

GILDERSLEEVE GAZETTE

*Kirtland Senior Center
Monthly Newsletter*

TRUST BUT VERIFY

I first learned about the saying of “trust, but verify” when I was in high school. It was credited to Ronald Regan during his Presidency as a principle that he used to make decisions. Recently, we learned a valuable lesson at the Community Center when a large-scale data breach, impacting over 270 million Americans, led to many of our residents to receive alerts in the form of texts and emails from financial institutions, credit reporting sites and more.

What I am most proud of is that many of you reached out immediately and allowed me to respond to the Community Center to dive into the issue. Given the scale of the event, we were all able to use our discernment and work toward finding whether there was credibility to the prospect of our information being breached and potentially leaked on the black market.

Unfortunately, for many of us it was.

However, we learned how to protect ourselves by reporting the incident to the credit bureaus (Experian, Equifax and Transunion). We learned that despite our information being leaked, there are ways to shield ourselves and put safeguards in place to keep our information safe and secure from potential predators.

While we are all aware of the impact of scams, all too often we let our guard down. Since I do not believe in living in a constant state of fear, I do believe that we should “trust, but verify” to ensure that we are monitoring our email and phone calls and not allowing people to take advantage of us. There are tools that we can use to make us a little safer, such as credit monitoring services, virus protection on our computers, not answering unknown calls on our phone, and using your Police Department to help you navigate the trickery that seems to become more sophisticated each day. Remember we are partners and it is your Police Department’s job to work together, with you, to make the community stronger, more educated, and to help our residents live scam free. ~ Chief Brian McCallister ~



I love fall. If it didn't mark the advent of winter, I would love it even more. Although it feels as if we are about a month behind where we used to be, it is officially autumn. From trips to the Naturalization Ceremony to the Guardians game, from the Life Adjustment Group beginning to pancake breakfasts to clam bakes - it has been (in my humble opinion) the most wonderful time of the year.



We're going to keep those good times rolling throughout October. Take your time this month when you look through this newsletter. We don't want you to miss any opportunities!

As you have probably noticed, our front entrance continues to be 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 of the portico is secured.

We are so grateful that the parking lot repaving project is scheduled! **Please note that the Senior Center and property will be closed from Wednesday, October 9 - Friday, October 11.** 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!

One of the events I want to highlight is this month's volunteer group collection. We are asking for your help as we help Sub Zero. This important organization will be onsite on Monday, October 28 to primarily collect their "Stay Alive Five" items (winter hats, adult coats sizes L - 4xl, gloves, men's boots sizes 9 - 13, and sleeping bags). They are also always in need of new socks and tents. You won't be able to miss them in the parking lot that day, and I encourage you to go out between 10:00 am - 12:00 pm to learn more about their mission and how you can help.

There are more details further on in the newsletter, but I also wanted to emphasize our first ever Snow and Ice Presentation. Thank you to Public Works Director Joe Fornaro for not only agreeing, but asking to come in and share this important information to our city! This event is free and open to the community.

On page 7, there is a flyer for yet another open community event that we have the privilege of hosting here at the Center. National Coffee with a Cop Day is on Wednesday, October 2, and our amazing Police Department has asked if they can join us in the morning from 9:00 - 10:30 am. From Officer DeWolf: Coffee with a Cop brings police officers and the community they serve together - over coffee - to discuss local issues and learn more about each other. Come have a cup o' joe and share your concerns and community goals, or maybe you just want to talk sports - we are here for all of it.

Reminder that our City's annual Trunk or Treat will be held from 6:30 - 8:00 pm on Wednesday, October 23. Locations will be available for the kiddos throughout the City, and we will be hosting here at the Center. If you are interested in bringing a car and setting up, please let us know at the front desk. This is primarily to contact you if there are any weather-related changes. This is a great event every year, and we hope you can join us!

Shred Day will be held here on Saturday, October 12 from 8:30 - 11:00 am. If you have been cleaning and organizing all the paperwork that I know you have, and need to shred any, feel free to bring it here. The truck will be shredding onsite - just make sure to bring them in a box or container that you never want to see again. Thanks to the City for funding this annual event and to the Public Works Department for running it!

It's the most wonderful time of the year - hope you enjoy it! ~ Teresa

(This month's picture is me and my new best friend Delmar, the baby donkey. I don't think any further explanation is needed.)

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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

OCTOBER 2024 WEEKLY SCHEDULE

MONDAY

9:00 – 9:45 am
 10:00 – 1:00 pm
 10:00 am
 10:00 am
 1:00 – 2:00 pm
 1:00 - 2:30 pm
 1:00 – 3:00 pm

Strength Training
 Pickleball (drop-in)
 Knitting Group (drop-in)
 Balance/Flexibility Class
 Tai Chi Fit
 Life Adjustment Group-Pre-registration required
 Chair Volleyball (drop-in)

TUESDAY

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

Advanced Pickleball (drop-in)
 Piano Lessons (October 1 & 15)
 Aerobics
 Pickleball (drop-in)
 Bingo (drop-in)
 Beginner Pickleball (drop-in)

WEDNESDAY

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

Strength Training
 Pickleball (drop-in)
 Sewing Group
 Reflexology/Light Therapy (October 16 & 23)
 Fit Yoga w/ Sue
 Chair Volleyball (drop-in)

THURSDAY

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

Advanced Pickleball (drop-in)
 Watercolor Painting
 Chess (drop-in)
 Cardio-drumming
 Pickleball (drop-in)
 Reiki (October 24)
 Acrylic Painting
 Beginner Pickleball (drop-in)

FRIDAY

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

Gentle Yoga
 Pickleball (drop-in)
 Chair Yoga
 Strength Training (October 4 & 18)
 Chair Volleyball (drop-in)

OCTOBER 2024 EVENTS

Coffee with a Cop
 Card Making Class
 Volunteer Meeting
 Podiatrist
 Service Council Senior Luncheon
 Fencing Bus Trip
 Building Closed
 Shred Day
 Hiking Club
 Trivia
 Ladies' Lunch
 Book Club
 Bus Trip to Playhouse Square
 Attorney
 Trash to Treasure
 Birthday Lunch
 Tour of Historic Kirtland
 Trunk or Treat
 Senior Board Meeting
 Glass Painting/Open LAG Workshop
 Sub Zero Volunteer Outing
 Massage
 Snow and Ice Presentation
 Sub Zero Pick-up @ KCC

Wednesday, October 2
 Wednesday, October 2
 Thursday, October 3
 Tuesday, October 8
 Tuesday, October 8
 Tuesday, October 8
 October 9 - 11
 Saturday, October 12
 Monday, October 14
 Tuesday, October 15
 Wednesday, October 16
 Thursday, October 17
 Thursday, October 17
 Friday, October 18
 October 21 - November 1
 Tuesday, October 22
 Tuesday, October 22
 Wednesday, October 23
 Wednesday, October 23
 Wednesday, October 23
 Thursday, October 24
 Friday, October 25
 Monday, October 28
 Monday, October 28

COMING IN NOVEMBER 2024

Gym Closed for Voting
 Senior Board Meeting
 Bus Trip to Amish Dinner
 Volunteer Meeting
 Veterans Day Lunch
 Fall Yard Clean-up
 Hiking Club
 Center Closed for Veterans Day
 Podiatrist
 Trivia
 Men's Lunch
 Attorney
 Bus Trip to Lakewood
 Trash to Treasure
 Birthday Lunch
 Hospice Presentation/LAG
 Book Club
 Massage
 Ecumenical Prayer Service
 Center Closed

November 4 - 5
 Wednesday, November 6
 Tuesday, November 6
 Thursday, November 7
 Thursday, November 7
 Saturday, November 9
 Monday, November 11
 Monday, November 11
 Tuesday, November 12
 Tuesday, November 12
 Wednesday, November 13
 Friday, November 15
 Friday, November 15
 November 18 - 27
 Tuesday, November 19
 Wednesday, November 20
 Thursday, November 21
 Friday, November 22
 Tuesday, November 26
 November 28 - 29

Drop-in activities require no pre-registration

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 1, 8, 15, 22, 29	\$20 <i>Drop-in: \$4</i>
Aerobics w/drumming Instructor: Cheryl	Thursday 10:00-11:00	October 3, 17, 24, 31	\$16 <i>Drop-in: \$4</i>
Balance Class Instructor: Dawn	Monday 10:00-11:00	October 7, 14, 21, 28	\$12 <i>Drop-in: \$3</i>
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	October 4, 18, 25	\$9 <i>Drop-in: \$3</i>
Chair Yoga Instructor: Anne	Friday 10:30-11:30	October 4, 18, 25	\$9 <i>Drop-in: \$3</i>
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	October 2, 16, 23, 30	\$12 <i>Drop-in: \$3</i>
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45 Select Fri @ 10:30	September 30, October 2, 4, 18, 21, 23, 28, 30, November 1, 4	\$30 (10) \$24 (8) \$12 (4) <i>Drop-in: \$3</i>
TaiJiFit Instructor: Tim	Monday 1:00-2:00	October 14, 21, 28	\$9 <i>Drop-in: \$3</i>
Classes	Time	Dates	Cost
Acrylic Painting	Thursday 12:30-2:30	October 3, 17, 24	\$15/month
Watercolor Painting	Thursday 9:30-11:30	October 3, 17, 24	\$15/month
Piano Lessons <i>*must register 2 per month*</i>	Tuesday 9:00-1:30	October 1 & 15	\$15 per 30 minutes

Workshops	Time	Dates	Cost
Chess Club	10:00 am	Every Thursday	FREE
Card Making	1:00 pm	Wednesday, October 2	\$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	October 18 November 15	FREE 30 minutes
Podiatry: Dr. Kelly Whaley	Tuesday 9:00-12:00	October 8 November 12	\$30 per 15 minutes
Reiki: Anne Owens	Thursday 12:00, 12:30	October 24	\$20 / 25 minute session
Reflexology or Light Therapy: Linda McMahon	Wednesday 11:00-1:00	October 16 & 23	\$40 (Either Reflexology or Light Therapy)
Swedish Massage: Natalie Lopez	Friday 11:00 -1:00	October 25 November 22	\$60 per 50 minutes
Hiking Club <i>*See page 6 for location</i>	Monday 10:30 am	October 14 November 11	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 last class in 2024 will be Wednesday, October 2 at 1:00 pm.** 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 meets 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 October 1 & 15, 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 popular 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. November trips will open for registration at 11:00 am on Tuesday, October 1. In order to confirm your spot on that day, you must register in person with full payment. Online registration will open on October 2.

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.

"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**, The bus will leave at 12:00 pm and arrive back at the Center following the show. **THIS TRIP IS SOLD OUT!** We are happy to place your name on a waitlist.

Amish Dinner for Lunch - Wednesday, November 6

We have been invited to a farm in Garrettsville for a traditional Amish chicken wedding feast! ON Wednesday, November 6, join us for an amazing homecooked meal at a local farm (and yes, it includes pie!). The bus will leave the Center at noon and return around 3:00 pm. Registration and suggested cost of \$40 per person is due by Monday, October 28. This trip opens at 11:00 am on Tuesday, October 1.

Holiday Shopping in Lakewood - Friday, November 15

Get your holiday shopping done on this awesome trip! We will be heading out to Lakewood for lunch (on your own), and time to peruse the eclectic shops of the near west side. We include a stop at "Home for the Holidays," a pop-up shop featuring more than 4 local vendors and businesses. Registration and the \$5 fee are due by Wednesday, November 6. This trip opens at 11:00 am on Tuesday, October 1.

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

We are thrilled that we are bringing back our sewing group! Bring your own projects, materials, machines, and questions every week. We are so fortunate to have Sherrie to lead our group! 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 October 21 - November 1. 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, OCTOBER 17 @ 11:00 AM

This month, we will be discussing "Viviana Valentine and the Ticking Clock" by Emily J. Edwards. According to the reviews, "Viviana Valentine and the Ticking Clock has "a stellar cast of supporting characters and a 1950s setting that drips with life". If that itself doesn't make you want to pick this one up, we can't help you. In November, we'll talk about "Words for Rain" by Asha Lemmie..

TRIVIA - TUESDAY, OCTOBER 15

Join us in-house for Trivia on Tuesday, October 15 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 U.S. Landmarks.** We meet in the lobby to form teams and then the fun begins. No registration necessary.

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, OCTOBER 22 @ NOON

We will enjoy cabbage rolls on Tuesday, October 22 at 12:00 pm. *The cost is \$8. Please RSVP by Friday, October 18.* 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 November 19, and the menu will be chicken parmesan.

MEN'S LUNCHEON - WEDNESDAY, NOVEMBER 13

Men's Luncheon will be held Wednesday, November 13 at 12:00 pm. The menu is lasagna and garlic bread. *Cost is \$8. Please RSVP by November 8.* Our next luncheon will be January 2025.

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 Monday, 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.

VETERANS DAY LUNCH - THURSDAY, NOVEMBER 7

Help us thank our Veterans at our annual November Luncheon on Thursday, November 7 at 12:00 pm. The meal will be turkey, mashed potatoes, stuffing, gravy, beans, rolls, and butter. Any Senior Center member who is a Veteran will be treated to a FREE lunch courtesy of the Senior Board. All other members are welcome to join & the cost is \$10 per person. Registration required by Thursday, October 31. If you do not anticipate finishing your meal, please bring your own box for leftovers.

HIKING CLUB - MONDAY, OCTOBER 14

Join us for a hike on **Monday, October 14 from 10:30 - 11:30** at Chapin Forest, 9938 Chillicothe. **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.

LAG OPEN SESSION - WEDNESDAY, OCTOBER 23

In conjunction with our art program, we are offering a glass painting workshop for anyone interested. Art therapy is a highly effective method to work through challenges in our lives. This workshop, from 10:30 am - 12:00 pm on Wednesday, October 23 will give you the opportunity to explore your creative side in a relaxed setting. This program is free, with funding provided in part by the Grief Support grant through the Lake County Commissioners Office. Feel free to bring your own glassware to paint, and any paint you may want. We will also have supplies on hand. Please RSVP so we can properly prepare!



2025 MEMBERSHIP IS NOW OPEN

2025 registration opens on October 1! All current memberships run through December 2024. Anyone is welcome to join, regardless of where you live. Please note that your 2024 membership will only go through February of 2025, and we will stop sending newsletters at that time. All members must renew annually in order to be part of the best Senior Center in Kirtland!

Welcome to our new members this month!

Mary, Deborah, Teri, Mark, Barb, Jim, Paul, Diane, Irvin, Cathy, Joseph



**KIRTLAND SHRED DAY
SATURDAY, OCTOBER 12**

The City of Kirtland's annual Shred Day 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 civic 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.



BUILDING RELATIONSHIPS. ONE CUP AT A TIME.

Join your neighbors and police officers for coffee and conversation.

 Wednesday, October 2nd, 2024	 Kirtland Community Center 7900 Euclid Chardon Road	 9:00AM-10:30AM
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The mission of Coffee with a Cop is to break down the barriers between police officers and the citizens they serve by removing agendas and allowing opportunities to ask questions, voice concerns, and get to know the officers in your neighborhood.

THIS EVENT IS PRESENTED BY THE:

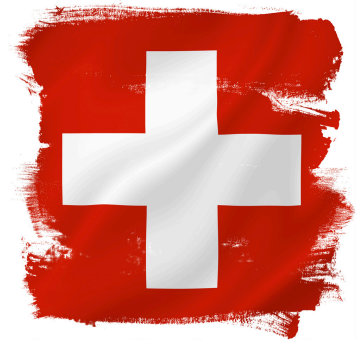
Kirtland Police Department



QUESTIONS? PLEASE CONTACT:

Julia DeWolf
(440)256-3336 x 153

coffeewithacop.com



**RED CROSS
BLOOD DRIVE
THURSDAY,
DECEMBER 12**

On Thursday, December 12, 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 December 12!

FROM THE SENIOR BOARD

Wow, where did the summer go? It's hard to believe that I am writing the October newsletter article. Of course, being it is 75 degrees and sunny doesn't feel very fall like. September sure was fun at the Center with plenty of opportunities and activities.

October is nomination month to serve on the senior board. Currently, Jean Orick, Janet Johnson, and Karin Saywell's positions are up for re-election. All have expressed interest in running again, but if you are interested submit a letter of interest to the board. Just give your letter to the office and have them place it in our mailbox. Elections will take place in November if needed.

While October is a time to catch our breath, be on the lookout for November/December events. Thanksgiving/Veterans Day lunch and our annual Christmas party will be here soon. Also, you can pay your 2025 dues now, in preparation for the new year: \$5 for residents, \$7 for non-residents. All dues go to the senior board to defray costs of our bigger meal programs.

Hope this finds you well and enjoying the little bit of summer weather left. See you soon.~ 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.



MONTHLY COLLECTION:

This month, we will be collecting for Sub Zero. Their main focus is on "Stay Alive Five," which includes winter hats, coats (adult sizes L - 4xl), gloves, boots (men's Size 9 - 13), and sleeping bags. These can be gently used. They also are in need of winter socks, which must be new. Sub Zero will be here with information and to collect on Monday, October 28 from 10:00 am - 12:00 pm.

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!

THE SENIOR CENTER WILL BE CLOSED:

October 9 - 11 (Parking Lot Paving)
 Gym closed November 4 - 5 (Voting)
 Monday, November 11 (Veterans Day)
 November 28-29 (Thanksgiving)

**VOLUNTEER OPPORTUNITY:
 THURSDAY, OCTOBER 24**

If anyone is interested in volunteering at Sub Zero, we will be meeting at the Center at 12:15 pm, and plan on being back around 4:30 pm. We will taking a small group of helpers to assist in their warehouse; please let Marianne know at the front desk if you are interested.

**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.



**TOUR OF HISTORIC KIRTLAND
 TUESDAY, OCTOBER 22 @ 1:30 PM**

Come check out one of the most popular attractions in your own city! We are grateful to the Church of Jesus Christ of Latter-day Saints for offering to host us for a private tour on Tuesday, October 22. This two-hour tour will cover history of the area and go through well-preserved and reconstructed buildings and sites. This is FREE and open to everyone. We do ask that you RSVP so we can prepare for the correct amount of people. **We will be meeting at the Historic Site Visitor's Center (7800 Kirtland Chardon Road) at 1:15 pm for a 1:30 pm tour.**

RIDDLE ANSWERS

1. Tomb it may concern,
2. Bernadette

BUILDING CLOSED - ALL CLASSES CANCELLED
WEDNESDAY, OCTOBER 9 - FRIDAY, OCTOBER 11

Mark your calendars - the entire building and property will be closed from October 9 - 11. Thank you to the Lake County Senior Services Levy for assisting us with funds to repave our parking lot!



SNOW AND ICE PRESENTATION
MONDAY, OCTOBER 28

Have you ever wondered how the City decides it's time to salt or plow the roads? What routes do they take and why? What the heck is brine, and does it actually help? How much salt do we buy every year? We are so fortunate that Public Works Director Joe Fornaro is willing to come in to answer your questions and more. Join us at 11:00 am for this program at the Center! Free and open to the public.

KIRTLAND GARDEN CLUB

The Garden Club of Kirtland will be meeting on Thursday, October 3 in the Sunflower Room. Join us to learn about Seed Collecting and Saving from a Geauga County Master Gardener. 6:00 gathering with program starting at 6:30 pm. Refreshments will be served



THIS MONTH AT THE KIRTLAND LIBRARY:

Monday, 10/07
6:00 pm

Knit & Crochet Club

Tuesday, 10/22
6:15 pm

Cookbook Club - Breads

Quick bread or yeast, you decide what to share with the group. Don't forget your place setting and beverage.

Thursday, 10/10
6:00 pm

LCCOA Senior Resources

Join us to learn what your Council on Aging does and what resources are available to seniors in Lake County. You will also get information on emergency preparedness, how to prevent scams and frauds, and what to do if you are a victim of a scam or fraud.

Registration required

Monday, 10/28
1:30 pm

No Pressure Book Discussion

Monday, 10/14
6:00 pm

Culinary Class: Halloween Party Foods

No tricks, just fun Halloween-themed treats! We will feast on party foods and get recipes to take home.

Registration required; \$10/person

Monday, 10/29
6:00 pm

Milk Jug Ghost Craft

Forget carving messy pumpkins, we are scaring up some fun at the Library and our victims are milk jugs. Design your own ghost jug ghoulish or friendly and add the glow sticks to bring your masterpiece to life.

*Registration required
\$10/person*

Tuesday, 10/15
6:00 pm

Living with Lake Erie: Coastal Erosion

This program will cover landscaping, building and maintenance choices for a resilient shoreline as well as the technical resources and financial assistance programs available to those living with Lake Erie as their neighbor. This program is presented by the Lake Soil & Water Conservation District.

Registration required

Save the Date:

Saturday, November 2 - Used Book Sale

9:00 am - 1:00 pm

Swap Day

10:00 am - 1:00 pm

Alina Wadas is boring. Her words, not mine. I would be interested to hear from her friends here at the Center if they agree, because although I don't make it a habit to disagree with our Seniors, I will put my foot down with this one.

Her story begins in Poland, where this young lass of 12 or 13 was excited about embarking on a new journey. Her parents had decided to move to the United States, which spelled adventure for a certain pre-teen. However, that fire dimmed over the six or seven years it took to get the correct visas. By 18 years old, she had a local boyfriend and was no longer interested in leaving the life she had. Apparently a burgeoning romance wasn't enough of a reason to convince her parents to stay, so in 1965 this now-young adult was off to the U.S. of A.



Alina found work at Richman Brothers and Company, doing piecework. (If you have time, delve into the background behind this company - what an interesting chapter of Cleveland's history!) She moved on to another sewing company before finding her way at Morgan Linen on the west side. Working in bookkeeping, she describes her boss as "a saint who put up with me." We should all be so lucky to find such a boss! She did also mention that he would talk her through the correct way to do something. When he left, she did it her own way regardless. Because that's just the kind of gal she was.

After three years of toiling away in what I imagine were demanding work conditions, Alina made her way back to Poland to marry. Those years of working in sewing must have paid off when she set out to make her own wedding dress. After three months of married bliss, she made the long trek across the pond, leaving her new husband behind. Once his paperwork went through, he joined her and their new baby and they found a home to call their own in Garfield Heights. The following years including finding a house to remodel, and welcoming two more additions to their family. Alina worked part-time while her electrician husband turned the lights on throughout northeast Ohio.

I've never been a parent, but I imagine that having three children (the youngest being three) and a husband who was getting a business off the ground would be stressful enough. Not being one to rest on her laurels, Alina decided this would be the perfect time to go back to school. Never daunted by challenges, she packed up the three little ones and took advantage of Lakeland's day care program while she enrolled in nursing classes. Starting with English class, she quickly realized that she had never written an essay in her adopted language and had certainly never typed in it. She still got a B. In a turn of events that I will never understand, chemistry was much easier for her, and she sailed through her sciences.

There are some people who love to learn, and Alina is one of those people. This go-getter went on to get her business degree at Lake Erie College before earning a Masters in both community health administration and wellness promotion. All of this book learning turned into a nursing career throughout Northeast Ohio from St. Vincent Charity Hospital to Laurel to Beverly Nursing Home here in Kirtland. The best part of the jobs (and, I presume, nursing in general), was knowing that she was contributing to providing good care for those who needed it most. From floor manager to supervisor to director to home care, she has done it all. Generally with kids in tow and classwork on the horizon.

Family tradition led them to take a month-long trip back to Poland every five years to visit. If you're spending that much time in Europe, then you jump in a car and explore! Few people that I know have seen as much of the world as she has, and continues to, and I hope to someday have the time to hear more about her travels!

At this point in our conversation, I was exhausted just listening. But she was not done yet. While her husband (and eventually son) ran their electrical company, she decided to open a tanning salon in Kirtland and get her real estate license. Because all of these were logical progressions.

One would assume that at this point, she has earned the right to relax in retirement. But if we have learned anything so far, it is that Alina does not stop. Needs must, and she was the primary in-home caretaker for her mother for the final six years of her life. She has taken a bit more time for herself as of late, and spends her days at exercise classes, biking, convincing herself that walking every day is probably a good thing (accountability friends help!), and spending time with her kids and grandkids.

Both feet are firmly down in disagreement - nothing about Alina is boring. If you disagree (I'm looking at you, Alina), then it's my writing that is the issue. A lifelong learner, non-stop worker, and devoted mother and grandmother - we should all be so dull.

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

BAD JOKES FOR OCTOBER:

How did the mummy start his letter?
What do you call a woman who burns her bills?
Answers inside!

2025 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 2024 membership is active through December 2024, and we will stop sending newsletters to those who have not renewed shortly thereafter.

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

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www.kirtlandcommunity.com

*Funding provided by the City of Kirtland Recreation and Senior Levy
and the Lake County Commissioners Senior Citizens Levy*