

SEPTEMBER 2024

GILDERSLEEVE GAZETTE



*Kirtland Senior Center
Monthly Newsletter*



What an August! What a mess! Yes, I'm referring to the storm that brought many hundreds if not thousands of trees and limbs down all around the city. And as we all know, much of this crashing debris came down on power lines and interrupted electricity to residents and businesses throughout the city and Northeast Ohio. It was a storm for the ages all right!

As bad as things were, they could have been worse. And thanks to our Police, Fire, and Public Works Department, within six hours of the storm delivering its wallop, every roadway that wasn't affected by downed wires was cleared of any hazard. It was an incredible effort of cooperation and coordination by city staff that left their own powerless homes to make things as safe as possible for both the residents and the traveling public in Kirtland.

A special thanks to Fire Chief Hutton and Public Works Director Joe Fornaro for their dedication as they worked around the clock for many days to keep our residents safe. I'm not sure Joe was home for more than ten total hours over a six-day period. In fact, he even brought a generator from home to run one of our traffic lights!

Shifting gears away from the storm - in November, our voters will have an option to fund a long-term road funding solution. On the ballot, our residents will have an opportunity to allow City Council to adjust the income tax by one quarter of one percent to finance future road repairs.

If voters choose to pass the Charter amendment, the additional income tax would cost a resident earning \$100,000 an additional \$250 per year. The new money raised would not affect retirement income for our seniors and will expire in twenty years. Additionally, the ballot language specifically states that funding can be used for road related projects only. In the coming weeks and months, I look forward to discussions with our residents as to the merits of the funding.

Thank you ~ Mayor Kevin Potter



I truly doubt that any of us had tornado on our 2024 bingo card, but here we are. Thank you to all of our residents and members for your patience with us and the city as we muddled through storm clean-up. We are grateful that we escaped without casualty, and are so appreciative of our City departments for their continued efforts to keep us safe.



As you have probably noticed, our front entrance is currently closed. While we missed the brunt of the touchdown, we were not without damage. Make sure to use the side entrance near the pavilion until the front windows of the portico are secured.

Also, the plan is to repave the parking lot in the near future. Bids are currently out, but we are not sure when this will be scheduled. As you well know, road work is entirely dependent on the weather and is difficult for us to advertise ahead of time. Once we know when this project will begin, we will advertise on our website, City Facebook, and around the Center. We are thankful for the continued support of the Lake County Commissioner’s Office and the Senior Services Levy for providing the funds to make this important project happen!

Other things happened in August, and some of the positive highlights include our two trips! We’re glad so many could hang in Geneva on the Lake for the day, and we’re happy that the weather held off long enough to get in some putt putt. And for those who braved the uncertainty, we hope that you learned a ton from our tour of the Northeast Ohio Regional Sewer District tour. As a reminder, they host a Clean Water Fest every September that you won’t want to miss! I go to this free event every year, and always leave with info, free stuff, and new friends. It is scheduled this year for Saturday, September 21 and I’d love to see you there. More info is available at <https://cleanwaterfest.weebly.com>.

Speaking of past trips and upcoming events, Ingenuity Fest will be held from September 27 - 29 in Cleveland. This Iconic Annual Festival of Art and Technology, Creativity and Innovation shows off the best of our City, and for those who went on the mystery trip, you know it will be topnotch!

I think this is one of the most important projects we have begun here in Kirtland, so I’m reprinting information from last month: At the end of last year, we were awarded grant funding through the state by way of the Commissioners Office for necessary programming. LAG stands for Life Adjustment Group, and is open to all Seniors. Dawn will facilitate two six-week sessions throughout the year for a small group of people who are interested in finding support, learning new coping skills, and journeying together through the tough times. As a society, we are quick to recognize grief in times of death and bereavement. Although this is accurate, we don’t always acknowledge grief in times of adjustment. From receiving a hard diagnosis to struggling to maintain relationships with our grown children to the decrease of autonomy and independence as we age, all moments of significant change in our lives carry with them the possibility of grief, including the inevitable losses we face. Change is hard, and we are here to help you help each other. The first six-week session will kick off on September 16, and we invite you to sign up at the Front Office while spaces are available. In addition, we will also have monthly Open LAG Sessions. Each one will cover a different topic by inviting a speaker, coming together for an activity, sitting down for a meal, or welcoming conversation. These monthly gatherings will be advertised in advance, are free, and are open to everyone. Check out page 6 for this month’s movie day! Thank you again to Dawn for spearheading this important initiative! ~ Teresa

P.S. Due to Labor Day, October trips will open at 11:00 am on Tuesday, September 3. I won’t be here, so be nice to Marianne!!!

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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

SEPTEMBER 2024 WEEKLY SCHEDULE

MONDAY

9:00 – 9:45 am Strength Training
 10:00 – 1:00 pm Pickleball (drop-in)
 10:00 am Knitting Group (drop-in)
 10:00 am Balance/Flexibility Class
 1:00 – 2:00 pm Tai Chi Fit
 1:00 - 2:30 pm Life Adjustment Group (09/16-10/10/21)
 1:00 – 3:00 pm Chair Volleyball (drop-in)

TUESDAY

8:30 – 9:30 am Advanced Pickleball (drop-in)
 9:30 – 12:00 pm Piano Lessons (September 3 & 17)
 10:00 - 11:00 am Aerobics
 11:30 – 2:30 pm Pickleball (drop-in)
 12:00 pm Bingo (drop-in)
 2:30 – 3:30 pm Beginner Pickleball (drop-in)

WEDNESDAY

9:00 – 9:45 am Strength Training
 10:00 am - 1:00 pm Pickleball (drop-in)
 10:00 am Sewing Group
 10:00 am - 12:00 pm Reflexology/Light Therapy (9/11 & 25)
 11:00 am - 12:00 pm Fit Yoga w/ Sue
 1:00 pm - 3:00 pm Chair Volleyball (drop-in)

THURSDAY

8:30 – 9:30 am Advanced Pickleball (drop-in)
 9:30 – 11:30 am Watercolor Painting
 10:00 am Chess (drop-in)
 10:00 am Cardio-drumming
 10:00 – 1:00 pm Pickleball (drop-in)
 12:00 – 1:00 pm Reiki (September 12 & 26)
 12:30 – 2:30 pm Acrylic Painting
 1:00 - 3:30 pm Beginner Pickleball (drop-in)

FRIDAY

9:00 – 10:15 am Gentle Yoga
 10:00 – 1:00 pm Pickleball (drop-in)
 10:30 – 11:30 am Chair Yoga
 10:30 – 11:30 am Strength Training (September 6 & 20)
 1:00 – 3:00 pm Chair Volleyball (drop-in)

SEPTEMBER 2024 EVENTS

Closed - Labor Day Monday, September 2
 Podiatrist Tuesday, September 3
 Volunteer Meeting Thursday, September 5
 Hiking Club Monday, September 9
 Card Making Class Wednesday, September 11
 Senior Board Meeting Wednesday, September 11
 Bus Trip to Garfield House Friday, September 13
 Senior Services Pancake Breakfast Sunday, September 15
 Trash to Treasure September 16 - 27
 LAG Weekly Sessions Begin Monday, September 16
 Trivia Tuesday, September 17
 Men's Lunch Wednesday, September 18
 Volunteer @ Bighearted Blooms Wednesday, September 18
 Gym Closed for Blood Drive Thursday, September 19
 Book Club Thursday, September 19
 Bus Trip to Guardians Game Thursday, September 19
 Attorney Friday, September 20
 Birthday Lunch Tuesday, September 24
 LAG Movie Day Wednesday, September 25
 Massage Friday, September 27
 Clam Bake Friday, September 27
 ASL Workshop Friday, September 27
 American Legion Craft Show Saturday, September 28

COMING IN OCTOBER 2024

Card Making Class Wednesday, October 2
 Volunteer Meeting Thursday, October 3
 Podiatrist Tuesday, October 8
 Service Council Senior Luncheon Tuesday, October 8
 Fencing Bus Trip Tuesday, October 8
 Senior Board Meeting Wednesday, October 9
 Shred Day Saturday, October 12
 Hiking Club Monday, October 14
 Trivia Tuesday, October 15
 Open LAG Session Wednesday, October 16
 Ladies' Lunch Wednesday, October 16
 Book Club Thursday, October 17
 Bus Trip to Playhouse Square Thursday, October 17
 Attorney Friday, October 18
 Trash to Treasure October 21 - November 1
 Birthday Lunch Tuesday, October 22
 Trunk or Treat Wednesday, October 23
 Massage Friday, October 25

Drop-in activities require no pre-registration

SEPTEMBER 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	September 3, 10, 17, 24	\$15 Drop-in: \$4
Aerobics w/drumming Instructor: Cheryl	Thursday 10:00-11:00	September 5, 12, 19, 26	\$15 Drop-in: \$4
Balance Class Instructor: Dawn	Monday 10:00-11:00	September 9, 16, 23, 30	\$12 Drop-in: \$3
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	September 6, 13, 20, 27	\$12 Drop-in: \$3
Chair Yoga Instructor: Anne	Friday 10:30-11:30	September 6, 13, 20, 27	\$12 Drop-in: \$3
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	September 4, 11, 18, 25	\$12 Drop-in: \$3
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45 Select Fri @ 10:30	August 28 September 4, 6, 9, 11, 16, 18, 20, 23 25	\$30 (10) \$24 (8) \$12 (4) Drop-in: \$3
TaiJiFit Instructor: Tim	Monday 1:00-2:00	September 9, 16, 23, 30	\$12 Drop-in: \$3
Classes	Time	Dates	Cost
Acrylic Painting	Thursday 12:30-2:30	September 5, 12, 19, 26	\$20/month
Watercolor Painting	Thursday 9:30-11:30	September 5, 12, 19, 26	\$20/month
Piano Lessons <i>*must register 2 per month*</i>	Tuesday 9:00-1:30	September 3 & 17	\$15 per 30 minutes

Workshops	Time	Dates	Cost
Chess Club	10:00 am	Every Thursday	FREE
Card Making	1:00 pm	Wednesday September 11	\$10
Sewing Group	10:00 am	Every Wednesday	FREE
Knitting Group	10:00 am	Every Monday	FREE
Wellness/ Other	Time	Dates	Cost
Attorney: Deborah Loughner	Friday 1:00-3:00	September 20 October 18	FREE 30 minutes
Podiatry: Dr. Kelly Whaley	Tuesday 9:00-12:00	September 3 October 8	\$30 per 15 minutes
Reiki: Anne Owens	Thursday 12:00, 12:30	September 12 & 26	\$20 / 25 minute session
Reflexology or Light Therapy: Linda McMahon	Wednesday 11:00-1:00	September 11 & 25	\$40 (Either Reflexology or Light Therapy)
Swedish Massage: Natalie Lopez	Friday 11:00 -1:00	September 27 October 25	\$60 per 50 minutes
Hiking Club <i>*See page 6 for location</i>	Monday 10:30 am	September 9 October 14	FREE

GREETING CARD MAKING

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 per class and that includes all the paper, stamps, ink, die cuts, and embellishments. All you need to bring is a pair of scissors and adhesives. Our next class will be **Wednesday, September 11 at 1:00 pm** and then will be held the first Wednesday in October. Class is limited to 10 per month. Registration is required.

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 & AEROBICS IS BACK!

Our awesomely fun aerobics class continues on Tuesdays at 10:00 am, and the cardio drumming class continues every Thursday at 10:00 am. Come join the fun! If you have never tried the class, the first one 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 September 3 & 17, 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 fantabulous Strength Training instructor, Nancy, has added a Friday class! Thanks to the flexibility of the yoga classes (pun intended), Nancy will now be offering classes on the first and third Fridays of the month at 10:30. Check the calendar for any changes in schedule.

BEGINNER, OPEN, AND ADVANCED PICKLEBALL

Everyone is always welcome to drop-in to pickleball, but here are a few guidelines to help you out.

Our schedules are set for a reason, and we ask that you **do NOT ENTER the gym** until the assigned time. Additionally, we ask that you **LEAVE the gym** at the scheduled time.

Open Pickleball is 10:00 am - 1:00 pm every weekday (except for Tuesday, when it runs from 11:30 am - 2:30 pm 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!

The **Outdoor Courts** are now open! These are available to the public, but are reserved for Senior Center members from 10:00 - 1:00 on weekdays.

BALANCE, STRENGTH, AND FLEXIBILITY CLASS IS HERE!

This new class will help you improve your balance and flexibility, which prevents falls and injuries and gives you greater confidence to enjoy your life. We will be doing exercises that improve bone density, strengthen muscles, legs, and core that help keep your equilibrium and improve your stability. In our class we will also do warm up stretching exercises to improve posture, performance, and range of motion which enhances and prepares you for your yoga and strength exercises. You can modify this class to your unique needs. **Class is held on Monday mornings at 10:00 am - NOTE THE TIME CHANGE!**

PODIATRY

We are thrilled that Dr. Kelly Whaley continues to serve our seniors every month. **Beginning in June, her fee increased to \$30.** As a reminder, this is due to Dr. Whaley in cash on the day of the appointment.

MYSENIORCENTER SIGN-IN

Please remember to check in at the kiosk for whatever you're doing whenever you're doing it. Thank you to the Lake County Commissioners Office for supplying us with this MySeniorCenter. Not only does this eliminate paper sign-ins, but also allows us to collect data on how our Center is being used and when.

To the best of our ability, bus trips will be advertised two months out. October trips will open for registration at 11:00 am on Tuesday, September 3. In order to confirm your spot on that day, you must register in person with full payment. Online registration will open on September 4.

Naturalization Ceremony @ James Garfield House - Friday, September 13

Twice a year, Mentor's National Historic Site hosts a Naturalization Ceremony for new citizens. This powerful event is free, and open to the public. We will be taking a VERY limited group from the KSC on Friday, September 13. The bus will leave the Center at 9:00 am and get back around 2:30 pm. This trip includes the Naturalization Ceremony, lunch (on your own), and a tour of the Garfield House. **TICKETS ARE LIMITED!** The cost for this trip is \$5.

Guardian's Game @ Progressive Field - Thursday, September 19

Take me out to the ballgame and cheer on the Cleveland Guardians to their next victory. The bus will leave the center at 11:30 am to enjoy the first pitch at 1:10 pm against the Minnesota Twins. The cost is \$35/person and includes the ticket and bus ride. **THIS TRIP IS SOLD OUT. See the front desk to be added to the wait list.**

Fencing Workshop - Tuesday, October 8

Fencing is a lifelong activity that can give you increased coordination, greater strength and endurance, fine-tuned balance, improved flexibility, sharper reflexes, better cardiovascular fitness, greater confidence, enhanced mental agility, improved self-discipline, and finally reduced stress levels. *Picking up a sword as an adult is one of the best times to start fencing!* This is guaranteed to be an awesome trip, and will include the 90 minute workshop. The cost is \$35/person (**which includes fencing AND lunch**), and spots are limited! We will leave the Center at 10:45 am, stop for lunch at 56 Kitchen and be back at the Center around 4:00 pm. **Tickets will go on sale at 11:00 am on Tuesday, September 3.**

"A Beautiful Noise: the Neil Diamond Musical" - Thursday, October 17

A BEAUTIFUL NOISE: THE NEIL DIAMOND MUSICAL is an inspiring, exhilarating, energy-filled musical memoir, that tells the untold true story of how America's greatest hitmaker became a star, set to the songs that defined his career. **Tickets are \$55 each, and will go on sale at 11:00 am on Tuesday, September 3.** The bus will leave at 12:00 pm and arrive back at the Center following the show. Registrations are due by Monday, September 23.

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

No reservations will be taken after the cut-off date. Contact the front office if, for some reason, you have to cancel your reservation. Refunds are not guaranteed.

PAYMENT IS DUE AT THE TIME OF THE RESERVATION

SEW WHAT - NEW GROUP!



We are thrilled that we are bringing back our sewing group! Bring your own projects, materials, machines, and questions every week. Join us in welcoming Sherrie to lead our group starting in August. Sherrie comes to us from Mentor, where she spent years as a Home Economics teacher. This is a drop-in group; no registration is necessary. We do have a machine here at the Center that is available for use. We will meet every Wednesday from 10:00 am to whenever you feel like leaving. Ask at the front desk if you have any questions.

TRASH TO TREASURE

Our next Trash to Treasure Sale will be held from September 16 - 27. Drop off any household items you would like to donate for our sale. No personal items, clothing or electronics please! We will be accepting items during normal business hours 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.

BOOK CLUB - THURSDAY, SEPTEMBER 19 @ 11:00 AM

This month, we will be discussing "The Berry Pickers" by Amanda Peters. According to the reviews, "The Berry Pickers is an immersive and stunningly written debut novel." If that itself doesn't make you want to pick this one up, we can't help you. In October, we'll talk about "Viviana Valentine and the Ticking Clock" by Emily J. Edwards.

TRIVIA - TUESDAY, SEPTEMBER 17

Join us in-house for Trivia on Tuesday, September 17 at 11:00 am. Come join us and 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 promise, this is low-pressure and the stakes are NOT high. Winning team chooses the next month's theme - **this month we're focusing on Human Anatomy.** We meet in the lobby to form teams and then the fun begins. No registration necessary.

UPCOMING EVENTS

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, SEPTEMBER 24 @ NOON

We will enjoy pulled pork sandwiches on Tuesday, September 24 at 12:00 pm. *The cost is \$8. Please RSVP by Friday, September 20.* 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 October 22, and the menu will be cabbage rolls.

MEN'S LUNCHEON - WEDNESDAY, SEPTEMBER 18

Men's Luncheon will be held Wednesday, September 18 at 12:00 pm. The menu is Italian beef sandwiches. *Cost is \$8. Please RSVP by September 16.* Our next luncheon will be November 13 and the menu is lasagna and garlic bread.

LADIES' LUNCHEON - WEDNESDAY, OCTOBER 16

Ladies' Luncheon will be held Wednesday, October 16 at 12:00 pm. The menu is hamburgers and fixins. Cost is \$8. *Please RSVP by Friday, October 14.* The next luncheon will be Wednesday, December 4 and the menu is salad with chicken or steak.

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.

CLAM BAKE - FRIDAY, SEPTEMBER 27

The Annual KSC Clam Bake will be held on Friday, September 27 at 12:00 pm in the Pavilion. Lunch includes 1 dozen clams, 1/4 chicken, clam chowder, 1/2 ear corn, 1/2 sweet potato, cole slaw, broth & rolls. The cost for the clam bake is \$22/person. This is a Kirtland Senior Center member's only event & there is limited space available. Please RSVP by September 13. **NO** reservations will be taken after this date.

HIKING CLUB - MONDAY, SEPTEMBER 9

Join us for a hike on **Monday, September 9 from 10:30 - 11:30 at Pete's Pond Preserve on Rockefeller Rd.** We will meet in the parking lot. **Registration is requested but not required!** We hike rain or shine... use your best judgment and dress for the weather. A special thanks to Sue and Bob Morecki for leading us on the journey! See you on the trails.

LIFE ADJUSTMENT GROUP

FALL SESSION BEGINS MONDAY, 09/16

If you are handling a large adjustment in your life, it can feel overwhelming. Using a grief support model, we welcome anyone who may be facing challenges that lead to feelings of frustration, sadness, and pain. Limited not only to bereavement, this group will encourage all of us to lean on and learn with each other. This moderated, six-week session begins on Monday, September 16 from 1:00 - 2:30 pm. All participants are expected to attend each session. **There is a limited group size, so be sure to sign up at the front desk in advance.** This program is free, and made possible with funding through the Lake County Commissioner's Office.



LAG OPEN SESSION - MOVIE DAY ON WEDNESDAY, SEPTEMBER 25

Every month, we will host an open session for anyone who is interested. In September, we will gather to watch "P.S. I Love You" (which happens to be on Teresa's list of favorite movies...). The movie will begin at 12:30 pm on Wednesday, September 25 and snacks will be provided. **This event is free and no RSVP is required!**



Welcome to our new members this month!

Ana, Sherrie, Dawn, Debbie, Mary, Connie, David, Janette, Terry



KIRTLAND SHRED DAY
SATURDAY, OCTOBER 12

The City of Kirtland's annual Shred Day is will be Saturday, October 12 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!



TRUNK OR TREAT
WEDNESDAY, OCTOBER 23

Come join us for the community-wide Trunk or Treat this October! We will be opening our doors to the young'uns and serving up tricks and treats. If you'd like to join us from 6:30 - 8:00 pm, let us know at the front desk.



FALL YARD CLEAN-UP -
SATURDAY, 11/09

On Saturday, November 9, 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 sign up at the front desk or contact Teresa at 440-256-3332 ex. 5 or at tszary@kirtlandohio.com.



Pancake Breakfast

Join us for the 6th annual pancake breakfast to help raise funds to Support Our Seniors!

SUNDAY, SEPTEMBER 15, 2024

9AM-NOON

WILLOWICK SENIOR CENTER

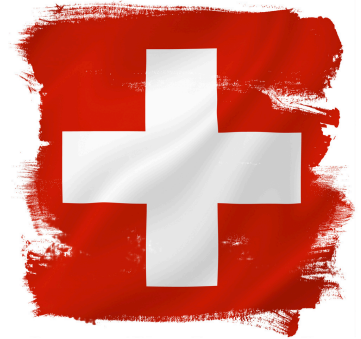
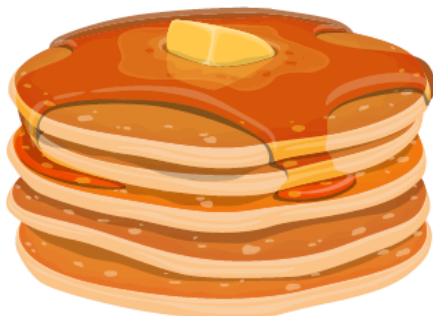
321 E. 314TH STREET



Presale tickets are \$10 for adults and \$5 for children 12 and under and are available at any Lake County Senior Center, Council on Aging, or Lifeline.

Tickets at the Door: \$12 adults; \$5 children 12 and under
Dine-In only.

Breakfast includes pancakes, two sausages, coffee and juice.



RED CROSS
BLOOD DRIVE
THURSDAY,
SEPTEMBER 19

On Thursday, September 19, we will be hosting a Red Cross Blood Drive from 9:00 am - 2:00 pm. Every donor has a reason. Every reason is unique. If you're an American Red Cross blood donor, there's a reason why you've chosen to help save lives in this way. If you're a donor - share your story! It may be just the inspiration your friends and family need to make the decision to join us! A typical donation takes less than one hour. We hope you can sign up to help out others on September 19!

FROM THE SENIOR BOARD

Wow, if it is not heat it is terrible winds, what a crazy summer this has been. Yet, we survived the weather and are heading into fall. Even with minor building damage the Senior Center has been open and thriving.

What did you think of the pig roast? With a new company cooking we are interested in hearing comments. Coming up next is the clam bake. Remember if you don't like clams, steak can be ordered instead.

October will be the nomination month for the senior board. Three seats will be voted on during November. If you are interested in being on the board leave your name at the front desk. Please direct any questions to me or Teresa.

I am sure we will have some hot days ahead yet, but remember raking leaves is coming, and right behind that S...!
~ 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 (VP), Marcia Haymer (Secretary), Penny Everson (Treasurer), Karin Saywell, and Janet Johnson.

BIGHEARTED BLOOMS VOLUNTEER OPPORTUNITY

WEDNESDAY, SEPTEMBER 18

This month, we are supporting Bighearted Blooms, who delivers joy through recycled flowers. By bringing bouquets and personal moments of connection, they boost the emotional health of those facing a variety of life challenges.

This month, we need a few people to assist in flower arranging on Wednesday, September 18 from 12:30 - 2:00 pm. This is a very limited group, so please let the front desk know if you are interested!

MONTHLY COLLECTION:

Throughout August, we will be collecting specific items that Bighearted Blooms has requested. If you are able, please drop off any vases that are 10" in height or less. They also take glass jars.

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. **If you are interested in helping to organize these outings, we gather on the first Thursday of every month at 11:00 am.** No need to RSVP. Let's come together to help to communities that have given us so much!

SENIOR BOARD SHIRT SALE

The Senior Board is selling Kirtland Senior Center shirts and Polos. Cost is \$12 for t-shirt & \$25 for polos. Order forms are available in the office. Make checks payable to Kirtland Senior Guild. Please note that there are additional charges for plus sizes. Orders will be accepted through October 30.



AMERICAN SIGN LANGUAGE WORKSHOP FRIDAY, SEPTEMBER 27 @ 1:30 PM

This FREE workshop is presented by Timothy Skaggs, Director of the Community Center for the Deaf and Hard of Hearing. This important event is FREE and open to the public. Topics covered will include:

- Common misconceptions about ASL; Deaf culture and Deaf identity; differences in cultural norms; differences in day-to-day experiences; the impact of language deprivation; tips on working with Deaf individuals; working with an interpreter; and more!

This presentation will be conducted in ASL with ASL to English interpretation.



THE SENIOR CENTER WILL BE CLOSED:

**Monday, September 2 (Labor Day)
GYM CLOSED on Thursday, September 19**

RIDDLE ANSWERS

1. Because the potatoes have eyes, the corn has ears, and the beanstalk.
2. 'Scurvy.

KIRTLAND AREA SERVICE COUNCIL SENIOR LUNCHEON - TUESDAY, OCTOBER 8

All seniors are invited to the annual Fall Senior Luncheon sponsored by the Kirtland Area Service Council. On Tuesday, October 8, we will gather here at 11:00 am at the Community Center for a lunch of: Salisbury steak, mashed potatoes, gray, mixed vegetables, dinner roll, and apple pie. Tickets are \$14 for Kirtland residents and \$16 for non-residents. All payments are due to the Community Center by September 27.

AMERICAN LEGION POST #609 CRAFT SHOW - SATURDAY, SEPTEMBER 28

The annual American Legion Post #609 Craft Show will be held here at the Community Center on Saturday, September 28 from 9:00 am - 3:00 pm. All are welcome! The money raised at the door will be used for scholarships for children of our Kirtland military and care packages for those Kirtland area military who are currently serving.

KIRTLAND KIWANIS CITIZEN OF THE YEAR APPLICATIONS

This award is presented annually to the individual whose volunteerism and outstanding service and dedication over a sustained period of time have made a significant contribution to the community.

Award Criteria: Nominees must reside or dedicate their service activities in the area of the Kirtland Local School District. Successful nominees for the Award: Tirelessly share their time and talents with the Kirtland community; Consistently serve as inspirational role models and make a positive difference in the lives of fellow citizens; Show a willingness to work with other Kirtland residents; demonstrate honesty and integrity as well as enthusiasm about Kirtland and its citizens; and work continually towards making Kirtland a great place to live, work, play, and learn. Nominees do not have to be a member of the Kiwanis Club of Kirtland. A nominee need only be nominated once to be considered. The number of nominations received per nominee will have no bearing on the selection. If you have a friend, neighbor or relative you feel has given unselfishly in an extraordinary way to help others, and who meets the above criteria, please submit a nomination in the form of a letter of recommendation stating the reasons why the individual being nominated is worthy of this honor. Please include name, address, and phone number of your candidate. Nominations should be secret. Must be a surprise to the final candidate! Submissions are due no later than September 20 to: Kiwanis Club of Kirtland 10650 Hickory Hill Ct; Kirtland, OH 44094 -or- e-mail: KirtlandkiwanisCOY@gmail.com

**KIRTLAND LIBRARY FALL FIESTA
SATURDAY, SEPTEMBER 7**

September is Library Card Sign Up Month and to celebrate, the Kirtland Library is hosting a Fall Fiesta on Saturday, September 7! Come out for this free day that includes: activities for youth and adults, spin-the-wheel prizes, and face painting., Make plans to stop in and meet Missy, our new Director. Bring your Library card or get one that day! Following the Fiesta, the Prime Time Big Band with Debbie Gifford will be performing a FREE gazebo concert from 3:00 - 5:00 pm!

THIS MONTH AT THE KIRTLAND LIBRARY:

Monday, 09/09 6:00 pm	Culinary Class: Fondue Experience the fun of fondue! Sign up for this delicious class and enjoy dipping with different fondues. <i>Registration required; \$10/person</i>	Wednesday, 09/18 6:00 pm	3D Design: Bookmarks Learn how to use Tinkercad to create your own personally designed bookmark. No previous experience is necessary. <i>Registration is required</i>
Friday, 09/13 2:30 pm	Color Me Calm Club <i>Registration requested</i>	Monday, 09/23 1:30 pm	No Pressure Book Discussion
Monday, 09/16 6:00 pm	"Exploring the Flats" Join us as Judy MacKeigan from the Cleveland Metroparks comes to talk about the Flats. This program gives an overview of the places and people that built, worked and played along the mouth of the Cuyahoga River. This event is sponsored by the Friends of the Kirtland Public Library. <i>Registration required</i>	Tuesday, 09/24 6:00 pm	Garfield Family Album You'll learn briefly about the ancestors of our 20th US President – and quite a bit about his children and grandchildren. The slide show will also include the modern generation of Garfields here in northeast Ohio and around the country. <i>Registration required</i>
Tuesday, 09/17 6:15 pm	Cookbook Club - Apples Make any dish with apples to share with the group. Be as creative as you like! Don't forget your place setting and beverage.	Monday, 09/30 6:00 pm	Wine Bottle Painting Light up the fall with some fun adult crafting! The paints will be out and ready for your creativity. Once your masterpiece is complete, you can add the lights to the bottle. All supplies will be provided. <i>Registration required \$10/person</i>

For those of you who remember the hype of “Finding Nemo,” you may recall the subtle nods towards adult humor, appealing to a broader audience than is usually reserved for a children’s movie. Or you might recollect the introduction of beloved characters that made their way into our hearts and into the cultural lexicon of our world. Nemo’s best friend Dory was faithful, determined, loyal, kind, generous, and courageous. Both of our featured couple encompass almost all of those features, with one notable distinction. Her name is spelled Dorie. Both she and Kevin have traveled south for the winter, and we thought there was no better way to send them forth than by sharing their story.

Dorie grew up in Euclid, graduating in 1978. Apparently we had a bit of snow that year, and she and her sister spent that week visiting their grandmother in Galveston, Texas. When they disembarked, there was no better feeling than the warm air and humidity awaiting them (followed closely by a distinct lack of any snow anywhere). Call it fortuitous timing, but this Buckeye decided to become a Lone Star, and attended the University of Texas Medical Branch.

In the meantime, Kevin was on a journey of his own. His parents had eloped in Florida, and both worked at the Space Center. He and his sister were born in the sunshine, but after medical challenges, his parents decided to move to Indiana to be closer to a familial support system. This would also not last, as his father moved them to the drier climate of Denver, Colorado. His job as a regional manager for a life insurance company eventually brought them down to the Houston area. We’re glad this roaming man and heat-seeking girl’s lives collided as the famous big and bright stars of Texas aligned to bring these two together.

While in school, Dorie and her roommate worked in an Italian restaurant, which was frequented by boisterous Merchant Marine cadets in search of cheap beer and good pizza. While they may have been a hoot, they were also broke, and Dorie sure didn’t have time for any of their nonsense. She was in it for the tips, which they were not coughing up.

These were the good ol’ days of the Urban Cowboy phenomenon, and all structures that existed in Texas were turned into country bars. Lone Star Longnecks were a quarter on Ladies Night every Thursday, and deliberate class scheduling left everyone’s morning clear on Fridays. Running into each other that particular week was just another nudge by those stars to get these two crazy kids together. Kevin asked Dorie to dance. And Dorie said no. And the exasperated stars threw up their star hands in disbelief. The next week, they ran into each other at ANOTHER club (I’m sensing a pattern here...) and the stars winked at each other knowingly. After seeing Kevin’s prowess on the dance floor the previous week, Dorie asked HIM to dance. He said no before asking her roommate’s sister to dance instead. And the stars wept. Eventually they listened to their destiny, and danced together. Finally.

Armed with a degree in elementary education and eventually a master of library science, Dorie set her sights on changing the world through one student at a time. Kevin sailed the blue seas doing important maritime work that I completely and totally understand but don’t have space to expand upon. Their young marriage required a bit more home-time, so he became the small boat supervisor at Texas A&M Galveston as the captain of their fleet. He decided to pursue his own masters degree, and landed eventually at a chemical plant working in operations, as an environmental technician, and as the safety officer. Dorie stayed put as an elementary school librarian for 28 years. If you know any librarians, especially one dedicated to young readers, you know a real-life super hero. Just ask any of her former students - they will STILL agree!

I’m going to now skip several years of important events and fast forward to post-retirement. Until three years ago, they lived on Galveston Bay. All of the assumptions that come along with it are correct. It is beautiful and charming. The water is lovely. And hurricanes are real. The imminent threat of natural disaster combined with their daughter Whitney living about five hours away, led to the logical decision to relocate to the Dallas area. They are delighted to welcome their first grandchild at the end of September, and can’t wait to do all the things that grandparents do.

Summers in Texas are hot. This rumor is also true. So why not come back to your roots and spend a few months in Ohio every year? Our stars may not be as bright at those in Texas, but deep in the heart of Lake County (it almost works...), Kevin and Dorie found a home. We hope to see them next year, and they want you to know that they felt the love and welcome from everyone they met. They tell anyone who will listen about the extraordinary friendships they have found and the wonderful patience for those just learning pickleball!

Safe sojourning, Pearces. You will be missed. That grandbaby is already lucky to have you. We know we are.



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

BAD JOKES FOR SEPTEMBER:

Why shouldn't you tell secrets in the garden?

Why don't pirates travel on mountain roads?

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*