

DECEMBER 2024

GILDERSLEEVE GAZETTE

*Kirtland Senior Center
Monthly Newsletter*



Having kicked around a hundred ways to open December's note for the Senior newsletter, I settled on getting right down to it. As most of you know, December 15th is Teresa Szary's last day working for Kirtland. Over the last few weeks, I've had an opportunity to reflect on just what Teresa's tenure has meant to the city, and the list is long.

Four years ago, we hired Teresa as our Senior Director and Administrative Assistant to the Mayor's office. Coming in with no municipal experience and a nearly nonexistent road map for how things worked at the center, Teresa not only made the best of what little she was given to work with, she helped make the Kirtland Senior Center the envy of Lake County.

Teresa's intelligence, wit, exuberance, and "get stuff done" spirit became evident and clear from the beginning. In just a few short years, Teresa's openness to new programming, empathy for all, and willingness to spend nights and weekends doing whatever it took to get the job done, will have left a lasting mark on our center and community.

Words can't describe my appreciation for Teresa's work for our city and for her loyal friendship to me. Thank you!

But the show must go on as they say. And with that, I want to thank Kirtland Police Officer, Julia DeWolf for her willingness to step up and accept jobs as Senior/Rec Director and Administrative assistant to the mayor's office. Over the last several years, I've gotten to know Officer DeWolf and have been utterly impressed with her hard work ethic, intelligence and self-immersion in our community. Julia is and will remain a tremendous asset to the city and I'm sure she'll continue to help us make Kirtland the best community in the area.

Here's to hoping you all have a wonderful Christmas and Holiday season! Mayor Potter



For those who have not heard, I will be leaving Kirtland in just a few weeks. In January, I will begin working at St. Francis of Assisi Church in Gates Mills. For those who ask what my job will be, my response is that it will be the same as it has been here. My job will be whatever needs to be done, and ultimately, to try to make a good thing better. The Kirtland Senior Center was a good place when I began and as I'm leaving, I know that you have all made it a great place. I start my final newsletter with thanks to all of you for your commitment to each other and to yourselves.

I'm going to hijack the next few sections in order to express more gratitude where it is due. Buckle up.

The Senior Board is unwavering in its dedication to the good of the whole. This group has kept me accountable, found new ways to welcome and encourage its members, and served tirelessly to provide quality experiences for all of you. Please thank them as they continue to do so.

Those who officially work to keep the Center going are invaluable to the success of 7900. Marcia, David, Laura, and Cindy are the first ones in and the last ones out at all of the events both on weekends and weeknights. They keep the place going during the day whenever they are needed, and are the welcoming smiles and founts of knowledge for anyone who needs them. There is no hesitation from these amazing individuals. They have made my life easier and have, whether or not you know it, have helped you each and every day.

Marianne is the glue that keeps the Center together and is a master of not only breaking the internet, having in-depth conversations with herself, and making hard jobs look easy, but has been tasked with the unenviable duty of keeping me on track. We are lucky to have her in Kirtland, and I am confident that she will make this transition as seamless as possible. Thank her every chance you get - the Senior Center would not run as efficiently without her efforts.

And finally, thank you to City departments and administration. From finance to fire, from police to public works, these people make Kirtland Kirtland. You are lucky to have them on your side, and trust me, they are. Few people are a bigger support of our seniors than Mayor Potter, and it has been a privilege to work under his administration for the past four years.

I say this all not as a thank you from me, but from you. Without the help and support of the aforementioned people (and so many more that I don't have room for), the Kirtland Senior Center would be a much different place. I am so excited to see what the future holds for all of you, and can't wait for you to get to know Julia! It has been a privilege to be welcomed into this community, and I know that you will welcome her as much as you tolerated me. I encourage everyone to get to know her, and show her the best of what Kirtland has to offer. Now it's her turn:

As you have all heard by now, I am stepping into the Director role on December 15th. I'm excited to be joining you all at the wonderful Kirtland Senior Center. I've begun getting to know many of you, whether around the city, in classes, or in passing; and I look forward to being here consistently to get to know everyone better. Teresa said it best, without our great seniors, this wouldn't be a great senior center.

A little bit about me: I grew up in Florida, near the Cocoa Beach area. From there, I joined the U.S. Navy, serving 5 years on active duty in Guam and Warren, Ohio. Here, I met my husband, Mike - also a U.S. Navy Veteran. We have a 13-year-old son, Oliver. Before coming to Kirtland, I worked for the Mentor Police Department. I feel very fortunate to have found my way to Kirtland and incredibly grateful to the community for embracing me in my community relations role.

In my off time, family life keeps me busy. My son, Oliver, plays indoor and outdoor soccer, and travel baseball; so, we are a sports family all year. Mike and I bowl at Wickliffe Lanes, in various leagues. I'm pretty casual with it, but Mike is great, even bowling in the USBC National Tournament each year. Our time in the Navy has led to a love for travelling, and between bowling and travel baseball, we get to see a lot of the states.

I'm always open to conversation, so stop by anytime and we can chat. I look forward to working with everyone here at the Kirtland Senior Center as we navigate the transition together. I want to wish Teresa the best in her new role at St Francis of Assisi.



Teresa is leaving some pretty big shoes to fill, but don't worry - we wear the same size. ~ Teresa and Julia

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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

DECEMBER 2024 WEEKLY SCHEDULE

DECEMBER 2024 EVENTS

MONDAY

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

Strength Training
 Pickleball (drop-in)
 Knitting Group (drop-in)
 Balance/Flexibility Class
 Tai Chi Fit
 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 (12/3 & 12/17)
 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 (12/11 & 18)
 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 (12/12 & 19)
 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 (12/6 & 20)
 Chair Volleyball (drop-in)

Ladies' Lunch
 Volunteer Meeting
 Senior Board Meeting
 Massage
 Bus Trip to Edwins
 Hiking Club
 Podiatrist
 Holiday Party @Pineridge
 Blood Drive (gym closed)
 Service Council Food Basket Help
 Bus Trip to Stan Hywet
 Trash to Treasure
 Birthday Lunch
 Open LAG Workshop
 KPD Gift Wrapping @ SC
 Attorney
 Center Closed @ Noon
 Center Closed
 Center Closed @ Noon

Wednesday, December 4
 Thursday, December 5
 Thursday, December 5
 Friday, December 6
 Friday, December 6
 Monday, December 9
 Tuesday, December 10
 Wednesday, December 11
 Thursday, December 12
 Friday, December 13
 Saturday, December 14
 Monday, December 16
 December 16 - 20
 Tuesday, December 17
 Wednesday, December 18
 Thursday, December 19
 Friday, December 20
 Tuesday, December 24
 December 25 - 27
 Tuesday, December 31

COMING IN JANUARY 2025

Center Closed
 Volunteer Meeting
 Senior Board Meeting
 Hiking Club
 Vision Board Workshop/LAG
 Podiatrist
 Trivia
 Book Club
 Bus Trip to Borromeo Seminary
 Center Closed for MLK Day
 Men's Lunch
 Trash to Treasure
 Bus Trip to Cleveland Aquarium
 Resolution Day
 Birthday Lunch

Wednesday, January 1
 Thursday, January 2
 Wednesday, January 8
 Monday, January 13
 Monday, January 13
 Tuesday, January 14
 Tuesday, January 14
 Thursday, January 16
 Thursday, January 16
 Monday, January 20
 Wednesday, January 22
 January 22-31
 Friday, January 24
 Monday, January 27
 Tuesday, January 28

Drop-in activities require no pre-registration

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

Workshops	Time	Dates	Cost
Chess Club	10:00 am	Every Thursday	FREE
Life Adjustment Group	1:00 pm	Wednesday, December 18	FREE
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	December 20	FREE 30 minutes
Podiatry: Dr. Kelly Whaley	Tuesday 9:00-12:00	December 10 January 14	\$30 per 15 minutes
Reiki: Anne Owens	Thursday 12:00, 12:30	December 12	\$20 / 25 minute session
Reflexology or Light Therapy: Linda McMahon	Wednesday 11:00-1:00	December 11	\$40 (Either Reflexology or Light Therapy)
Swedish Massage: Natalie Lopez	Friday 11:00 -1:00	December 6	\$60 per 50 minutes
Hiking Club <i>*See page 4 for location</i>	Monday 10:30 am	December 9 January 13	FREE

HIKING CLUB - MONDAY, 12/9

Join us for a hike on Monday, December 9 from 10:30 - 11:30 at Penitentiary Glen. 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.

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

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 December 3 and 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.

PODIATRY

We are thrilled that Dr. Kelly Whaley continues to serve our seniors every month. She will be at the Center on Tuesday, December 10 and on Tuesday, January 14. \$30 payment is due to Dr. Whaley in cash on the day of the appointment.

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!

BALANCE, STRENGTH, AND FLEXIBILITY

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.

2025 MEMBERSHIP IS NOW OPEN

2025 registration opened 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!

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. January trips will open for registration at 11:00 am on Monday, December 2. In order to confirm your spot on that day, you must register in person with full payment. Online registration will open on December 3.

Lunch @ Edwin's - Friday, December 6

This past spring, we had the opportunity to tour Edwin's in Shaker Heights. Because we as a group, behaved (mostly), we are invited back for a coursed lunch prepared and served by their students! We are so thankful for our friends at Edwin's for this opportunity. This trip opens on Friday, November 1 at 11:00 am. The cost is \$40/person. We will leave the Center at 11:00 am, and be back at the Center around 3:00 pm.

We have a special opportunity to assist the students at Edwin's this month. They are collecting: new or gently used winter clothing in all sizes, toiletries, towels, wash rags, new socks, new twin sheets, and cleaning supplies. If you are able to donate to this important cause, please bring your contribution with you on the bus. **This trip is SOLD OUT, but see the front desk to be added to a wait list.**

Holiday Lights @ Stan Hywet - Monday, December 16

Stan Hywet is the place to be during the holiday season! The estate is illuminated with 1.4 million holiday lights, and the Manor House is decorated in beautiful holiday fashion. Molly's Shop is open for holiday shopping! Before or after your tour, enjoy cocoa and a hot gingerbread cookie or beer, wine and a pretzel from Molly's Courtyard Café. It's all part of a perfect day at Stan Hywet's Deck the Hall. We will leave the Center at 1:15 pm, stop for lunch at Burntwood Tavern (on your own), and arrive back in Kirtland around 7:30 pm. Cost is \$16 per person. **This trip is SOLD OUT, but see the front desk to be added to a wait list.**

Tour of Borromeo and St. Mary's Seminaries - Thursday, January 16

Yet another on the list of "somewhere you have passed a million times but probably never visited," Borromeo and St. Mary's in Wickliffe are the seminaries for the Catholic Diocese of Cleveland. A recent renovation has transformed this center of learning, and our tour will be led by President-Rector Father Andy Turner. \$15 registration includes lunch. We will leave Kirtland around 10:30 am and get back around 2:00 pm. **This trip opens at 11:00 am on Monday, December 2. This trip sold out REALLY fast last time, so make sure to sign up early!**

Cleveland Aquarium - Friday, January 24

Let's go see some fish! And sting rays. And sharks. Join us for a trip to the Cleveland Aquarium. Please be at the Center at 1:00 pm; we will return around 4:45 pm. Tickets for the guided tour are \$20 each. **This trip will open at 11:00 am on Monday, December 2.**

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 our sewing group is back! 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 will meet every Wednesday from 10:00 am to whenever you feel like leaving. Ask at the front desk if you have any questions.

TERESA'S 2024 FIVE-STAR BOOKS

As per tradition, I leave you this year with my personal list of five-star books. Some of these were recommended to me, others I stumbled upon. To those who share their suggestions, thank you and keep them coming! The Unsinkable Greta James (Jennifer E. Smith); Code Name Helene (Ariel Lawhon); Leave No Trace (A.J. Landau); The Women (Kristin Hannah); Darling Girls (Sally Hepworth); Maybe Next Time (Cesca Major); The Paris Daughter (Kristin Harmel); One Summer in Savannah (Terah Shelton Harris).

GARDENER NEEDED!

We know that several of you have been graced with a green thumb. Unfortunately, none of those people work in the front office. We are in need of someone who will take care of the plants around the Center! Please let us know if you are interested.

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, DECEMBER 17 @ NOON

We will enjoy chicken pot pie on Tuesday, December 17 at 12:00 pm. *The cost is \$8. Please RSVP by Friday, December 12.* 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 January 28, and the menu will be chicken fingers, tater tots, coleslaw.

MEN'S LUNCHEON - WEDNESDAY, JANUARY 22

Men's Luncheon will be held Wednesday, January 22 at 12:00 pm. The menu is sausage sandwiches, sauerkraut, and potatoes. *Cost is \$8. Please RSVP by January 16.* Our next luncheon will be on March 19 and the menu is meatball subs.

LADIES' LUNCHEON - WEDNESDAY, DECEMBER 4

Ladies' Luncheon will be held Wednesday, December 4 at 12:00 pm. The menu is salad with chicken or steak. Cost is \$8. *Please RSVP by Wednesday, November 27.* The next luncheon will be on Wednesday, February 19, and the menu is lasagna.

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.

ANNUAL HOLIDAY PARTY @ PINE RIDGE - WEDNESDAY, DECEMBER 11

Celebrate the Holiday Season with us at our annual Christmas Party. Door Prizes, Carolers and so much more. Come and join the fun! Doors open at 11:30 am and lunch will be served around noon. The cost is \$20/person and you must be a KSC member to attend. Please remember that if you have dietary restrictions let us know so that we may be able to accommodate you better. Make sure to pre-register and pay by Monday, December 2 (or until sold out). No registrations will be taken after this day.

2025 ANNUAL SURVEY

Keep an eye out in next month's newsletter for our annual survey. This is an important way for us to hear from each of you regarding programming, events and activities, comments, and suggestions. Despite our best efforts, we can't please everyone, but we are certainly open to hearing how we can serve you better. Surveys will be available in the newsletters, on-line, and at the front desk.

RESOLUTION DAY - MONDAY, JANUARY 27

Each year, we come together at the end of January to encourage each other to keep our resolutions. This year, we'll celebrate at least two of the promises we may have made to ourselves on Monday, January 27. Every fitness class that day will be free, and we will enjoy a salad bar lunch/potluck at 12:00 pm. If you would like to bring a healthy snack, sign up at the front desk. If you would rather just come to the meal, the cost for lunch will be \$5. Please RSVP by January 23.

TRIVIA - TUESDAY, JANUARY 14

Join us in-house for Trivia on Tuesday, January 14 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 - **in January, we will be focusing on food and drink.** We meet in the lobby to form teams and then the fun begins. No registration necessary.



LAG OPEN SESSION

SURVIVING THE HOLIDAY SEASON

WEDNESDAY, DECEMBER 18 @ 1:00 PM

We are pleased to have Julia from Cornerstone of Hope give a presentation on ways to get through the holidays. The holidays can be a stressful time, and Julia will provide tips for dealing with difficult emotions during this time.

This event is FREE and open to the public.

WELCOME TO OUR NEW MEMBERS THIS MONTH!

Tom, Chris, Eileen, Dale, Cindy, Armanda, Karen, Pat, Ven

WINTER SAFETY TIPS

By Lt. Cory Eisenberg, Kirtland Fire Department

Before you know it, we will be dealing with the cold, ice, and snow especially here in Kirtland. We are no strangers to the long winter months that come with living in the Northeast Ohio snow belt. Have you sat back and thought, am I prepared for this winter? What can I do to help to prepare? Well now is the time to prepare yourself while there is no snow on the ground and still mildly warmer outside. Living in Kirtland, our neighbors are some of our greatest assets. Make sure to check on your elderly neighbors especially during poor weather events.

At Kirtland Fire we like to use the "Help Us Help You" strategy. Here are several ideas to help you be incident free during the cold snowy months!

Outside the home:

- Make sure your address numbers are readable and affixed to your mailbox and home.
- Make sure all exterior lights are in working order.
- Make sure you keep the exhaust of your HVAC clear of snow and ice buildup.
- Keep driveway and sidewalks clear.
- Generators should be at least twenty feet away from the home and not near windows/doors.
- Make sure you have snow shovels handy, snow blowers are tuned-up, ready to go and you have extra salt on hand.
- Be careful if trying to knock down large ice formations from the roof as they can cause injury and even fatalities.

Inside the home:

- Carbon Monoxide and smoke detectors batteries are fresh and within manufactures dates. Smoke detectors changed every 10 years, CO detectors changed every 5 years.
- Fire extinguishers in the home/garage.
- HVAC systems are maintained yearly, including cleaning, and changing filters.
- Chimneys cleaned and inspected yearly. (remember to open your chimney flue prior to starting a fire)
- Extra food and bottled water are available.
- Extra flashlights and batteries are available.
- Dry seasoned hardwood for fireplaces is available.
- Never heat your home by using the oven, portable propane heaters, generators used inside the home.
- Water pipes are insulated in cold areas. During subzero temperatures, keep a faucet slightly running to prevent pipes from freezing and breaking.
- Make sure prescriptions, hygiene products and pet supplies are well stocked in the event you cannot leave the home for an extended period.

Your vehicle:

- Keep fueled up over half a tank.
- Extra blankets
- Jumper cables
- First aid kit/fire extinguisher
- Snow shovel
- Hand warmers
- Cell phone charger
- Windshield wipers and tires in good condition
- In the event you become stuck in the snow, make sure snow is not built up around the vehicles exhaust pipe.
- Extra salt and sand/kitty litter not only for getting yourself unstuck but also added weight for rear wheeled vehicles.
- Remove snow from the roof, windshield, and hood of your vehicle.

You know yourself better than anyone. Listen to your body when clearing ice and snow.

Over exertion can lead to heart attacks and exacerbate health issues.

When in doubt, stay home and inside, call for help, and stay safe! As always - if you need us, call us!

CENTER SNOW CLOSURES

Just a reminder that if Kirtland schools are closed for snow, the Center is closed as well!



FROM THE SENIOR BOARD

Wow! It's holiday time. Where has 2024 gone? Let's hope 2025 is good to all of us. Now is the time we think of New Year's resolutions, so start planning. Remember, we have exercise classes and machines to help you reach your goals.

It's with sadness we say goodbye to our current director and welcome the next. Teresa has been working with the board since before we reopened after Covid. She brought many new programs and ideas to the Center. We will miss her *Wordle* dance and having someone to pick on. Well, I guess we can call her. We extend a warm welcome to the new director, Julia. Everyone is anxious to hear and see what ideas she has! Julia has big shoes to fill, but I am confident she will handle it.

Thank you to everyone who attended our Veterans Lunch in November. It was a great time to honor those who served our country. This month we have the Holiday Party at Pine Ridge. I hope you have already signed up because seats are filling fast.

For the last two months I have written about nominations for open Senior Board seats. We had 3 seats available, and 3 people submitted their names. Reappointed to the board are Karin Saywell, and Janet Johnson. Thank you for your help past and future. We also welcome back Theresa Ventresca who was on the board a few years ago. These 3 board members will serve till 2027.

I hope this finds you in the holiday mood. Take some time to enjoy the season, your family, and health. See you next year!~ 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, Rich Lowery, Theresa Ventresca, and Janet Johnson.



DECEMBER VOLUNTEER OPPORTUNITIES:

We will be hosting TWO volunteer opportunities here at the Center in December, and hope you can make the time to help. The Kirtland Area Service Council will be assembling food boxes for families in need on Friday, December 15 beginning at 3:00 pm. They will be pack the boxes on Saturday, December 14 from 9:00 am - 1:00 pm.

We will ALSO be assisting the Police Department with their toy drive this year. They need help in wrapping all the toys that will be distributed to local families. That will also be here at the Center on Thursday, December 19 from 9:00 - 11:00 am.

MONTHLY COLLECTION:

In December, there will be a holiday "giving tree" in the front lobby. Each one of the gift tags has a suggested gift card, either for gas, groceries, or other.

These can be for any denomination, but we do ask that you indicate the amount on the card. These will be included in the Kirtland Area Service Council's holiday food boxes (collection is also in the lobby), as well as given to the Police Department for use within the community.

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.** We look forward to seeing you on December 5! No need to RSVP. Let's come together to help the 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.



THE SENIOR CENTER WILL BE CLOSED:

Thursday, 12/12 - Gym Closed for Blood Drive
Tuesday, 12/24 @ noon (Christmas Eve)
Wednesday, 12/25 (Christmas Day)
December 26 - 27 (Center Improvements)
Tuesday, 12/31 @ noon (New Year's Eve)
Wednesday, 01/01 (New Year's Day)
Monday, 01/20 (MLK Day)

RIDDLE ANSWERS

1. Stop feeding it.
2. Whatever you want. He can't hear you!

LAKETRAN 2025 CLOSURES

Laketran will be closed on for the following holidays in 2025:

- Wednesday, January 1 - New Year's Day
- Monday, May 26 - Memorial Day
- Tuesday, July 4 - Independence Day
- Monday, September 1 - Labor Day
- Thursday, November 27 - Thanksgiving Day
- Thursday, December 25 - Christmas Day

Please remember to schedule your Dial-a-Ride trips in advance of the holiday. Rides can be scheduled through Laketran's Customer Service Center at 440-354-6100 or 1-888-525-3872.



*O Come
let us
Adore
Him*

HISTORIC KIRTLAND
NATIVITY EXHIBIT
December 1 - January 6
7809 Joseph Street & 7800 Kirtland Chardon Rd
Kirtland, Ohio

RED CROSS BLOOD DRIVE: THURSDAY, 12/12

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!



THIS MONTH AT THE KIRTLAND LIBRARY:

Tuesday, 12/03
4 or 6:00 pm

Beach Glass Class
Join us for a holiday themed beach glass craft. All supplies are provided.
\$10/person; registration required

Saturday, 12/14
1:00 - 3:00 pm

Make it Merry Craft Event
Come in for an afternoon of crafting fun. You can make one or all four holiday designs. Come dressed for the season.
Registration required

Wednesday, 12/04
4:30 or 6:00 pm

3D Design Ornaments
Learn how to design a personalized 3D printed ornament in Tinkercad. No previous experience necessary.
Registration required

Monday, 12/16
6:00 pm

Culinary Class: Strudel
Sample sweet and savory strudels. Take home a recipe and try it yourself.
Registration required; \$10/person

Monday, 12/06
6:00 pm

Knit & Crochet Club

Tuesday, 12/17
6:00 pm

Pine Trees, Poinsettias, and Plum Pudding: The Birth of Holiday Traditions
Celebrate the holidays by learning how some of our most cherished holiday traditions came to be.
Registration required

Tuesday, 12/10
6:15 pm

Cookbook Club Cookie Swap
Bring in five Ziplock bags with five cookies in each bag for local first responders. We will eat a few that night too! You will need a total of three dozen for the night.



For my final Senior Spotlight, I decided to focus on the one Senior that wouldn't fight me on it - all of you.

My monthly interviews have been amazing and humbling conversations for me as I learn more about our members, and I am constantly in awe of the experiences and stories shared. And while we have published the stories of 43 (!) different Seniors or couples, it has been a privilege to hear the stories from hundreds of our other members. As I leave the Center, allow me the indulgence of introducing you to them.

As anyone who works in the front office will tell you, I frequently and without prejudice say "Oh, I love them!" It may be as we are going through receipts, trying to find a meal that someone swears they paid for (it happens...). It might be when we're attempting to pull the newsletters of those we may see rather than mailing them. It is always when we unexpectedly stumble upon a name of one of our seniors. And I mean it, every time.

Why do I love the members of the Kirtland Senior Center, both individually and as a collective? Because Kirtland cares. For strangers, for each other, and for their community. When I came into this city, I was that stranger. I hardly knew anyone, and the City of Faith and Beauty was a lovely tag line which did not yet resonate. Through the midst of national turmoil, personal uncertainty for many, and significant changes throughout the city, I had the privilege of growing up with both the Center and with you. Kirtland's seniors cared about the future of this hub of the community, and supported me as I tried to guide them (sometimes blindly) into a future that was stable and welcoming.

If you don't know them, these seniors work, eat, laugh, love, cry, and evolve together. If you do know them, hopefully you have been a part of this world we have created symbiotically. We work to give each other the opportunities to stretch ourselves beyond our comfort zones, whether it be trying a new exercise class, sitting with strangers at a meal, learning pickleball, going on a bus trip to a crazy place that no one but Teresa has ever heard of, sharing our stories with hundreds of people through this very newsletter, or taking a chance with each other and with me.

Throughout this past year in particular, I have been so proud of these seniors that I hope you get to know. The advent of two important groups has been a (sometimes scary) dive into the deep end, and I am beyond grateful that you have answered the call to support them. For those who haven't yet, get to know each other as part of our Life Adjustment Group. We are all working through our own journey, and when we allow ourselves to be vulnerable and ask each other for help, that adventure can be a little less lonely. There is a beautiful team of support that is here for each of you, and I guarantee that they care.

The other group that began this year dedicates the little free time they have to helping those around them. Identifying needs within the community is important, but knowledge without action is fruitless. From donating time and resources to being aware of the challenges our neighbors may be facing, this volunteer group goes above and beyond to be present to those who need it the most.

Do I have a favorite here at the Kirtland Senior Center? I do. It is you. It is you who is living your best life, having earned the peace, relaxation, and freedom of retirement. You who, despite all odds, tries to get to an exercise class as regularly as possible. It is you who is struggling with a family member. The you that revels in the joy of grandchildren. You who are navigating a rough diagnosis for yourself or a loved one. It is you who may be a member of this Center just to stay up to date on news, or join us at an annual event. You who may be uncertain about the future. The you who may feel alone right now. It is you who thinks the best years are behind you and hopefully will come to know that they are ahead. You are my favorite, and it has been one of the great honors of my life to serve you.



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

BAD JOKES FOR DECEMBER:

How do you make a slow reindeer fast?
What do you call an elf wearing earmuffs?
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 is 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*