb 3, 10, 17 & 24	\$12 <i>Drop-in: \$3</i>
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	Feb 1, 8, 15 & 22	\$12 <i>Drop-in: \$3</i>
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45	Feb 1, 6, 8, 13 15, 22, 27 Mar 1	\$24 (8 classes) \$12 (4 classes) <i>Drop-in: \$3</i>
TaiJiFit Instructor: Tim	Monday 1:00-2:00	Feb 6, 13 & 27	\$9 <i>Drop-in: \$3</i>
Tai Chi Bamboo Fusion Instructor: Tim		NO February Classes	
Workshops	Time	Dates	Cost
Knitting Group	Monday 10:00	Every Monday	FREE
Card Making Class Instructor: Carol	Wednesday 1:00-3:00	Class Resumes in June	
Classes	Time	Dates	Cost
Acrylic Painting Instructor: Connie	Thursday 12:30-2:30	Feb 2, 9, 16 & 23	\$28
Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	Feb 2, 9, 16 & 23	\$28
Piano Lessons Instructor: Karen <i>*must register 2 per month*</i>	Tuesday 9:00-1:30	Feb 7 & 21	\$17 per 30 minutes
Wellness/Other	Time	Dates	Cost
Attorney Deborah Loughner	Friday 9:00-11:00	Feb 10, Mar 10 April 14	FREE 30 minutes
Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	Feb 14, Mar 14 April 11	\$25 per 15 minutes
Reiki Anne Owens	Friday 12:00-1:30	Feb 3 & 17	\$25 / 25 minute session
Reflexology or Light Therapy Linda McMahon	Wednesday 11:00-1:00	Feb 8 & 22	\$40 (Reflexology) \$45 (Light Therapy)
Swedish Massage Natalie Lopez	Friday 10:00-2:00	Feb 10 & 24	\$65 per 50 minutes
Hiking Club <i>*See inside for location</i>	Monday 10:30 am	Feb 13	FREE
Beginner Pickleball Lessons	Thursday 1:00-2:00	Feb 2, 9, 16 & 23	FREE

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 TaiChi. This class you will discover Bamboo Fusion, where we combine TaiChi with standing Yoga poses. Just move, breathe and have fun! If interested in this class, please call the office. The class is offered by Tim Shea.

CHAIR YOGA

Our yoga instructor, Anne Owens, will be teaching a chair yoga class. 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 will cost \$12.

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.

CHESS CLUB

Are you a chess player? Do you want to learn how to play chess? We will meet weekly on Thursday mornings at 10:00 am.

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 Thursday from 1:00-2:00 pm. **Our next session (four classes) will begin on FEBRUARY 2, 2023.** This is a FREE class.

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

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:

Beginner Pickleball will be on Thursdays from 2:00-3:30. If you want to start playing, get some practice, or work on your game, this is a great time to do it!

Outdoor Pickleball:

The Outdoor Courts are CLOSED for the winter!

CARDS & MAHJONG

Calling all card players! We are looking for anyone interested in playing Hand & Foot on Thursday at 10:30 am.

Looking to start a Mahjong group. If you are interested in playing please contact the office.

Come join the fun. All are welcome!

2023 MEMBERSHIP RENEWAL

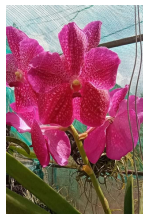
Registration is now open for next year! If you are a current member or a new member and you renew your membership now, it will be good through December, 2023. Anyone is welcome to join, regardless of where you live. ***Please note that your 2022 membership will only go through THIS MONTH. Beyond then, you will no longer receive our newsletters or be able to sign up for classes, trips, or activities.***



THE SENIOR CENTER WILL BE CLOSED
MONDAY, FEBRUARY 20

BUS TRIPS

FEBRUARY BUS TRIP: Do you love books, cool architecture, and history? Well, then we have the trip for you! On Friday, February 10 we will be touring the Cleveland Public Library. Our first stop of the day will be to our very own Kirtland Public Library for lunch and then we will board the bus and head over to the Cleveland Public Library for a guided tour that will last about 1.5 hours. This is a walking tour and there will be steps. ***Please meet at the Kirtland Library at 11:15 am for lunch.*** We will depart for the Cleveland Public Library at 12:30 pm and should return around 3:00 pm. The cost is \$15 per person and includes lunch. Reservations are required in advance and are due by February 3 while spots last. **NO RESERVATIONS WILL BE ACCEPTED AFTER THAT DATE.**



MARCH BUS TRIPS: On Friday, March 3 join us as we take in the beautiful sites at the Orchids Forever Show at the Cleveland Botanical Gardens. Escape the cold and walk around the gardens and see the exotic orchids & then stop by the Garden Café and enjoy lunch on your own. We depart here at 9:15am and will return around 1:30 pm. Cost is \$20 for admission & bus. If you are a Holden Arboretum Member the cost for you is \$5. Reservations are required in advance and are due by February 24 while spots last. **NO RESERVATIONS WILL BE ACCEPTED AFTER THAT DATE.**

Our second bus trip in March takes us on a history lesson. Come with us on **Friday, March 24** as we go to the Maltz Museum of Jewish History where we will take a guided tour about Jewish History & Heritage and then be a part of an interactive biography with Holocaust survivor Stanley Bernath. Cost will be \$15 per person. We will leave at 12:15 pm and return around 3:30 pm. Reservations are required and are due by **MARCH 17, or until spots are full.** **NO RESERVATIONS WILL BE ACCEPTED AFTER THAT DATE.**



Please remember that all our bus trips are for Senior Center members only.



SECOND ANNUAL CHILI COOKOFF

Everyone is welcome to our second ever, completely-unsanctioned-and-totally-for-fun-with-no- prizes chili cook-off! The only rule for the contest is that you cannot use complete commercial chili mixes. We do ask that you also make a recipe card with the level of spiciness.

Please sign up by Tuesday, February 21 and bring all the chili in a crock pot to keep it warm and drop it off by 11:00 am on Tuesday, February 28. For those who want to enjoy the yumminess, public tasting will begin around 12:15 pm. Fixings will be provided.

HIKING CLUB

Do you enjoy the outdoors? Do you like to hike? Come gather with us for a leisurely hike at one of the many beautiful parks in our area, enjoy the great outdoors, and get some exercise in while you are at it. Join us for a hike on **Monday, February 13 from 10:30 - 11:30 am at Chagrin River Park -- Reeves Road entrance.** **Registration is requested but not required!** We hike rain, snow, or shine.....use your best judgment and dress for the weather. See you on the trails!



Welcome to our new members this month!!!

*Cherie, Karen, Patricia, Jeannine, Bonnie, Cindy, Kathleen,
Doug, Nora, Gayle, Robin, Anne, Carol, Patrish, Rosanne*



BOOK CLUB - FEBRUARY 16 AT 11:00 AM

Our book selection is "The Thursday Murder Club" by Richard Osman. This book is about a peaceful retirement village & four unlikely friends, Elizabeth, Joyce, Ibrahim & Ron, who meet up once a week to investigate unsolved murders. When a brutal killing takes place on their very doorstep, the Murder Club members find themselves in the middle of their first live case. Can this unconventional but brilliant group catch the killer before it's too late? The Next Book Club is set for March 16 at 11:00 am and we will be discussing "Remarkably Bright Creatures" by Shelby VanPelt



TRIVIA

Join us for Trivia on Tuesday, **FEBRUARY 7** at 11:00 am. Come join us & be a part of a team this month 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 meet in the lobby to form teams and then the fun begins. No registration necessary.

BIRTHDAY LUNCH CELEBRATION

New this year.....join us for YOUR birthday month & lunch is on us! February Birthday Lunch is Tuesday, February 21 at 12:00 pm. **The cost is \$8.** Our menu is a Chicken Cordon Bleu Sandwich. Please RSVP by February 17. **EVERYONE** is welcome, regardless of your birthdate! Our next Birthday Celebration will be on March 21 and the menu will be Soup & Salad!



LADIES LUNCHEON

February's ladies lunch will be held Wednesday, February 15 at 12:00 pm and the menu is cabbage rolls & mashed potatoes. **Cost is \$8. Please RSVP by February 9.** Our next Luncheon will be April 19 and the menu is potato soup & salad.

MEN'S LUNCHEON

Men's Luncheon will be held Wednesday, March 15 at 12:00 pm. The menu is BBQ pulled pork sandwich & tater tots. **Cost is \$8. Please RSVP by March 10.** The next luncheon will be May 17 and we will be grilling burgers & having potato salad.

VALENTINE'S DAY LUNCH

The Kirtland Senior Board cordially invite you to a Valentine's Day Lunch on Tuesday, February 14 at 12:00 pm. The menu is pasta, meatballs & garlic bread. Suggested Good Will donation is \$5. Please RSVP by February 10.



VALENTINE'S DAY CANDY GRAM



What's better than chocolate on Valentine's Day? Not much, but maybe a Valentine's Day Candy Gram!!!! The Senior Board will be selling candy grams February 1-14 for \$2.00 each. They will be delivered here at the center beginning Valentine's Day. Why not buy a candy gram and brighten your loved ones day or show someone here at the center how special they are to you. All proceeds go to the Senior Board to subsidize board sponsored events during the year. Happy Valentine's Day!!!

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 12:00. There is no cost to play Bingo.



SMILE! YOU'RE ON CAMERA

As part of the funds received through the County, we have also installed cameras throughout the building. These cameras will **ONLY** be used for safety and security purposes, and access is restricted to authorized personnel only. Coverage includes the gym, fitness center, and all outdoor facilities. While signs are posted, we wanted to give you a heads up!

UPCOMING EVENTS

ST. PATRICKS DAY SLYMAN LUNCH

Our annual St. Patrick's Day Slyman's lunch will be held On Thursday, March 16 at 12:00 pm. Lunch will cost **\$18** each and it includes a corned beef sandwich, potato salad, pickle, and dessert. **Take-Out is NOT available this year.** *This is a MEMBERS ONLY event & you must pre-register by March 7.* No reservations will be taken after this date. Space is limited, so get your reservation in as soon as possible.



STATE OF THE SCHOOLS LUNCHEON

Join Kirtland City Schools Superintendent Chad VanArnhem for lunch on Tuesday, April 25 at 12:00 pm. The menu is fried chicken, macaroni salad & roll. Cost will be \$8 and you must RSVP by Friday, April 21. While cake is being served, Mr. VanArnhem will give a State of the School address and answer any questions you may have for him.

INTERNATIONAL POTLUCK LUNCH

Are you Italian & love pasta, Greek & love gyros, Irish & love soda bread, or Lithuanian & love Kugelis? If so, why not make a dish from your nationality and bring it to share at our first ever International Potluck Lunch on **Wednesday, April 12 at 12:00 pm**. Please sign up in the office to let us know what you will be bringing and what nationality it comes from. Feel free to create a display for your country as well. If you decide not to make a dish to share the cost is \$5. Please RSVP for the event by Thursday, April 6.



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 lessons for evaluating it as a useable resource. **You must sign up for two classes a month. The cost is \$34 per month. Please note the slight increase.** Next classes will be February 7 & 21 between 9:00 am - 1:30 pm.



COUNCIL ON AGING

Council on Aging will be here in the lobby on Wednesday, April 5 from 10:00 - 11:00 am. They will be bringing information from the Council of Aging and other information on specific services they can provide. If you have something specific you would like to talk about, please feel free to stop by and ask.




TRASH TO TREASURE

Our next Trash to Treasure Sale will be held from February 20-24. 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.

Just a reminder to sign in whenever you come into the Center, unless you are registered for a class or event. Also please make sure to sign-in for ALL the activities that you will be doing that day. Thank you in advance for your help!

COMMUNITY NEWS



VITA
VOLUNTEER
INCOME TAX
ASSISTANT

Free Tax Preparation

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

Lifeline
helping people
changing lives

LCLIFELINE.ORG
KATRINAG@LCLIFELINE.ORG
440.354.2148

United Way
United Way of Lake County

**BEGINS
TAX SEASON 2023**

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

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

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

**Location pin icon: Clinics will be held weekly in
Painesville, Perry, Wickliffe, and
Newbury.**

**IRS Certified Volunteers Providing
FREE TAX PREPARATION**

MEDICARE ADVANTAGE OPEN ENROLLMENT

If you are in need of making changes to your Medicare Advantage plan, or if you have a Medicare Advantage plan & are considering switching to the Original Medicare, now is the time!! Medicare Advantage Open Enrollment is from January 1 through March 31. If you have questions and would like to learn more about these programs, call the Lake County Council on Aging to schedule an appointment with one of our Benefits Specialists at 440-205-8111.

DENTAL LIFELINE NETWORK

If you are in need of dental services but cannot afford it, visit our website:

www.dentallifeline.org/ohio to see if you are eligible and if we are accepting applications in your area. Or if you have other questions, please contact our local DDS coordinator, David Mounsey at 614-379-1115 or email him at dmounsey@DentalLifeline.org.

LAKE COUNTY MASTER GARDENERS – HOME GARDENERS WORKSHOP

The Home Gardener Workshop is back in person! The Lake County Master Gardeners welcomes everyone to Lakeland Community College on Saturday, March 11. Come spend the day with us and our wonderful speakers. All are welcome! Twelve sessions are offered; the registrant chooses four to attend. A fee of \$48 includes continental breakfast, lunch, snacks, and a parting gift. A variety of garden related items will be available for sale. Registration will open in just a few weeks. For information, please email MGVLakeCounty@gmail.com, call 440-853-2634 or check out their Facebook page at <https://www.facebook.com/LakeCountyMGs/>.

FROM THE SENIOR BOARD

Wow, up till now January has been easy on the weather. I hope the rest of the month is equally pleasant. (*Editor's Note - he jinxed us. I did not.*) Now we begin the shortest month, but also to me the dreariest, full of dark skies and cold weather. At least it is a short month.

The Senior Board voted to raise the price of lunches by a dollar to \$8 per meal. Unfortunately the restaurants keep raising their prices, and our budget can't keep up with the costs. To help with costs we fundraise throughout the year. Just so everyone understands, the Senior Board subsidizes all lunch costs above \$8, pays for popcorn every Wednesday, and supports special lunches throughout the year.

This month, the Senior Board will be sponsoring a Valentines Day lunch on February 14. The lunch will follow a red theme of spaghetti, meatballs, garlic bread, and dessert. Good-will donation of \$5 is suggested. You must pre-register for this luncheon. We will also be sponsoring a Valentines Candy Gram fundraiser. You will be able to send a candy gram to anyone at the Senior Center, write them a note of appreciation, and we will surprise them the next time they come into the Center. It was a lot of fun watching people during December receiving their "Act of Kindness." Imagine what a simple candy gram on a dreary February day will do to a friend or loved one's mood. See page 6 for more details.

Slyman's lunch is already in the planning. Don't forget to sign up before we sell out. Lunch includes corned beef, potato salad, pickle, and dessert. St. Patrick's Day will be here before we know it!

I hope you are doing well. Stop up and visit us, sit and have a cup of coffee, and enjoy our fellowship. We look forward to seeing you soon!

~David Saywell

SENIOR BOARD

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 2022 Senior Board consists of: David Saywell (President), Junior Orick (Vice-president), Marcia Haymer (Secretary), Penny Everson (Treasurer), Bill Russ, Karin Saywell, Jean LaRiche, Janet Johnson, and Jean Orick.

SENIOR SPOTLIGHT

Nerd is a term of endearment. I sure hope so, because I frequently refer to myself as one. Although this next sentence makes me feel as if I am penning a wedding speech in a cliché romantic comedy, I will bow to the literary gimmick. According to Oxford Languages, "nerd" is defined by: /nɜrd/ INFORMAL noun 1. a person who is extremely enthusiastic and knowledgeable about a particular subject, especially one of specialist or niche interest. Verb 2. to engage in or discuss a technical field obsessively or with great attention to detail. When I say that it was an honor this month to interview a "nerd," I mean it as a noun, a verb, and an endearment. Dan Kowall is a mystery to some, and those who have the chance to learn about his life and his loves are both emboldened and encouraged. I tentatively now include myself on the far reaches of that circle.

The mystery thing has been intentional. Never one to find the spotlight or "put himself out there," Dan has not only quietly gone about his business, but made that business one of solitude. Recently, he has decided to extro his vert. While I know he was appreciated before, we are also excited to see what this new Dan will choose to bring us.

Mr. Kowall originally hails from the far-off land of Brecksville. Born the day James Dean died, he grew up in the shadow of a tragic loss. Both beloved and misunderstood, James Dean portrayed one who went his own way. Dan, although less famous, graduated high school as a rambler rather than a rebel. The anxiety of the unknown was strong in this young man, and he studied electronics at the University of Akron. With a myriad of directions to choose, he went his own way and joined the Marine Corps as an officer. Although his dreams of becoming a pilot did not exactly pan out, he did manage to earn himself the moniker "Crash."

Dan met his wife while at university, and the two eventually made their way to the east side. With a full career in computers, three daughters, one grandchild and another on the way, this Willoughby Hills resident has lived both his every day life and those within the books he reads. I'm fulfilling my daily quota of trite phrases, but he truly is a lifelong learner. Those hobbies that started before the rambler phase have reemerged or matured along with him. A child of the sixties, he was not interested in the music his father would play on his harmonica, but was inspired at a concert. Flash forward years later, and he still carries a harmonica wherever he goes. One of his daughters moved back in with them during the lockdown, and out of respect for her work-at-home schedule, we were treated to Dan's musical talents as he practiced here at the Center. And by treated, I mean we may have snuck down the hall to hear the lilting tones behind a closed door (do harmonicas lilt?).

A hobby that has reemerged during the pandemic was an interest in chess. A friend introduced Dan to playing online, and now he exercises his brain in front of a screen. He invites anyone who wants to play to come out to the Center on Thursday mornings at 10:00 am to learn, to practice, or to hone those chess skills. As one of his proteges puts it - "Dan is so wonderful. He's incredibly patient with me as I'm learning, and it's just so fun!" I'm paraphrasing, but you get the idea.

Keeping with the general gist-of-quotes-from-others theme, he himself paraphrases a wise philosopher. "How much longer do you think you have to become the person that you want to be?" He proposes another interpretation, asking both himself and encouraging all of you to spend some time thinking about who you want to be rather than what you want to do.

Each of these monthly conversations inspire me to think differently and to learn more. This one proved no different, and took on a slightly different tone. The rabbit hole of philosophy is a deep one, and it took me a while to find my way out of it. I left wondering what does make a good person? Dan believes it takes a lot of hard work not only to answer that question, but more importantly to make it happen. Do your job well, and it will benefit all of society. Everybody has their place and their responsibilities, and if we all do the hard work of living up to the potential we have, then maybe we can become the person we want to be.

If you want to be a person that steps outside of your comfort zone, focuses on making the world a better place, brings the beauty of music into a sometimes daunting society, shares wisdom and strategies for those who may not know any yet (on a chessboard or off), and asks the tough questions, then you have found your mirror image in Dan Kowall. Once a rambler, this self-proclaimed nerd has settled in a life of interest about the unknown, rather than anxiety. And we look forward to whatever he chooses to crash into next.



Mr. Kowall pictured with one of his more than 50 harmonicas.

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February Bad Dad Jokes:

What do you get when you drop a piano down a mine shaft?

Why did the naval officer ground his son?

Answers inside!

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

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