

# GILDERSLEEVE GAZETTE

*Kirtland Senior Center Monthly Newsletter*

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

Is anyone getting tired of me repeatedly saying things like, "we have such an exceptional little town?" Well, sorry, I won't stop saying it. Whether at Friday night football games, Kiwanis events, milling about the Community Center, or at one of our local restaurants, I continue to be astounded at the level of friendliness and pride I feel from our community.

On 9/14, I had the honor of acting as a taste testing judge at SNPJ farm for the annual Slovenian Sausage Festival. Aside from the difficult, if not impossible, task of having to rank one sausage as better than another, the afternoon was filled with warm welcoming and spirited engagements with so many of our Kirtland residents in attendance. Although one of our Senior Center members, and I choose to believe he did so with the most endearing of intentions, asked how an Irishman could possibly judge a Slovenian sausage contest. He acquiesced from his gruff and confrontational tone once I relayed to him that throughout my life, some of my best friends and neighbors have been of Slovenian descent. Yup, I'm guessing you all know this would-be assailant, I bowled Mr. Russ over with my Irish malarky.

As a reminder, we will close out our Summer/Fall happenings at City Hall on October 8th, with Bazaar Kirtland. From 1-5:00 pm, this event will feature an outdoor market showcasing local artisans and garden growers, who will gather on the front lawn to sell their respective craft. In addition to the sale of goods, the rock band "The All Nighters" will be playing in the gazebo from 3-5 pm, and the generous spirit of the Kirtland Kiwanis will be selling beer and wine throughout the entirety of the event. The Fungry food truck will be joining us with their delicious treats for sale all day Hope to see you all there! ~ Mayor Kevin Potter



**Riddle Answers: Nothing. It's on the house.  
Food, usually.**

# ALL THE THINGS

The weather is getting cooler, which I'm sure is appreciated by all of you who play outdoor pickleball! Speaking of which, I know people are asking when we'll be shutting down those courts. As much as we would love to be able to predict the weather in Northeast Ohio, I don't want that kind of power and responsibility. Public Works Director Fornaro will keep an eye out and make the call when the weather starts to turn. At that point, we will let you know when we plan to bring in the nets for the season. Although I'm sure that the most dedicated players would shovel snow off the courts to get those games in, remember that our indoor court is open three hours a day. You have to wait to rotate into games, which is a fantastic opportunity to get to know some of our other amazing members!



I love how relationships form and grow here within the Center, and so appreciate people's concern when there is an illness, death in the family, or something to celebrate. We have had an increase in people wanting to send out cards to fellow Seniors, and how wonderful that is. Unfortunately, we are not at liberty to give out either phone numbers or addresses of any members. If you would like to send a card to someone, you are welcome to give us the stamped card, and we will fill in the address and send it out for you. Also, if you need someone's phone number, we will call them first and ask permission to give it out. I know this can be frustrating when y'all are just trying to be considerate and thoughtful. But rest easy knowing that no matter what, your privacy and safety is of utmost concern.

For those of you who may not be aware, all department heads spend several months in meetings and poring over numbers to get to a budget to present to Council for approval. We are so fortunate to have such a supportive Finance Director in Mr. Slapnick, and I personally am incredibly grateful to Mr. Fornaro for working with me to discern the needs of this building and what we can do to most efficiently use the tax dollars with which we are entrusted. This process takes place over months, so if you see me with glazed eyes, know that I am in the throes of budget planning. You can be jealous. The City of Kirtland is committed to financial transparency and if you are ever curious about how "all of this" works, monthly financial statements, approved annual budgets, and Council meeting minutes are all available online.

It's been super fun (and only a little stressful) to start going on bus trips. Thanks for your patience as we navigate this brave new world. We will be posting more guidelines as we continue to learn. One of the new protocols is that if you need assistance on a trip, mobility-wise or other, you must have someone with you. This serves to ensure the safety of everyone. Any companion on the trip must pay the rate as well. If they are not a Senior Center member, an extra fee may be included. Thank you for your understanding! ~ Teresa

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## SENIOR CENTER MEMBERSHIP

Per calendar year

Resident (first year): \$10

Non-resident (first year): \$12

Resident (renewal): \$5

Non-resident (renewal): \$7

Paperwork and  
information available  
at the front desk



## KIRTLAND SENIOR CENTER

**OCTOBER 2022 WEEKLY SCHEDULE**

For a complete listing of services and classes available, check out our website at [www.kirtlandcommunity.com](http://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*)

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

Pickleball (*drop-in*)  
Gentle Yoga  
Chair Yoga  
Reiki (*October 7, 21*)  
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  
12:30 pm  
12:30 pm

Advanced Pickleball (*drop-in*)  
Aerobics  
Piano Lessons (*October 4, 18*)  
Pickleball (*drop-in*)  
Bingo (*drop-in*)  
Game Day (*drop-in*)

**WEDNESDAY**

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

Strength Training  
Tai Chi – Bamboo Fusion  
Pickleball (*drop-in*)  
Reflexology/Light Therapy  
(*October 5, 12*)  
Chair Volleyball (*drop-in*)

**THURSDAY**

8:30 – 9:30 am  
9:30 – 11:30 am  
10:00 am  
10:00 – 11:15 am  
10:00 – 1:00 pm  
10:30 am  
12:30 – 2:30 pm  
1:00 – 2:00 pm  
1:00 – 2:00 pm  
2:00 – 3:30 pm

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

**UPCOMING EVENTS**

Service Council Lunch  
Pickleball Tournament  
Card Making Class  
Bazaar Kirtland  
Trivia  
Podiatrist  
New Member Lunch  
Ladies Lunch  
Lakeview/Little Italy Bus Trip  
Kirtland Service Day  
Birthday Lunch  
Trunk or Treat  
Old Town Public Hearing  
Halloween Bakeoff

Monday, October 3  
Monday, October 3  
Tuesday, October 4  
Wednesday, October 5  
Saturday, October 8  
Tuesday, October 11  
Tuesday, October 11  
Friday, October 14  
Wednesday, October 19  
Friday, October 21  
Saturday, October 22  
Tuesday, October 25  
Wednesday, October 26  
Thursday, October 27  
Monday, October 31

**COMING IN NOVEMBER**

Voting  
Podiatrist  
Veteran's Day Lunch  
City Offices and Center Closed  
Trivia  
Men's Lunch  
Birthday Lunch  
City Offices and Center Closed  
Thanksgiving Potluck

Tuesday, November 8  
Tuesday, November 8  
Thursday, November 10  
Friday, November 11  
Tuesday, November 15  
Wednesday, November 16  
Tuesday, November 22  
November 24 – 25  
Monday, November 28

# OCTOBER 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	October 4, 11, 18, 25	\$15 Drop-in: \$4
Aerobics w/drumming Instructor: Cheryl	Friday 1:00-2:00	October 7, 14, 21, 28	\$15 Drop-in: \$4
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	October 7, 14, 21, 28	\$12 Drop-in: \$3
Chair Yoga Instructor: Anne	Friday 10:30-11:30	October 7, 14, 21, 28	\$12 Drop-in: \$3
Fit Yoga Instructor: Jillian	Thursday 10:00-11:15	October 6, 13, 20, 27	\$12 Drop-in: \$3
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45	Sept. 28, Oct. 3, 5, 10, 17, 19, 24, 26	\$24 (8 classes) \$12 (4 classes) Drop-in: \$3
Tai Chi for Wellness Instructor: Eb	Thursday 1:00-2:00	October 6, 13, 20, 27	\$15 Drop-in: \$3
TaiJiFit Instructor: Tim	Monday 1:00-2:00	October 3, 10, 17, 24, 31	\$15 Drop-in: \$3
Tai Chi Bamboo Fusion Instructor: Tim	Wednesday 10:00-11:00	October 5, 12, 19, 26	\$12 Drop-in: \$3
Workshops	Time	Dates	Cost
Knitting Group	Monday 10:00	Every Monday	FREE
Card Making Class Instructor: Carol	Wednesday 1:00-3:00	October 5	\$10 per class

Classes	Time	Dates	Cost
Acrylic Painting Instructor: Connie	Thursday 12:30-2:30	October 6, 13, 20, 27	\$28
Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	October 6, 13, 20, 27	\$28
Piano Lessons Instructor: Karen <i>*must register 2 per month*</i>	Tuesday 9:30-1:00	October 4, 18	\$15 per 30 minutes
Wellness/Other	Time	Dates	Cost
Attorney Deborah Loughner	Friday 9:00-11:00	October 14, November 11	FREE 30 minutes
Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	October 11, November 8	\$25 per 15 minutes
Reiki Anne Owens	Friday 12:00-1:30	October 7, 21	\$25 / 25 minute session
Reflexology or Light Therapy Linda McMahon	Wednesday 10:00-12:00	October 5, 12	\$40 (Reflexology) \$45 (Light Therapy)
Swedish Massage Natalie Lopez	Friday 10:00-3:00	No October dates	\$55 per 50 minutes
Hiking Club <i>*See inside for location</i>	Monday 10:30 am	October 10	FREE
Beginner Pickleball Lessons	Thursday 1:00-2:00	October 6, 13, 20, 27	FREE



## **CHAIR YOGA – NEW**

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.

## **CHESS CLUB – NEW**

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

## **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.

## **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! This class is offered by Tim Shea on Wednesday mornings at 9:00.

## **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 (4 classes) will begin on September 8.** 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:**

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!

### **Outdoor Pickleball:**

The weather is beautiful, so let's get playing on those outdoor courts! Courts are open for anyone to use at anytime during daylight hours. Every weekday from 10:00 am - 1:00 pm is reserved for Senior Center members. Play is first come, first served (pun completely intended). Be patient, be polite, and be awesome!

## **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!



## **THE SENIOR CENTER WILL BE CLOSED**

**FRIDAY, NOVEMBER 11**

**THURSDAY, NOVEMBER 24**

**FRIDAY, NOVEMBER 25**

## LAKEVIEW CEMETERY & LITTLE ITALY BUS TOUR

On October 21, our bus trip takes us on a tour of Lakeview Cemetery and a trip to Little Italy! We will start with a walking tour of Lakeview Cemetery where we will learn the history of the cemetery, its buildings as well as its most notable residents. This is a 2 hour WALKING tour covering various terrains, sometimes hilly. After, we will head over to Little Italy for lunch & exploring. **Please make sure to dress appropriately as tour will take place rain or shine.** Arrive here at 9:00 am. Cost for the tour is \$10.00. Lunch is on your own. **Registration deadline is October 10! No reservations will be taken after this date.**

## PICKLEBALL "LUCK OF THE DRAW" TOURNAMENT

"Luck of the Draw" Pickleball tournament will be held on Monday, October 3 & Tuesday, October 4. **Monday will be a more competitive competition and Tuesday will be a more casual competition. ALL SESSIONS ARE FULL! If interested in helping out day of, or you would like to be added to the wait list please see Sharon or Teresa in the office.**



## KIRTLAND TRUNK OR TREAT!

Mark your calendars for our 2nd annual "Trunk or Treat" event on **Wednesday, October 26 from 6:00-8:00 pm.** The center and other locations throughout the city will be offering candy, treats & Halloween fun for ghosts & goblins of all ages! So bring your car, van, truck or whatever you drive, open the trunk up and hand out candy & goodies to the kids. **We will be having a car decorating contest as well!**

## FLU SHOT CLINIC

The Lake County General Health District will hold a Flu Shot Clinic here at the Kirtland Senior Center on Wednesday, November 2 from 9:00 am - 12:00 pm. Appointments will be every 10 minutes starting at 9:00am and there are two (2) spaces available per time slot. Registration is required in advance. Please bring your registration form which will be available at the office and your insurance information to your scheduled appointment. You can register in person, or by calling the center at 440-256-4711, and online at [www.kirtlandcommunity.com](http://www.kirtlandcommunity.com).



## THE GREAT KIRTLAND CITY BAKE-OFF:

### HALLOWEEN CHOCOLATE EDITION

Get your best dessert recipe ready for our second annual Baking Contest. The Kirtland Senior Center is challenging any & all Senior Center members in a Bake-off for the ultimate prize - bragging rights. This year's theme is Chocolate and judging categories include: most creative presentation, taste, and best overall. **It will be held on Monday, October 31. Drop your entries off at the Center by 11:00 am. Judging & taste testing by local guests will take place at 1:00 pm.** If you can't handle the heat... get inside and bake!



*Welcome to our new members this month!!!*

*Chris, Stephanie, Mary Rita, Don, Cathy, Lorraine, Peggy, Nancy, Donna, Dal, Lisa, Marilyn, Stephanie, Jane, Ausra, Martin, Louis, Carla, Gwen, Kerry, Michele, Bill, Patrick, Marino & Reita*

UPCOMING EVENTS



## NEW MEMBER LUNCH

We cordially invite all our new members to a welcome lunch on Friday, October 14 at 12:00 pm. Lunch is for all members, new or old, that would like to attend. Cost is free for New Members since May 2022, and \$7 for everyone else. Reservation is due by October 7.



## HEARING SCREENING

It is medically recommended to have your hearing tested annually, just like your blood pressure or cholesterol. Adults with untreated hearing loss are more likely to develop dementia. Hearing loss is not just an ear issue, it is also a quality of life issue, a health issue, and safety issue. Hearing loss can occur naturally due to age, but it can also be caused by other health reasons that may surprise you. Holly's Hearing Aid Center will be conducting **FREE** hearing screenings on October 31 from 10:00 am - 12:00 pm. Registration is required.

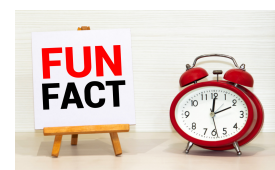
## HIKING CLUB

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 city and enjoy the great outdoors & get some exercise in while you are at it. Join us for a hike on Monday, **October 10** from 10:30-11:30 am at **Penitentiary Glen Reservation**. **Registration is required and space is limited.** We hike rain or shine.....just use your best judgment. See you on the trails!



## TRIVIA

Join us for Trivia on Tuesday, October 11 at 11:00 am. Be part of a team and test your knowledge of anything and everything. Some of our past themes have included Science, History, Geography, TV, Music, & so much more. 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

October's Birthday Lunch is Tuesday, October 25 at 12:00 pm & will cost \$7. Our menu will be chili & corn bread. Please RSVP by October 20. **EVERYONE** is welcome, regardless of your birthdate! Our next Birthday Celebration will be on November 22 and the menu is chicken paprikash.



## LADIES LUNCHEON

October's ladies lunch will be held Wednesday, October 19 at 12:00 pm and the menu is stuffed peppers. Cost is \$7 & you must RSVP by October 13. Our next Ladies Luncheon will be Wednesday, December 21 & the menu is pork schnitzel with cabbage & noodles.

## MEN'S LUNCHEON

Men's Luncheon will be held Wednesday, November 16 at 12:00 pm. Our menu is Chicken Parm. Cost is \$7. Please RSVP by November 10. The next luncheon will be January 18.



## SHRED DAY

The city of Kirtland's annual Shred Day is will be **Saturday, October 22** at the Community Center from 8:30 am - 11:00 am, rain or shine. Bring in your documents to be shredded in a container that can be discarded - free of charge!



# UPCOMING EVENTS

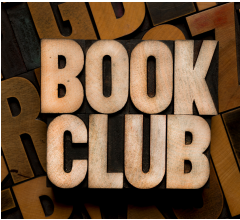


## TRASH TO TREASURE

Our next Trash to Treasure Sale will be held from October 17-21. 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.

## 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.



## BOOK CLUB - OCTOBER 20 AT 11:00 AM

Our next book selection is October Book Club is set for October 20 at 11:00 am and we will be reading "Afterlife" by Julie Alvarez. This book "is a compact, nimble, and sharply droll novel. Set in this political moment of tribalism and distrust, it asks: What do we owe those in crisis in our families, including—maybe especially—members of our human family? How do we live in a broken world without losing faith in one another or ourselves? And how do we stay true to those glorious souls we have lost?"

## PIANO LESSONS

Sounds Inspirations Music Therapy provides 30 minute individual private piano lessons. Tailored to the learning styles of the adult students. Students are welcomed to bring their own music to lessons for evaluating it as a useable resource. **You must sign up for two classes a month (\$30 per month). Next classes will be October 4 & 18 from 9:00-12:30.**



## GREETING CARD CLASS

Make your own greeting cards! Come to enjoy creating three original cards and have fun socializing while stamping, coloring, and gluing. We will do an assortment of cards during each monthly classes. Cost is only \$10 and includes everything you need except a pair of scissors & adhesives. **Our last class for this year will be Wednesday, October 5 at 1:00 pm.** Class is limited. Pre-registration is required.

## CHAIR YOGA

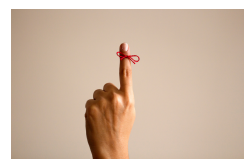
We now offer a chair yoga class on Friday mornings at 10:30 am. This class is a gentle yoga class with an emphasis on stretching and strengthening movements while seated in a chair. A portion of class will provide instruction on the option to use a chair for support with select standing postures. This class will finished with a seated meditation and breathing practice.



## COUNCIL ON AGING

Council on Aging will be here in the lobby in October from 10-11:00 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.

***Just a reminder to please sign-in whenever you come into the Center unless you are registered for a class. 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**

## **LAKE COUNTY CAREGIVER FORUM**

On Wednesday, October 12 from 3:00-6:30pm Laketrans & Western Reserve Area Agency on Aging (WRAAA) will sponsor the first ever Lake County Caregiver Forum. This **FREE** event will take place at the Lake County Fair Youth & Community Center, 1301 Mentor Ave., Painesville. Local aging and caregiver service providers will be on hand to provide information and answer questions. Additionally, the event will feature a listening session facilitated by WRAAA to learn more about senior & caregiver needs in the community. For more information contact Alyea Barajas at 440-350-2748.

## **FALL YARD CLEAN-UP**

On Saturday, October 22, the Mayor's Action Network will be collaborating with faith and civil groups around the City for an entire day of service. As part of this event, we will again be headed out to resident homes for fall yard clean-up. If you are a senior or a veteran who would like some help, please contact Teresa at 440-256-3332 ex. 5 or at [tszary@kirtlandohio.com](mailto:tszary@kirtlandohio.com) to sign up.

## **OLD TOWN SEWER PROJECT PUBLIC HEARING**

On Thursday, October 27, the Lake County Commissioners will be in attendance for a public hearing facilitated by the City regarding the upcoming Old Town neighborhood sewer project. This forum will be held at 7:00 pm in the Kirtland High School gym.

## **FROM THE SENIOR BOARD**

Fall has finally begun, the leaves are beginning to change, the weather is getting cooler, but the center continues to bring new exciting programs. Make sure you join us for the excitement.

The board has begun to plan for the 2023 year. The first thing we need is to elect board members. We have 3 board seats to elect, and all 3 incumbent board members have decided to run again. But we will accept nominations October 11-25th. If you would like to run, let the office know. If needed, an election will take place November 7th thru the 21st. Remember, the board meetings are the 2nd Tuesday of every month at 12, and are always open to everyone.

October we will see some exciting programs again. First we have 2 days of pickleball tournaments to enjoy, come and watch. We also have trivia at 11 on October 11. You don't have to be good, since we do teams and discuss our answers. October 26 brings Trunk or Treat to the center from 6-8 pm. As well as our usual assortment of classes and wellness activities.

I hope you enjoyed the clam bake in September and will attend the upcoming Veterans Day lunch in November. We still have exciting events coming in the next couple months. Join us, you will have a good time.

~Dave 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.

LIMITED VENDOR SPACE AVAILABLE  
HOMEMADE CRAFTS, HOMEGROWN FOODS ONLY  
\$25 BOOTH FEE  
CONTACT [TSZARY@KIRTLANDOHIO.COM](mailto:TSZARY@KIRTLANDOHIO.COM)  
OR 440-256-3332 EX. 5 TO REGISTER

# BAZAAR

## *Kirtland*

SATURDAY, OCTOBER 8

~ OUTDOOR MARKET ~  
~ FOOD TRUCKS ~  
~ BEER TENT ~

1-5:00 PM

MUSIC BY  
"THE ALL NIGHTERS"  
3-5:00 PM

CITY HALL  
9301 CHILlicothe ROAD



### VOTING - TUESDAY, NOVEMBER 8

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

### GYM CLOSED FOR VOTING

MONDAY, NOVEMBER 7  
TUESDAY, NOVEMBER 8



# SENIOR SPOTLIGHT

Cheryl Dulaney is known to many of you as our fearless aerobics and cardio drumming instructor. She's been haunting these halls for a good ten years now so if you haven't yet taken her class, you'll be sure to recognize her face. (And if you haven't, what are you waiting for?! First class is always free to try!)

This dynamite hails from the Empire State and was born and raised in Buffalo. If you are ever looking to go through every play of yesterday's Bills game, Cheryl is your gal. She is quick to add that, due to current geography and the fact that her daughter works for them, the Browns are her second favorite team.

She married her high school sweetheart, and although it didn't work out, the relationship with her "starter husband" gave her both Randy and Michele. She's a proud mama, and you get the impression that she would (and does) still go to the ends of the earth for her kids.

After her divorce, she turned her part-time bank teller job into a full blown management position. As both a branch manager and manager of customer service, she was wary of the bank's marketing department. While she felt they were out of touch with their clientele, her larger concern was the lack of communication with the branches. When they brought in a new VP of Marketing, he was thrown to the wolves, and this brave soul asked everyone what concerns or questions they had. As Cheryl puts it, she was "loaded for bear." Although his deep voice calmed her a bit, she shoots from the hip, and her questions were flowing fast and free. After the meeting, he asked if she wanted to meet to find solutions, and by golly, he delivered on the promises he made. This would be a terrible story if he hadn't.

I love this story, so you're going to get it as best I can relay. Cheryl's son was also a diehard Bills fan, but had never been to a game. One summer, mom and son bonding time included painting the entire exterior of their house. Raising two kids by yourself is tough, and she wanted to do something special to let him know how appreciative she was of his help. She called up that acquaintance from Marketing to let him know that she would really appreciate the company's Bills tickets if they were ever available. That Sunday, she and her boy were ten rows up from the fifty yard line and he had a new vision of heaven. She reached out to her colleague over the interoffice messaging system, and invited him to a drink in thanks for making her kid's dream come true. Over that drink, he was incredibly attentive and interested in everything she had to say (and if you know Cheryl, you know the feeling). He asked if her son would want to go to the Sabres opening game, and she told him how much her daughter may like it too. Not long after, the four of them pre-gamed and they were told to order whatever they want. Cheryl figured the burgers served would be delicious, but that daughter of hers went all the way and ordered the crab legs.

More stories about these two crazy kids will be forthcoming, but for now, we'll leave it that they've been living happily ever after for many years since. To cut this story way shorter than it deserves, they made their way out to Seattle for seven years, Cheryl working with Boeing Employees Credit Union and Chris doing his Chris thing. When he got eventually got an offer in Ohio, they moved out to the Buckeye State, and we are so grateful they did! She realized that maybe she was ready to transition out of the corporate world, and still dabbles in part-time finance stuff (there's probably way more technical terminology, but I don't know it...).

This former cheerleader (shocking, right?) started exercising more when she had the time to do so, and was asked to start teaching classes. More than ten years later, we consider her a Kirtland Senior Center veteran, and boy are we glad to have her!!!



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## October Bad Dad Jokes:

How much does a roof cost?

What's a forklift?

Answers inside!

### KIRTLAND SENIOR CENTER

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[www.kirtlandcommunity.com](http://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