

focus

CITY OF CLEVELAND HEIGHTS

A PUBLICATION OF CITY NEWS AND PARKS & RECREATION



fall/winter 2017-18



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MANY CELEBRATIONS



Safety Night



Baseball Camp



Arbor Day



40th Anniversary Cain Park Arts Festival



Cain Park Summer Concerts



Bike Auction



90th Anniversary of Cumberland Pool



Spring Egg Hunt



The All Generations Band on Memorial Day



Boy Scouts on Memorial Day



Girl Scouts on Memorial Day



High School Band on Memorial Day

CITYNEWS

Important Fire Department Reminders

Carbon Monoxide (CO), a colorless, tasteless and odorless gas, kills hundreds of people in the United States each year. Most of these fatalities are readily preventable. CO is produced by the incomplete combustion of fuel-burning appliances – often poorly maintained appliances, such as furnaces, hot water tanks, gas ovens and fireplaces.

Vehicles left idling in garages or next to a building frequently cause high indoor CO levels. Carbon monoxide detectors can warn the presence of CO, but they are not a substitute for properly operating fuel-burning appliances.

Free smoke detectors are available to Cleveland Heights homeowners (owner occupants only) through a program sponsored by the American Red Cross. **It is necessary to call the Fire Chief's office at 216-291-2673 to learn the eligibility requirements and make an appointment.**

Change your batteries! Smoke detectors can save your life, but a detector cannot do its work without a fresh battery. Cleveland Heights firefighters remind you to change your batteries in your smoke detectors when you change your clocks to Standard Time on Sunday, November 5.

Top of the Hill Project Update

There will be a public meeting at the Cleveland Heights Community Center on Tuesday, September 19 at 7:00pm to update the community and answer questions about the Top of the Hill Project by Flaherty & Collins Properties. This development is expected to be a mixed-use project incorporating residential, retail, office components, a hotel, and a parking garage.



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CITY NEWS UPDATES

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City of Cleveland Heights

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You can also sign up for info on Parks & Recreation and even job announcements

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- Include a photo of the issue if you wish!
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Our residents are our best ambassadors!

Recently, a longtime resident contacted the City to request a relocation packet for a prospective homebuyer relocating to the area from Chicago. The resident provided them with a packet and a personalized tour of our town and “sealed the deal.” Packets are also delivered to real estate offices and personnel offices in the area. Relocation packets include – A brochure, “All Things Cleveland Heights,” the most recent *Focus on the Heights* magazine, information about the Access app, Cain Park materials, a CH magnet, CH-UH information and *Edible Magazine*. Welcome Home to Cleveland Heights! Contact Community Relations 216-291-2323 or comrel@clvhts.com If you would like a packet for someone interested in our community.



Some of our best ambassadors are the Women Out Walking ladies

Building Department Information

The Division of Building works closely with residents and contractors to ensure safety and quality to new construction, repairs and additions. The staff issues permits, examines plans and monitors construction throughout the City. Building permits are essential to protect residents from sub-standard materials and improper building methods.

In general, permits are required for most construction activities except minor repairs, exterior/interior painting, gutters and downspout installations. Please check with the Division of Building before starting any repair or construction work. Either the contractor or the homeowner may purchase the permits at City Hall 8:30am-5:00pm. Permits must be posted during the period of construction.

Building permits are required in part for the following:

- To demolish, alter or make major repairs to an existing building structure or any portion of that structure.
- The building of any new structure or addition. *Note: plans or a new structure or exterior design changes must be approved by the Architectural Board of Review (ABR) before a permit can be issued. This includes commercial signage and awnings.*
- Window replacements, new siding (except for small replacement areas), decks, new steps (or rebuilding steps)
- Any electrical, plumbing, heating, air conditioning work.

All work for which a permit is required must be inspected to ensure it meets code. Electrical, plumbing and heating work must be inspected prior to enclosure in walls, floors or ceilings. It is a good idea to have the final inspection made before final payment to a contractor. Reminder: the City's Public Works Department does NOT pick up construction materials. This removal should be a part of your contract.

The City of Cleveland Heights has contracted with SafeBuilt, Inc. to provide building services. David Zofko is the Chief Building Official (CBO) dzofco@clvhts.com, who oversees the Division. The Cleveland Heights website has extensive information and details at clevelandheights.com/building-permits.



Cedar Road resurfacing

Phase 2 of the Cedar Road Resurfacing/ Cedar Fairmount Streetscape project, extending from Norfolk Road to the intersection of Cedar Road and Euclid Heights Boulevard, began in July.

Phase 2 comprises road resurfacing as well as the installation of new ADA-compliant curb ramps, sidewalks, and sidewalk amenities from Fairmount Boulevard to Euclid Heights Boulevard. These amenities include new trees and flower planters, benches, trashcans and bike racks, and the removal of unused electric poles. In addition, a multi-use pedestrian and bicycle path—along Cedar Glen Parkway from Euclid Heights Boulevard to Ambleside Drive in Cleveland—is almost complete.

As construction progresses, and front-door access is affected, the back doors of businesses will become accessible. Large signs indicate available parking areas in the district.

Traffic Signal Modernization

The City of Cleveland Heights is currently finalizing the design of the nearly \$3.1 million traffic signalization project throughout the Mayfield Road corridor. This project will be the first phase of modernizing the aging traffic signal infrastructure within the city.

The project is tentatively scheduled to go to bid in early 2018, and constructed shortly thereafter. Thirteen intersections will be reconstructed with new poles, mast arms, and signal heads. ADA-compliant curb ramps will be constructed throughout the length of the project. This will be the first traffic signal system in Cleveland Heights utilizing a fiber optic interconnection system where all of the signals are linked (and communicate) together to enhance traffic flow. All thirteen intersections will connect back to a base control station at City Hall. Audible emergency vehicle preemption (to activate the red light in all directions when an emergency vehicle approaches), and video detection (to activate the signal when a car or bicycle is stopped at a red light) will be implemented throughout.

The project is being primarily funded with Federal Highway Administration (FHWA) Congestion Mitigation and Air Quality (CMAQ) funds. CMAQ funds are used for transportation projects that contribute to the attainment or maintenance of National Ambient Air Quality Standards, part of which involves reducing traffic congestion.

The interconnected traffic signals will reduce emissions caused by idling, which is a direct result of stop-and-go traffic. Large platoons of vehicles will move smoothly and quickly throughout the corridor improving travel times for motorists, who rely on Mayfield Road for their daily commute.

This is the first phase of a complete traffic signal upgrade throughout the city. Ultimately, plans are to have all of the signals connected through fiber optics and controlled through a single base station.

at your service



LOOSE LEAF COLLECTION



Autumn is here in our “city of trees” and it’s time for raking and/or blowing leaves. **Loose-leaf collection will begin on Monday, October 30 and will continue until Friday, December 1, weather permitting.**

It is our intention to collect loose leaves from each property once every week the day after your regularly scheduled refuse collection day. However, if one day’s collection is light or another day’s is heavy, collection may be made on a different day. Saturday leaf collection (if needed) will be used to return to heavy areas or to make up for holidays or bad weather.

- **Kraft bags** will also be collected at this time.
- Leaves and yard waste will continue to **NOT** be collected in plastic bags.
- Trucks will not return for materials that are set out late.
- **DO NOT RAKE LEAVES INTO THE STREET** where they become a safety hazard or block storm drains.
- It is **ILLEGAL TO BURN LEAVES** in Cleveland Heights.
- Brush, tree and hedge trimmings must be cut and tied into bundles no larger than four feet in length and two feet in diameter in order to be collected on your regularly scheduled trash pickup day. Brush that is too large to be tied into bundles can be picked up for an additional charge; arrangements must be made in advance — call 216-691-7300.
- **Use caution** when approaching the leaf vacuum machines or the front-end loader. These vehicles back up frequently and may block the lane of travel. Please drive slowly and cautiously in these areas.
- Also, please keep small children and pets away from leaf piles near the street at all times to avoid an accident!
- **Yard waste, leaves, and brush will NOT be collected January 1-March 30, 2018.**

Snowplowing

When you hire a snowplow operator, be sure they are registered with the City of Cleveland Heights Building Department. They must have a Snowplow Operators Bond and a Certificate of Liability in order to be registered with the City. The plowed snow must be kept at the property where they are snowplowing. Registration information may be found at www.clevelandheights.com/building-permits.

Christmas Tree Disposal

Live Christmas trees will be collected Tuesday, December 26-Wednesday, January 31. Trees are chipped so, to avoid damage to our equipment, please remove all decorations, stands, and bags from the tree. Trees that are not properly prepared will NOT be collected. Note: Collection could be delayed due to winter weather. Snow and ice operations take priority over tree collection.

Holiday Collection Schedule

Columbus Day

Monday, October 9

is **NOT** a City holiday.

The regular Monday-Friday collection remains in force.

Veterans Day

Saturday, November 11; City offices will be closed on Friday, November 10. Monday through Thursday routes will be collected as usual. Friday’s collection will be on Saturday.

Thanksgiving Day

Thursday, November 23:

Refuse collection for Thursday will be on Friday and Friday’s normal collection will be on Saturday. Monday-Wednesday routes remain as usual.

Christmas Day

Monday, December 25:

City offices will be closed. Refuse collection on Monday through Friday will be delayed by one day. Friday’s collection will be on Saturday.

New Year’s Day

Monday, January 1, 2018:

City offices will be closed. Refuse collection on Monday through Friday will be delayed by one day. Friday’s collection will be on Saturday.

Dr. Martin Luther King, Jr. Day

Monday, January 15, 2018:

City offices will be closed. Refuse collection will be delayed by one day for the Monday through Friday routes. Friday’s collection will be on Saturday.

Presidents Day

Monday, February 19, 2018:

City offices will be closed. Refuse collection will be delayed by one day for the Monday through Friday routes. Friday’s collection will be on Saturday.



Community Shredding Day

Sunday, September 10

9:00am-12:00 noon

Cleveland Heights City Hall

Parking Lot

40 Severance Circle

Don't risk throwing it all away! Bring your old financial statements, receipts, invoices or other personal unwanted documents to be shredded onsite. Limit of 10 boxes per person, please. Questions? Call Community Relations at 216-291-2323.



Rx Drug Drop-off Program

A prescription drug drop box is located in the entranceway to the Cleveland Heights Police Department (at back of City Hall). Only pills should be dropped into this box (needles and liquids cannot be accepted). Preferably, empty the pills into a ziplock bag before dropping it in the box and then recycle the pill bottle.

Styrofoam Recycling Container Information

Location: Community Center parking lot (north end, Monticello)

Please note the following materials that can and cannot be placed in the container.

Container **accepts only blocks of Styrofoam** used for packing large appliances, furniture and television.

Materials that are NOT recyclable and should NOT be placed in this container include: packing peanuts, Styrofoam takeout restaurant containers, meat/food trays from grocery stores, Styrofoam plates and cups, and egg cartons.



Proper Disposal of Yard Waste

Grass clippings. Leaves. Sticks. Wood chips. These and other yard waste may not sound like they would be harmful to creeks or the animals that live in them. Homeowners and landscapers may even think that dumping these natural, organic materials on streambanks helps to slow erosion. But in reality, they cause major problems, especially when they are dumped in smaller backyard streams and roadside ditches.

As these materials decompose, they consume oxygen, depleting the oxygen supply for fish, frogs and salamanders. Additionally, streams with low levels of oxygen often have a foul odor. Wood chips and pine needles can increase the acidity of the water. As these materials pile up on the streambank, they smother and kill vital streamside vegetation, making streambanks more susceptible to erosion.

And while logs and branches in the stream can provide beneficial habitat and channel stability, smaller sticks, leave and grass clippings often float downstream and clog culverts or bridges, leading to localized flooding or new erosion. For this same reason, yard waste should never be dumped or blown into a storm drain or roadside ditch.

Besides participating in the City's recycling program, you can reduce the amount of yard waste you generate. Consider using a mulching mower so that grass clippings are chopped up small, making bagging or otherwise disposing of them unnecessary. This has the added benefit of adding organic material back into your lawn soil. Leaves can often be mulched and incorporated into your lawn using this technique as well.

Grass clippings, weeds, leaves and many other yard and garden wastes can be composted right in your own backyard, along with plant-based kitchen scraps. Techniques range from a simple backyard compost pile to bins or even digesters that can also handle pet waste. Finished compost can then be used to add fertility to lawn, garden and landscaped areas. Visit cuyahogarecycles.org for more information about backyard composting.

weareproud...

Jeannette Sorrell
(Mid-Career Artist Award for Music)



A standing ovation goes to three Cleveland Heights residents who are the 2017 recipients of the 57th Annual Cleveland Arts Prize for creative achievement: **Jeannette Sorrell** (Mid-Career Artist Award for Music), **Sarah Kabot** (Mid-Career Artist Award for Visual Arts), and **Kathryn Karipides** (Special Honoree).

The Mid-Career Artist Award is awarded to an artist who has received national recognition in addition to regional and local acclaim. Under the baton of **Jeannette Sorrell** (conductor, harpsichordist and founder of Apollo's Fire), the now 25-year-old baroque orchestra has grown into an early-music powerhouse, producing a steady stream of acclaimed recordings and appearing all over Northeast Ohio and at prestigious venues around the world. Apollo's Fire will be making its Carnegie Hall debut in 2018.

Summer Levert (BOS'n)



The Mid-Career Artist Award for Visual Arts went to **Sarah Kabot**, a visual artist active in a wide range of media including drawing, watercolor, photography, and sculpture. With a solo exhibition at the Museum of Contemporary Art, Kabot has gone on to win a variety of awards and grants and take part in shows all over Northeast Ohio and the U.S.

Each year, the Cleveland Arts Prize also looks back on a past winner. This year that "special honoree" is **Kathryn Karipides**. A dancer and choreographer, Karipides spent much of her career teaching and performing at Western Reserve University, where she was on the faculty. After her retirement in 1998, she went on (and continues) to serve as a tireless advocate for modern dance.

We salute **Summer Levert**, the Navy's first African-American, female Boatswains Mate chief warrant officer. A graduate of Oxford Elementary School and Monticello Middle School, Levert is assigned to the amphibious transport dock ship USS Mesa Verde as the ship's Bos'n, an officer who is the expert on all major steamship functions and the maintenance of topside gear. The ship's captain depends on the Bos'n to safely execute major seamanship evolutions and maintain the external upkeep of the ship. "My first inspiration was my twin sister, who was also a BM in the Navy, but had joined before me," Levert stated. "My second inspiration is my mom, who was an Army nurse in the reserves" and still resides in Cleveland Heights. Congratulations!

Bravo to the 13-member **Heights High Boys Barbershoppers**, who earned an Excellent rating and the prestigious Presenter's Award at the Barbershop Harmony Society's International Youth Chorus Competition in San Antonio, Texas. Vocal Music Director Jesse Lange said that one set of judges called the group "fearless" for the difficulty of the song, the intricacy of the arrangement, and their ability to sing it so well without a director.

A MULTI-ETHNIC, MULTI-GENERATIONAL COMMUNITY LIFTING UP JESUS AND HIS GOSPEL



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Cedar Hill Baptist Church | 12601 Cedar Road, Cleveland Heights, OH 44106 | 216.371.3870 | www.cedarhillbaptist.org

theearlyyears

FAMILY CONNECTIONS

Located in the former
Coventry School Building
2843 Washington Blvd.
www.familyconnections1.org
216-321-0079

Offering early literacy, parenting support and school-readiness programs for families with young children ages 0-6 at various locations throughout the community. Programs are designed to offer parents a variety of opportunities to enhance their parenting experience, build confidence as parents, play with their children and provide resources to become the parents they strive to be. Although parenting can be difficult, it can also be fun! Play is the best way for kids to learn, grow, and develop all of the important early skills. Play is also a great way for parents to enjoy their kids!

Programs located in the former Coventry School Building at 2843 Washington Blvd:

- **Baby & Me:** Parents and caregivers of infants, 0-12 months, meets every Wednesday 9:30-11:30am.
- **Family Playroom:** Parents and caregivers play and learn with their young children and share with each other.
- **Large Muscle Room:** A great space for developing coordination and confidence, as well as burning off energy.
- **Parenting Classes:** An 8-week series of parent education sessions is offered twice a year.
- **Birthday Parties:** Call for details.



Support Family Connections
by attending
the Gala Benefit on Sept 22!
Call 216-321-0079 for details.



Family Literacy Playroom

Heights Main Library
2345 Lee Rd:

- Little Heights is a free, early literacy program designed to support the development of school-readiness skills through interactive adult-child play.

The School-Readiness Program is offered in families' homes or other community locations. The following programs are in all seven CH-UH elementary schools:

- **Family Liaisons** are based in each elementary school in the district to connect with families, involve and engage parents in the school community, and support parents with information and resources to help promote their children's literacy development and school success.
- **Family Literacy Programs:** Various literacy events and programs are offered throughout the school year, in partnership with the CH-UH School District, PTA and other community partners.



our schools

Early Childhood Program

The Cleveland Heights-University Heights Early Childhood Program is seeking peer models for its half-day integrated program at Gearity Preschool.

Peer models are children who demonstrate strengths in the areas of social and emotional skills, communication and cognition. The program is currently enrolling peer models ages 3-5.

Classes meet Tuesday-Friday and children either attend the morning or afternoon session for three hours. Programs are play-based and comprehensive, providing an inclusive education to children with and without disabilities. The instruction and curriculum are developmentally appropriate and build on the strengths of each student while also supporting individual areas of need.

All classrooms are managed by teams of diverse professionals, which include a lead teacher, assistant teacher, speech and language pathologist, occupational therapist, physical therapist, nurse, and other appropriate staff as needed.

Recent Highlights

In the spring of 2017, Cuyahoga County awarded the CH-UH School District with Universal Pre-Kindergarten Funding (UPK). UPK provides funding opportunities for families whose income falls between 100% and 400% poverty level, allowing them the chance to enroll their children in our preschools. UPK will also provide the district with funding that will aid in the purchase of materials, provide staff with professional development, and provide parents and families with support and training. UPK is administered by Invest in Children in Cuyahoga County.

During the 2016-2017 school year, Gearity and Noble preschools were awarded five-star ratings by the Ohio Department of Education's Step Up To Quality division. A five-star rating is the

highest rating an early childhood program can receive and reflects the schools' commitment to excellence.

Contact Early Childhood Specialist Danielle Vigh at (216) 371-7356 or at D_Vigh@chuh.org for more information.



Heights Middle School

Monticello Middle School has been named an authorized International Baccalaureate (IB) World School. Monticello joins Roxboro Middle School in a diverse, global community of schools offering the program.

The two middle schools will come together as one "Heights Middle School" on the Wiley campus for two years beginning in August 2017 as the Monticello and Roxboro buildings undergo renovations.

"With both schools being authorized and also being in the same building, it ensures that our academic offerings will be equitable. Every middle school student in CH-UH will now have the Middle Years Programme experience," said CH-UH Superintendent Dr. Talisa Dixon.

The IB authorization will give teachers from both schools the opportunity to plan innovative and relevant units of study, helping students become independent learners. The IB program seeks to educate students so they become thoughtful, caring, and prepared citizens of the world upon graduation.

weareproud...

Distinguished Educator Award

Congratulations to Roxboro Middle School math teacher **Tiffany Jordan-Shaw**, one of 33 Ohio teachers who received a 2017 Celebrate Teaching Distinguished Educator Award from Battelle for Kids, which is a nonprofit committed to collaborating with school districts and communities.

CLEVELAND HEIGHTS HIGH SCHOOL GRAND OPENING

Please join alumni, current families of all ages, local businesses and organizations, city and school leaders, friends and residents to celebrate the opening of the newly renovated Heights High for the 2017-18 school year.

SUNDAY, SEPTEMBER 10, 2017
1:00 pm - 4:00 pm

Dedication Ceremony & Community Open House
Visit chuh.org for more information



Heights High Grand Opening

The Cleveland Heights community is invited to the Grand Opening of the newly-renovated Heights High School on Sunday, September 10 from 1:00 to 4:00pm to celebrate its stunning transformation.

The community open house will include self-guided tours of the building, a dedication ceremony and other offerings in conjunction with the Heights Schools Foundation.

Construction on the new Heights High began in 2014. The building has been completely renovated, with historical aspects of the building retained, such as the iconic clock tower. However, the building is modernized for 21st century learning. Musical, performing, and visual arts have new spaces, and student athletes and physical education classes will be able to use state-of-the-art athletic facilities, including a community-accessible swimming pool.



2017

memorial day winners

Monticello 8th Grade essay winners with Councilwoman Mary Dunbar, Mayor Cheryl Stephens, Councilman Michael Ungar and Councilwoman Melissa Yasinow.

School Markets Return

The Greater Cleveland Food Bank School Market Program is set to return to CH-UH for the 2017-2018 school year.

At each School Market distribution, approximately 5,000 pounds of fresh fruits and vegetables, along with shelf-stable products such as whole wheat pasta and beans, are distributed for free to families in need. The market is open to the public.

The market will take place at Boulevard Elementary School on the first Tuesday of each month beginning in September, and at Oxford Elementary on the third Tuesday of the month. Hours are 2:30 to 4:30pm.

halloween in the heights



The Cedar Fairmount Halloween/Fall Festival

The Cedar Fairmount Fall Festival is set for **Sunday, October 22** from 12:00 noon to 5:00 pm. See page 22 for details.

The Cedar Lee Candy Crawl offers a safe Halloween experience on **Friday, October 20** from 5:00 to 7:00pm by offering Trick-or-Treating for children on Lee Road. This event is presented in partnership with Lee Road merchants and FutureHeights.

Neighborhood Trick-or-Treating Tuesday, October 31, 6:00-8:00pm

Trick-or-Treating Safety Tips

- To ensure safety, a parent or guardian should accompany young children on neighborhood rounds.
- For additional safety, carry a flashlight.
- Make sure costumes are safe, fireproof and with eye holes (if wearing masks) large enough to allow good peripheral vision.
- Only go to houses with lit porch lights and never enter the home of a stranger.
- No treats should be eaten until they are thoroughly checked by an adult at home.
- Never consume unwrapped food items or open beverages that are offered.
- For those distributing candy, eliminate tripping hazards on your porch and walk way. Check for flower pots, low tree limbs, support wires or garden hoses.
- **Also, if you plan on distributing candy, make sure your porch light is on.**



at the library

Deaf Entertainer CJ Jones Will Perform

Internationally acclaimed Deaf entertainer CJ Jones will bring his one-man comedy show to the Cleveland Heights Civic Conference Center in a special free appearance sponsored by Heights Libraries on **Monday, October 30** at 7:00pm at the Civic Conference and Events Center, 3130 Mayfield Road.

For more than 35 years, he has spread the message, to students and adults alike, that “being Deaf doesn’t make you odd, it makes you unique.” His artistry has influenced many current Deaf actors, comedians and hosts. CJ most recently appeared as the character “Joseph” in the film *Baby Driver*. Registration is required for this free event at www.heightslibrary.org.

Fine Forgiveness During National Library Card Sign-Up Month

Heights Libraries is celebrating National Library Card Sign-Up month, September 1-30, by participating in a Cuyahoga County-wide program called the Card for Every Kid campaign. Heights Libraries will partner with the eight other Cuyahoga County libraries on the campaign, which aims to put a library card into the hands of every child under 18 in the community.

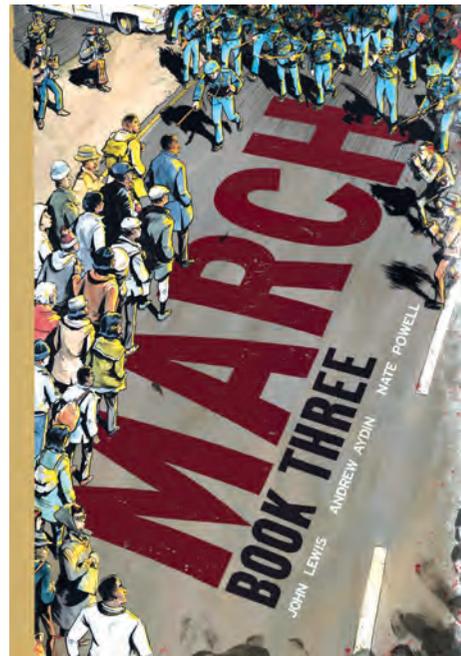
Children who don’t have a library card will be encouraged to get a brand new card, and children who already have cards can have any fines or fees on the cards forgiven with a one-time waiver. Children must come in to the library and request the waiver to receive it.

The campaign will also include an educational component, with each child receiving a brochure about keeping their library cards free of fines and taking care of library materials. More information can be found at www.heightslibrary.org.

On the Same Page Community Reading Event

This fall, the Cleveland Heights - University Heights Public Library will once again present the On the Same Page community-wide reading initiative. The goal of On the Same Page is to revitalize the role of reading in people’s lives by making it a community event. When people have the common ground of having read the same book, the shared experience can be a catalyst for conversations.

This year we’ll be using *March: Book Three* by civil rights icon Congressman John Lewis as a starting point for discussions and education about race and civil rights in America. *March* was chosen because its graphic novel format can be understood and enjoyed by a wide range of ages, from middle school students to adults, and Heights Libraries will be partnering with the Cleveland Heights-University Heights Public School District on the project. The fall issue of the library program guide, *Check Us Out*, will have more information about the project, including details about related programming for all ages throughout the fall. *Check Us Out* is mailed to all homes, pick up a copy at any Heights Libraries branch, or visit www.heightslibrary.org.



CLEVELAND HEIGHTS HAPPY

5K 10K

Sunday, October 8 @ 10:00am

The City of Cleveland Heights and its merchants invite you to the 3rd Annual Happy 5K/10K & 1 Mile Fun Run on Sunday, October 8 at 10:00am. This event is a celebration of all the good things happening in Cleveland Heights and supports the Cleveland Heights Youth Scholarship Fund.

This race is a fun run for all ages and abilities as well as a chip-timed race for the competitive runner in the 5K race and, new this year, in the 10K. With a post-race block party and the happiest costume contest around, you'll be smiling for days after your run! Happy dogs welcome too! Your 5K/10K registration includes: race shirt, two drink vouchers, and over \$100 in Cleveland Heights CASH!!!

NEW THIS YEAR: become a local sponsor! Buy a yard sign (\$20) and proudly display your support for Cleveland Heights youth in your yard. A portion of the proceeds from the yard sign sales (\$11 from each sign) will go to the Cleveland Heights Youth Scholarship Fund. Purchased yard signs can be picked up at the Cleveland Heights Community Center.

The race is limited to the first 1000 runners. Register for the race and buy yard signs at www.westernreserveracing.com/events/cleveland-heights-happy-5k-10k.

Residents in the area please be advised of road closures. See Map Below.



**Head North on Lee Rd
Turn Left onto Superior Rd
Turn Left onto Euclid Heights Blvd
Turn Left onto Mornington Ln
Turn Left onto Berkshire Rd
Turn Right onto Washington Blvd
Turn Right onto Cottage Grove Ave
Turn Left onto Meadowbrook Blvd
Turn Left onto Lee Road
Finish!!!**



around town



Shop local for the holidays

Begin your holiday shopping with the *Heights Observer's* Holiday Gift Guide. The gift guide, which will be published in the November issue of the *Heights Observer*, will highlight some of the unique items Heights businesses are featuring this holiday season.

"Our local merchants have several unique items that you won't find anywhere else," said Deanna Bremer Fisher, executive director of FutureHeights. "The Holiday Gift Guide is an excellent tool to plan your holiday shopping if you want to 'shop local first.' We ask merchants to send us a brief description and photo of their favorite items in each of several price categories. Everything is listed online, and we choose our favorites for the printed guide." She added that many local shops offer shipping services and free gift wrapping. For more information about the gift guide, call FutureHeights at 216-320-1423.

Visit with Santa at Dewey's

Bring the whole family to enjoy *Polar Express* in 3D at the Cedar Lee Theatre on **December 16** followed by a visit with Santa at Dewey's at 11:00am on a first-come, first-serve basis. Please bring a wish list for Santa and your camera! Movie tickets need to be purchased at the theatre box office; last year's event sold out.



An important resource for Cleveland Heights homeowners is the Home Repair Resource Center (HRRRC), a non-profit organization established to maintain and strengthen the houses of Cleveland Heights. HRRRC helps homeowners maintain and renovate their homes through education and skills training, a lending library, and financial assistance. The HRRRC offers a variety of programming targeting specific demographics such as the Especially for Women – Home How-To series and Workshops for Seniors. For more information, visit www.HRRRC-CH.org

In 2014, HRRRC assisted 106 households that made nearly \$193,000 in home repairs through the nonprofit's programs, and HRRRC assisted more than 1200 residents with budget counseling, repair advice, help and advice.

Free Homeowner Property Assessments

You may have noticed a recent increase in your sewer bill, but did you know that there are ways to reduce your stormwater fee? The Doan Brook Watershed Partnership provides homeowners with FREE property assessments to determine the best stormwater management methods for your property. By implementing some simple stormwater enhancements you can qualify for a break in the Sewer District's Stormwater Management Fee. Call 216-325-7781 for more information and to schedule your property assessment today.

Storm Drain Stenciling Saturday September 9, 9:30am-12:30pm

Come paint the town with Doan Brook Watershed Partnership! Storm drain stenciling is a fun and effective way to spread awareness about how pollution that runs off of impervious surfaces, like roads, driveways, and sidewalks, directly threatens the health of our waterways. Help us protect our hometown streams and lakes by spreading the clean water word. For more information or to register please contact rial@doanbrookpartnership.org or call 216-325-7781. Registration is required by Thursday, September 7.

YOGA FOR EVERY BODY!

20 Year Anniversary

ATMA CENTER 2319 Lee Rd, Cleveland Hts. 216-371-9760
www.atmacenter.com

Celebrating an Anniversary – 40 Years for the Heights Heritage Home & Garden Tour

An enthusiastic group of Cleveland Heights volunteers is happily planning a banner event on the weekend of **September 23 and 24. After Forty Years . . . There's Still No Place Like Home** is this year's theme of the popular annual tour that celebrates the beautiful homes and gardens of our community.

Featured homes on the tour this year exemplify the diversity of Cleveland Heights. Tour goers will visit an exotic Craftsman-style home with a contemporary kitchen; a traditional house highlighting the work of talented faux painters; an elegant, traditional home with quality antiques and adjoining garden; a contemporary bungalow with collected art and designed with disability accommodations; a newly renovated ranch plus a historic Rockefeller home in Forest Hill.

Pick the tour size that fits your schedule and budget. On Saturday evening, **September 23**, the festive Preview Party will be held at the historic and iconic Alcazar. In keeping with this year's theme, the Alcazar will transform into Oz. Get out your ruby slippers and follow the yellow brick road, 'cause we're definitely NOT in Kansas any more, Toto! Party-goers will view a sneak peek of homes on Lolly the Trolley and return to "Oz" for a special supper, catered by Cleveland Heights' The Fairmount. Enjoy food, music and entertainment, and bask in the splendor of 40 years of tour memories!

The self-guided, individual tour of homes and gardens happens on **Sunday, September 24** at 12:00 noon. Take your time visiting homes and stop for refreshments at the stately St. Paul's Church on Fairmount Blvd. Be one of the first to enjoy a look at the newly renovated Heights High School with guided tours happening during the afternoon. Check heightscongress.org for tour times.

Of course, you can also do both Saturday's Preview Party and Sunday's Tour!




For tickets to the Preview Party, the Tour, or for further information, visit heightscongress.org. Get updates by following Heights Community Congress on Facebook or Twitter.



WHETHER YOU'VE JUST MOVED IN OR WANT TO GIVE YOUR HOUSE A MAKEOVER, LET US HELP YOU.

- Gorgeous Handmade Frames and they are eco-friendly, too
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Fifth Annual Heights Music Hop is Sept. 7-9

The Heights Music Hop is expanding this year and taking place over three days at more than 30 venues in three Cleveland Heights neighborhoods on **September 7-9**.

This year's festival will kick off on **Thursday, September 7**, in the Coventry Village Business District. On **Friday, September 8**, the Hop will move to Cedar Fairmount, and then will wrap up on **Saturday, September 9**, in Cedar Lee.

The Hop features live music in traditional and non-traditional venues, including restaurants, bars, stores and other businesses. This year's venues include: Appletree Books, Cleveland Heights Church, The Fairmount, Pavilion Home & Floral, The Fix Bistro, CLE Urban Winery, Heights Libraries, Dewey's Pizza, Heights Music Shop, New Heights Grill, Phoenix Coffee, Rudy's Pub, Stone Oven, The Social Room, The Wine Spot, Washington & Lee Service and the Grog Shop.

"We are delighted to have Coventry involved," said Angela Hetrick, director of Coventry Village Special Improvement District. "With our love of the arts and original music, the Grog Shop turning 25 this year and the energy and nightlife that Heights Music Hop brings, we are thrilled to see that residents and businesses are so supportive that it is able to expand to Coventry this year."

Heights Music Hop is supported in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture. Additional sponsors and partners include Dominion East Ohio, Keller National, the City of Cleveland Heights and Cedar Fairmount, Cedar Lee and Coventry Village special improvement districts. To add your name to the list, contact FutureHeights at 216-320-1423 or info@futureheights.org.

When the festival first started in 2013, it was a one-day event that took place in the Cedar Lee Business District. Last year, it grew into a two-day event, with more than 70 performances at 27 venues in Cedar Lee and Cedar Fairmount, and drew thousands of people to Cleveland Heights.

FutureHeights, the same nonprofit organization that publishes the *Heights Observer*, is the founder and presenter of the Heights Music Hop. "We are excited about expanding the event again this year," said Dan Budin, chair of the FutureHeights Heights Music Hop Committee. "The event brings a lot of people and energy into the Heights to experience our unique business districts and see what the Heights has to offer."

Throughout the Hop, FutureHeights will hold a chance raffle, featuring prizes from many local businesses.

New this year is an event planned for the open space at Lee Road and Meadowbrook Boulevard: a silent disco. "Details are still being worked out," said Budin, "but the idea is that people will pay a small admission price and receive a headset so that they can dance to their own musical preference at Meadowbrook and Lee. It will be something to see and be seen at on Saturday night!"

The diverse musical genres featured by the Hop provide opportunities to expand one's musical palette and celebrate the Heights as a home for the arts. A list of participating bands and artists will be available in advance at the Heights Music Hop's website.

Volunteers are needed the day of the event. Each volunteer receives a free Heights Music Hop T-shirt. To sign up to volunteer, e-mail heightsmusichop@gmail.com. For more information about the event including venues and bands go to www.heightsmusichop.com or www.facebook.com/heightsmusichop.



FutureHeights program offers small grants for neighborhood improvement projects

Cleveland Heights residents who want to improve their neighborhoods can apply for a grant of up to \$1,000 from the FutureHeights Neighborhood Mini-Grant Program.

Eligible projects must be neighborhood-specific. Projects must be planned and led by a group of at least three unrelated members of the neighborhood community, and at least one of those leaders must live in the neighborhood. Groups will be required to match 20 percent of the grant dollars either in outside funding or in-kind services, and to complete assessments and evaluation forms.

FutureHeights has awarded 16 project grants since the program began in September 2015. There are two grant application rounds, one in the fall and one in the spring. The next application deadline is **September 15**.

Neighborhood Mini-Grants are part of FutureHeights' Community Capacity-Building Program, which is now in its third year. The program, funded by FutureHeights members and by the City through Community Development Block Grant funds, includes training for neighborhood leaders through a series of workshops, one-on-one mentoring and support, public forums on key topics—such as the Vacant and Abandoned Properties forum held in March—and small grants.

Twelve residents from several Cleveland Heights neighborhoods—Noble, Boulevard, Cain Park, Coventry, Severance, Cedar Lee and Cedar Fairmount—participated in a series of community-building workshops this spring: Chris Delacruz, Margaret Eigsti, Robert Graham, Donna Nowak, Draupadi Pradhan, Ganesh Pradhan, Jeremy Stenger, Vivien Tabak, Jill Tatem, Tiffany Tyson, Lucene Wisniewski, and Andre Witt. The workshops cover a variety of topics, which will help participants develop their community-building skills and goals, and formulate a grant-eligible project. The next round of neighborhood leadership workshops will begin in February, 2018.

The next Future Heights Public Forum, on the topic of place-making, will be held on **October 10** at 7:00pm at the FutureHeights office, 2843 Washington Blvd. At the forum, speakers will discuss best practices of place-making, the nuts and bolts, the impact of completed projects regionally and nationally, and opportunities for place-making projects in Cleveland Heights.

For more information, visit www.futureheights.org or call 216-320-1423 or sbasu@futureheights.org.



Candidates Night & Voters Guide

FutureHeights and the Cuyahoga Area League of Women Voters will host a forum on **Wednesday, October 11** to introduce the candidates for local elections on the November 7 ballot. The forum, which will take place from 7:00 to 9:00pm at the Cleveland Heights Community Center, will feature candidates for Cleveland Heights City Council, Cleveland Heights Municipal Court and the CH-UH Board of Education.

The evening will follow the traditional League of Women Voters procedures for nonpartisan forums. Each candidate will give a brief statement, followed by a question and answer session with written questions from the audience. Questions are screened by a league committee for relevance and to avoid duplication. For more information, visit www.lwvgreatercleveland.org.

FutureHeights and the League of Women's Voters will publish a Voters Guide in the October print issue of the *Heights Observer*, which is available at City Hall, schools, libraries, religious institutions and local businesses, and online at www.heightsobserver.org.

Maps and information about your voting location, ward, and precinct are available on the Cuyahoga County Board of Elections website, www.boe.cuyahogacounty.us, or by calling 216-443-3298.

historicheights



This initiative will both document building type, age, and setback and rate the condition of roofs, walls, windows, storefronts, signage and other architectural features. This summer, Ursuline College Historic Preservation students Rachel Stucke and Marissa Agbunag conducted a survey of the City's commercial districts after receiving training and guidance from the team. In accordance with the City Master Plan, the assessment will identify historic buildings in need of repair and will lead to the creation of an at-risk historic building list with a goal of protecting these buildings from demolition.

City of Cleveland Heights Building Condition Assessment

Last year, the Cleveland Heights Landmark Commission recognized the need to document the conditions and potential historical significance of the City's buildings. Working with the City's Historic Preservation Planner, Kara Hamley O'Donnell, the Landmark Commission sub-committee team led by Margaret Lann, Mazie Adams and Tom Veider created a survey and outlined a plan for execution.

The City will then use this data to target policies and programs that assist in building preservation and aid in redevelopment where appropriate, as well as review zoning to assure it is consistent with the vision for each neighborhood. This data will also help determine buildings that could be eligible for Cleveland Heights Landmark status and help guide future development along the commercial corridors.



New Historic District Marker

Marcus Brown developed the Mayfield Heights Historic District in 1896, making it one of the first neighborhoods in Cleveland Heights and covering most of the area bounded by Coventry, Mayfield, and Superior Roads and Euclid Heights Boulevard. Pictured are Mark Souther and Chuck Owen, who authored the nomination.



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Doan's Corners



fall history lectures 2017

Co-sponsored by Cleveland Heights Landmark Commission, Cleveland Heights Historical Society and Heights Library

Doan's Corners

Monday, October 2, 7:00pm

Heights Main Library, 2345 Lee Road

Speaker: Dennis Sutcliffe

Originally known as Doan's Corners, the area began as a stagecoach stop on the road from Buffalo to Cleveland. In the first half of the 20th Century, it became an entertainment mecca offering Clevelanders a taste of New York City high life. By the 1970's it was referred to as an "inner-city Disneyland" and was the flashpoint for battles with the city's power structure. Today, it is part of the sprawling campus of Cleveland Clinic. Program includes audio clips from famous celebrities who performed in the neighborhood.

Designing an Appropriate Addition for an Old House

Monday, October 9, 7:00pm

Noble Library, 2800 Noble Road AND

Tuesday, October 24, 7:00pm

Heights Main Library, 2345 Lee Road

Speakers: Trudy Andrzejewski, Cleveland Restoration Society & Kara Hamley O'Donnell, City of Cleveland Heights

Planning an addition for an older home can be tricky. We help you with important elements such as scale, massing and trim details that blend the old with the new. We will share ideas for the addition of a first-floor bathroom or bedroom and explain zoning regulations that apply. Functional issues for new square footage and surviving the temporary inconveniences of construction will also be addressed.

Integration Experiences

Wednesday, October 25, 7:00pm

Heights Main Library, 2345 Lee Road

Panel: Rev. Jimmie Hicks, Jeanne Madison and others

Learn about Cleveland Heights' integration during the 1960s & '70s from people who were there as they share their experiences in our neighborhoods, schools, organizations and government. We invite those who have their own integration stories to share them with the group after the panel discussion.

community improvement nominations

Your Input is Needed

Take time this summer as you walk, drive or bike through our community to notice the bright new paint on someone's home or the attractive new addition. Perhaps you've admired a neighbor's beautiful landscaping. We'd like to hear about it. Please nominate a deserving homeowner for a Community Improvement Award. In fact, if you've worked hard to improve your property, nominate yourself. For a property to qualify, the improvements must be visible from a public right-of-way and must make the area more attractive. You may nominate a property for restoration, renovation, an addition, outdoor furniture or sitting areas, lighting, new construction, signage and painting, and excellent maintenance.

Nomination forms are available at the Community Relations office, by calling 216-291-2323 or at www.clevelandheights.com/forms. **Forms should be completed and returned to the City of Cleveland Heights by September 22, 2017.**



home to the arts

APOLLO'S FIRE BAROQUE ORCHESTRA

216-320-0012 • www.apollosfire.org

Friday, October 13, 8:00pm

First Baptist Church
3630 Fairmount Boulevard

Saturday, October 14, 8:00pm

The Temple-Tifereth Israel
26000 Shaker Boulevard

Handel's Israel in Egypt

The dramatic story of the Israelites' escape from Egypt and the beautiful Song of Moses comes to life with sopranos Erica Schuller and Molly Netter, countertenor Daniel Moody and Apollo's Singers.

Friday & Saturday, November 10 & 11

8:00pm • St. Paul's Episcopal Church,
2747 Fairmount Boulevard

50 Ways to Leave Your Lover

Tenor Nicholas Phan and six Apollo's Fire musicians on violins, violas da gamba and lutes perform the poignant songs of Dowland, Morley and Purcell.

Friday, December 8, 8:00pm

Cleveland Museum of Art
Gartner Auditorium

Saturday, December 9, 8:00pm

First Baptist Church
3630 Fairmount Boulevard

Christmas on Sugarloaf Mountain – An Irish-Appalachian Celebration

In this new program, the beloved troupe from the Sugarloaf Mountain summer program joins with chorus and additional instruments to celebrate the Celtic roots of an Appalachian Christmas. Featuring soprano Amanda Powell, tenor Ross Hauck, and Apollo's Singers.

CHORAL ARTS CLEVELAND

216-381-4608 • choralartscleveland.org

Martin Kessler, music director

Sunday, December 10, 7:30 pm

Disciples Christian Church, 3663 Mayfield Rd.
"Magnificat" by Heinrich Schütz and John Rutter, and some shorter works accompanied by an orchestra.

DOBAMA THEATER

2340 Lee Rd. • 216-932-3396 •

www.dobama.org

Brownsville Song (B-Side for Tray)

By Kimber Lee, **September 1-24**, directed
by Jimmie Woody *Regional Premiere*

This lyrical social drama about the shocking death of a young African-American teenager is a poignant story for our time. 2015 Lucille Lortel Award Nominee.

Marjorie Prime

Starring Dorothy Silver

By Jordan Harrison

October 13-November 12, directed by
Shannon Sindelar *Regional Premiere*

It's the age of artificial intelligence and 85-year-old Marjorie has a handsome new companion who's programmed to feed the story of her life back to her. What would we remember and what would we forget, if given the chance? 2015 Pulitzer Prize award finalist in drama

Sherlock Holmes:

The Baker Street Irregulars

Adapted by Eric Coble, based on the graphic novels by Tony Lee and Dan Boulton

December 1-30, directed by
Nathan Motta *Regional Premiere*

A gang of street kids hired by Sherlock himself to help solve crimes, must band together to prove that Sherlock is not dead, find the mayor's missing daughter, untangle a murder mystery from their past and face the masked criminal behind it all.

Grounded

By George Brant, **January 19-February**

11, 2018, directed by Alice Reagan

Cleveland-produced Premiere

Reassigned to operate military drones due to an unexpected pregnancy, this ace fighter pilot hunts terrorists by day and returns to her family each night. The Smith Prize for Political Theatre, Fringe First Award (Edinburgh Fringe Festival).

ENSEMBLE THEATRE

2843 Washington Blvd. • 216-321-2930 •

www.ensembletheatre.org

Well

By Lisa Kron (writer of *Fun Home*),

September 29-October 22

directed by Celeste Cosentino

"This play is not about my mother and me," begins the character of Lisa. But, of course, it is about her mother, and her mother's extraordinary ability to heal a changing neighborhood despite her inability to heal herself. Featuring Lara Mielcarek as Lisa. MainStage Theater

The Hairy Ape

By Eugene O'Neill,

November 17-December 10

directed by Ian Wolfgang Hinz

This iconic piece of expressionist drama from 1921 is a searing social commentary on the divide between the rich and poor. Yank, an unthinking laborer, embarks on a search for a sense of belonging in a world controlled by the wealthy. MainStage Theater

The Little Prince

By Rick Cummins & John Scoullar, from the book by Antoine de Saint-Exupéry

December 1-17, directed by

Brittini Shambaugh Addison

This play with music tells the story of a world-weary and disenchanted Aviator whose sputtering plane strands him in the Sahara Desert and a mysterious, regal "little man" who appears.

PlayGround Theater

Angels in America

Part One: Millennium Approaches

By Tony Kushner, **January 5-28, 2018**

directed by Celeste Cosentino

In the first part of Kushner's Pulitzer Prize-winning drama set in 1980's New York City, a gay man is abandoned by his lover when he contracts the AIDS virus, and a closeted Mormon lawyer's marriage to his pill-popping wife stalls. In the midst of the AIDS crisis and a conservative Reagan administration, New Yorkers grapple with life and death, love and sex, heaven and hell. MainStage Theater

HEIGHTS ARTS

2175 Lee Rd. • www.heightsarts.org •
216-371-3457

In the Gallery

Sound and Vision

September 1-October 15

Curated by Chris Auerbach Brown
Sound and Vision showcases an inspiring collection of musical instruments that are created or owned by local, regional, and national instrument builders and tinkers. Gallery talk on **Thursday, September 28**.

SPOTLIGHT: Deborah Pinter

September 15-October 29

Ornamental Containment, a series of new monotypes by Cleveland artist Deborah Pinter, continues an exploration of directly creating prints from natural elements such as leaves, branches and stones.

16th Annual Holiday Store

November 3-December 31

Heights Arts gallery is filled with fine arts and crafts by more than 85 regional artists for the holidays! Support your local artists, and give yourself or someone else a gift handmade right here in Northeast Ohio. Open seven days a week. Member and public reception on **Friday, November 3**.

Close Encounters House Concerts

For 12 years, the Heights Arts Close Encounters series has provided audiences the opportunity to hear music that is never performed in symphony halls, played with passionate intensity by members of The Cleveland Orchestra and their associates, in private homes and intimate settings where the instruments are as close as a person sitting across the dinner table. Tickets for the four-concert season go on sale mid-September.



HEIGHTS CHAMBER ORCHESTRA

216-751-7816

www.heightschamberorchestra.org

Sunday, October 8, 3:30 pm

First Baptist Church, 3630 Fairmount Blvd.
Inaugural concert of the season featuring Beethoven's "Piano Concerto #4."
Hrant Bagrazyan, piano.
Domenico Boyagian, conductor

Sunday, November 19, 3:30 pm

St. Paul's Episcopal Church,
2747 Fairmount Blvd.
Chamber concert featuring Vivaldi's "The Four Seasons." Emily Cornelius, violin.

HEIGHTS YOUTH THEATRE

216-923-1583 • Wiley Middle School

2181 Miramar Blvd.

www.heightsyouththeatre.com

Each of the plays in the 2017-18 season deals with excursions of self-discovery. Ultimately, the characters gain insights that are more fulfilling than the happiest fairy tale.

Into the Woods

October 20-22, 27-29

Directed by Kelly Monaghan
Music Directed by Stacy Bolton

Once Upon a Mattress

January 26-28, February 2-4, 2018

Directed by Eugene Sumlin
Music Directed by Stacy Bolton

LAKE ERIE INK

2843 Washington Boulevard

(former Coventry Elementary School)

www.lakeerieink.org • 216-320-4757

Teen Book Project Info Session

Wednesday, September 13, 6:00-7:00pm

Lake Erie Ink needs your help to publish a book of local teen writing. Come learn about how you can become an editor and/or published author with Lake Erie Ink.

Face the College Essay – Be Yourself

workshops **Tuesdays, September 19**

and **October 3, 6:30-8:30pm**

Identify the story that makes you unique and learn to express it in a compelling way at this college essay workshop for college-bound juniors or seniors. Bring a draft of your application essay or start one while you're here.

Building New Worlds

Saturday, September 23, 10:30am-12:30pm

Learn how to create the perfect sci-fi or fantasy setting at this workshop for youth of all ages featuring a guest writer.

Eerie Ink

Saturday, October 28, 10:30am-12:30pm

An all-ages workshop featuring a guest writer shows how to write the spooky and suspenseful.

Fables in the Forest

Saturday, November 18, 10:30am-12:30pm

Make our furry animal friends the center of your story at this all-ages writing workshop for youth featuring a guest writer.

Craft Your Story: Paper Creations

Saturday, December 16, 10:30am-12:30pm

Transform good ol' fashioned paper into fanciful paper crafts at the all-ages workshop featuring a guest artist who will lead attendees in a craft project to present as holiday gifts.

Evening Ink

Teen Writers' Workshop is a weekly writers' workshop for teens in grades 6-12. Become part of this community of teen writers and explore writing genres, respond to creative prompts, write collaborative pieces, and share with one another in a small group setting. Wednesday nights beginning **September 13**.

Bring Lake Erie Ink to your school or organization for creative writing fun!

Lake Erie Ink works with teachers and staff at schools and other youth-serving organizations on fun and motivating writing workshops that explore various genres, including poetry, puppetry, comics, fiction, nonfiction, writing across the curriculum, and more.

WESTERN RESERVE CHORALE

216-791-0061 • westernreservechorale.org

David Gilson, artistic director

Sunday, December 3, 7:00pm

Gesu Catholic Church, 2470 Miramar Blvd.

'Tis the Glorious Season

Program includes Vivaldi's "Gloria," Victoria's "Gloria," Whitacre's "Five Hebrew Love Songs," and Darke's "In the Bleak Mid-Winter"

business



Heights Businesses Recognized

Congratulations to the following Heights businesses for being recognized in *Scene Magazine's* 2017 Best of Cleveland issue.

Coventry District:

Crazy Mullets, Best Salon
Eddy's Barbershop, Best Barber
Avalon Exchange, Best Consignment Shop
Grog Shop, Best Bar Club Underground Music

Cedar Fairmount District:

Barrio Tacos, Best Tacos and Best Happy Hour
Aladdin's Eatery, Best Middle Eastern and Best Vegetarian
Nighttown, Best Jazz Club

Cedar Taylor District:

Melt Bar & Grilled, Best Sandwiches and Best Veggie Burger

Cedar Lee District:

CLE Urban Winery, Best Local Vineyard Wine
Cedar Lee Theatre, Best Movie Theater

Cedar Fairmount News

The Music Hop, sponsored by Future Heights, Cedar Fairmount SID, Cuyahoga Arts & Culture, and Cedar Fairmount Businesses will be from 6:00 to 10:00pm on **September 8**. Participating businesses include: Appletree Books, Cleveland Heights Church, The Fairmount, Pavilion Home & Floral, and Nighttown Restaurant. This free, family-friendly event will have venues hosting one to two musical groups. The Fairmount will offer a third after 10:00pm. See page 16 for more details.

Cedar Fairmount Fall Festival

On **Sunday, October 22** (note date change from August 20th) from 12:00 noon to 5:00pm, the district is combining the traditional Cedar Fairmount Summer Festival with its Fall/Halloween festival due to the delay in the completion of the Cedar Fairmount Streetscape renovations. It will be a celebration of the "new look" of the district. There will be local artists and vendors selling their work and merchandise. Cleveland Metroparks, Cuyahoga Animal Protective League, Cleveland Museum of Natural History, Cleveland Heights Library Bookmobile, and other local nonprofits will be on hand as well as the Cleveland Heights Fire

Truck. Entertainment includes The Get Back Duo and Monkey Kats, Whipples the Balloon Clown, Tracie the Face Painting Clown, a Monster Bounce House, and the Euclid Beach Rocket Car. Super Heroes Wonder Woman and Spider Man, as well as Captain Hook and Moana will be on hand.

There will be a ribbon-cutting ceremony, Trick or Treating, Children's Costume Contest, Historical Bus tour, and much more. This free, family event is sponsored by Cedar Fairmount SID, Cuyahoga Arts & Culture, and Cedar Fairmount Businesses and neighbors. To participate in the 16th Cedar Fairmount Fall Festival go to **www.cedarfairmount.org** or call 216-791-3172.

Cedar Fairmount Holiday Craft Show

On **Saturday, December 2**, the Cedar Fairmount SID will host its first Holiday Craft Show at the Alcazar. Local artists and crafters have been invited to set up booths in the atrium and dining room of the historic Alcazar Hotel on Derbyshire Road. The show will be from 9:00am to 4:00pm. It will be an opportunity to find unusual items for holiday gift giving. Montlack Realty has generously donated the space for the show. Applications are available at **www.cedarfairmount.org**.

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Coventry Village

Seafood Shake opens

Welcome to Seafood Shake, which is now open at 1852 Coventry Road in the space formerly occupied by Winking Lizard. Part-owner Hang Zheng explained the concept: "We steam [seafood] in a bag, add seasoning, then shake it up." Diners can select from many seafood options: lobster, Dungeness crab, King crab (when available), shrimp, oysters, crawfish, clams and mussels. Each seafood-in-a-bag meal also includes corn-on-the-cob pieces and potatoes. Seafood Shake is open Monday-Thursday 3:00-10:00pm, Friday and Saturday 12:00 noon-11:00pm, and Sunday 12:00 noon-9:00pm.

0 Degrees Below Zero opens

And when you're ready for dessert after your seafood-in-a-bag meal, head next door to 0 Degrees Below Zero in what used to be the Winking Lizard party room. Inspired by a Thai ice cream vendor, Zheng and his partners make ice cream from scratch: a paper-thin dough is rolled, filled with one of several ice cream flavors and then completed by up to three toppings. The ice cream shop is open Sunday-Thursday 12:00 noon-10:30pm and Friday-Saturday 12:00 noon-11:00pm.

weareproud...

A request for a mocha milkshake from the friend of a hospice patient in Washington, DC came to Tom Fello of Tommy's Restaurant on Coventry. He didn't think twice – he froze it, packed it in dry ice and shipped it overnight to Emily Pomeranz, who grew up in Cleveland Heights. The story was posted on Facebook and it went viral on the internet, in print and broadcast news. Tommy has received emails, notes and phone calls from all over the world for his kind and thoughtful deed. Now everyone knows what we have known for years: there is no one like Tommy.

The Whiskey Bar expands

The Whiskey Bar at 2767 Euclid Heights Boulevard has been so successful that owners Jade and Jay Novak have expanded it to two levels in the space formerly occupied by their Café Bon Appetit. The Whiskey Bar is a speakeasy-like cocktail lounge featuring a massive whiskey selection of over 350 varieties.

Mayfield Road

Welcome to Peace Lutheran Church

The congregations of Hope Lutheran and Bethlehem Lutheran churches have consolidated their ministries to form Peace Lutheran Church at 3740 Mayfield Road, the site of Bethlehem Lutheran Church. Serving as co-pastors are Reverends Donald King and Jessica Shields, former pastors of Hope Lutheran and Bethlehem Lutheran, respectively. The entire Heights community is invited to attend their formal installation as the new pastors at a special service on **October 29**. Bethlehem Lutheran Church's annual Novemberfest, a Swedish foods and crafts fair, will take place on **November 11**.

Noble Neighborhood

Welcome to 121 eCommerce

121 eCommerce has relocated to the BNH Corporate Place building at 2940 Noble Road. This global company specializes in e-commerce website development and customization as well as front-end design and website optimization for increased conversion rate efficiency.

Cedar Lee

Welcome to Studio How-To

A new handcraft studio school, Studio How-To, opened this summer on the second floor of the Douglas Fine Arts Building at the corner of Cedar and Lee roads. No experience is necessary and even those who don't consider themselves creative can have fun!

www.studiohow-to.com

Welcome to Sylk's Soul Fix Cuisine

A healthy soul food restaurant opened mid-August at 2142 Lee Road joining Chef Eric Rogers' other tasty Cedar Lee establishments: The Fix Bistro (2195 Lee Road) and Sweet Fix Bakery (2307 Lee Road).

Cedar Taylor News

Gleena Ceramics

Gleena Ceramics is a new store and studio at 2114 South Taylor Road opened by Asya Palotova, a former art director at *Martha Stewart Living* magazine. Her products, ranging in price from \$20 to \$300, are also available in stores in 16 states and online. For more information, visit www.gleena.com.

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Dedicated to your unique needs

3109 Mayfield Road, Suite 203
Cleveland Heights, OH 44118

216-965-0646



Call David Keller

www.KellerNational.com

Neighborly **Artistic** **Thriving**
green progressive **unique** Home
Friendly **HOME** eclectic **Cultural**
Home historic **Neighborly** fun
friendly **diverse** Green **HOME**

Cleveland Heights Ohio

Eclectic Neighborly **Friendly** vital
thriving
historic **unique** **Cultural** progressive
Home vital **HOME** thriving
green historic **Neighborly** fun
friendly **diverse** Green **HOME**
Artistic **HOME** historic **Diverse**
HOME Creative **GREEN** Unique
Vital eclectic progressive thriving
fun **Eclectic** Green **Home**

These words selected by Cleveland Heights residents to describe their city.

www.ClevelandHeights.com

datestoremember

September 7-9	Heights Music Hop, 9/7 Coventry Village, 9/8 Cedar Fairmount, 9/9 Cedar Lee
Monday, September 11	American Red Cross Blood Drive 2:00-7:00pm, Community Center South Atrium
Sunday, September 10	Community Shredding Day 9:00am-12:00 noon, Cleveland Heights City Hall Parking Lot
Sunday, September 10	Cleveland Heights High School Grand Opening 1:00-4:00pm
Tuesday, September 19	Top of the Hill Project Update public meeting 7:00pm, Community Center
Sunday, September 24	Heights Heritage Home & Garden Tour 12:00 noon-6:00pm
Friday, October 6	Heights High School Homecoming Parade 5:00pm start at Scarborough and Lee
Sunday, October 8	Happy 5K Fun Run, 10:00am
Wednesday, October 11	Candidates' Forum 7:00-9:00pm, Community Center
Thursday, October 19	Community Improvement Awards 7:00pm, City Hall Atrium
Friday, October 20	The Cedar Lee Candy Crawl 5:00-7:00pm
Sunday, October 22	Cedar Fairmount Halloween Fall Festival 12:00 noon-5:00pm
Tuesday, October 31	City-wide Halloween Trick-or-Treating 6:00-8:00pm
Sunday, November 5	Daylight Savings Time ends. Turn clocks back.
Tuesday, November 7	Election Day
Friday, November 10	City Hall and the Community Center closed in observance of Veterans Day on November 11
Monday, November 13	American Red Cross Blood Drive 2:00-7:00pm, Community Center South Atrium
Thursday, November 23	Thanksgiving Day, City Hall and the Community Center closed
Friday, November 24	City Hall closed
Saturday, December 2	Cedar Fairmount Holiday Craft Show 9:00am-4:00pm, Alcazar
Saturday, December 16	Visit with Santa at Dewey's 11:00am, Polar Express in 3D at Cedar Lee Theater
Monday, December 18	American Red Cross Blood Drive 2:00-7:00pm, Community Center South Atrium
Monday, December 25	Christmas, City Hall and the Community Center closed
Sunday, December 31	Noon Year's Eve 11:00am-1:00pm, Community Center
Monday, January 1, 2018	New Year's Day, City Hall and the Community Center closed
Monday, January 8	American Red Cross Blood Drive 2:00-7:00pm, Community Center South Atrium
Wednesday, January 11	Dr. Martin Luther King, Jr. Celebration 7:00pm, Community Center
Monday, January 15	Dr. Martin Luther King, Jr. Day, City Hall and the Community Center closed

COMMUNITYCENTER

Cleveland Heights Community Center, 1 Monticello Boulevard 44118
www.clevelandheights.com Follow us on Facebook

Important Phone Numbers

Community Center: 216-691-7373
Ice Rinks: 216-691-7434
Office on Aging: 216-691-7377
Recreation Sports Hotline: 216-691-7385

Registration Information

All Dates Are Subject to Change
Registration is on a first-come, first-served basis. All fees are due at the time of registration. All Cleveland Heights residents must first purchase a \$5 Recreation ID card and provide proof of residency, such as a utility bill (or other piece of mail), in addition to a driver's license or photo ID in order to register. All classes have a minimum enrollment and will be cancelled if they have not met minimum enrollment before the first class. Participants will be notified by phone and/or email in the event of a class cancellation due to insufficient enrollment.

Families with more than one person enrolled in the same general recreation class will be eligible for the family discount. The first person in the same class will pay full price and a \$10.00 discount for each additional family member in the same class. A family is defined as adult head of household and his/her spouse or partner and dependent children occupying same household age 18 and under.

Please note that sometimes excellent courses are canceled when too many people wait until the last minute to register. To avoid disappointment, try to register as soon as possible or at least one week before the course begins.

Registration Hours

M-F 9:00am-7:00pm
Sat. 9:00am-4:00pm
Sun. 11:00am-4:00pm
Closed: Monday, Sept. 4
Friday, Nov. 10
Thursday, Nov 23
Monday, Dec 25
Monday, Jan 1, 2018
Monday, Jan 15, and
Monday, Feb 19.

Benefits of a Recreation ID Card

Use of the Community Center track, fitness center and basketball courts.*
Free use of the lighted tennis courts, outdoor basketball courts and skate park.
Use of six outdoor picnic shelters (permit required at a fee of only \$25).
Free use of the Cain Park Splash Pad and Cumberland Wading Pool.
Reduced rates for all Community Center programs.
Reduced rates for public ice skating sessions and other skating programs.
Reduced rates for daily swimming admission and aquatics programs.
Reduced rates for youth/adult sports programs.

***Note: Residents must first purchase a Recreation ID Card in order to purchase a Community Center Field House Pass or to pay daily Field House usage fee.**

For Your convenience, There are Four Ways to Register:

Online (24/7)

Registration available at www.clevelandheights.com, click the Recreation tab. You must have a current Cleveland Heights Recreation ID Card in order to receive your resident rate. You will also need to contact the front desk staff to get your PIN and initial Login ID. Note: if a class is already full, you will not be able to register online.

In Person

Register in person at the Community Center during the office hours listed above. In-person registration is an option for most programs with the exception of Jazzercise and Jump Start Sports.

Phone

Registration by phone is only an option for some senior programs and general recreation classes if the participant has a current Rec. ID Card.

Mail

Mail completed registration form(s) to City of Cleveland Heights
Department of Parks and Recreation – 40 Severance Circle – Cleveland Heights, OH 44118 – Attn: Registration, with check made payable to **City of Cleveland Heights.**



NEW RECREATION ONLINE SOFTWARE COMING NOVEMBER 1!!!

Payment Options

Included are cash, VISA, MasterCard, debit cards, money orders or personal checks. (Do not mail cash). Checks should be made payable to **City of Cleveland Heights** and should include your phone number. **There is a returned check service fee of \$25.**

Refund Policy

Because the decisions to maintain classes are based on the enrollment at the first class, no refunds are granted after the first class. Participants assume the risk of changes in personal affairs or health. Special programs are exempt from this policy and are dealt with on a case-by-case basis. Those entitled to a refund will have a \$5 processing fee deducted. There is no refund for materials purchased.

Disability Policy

The Cleveland Heights Department of Parks and Recreation is sensitive to the needs of the physically challenged and encourages participation of all individuals. All of our facilities meet ADA requirements.

Non-Endorsement Policy

The City of Cleveland Heights does not necessarily endorse the opinions or philosophy of the instructors who teach its classes and programs.

Weather Cancellation Policy

When the Cleveland Heights-University Heights City Schools are closed, all Senior Center activities and activities held in school facilities will be cancelled. The Community Center will remain open and activities will be handled on a case-by-case basis.

Youth Recreation Fund

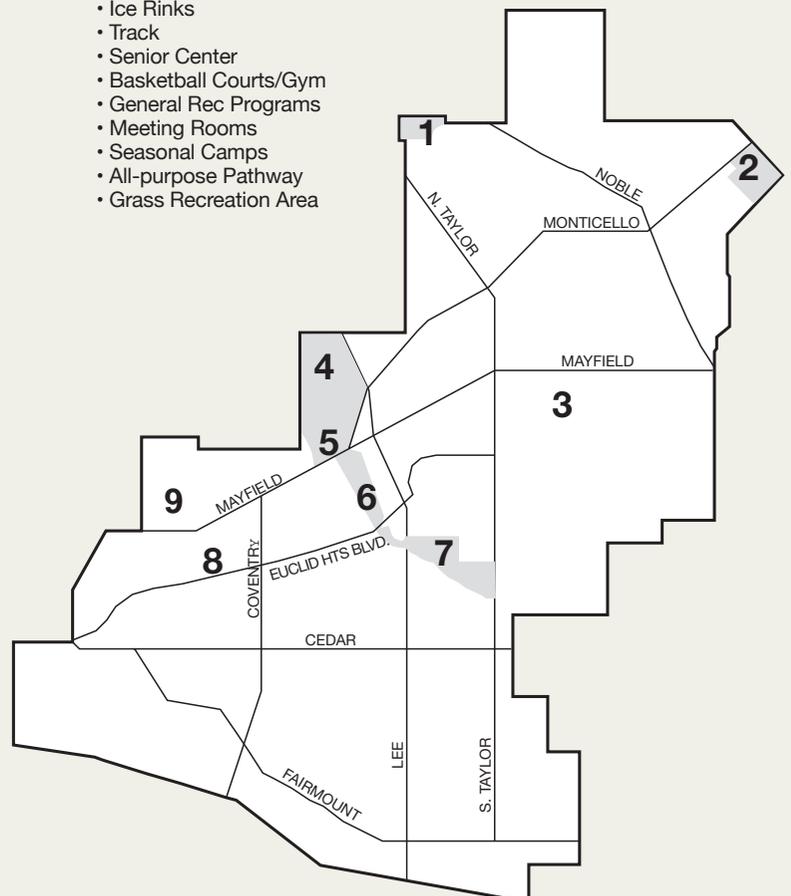
The Youth Recreation Fund provides financial assistance to those Cleveland Heights children who might otherwise be unable to participate in recreation programs and activities. The Youth Recreation Fund offers reduced rates for those residents who qualify. Applications are available at the Community Center.

Volunteer Opportunities

Volunteer coaches are needed and welcome for youth sports programs such as basketball, baseball, flag football, soccer, softball, T-ball, programs and special events. Please contact Mike Discenzo at mdiscenzo@clvhts.com to become a volunteer coach or contact Dee Marsky at dmarsky@clvhts.com for program and special event opportunities.

parks & facilities

- 1 CALEDONIA PARK**
Ravine Road (near Noble)
• Playground
• Picnic Shelter
• Multi-purpose Field
• Ball Field
- 2 DENISON PARK**
Bluestone and Quarry (Monticello Blvd)
• Ball Field
• Multi-purpose Field
• Tennis Courts
• Basketball Courts
• Playground
• Picnic Shelter
• All-purpose Pathway
• Patio/Grass Recreation Area
- 3 CITY HALL**
40 Severance Circle
- 4 FOREST HILL PARK**
Lee and Monticello
• Softball & Baseball Fields
• Tennis Courts
• All-purpose Pathway
• Picnic Shelters
• Playground
• Multi-purpose Field
• Nature Trail
- 5 COMMUNITY CENTER**
Mayfield and Monticello
• Fitness Center
• Ice Rinks
• Track
• Senior Center
• Basketball Courts/Gym
• General Rec Programs
• Meeting Rooms
• Seasonal Camps
• All-purpose Pathway
• Grass Recreation Area
- 6 CUMBERLAND PARK**
Cumberland and Mayfield
• Swimming Pool
• Wading Pool
• Basketball Courts
• Playground
• Grass Recreation Area
• All-purpose Pathway
• Veterans Memorial
• Historical Center
• Picnic Shelter
- 7 CAIN PARK**
Lee and Superior
• Tennis Courts
• Basketball Court
• Skate Park
• Playground
• Summer Performing Arts Center
• All-purpose Pathway
• Grass Recreation Area
• Sledding Hill
• Splash Pad
- 8 EUCLID HEIGHTS TOT LOT**
Euclid Heights Blvd and Lancashire
• Tots Playground
- 9 KENILWORTH PARK**
Edgehill and Kenilworth
• Playground



Room Rentals

Are you planning a party or hosting a business event/seminar for an organization? If so, then the Community Center is just the place to service your needs. The Community Center has several rooms to accommodate your event no matter how big or small, including a large activity room with a warming kitchen. Tables and chairs are also available for your specific function. Please feel free to visit the Community Center and view our rooms. If interested in reserving a room, please contact 216-691-7373 and let the Community Center make your event one to remember!

Small Activity Room

Maximum capacity: 25

Cost: \$25.00/hour CH RES or CH nonprofit*

\$50.00/hour NON RES or NON RES nonprofit

*(Note: No fee, meetings only up to two times per year.)

South Atrium

Maximum capacity: 50

Cost: \$35.00/hour CH RES or CH nonprofit

\$70.00/hour NON RES or NON RES nonprofit

Activity Room 1A & 1B

Maximum capacity: 50

Cost: \$55.00/hour CH RES or CH nonprofit

\$110.00/hour NON RES or NON RES nonprofit

Security Deposit: \$110.00

Activity Room 7 (Kitchen Availability)

Maximum capacity: 100

Cost: \$110.00/hour CH RES or CH nonprofit

\$220.00 hour NON RES or NON RES nonprofit

Security Deposit: \$220.00

Senior Activity Center Multi-Purpose Room

Maximum capacity: 150

Cost: \$150.00/hour CH RES or CH nonprofit

\$300.00/hour NON RES or NON RES nonprofit

Security Deposit: \$300.00

Summer Field House (South Rink)

Trade Show: \$250.00/hour or \$1,000.00/day

Guidelines:

- Room reservations with a deposit need to be made 30 days before your event.
- The individual who signs the contract needs to be present during the entire event.
- Any resident signing on behalf of a non-resident agency will be charged the non-resident rate.
- Resident who signs must give the check in his/her name.
- Availability of rental space is subject to other events and programming being held in the facility and is subject to change or cancellation.
- The Community Center must be vacated by the close of regular business hours.
- Rooms cannot be rented for religious activities.
- Rooms can only be scheduled for a group one month at a time.
- Smoking or alcoholic beverages are not permitted in the facility.
- Cancellations must be received 30 days prior to your event in order to receive a refund.
- Live animals are not permitted in the facility.
- The Community Center is unable to accommodate rentals for any teen parties (ages 13-19).

Athletic Field Reservation

Recreation ID card holders can also reserve baseball/softball and other athletic fields for a fee. The Department of Parks and Recreation limits availability of its athletic fields. Please contact Mike Disenzo at 216-691-7383 to inquire about field availability.

Picnic Shelter Reservation

Cleveland Heights has six covered picnic shelters available for use by Cleveland Heights residents with a current Recreation ID Card only. The Caledonia Park picnic shelter is also available to East Cleveland residents with proper proof of residency. Picnic shelters are located in the following parks:

Caledonia Park: one single shelter

Cumberland Park: one single shelter

Denison Park: one single shelter

Forest Hill Park: one single and one double shelter

All are available to holders of a current Recreation ID Card for a cost of only \$25.00 on a first-come, first-served basis. An application needs to be completed in order for a permit to be issued. Non-permit use is allowed, however, permit holders will have priority for picnic shelter use. Permits are enforced by the Cleveland Heights Police Department. Applications for 2018 can be submitted beginning Tuesday, January 2, 2018.

The Department of Parks and Recreation handles all reservations for picnic shelters. Please call the Community Center at 216-691-7373 to request a picnic shelter reservation packet which includes all pertinent information and forms.



Cleveland Heights has six covered picnic shelters available for use by Cleveland Heights residents with a current Recreation ID Card only.

FITNESS CENTER

information



Annual Fitness Center Passes/30-Day Passes/Daily Admission

Use of the Fitness Center, Track and Gym is available to Cleveland Heights resident adults and students (through high school) who live within the boundaries of the Cleveland Heights-University Heights City School District. Cleveland Heights residents need to purchase a Recreation ID Card for \$5.00. Residents with a current Recreation ID Card then have the following three options: **1)** pay \$6.00 per day to use the Fitness Center, **2)** purchase an annual Fitness Center pass (see below), good for one year from the date of purchase for unlimited usage of the Field House, or **3)** purchase a 30-day unlimited Fitness Center pass. **Note: management reserves the right to confiscate membership cards and revoke all privileges for misbehavior or misuse, including, but not limited to, sharing membership cards, inappropriate language, etc. (minimum 30-day suspension).** See page 42 for classes offered for free with your fitness center membership.

Resident Field House/Fitness Center Pass Rates:

Category	30-Day Pass	Annual Pass
Youth (K-age 11)	\$10.00	\$84.00
Youth (age 12-HS or equiv)	\$18.00	\$110.00
Young Adult (19-24)	\$27.00	\$180.00
Adult (25-59)	\$33.00	\$220.00
Senior (60+)	\$17.00	\$115.00
Family	\$55.00	\$345.00

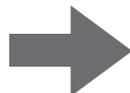
Annual Non-Resident Fitness Center Passes / 30-Day Passes Available

Adult non-residents age 18+ who:
 Live in University Heights, or
 Live within the boundaries of the Cleveland Heights-University Heights City School District, or
 Have children participating in Community Center programs, or
 Are employed within the boundaries of Cleveland Heights, including their families (must present recent pay stub).

Non-Resident Field House/Fitness Center Pass Rates:

Category	30-Day Pass	Annual Pass
Youth (K-age 11)	\$15.00	\$126.00
Youth (age 12-HS or equiv)	\$27.00	\$165.00
Young Adult (19-24)	\$39.00	\$248.00
Adult (25-59)	\$45.00	\$299.00
Senior (60+)	\$25.00	\$165.00
Family	\$79.00	\$499.00

Community Swimming returns this fall in the newly renovated Cleveland Heights High School. Please check the website and follow us on Facebook for program updates and announcements.



Fitness Center Guest Policy

Field House pass holders may bring a non-resident guest (maximum two) at a cost of \$8.00 per guest. Guest books of 3 for \$16.00 are available for purchase.

Fitness Center/Track Policy

You need to be age 16 or older to use the Fitness Center and Track. Youth ages 12-15 may use the Fitness Center and Track accompanied by a paying adult/guardian. Infants and toddlers are permitted in strollers or in infant front/back pack carriers on the inside lane of the Track only. Infants and toddlers are not permitted in the Fitness Center.

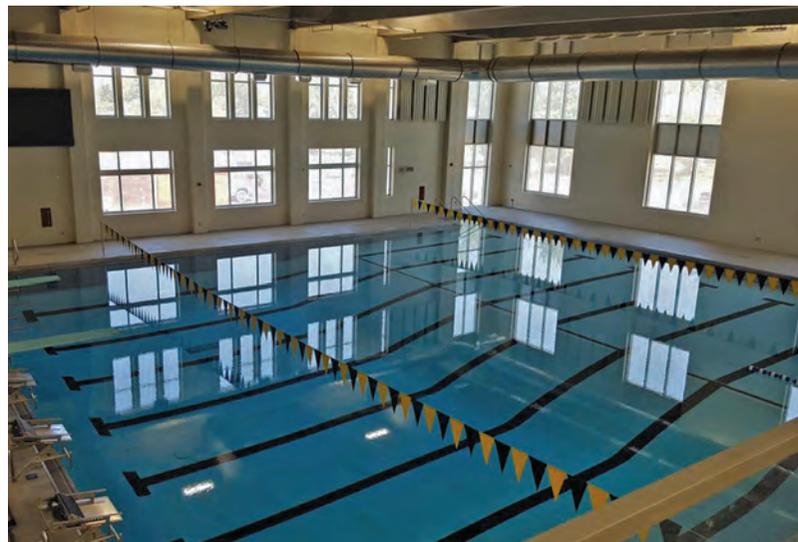
Fitness Center Hours

Monday-Friday: 6:00am-9:00pm
 Saturday: 7:00am-6:00pm
 Sunday: 9:00am-6:00pm

Closed: Monday, Sept. 4
 Friday, Nov. 10
 Thursday, Nov. 23
 Monday, Dec. 25
 Monday, Jan. 1, 2018
 Monday, Jan. 15, and
 Monday, Feb. 19.

Gym

Open gym times for youth and adults have been scheduled. Please call 216-691-7373 for information. For sports leagues, exercise programs and other general recreation programs, please refer to the specific activity sections of this magazine for program times and other information.



PERSONAL TRAINING

at the Fitness Center



"Lisa is flexible with her schedule and always willing to accommodate her client. She is fully prepared each session with a specific and challenging program to meet the needs and goals of the client. It is evident that she is fully focused and knowledgeable and applies what she has learned." – Linda

"I have been working with Ty Richardson since having my baby only one year ago and in that time, I have lost 55 pounds and I have awesome muscle tone and flexibility. She makes every session different to prevent boredom and she gives me modifications to accommodate my bum knee which is weak from surgery. Ty makes weight training fun!" - Nichole

Personal Training Services

Individualized personal training programs adapted to fit your goals and needs by certified experts. All ages and fitness levels welcome. One-on-one, Couples and Small Group training sessions available. 60-minute and 30-minute sessions available.

Head Trainer: Ty Richardson
 Trainers: Timothy Cavender, Lisa Dunn and Troy Johnson
 Time: Morning and evening sessions are available by appointment.
 Location: Activity Room 6
 Cost: Trainers set their own rates within an affordable range.
 Contact: Ty Richardson
 216-694-8414
 rapidresultsworks@gmail.com

Our expert certified personal training staff will develop a program to fit your specific fitness goals. Our programs incorporate strength, cardiovascular, mobility and flexibility training as well as injury prevention and wellness education. We will work around any injuries or limitations you have to help make your goals a reality. Working with one of our professional exercise specialists is one of the best investments you could make for your personal health and wellness.

Ty Richardson - Head Trainer

Weight loss education and fitness training for special populations (intellectually/developmentally disabled) Availability: Monday through Friday (7:00am-7:00pm) & Saturdays (9:00am-11:00am)

Timothy Cavender

Customized nutrition coaching and exercise programs to help reach weight loss goals. Availability: Mornings, Afternoons and Evenings on Tuesdays and Thursdays.

Lisa Dunn

Female clients wanting to improve fitness and performance with strength training. Availability: Mornings on Mondays, Wednesdays and Fridays

Troy Johnson

Became trainer after changing his own unhealthy lifestyle – eats, sleeps, dreams about fitness. Availability: Monday through Thursday (4:30pm-8pm) & Saturday (10am-2pm)

- All our personal trainers are college educated and certified fitness professionals.
- All our personal trainers have years of experience working in this field.
- We have morning, afternoon, evening and weekend appointments available.
- Our facility has a large variety of training equipment including a private training room with specialized equipment.
- We offer affordable payment options to fit your budget and a results-oriented exercise plan regardless of your budget.
- Discounted rates are available for those who train as couples or in small groups.
- Free consultation to discuss your health and fitness goals in greater detail.

PRESCHOOL PROGRAMS

special interest

Preschool open gym

Parent and little ones ages 1-5. Parents/guardians must stay with their children.

Days: Monday, Wednesday & Friday
Date: Starting Oct 23
Time: 10:00am-12:00 Noon
Location: Community Center Gym
Cost: \$5.00 per family each visit or \$20.00 for a 6-class pass

NEW DAY! Imagination Station

A movement potpourri! In a fun and loving environment, we will enjoy costumes and props. Listening and attention span skills and a sense of spatial awareness will be developed through music, puppet shows, and large muscle activities. Not your typical gym class, this emphasizes imaginative play and movement. Adults do not stay with children during class.

Instructor: Helen Berman
Ages: 3-5
Day: Tuesday
Dates: Sept 19-Oct 10 (fall)
Dates: Jan 23-Feb 13 (winter)
Time: 10:00-11:00am
Location: Activity Room 1A & 1B
Cost: \$26.00 CH RES
\$30.00 NON RES

NEW DAY! Creation Station

Splatter that paint and dabble in art supplies to create fascinating take-home projects. Explore unique paints, techniques and materials through crafts that change every week. Children are able to creatively express themselves while having fun in this preschool art class. Adults do not stay with children during class.

Instructor: Helen Berman
Ages: 3-5
Day: Tuesday
Dates: Nov 14-Dec 5 (fall)
Time: 10:00-11:00am
Location: Activity Room 3
Cost: \$26.00 CH RES
\$30.00 NON RES
Dates: Feb 27-Mar 13 (winter)
Time: 10:00-11:00am
Location: Activity Room 3
Cost: \$20.00 CH RES
\$23.00 NON RES

Evening Preschool Dance

Children will explore the basics of movement and ballet and develop their creativity in this playful introduction to dance. Children must be potty-trained, wear comfortable clothes and non-skip footwear or bare feet. Observation day is the last class of the session.

Instructor: Beth Szpak
Ages: 3-5
Day: Wednesday
Dates: Sept 13-Oct 18 (fall 1)
no class 9/20
Dates: Nov 1-Dec 6 (fall 2)
no class 11/22
Dates: Jan 10-Feb 7 (winter 1)
Dates: Feb 21-Mar 21 (winter 2)
Time: 5:15-6:00pm
Location: Aerobic Room
Cost: \$32.00 CH RES
\$37.00 NON RES

Preschool Ballet Level 1

An introduction to the basics of ballet. Children should wear plain leotards, tights and ballet shoes. Observation day is the last class of the session.

Instructor: Pia Alesci
Ages: 3-4 (must be 3 & potty-trained!)
Day: Monday
Dates: Sept 11-Oct 16 (fall 1)
Dates: Nov 6-Dec 11 (fall 2)
Dates: Jan 8-Feb 26 (winter 1)
no class 1/15 & 2/19
Time: 1:15-2:00pm
Location: Aerobic Room
Cost: \$38.00 CH RES
\$44.00 NON RES

Preschool Ballet Level 2

Previous experience required, and/or permission from instructor. Basic skills developed. Children should wear plain leotards, tights and ballet shoes. Observation day is the last class of the session.

Instructor: Pia Alesci
Ages: 3-4 (must be 3 & potty-trained!)
Day: Monday
Dates: Sept 11-Oct 16 (fall 1)
Dates: Nov 6-Dec 11 (fall 2)
Dates: Jan 8-Feb 26 (winter 1)
no class 1/15 & 2/19
Time: 12:15-1:00pm
Location: Aerobic Room
Cost: \$38.00 CH RES
\$44.00 NON RES

sports

Tiger Cubs Pre-School Soccer

Ages: 3 & 4
Day: Saturday
Dates: Sept 9-Oct 14
Time: 10:00-11:00am
Location: Denison Turf Field
Cost: \$75.00
Contact Sean Sullivan at 216-849-4505 for more information:
www.heightsunitedsoccer.com



YOUTH PROGRAMS

special interest

Heights WinterFest Camp

Kids in grades K-5 have a blast playing basketball, floor hockey, flag football, soccer, Ultimate Frisbee, and traditional camp games such as capture the flag, dodge ball, kickball and British bulldog! Jump Start Sports camps provide your child with an opportunity to play and learn about sports in a fun, well-supervised environment.

We will also be able to go ice skating (optional) every day with skates provided! Contact Jump Start Sports at 330-571-3424

Dates: Week 1: Tue, Dec. 26-29

Week 2: Tue, Jan 2-5

Time: Full day: 9:00am-3:00pm
Half day: 9:00am-12:00 Noon
or 12:00 Noon-3:00pm

Before Care: 8:00am-9:00am

After Care: 3:00-6:00pm

Location: Cleveland Heights
Community Center
1 Monticello Blvd

Fees: Both Weeks, All Day \$235

One Week Full Day \$120 / Half Day \$72

Individual Days: \$35 per day

(Half day rates are 60% of full day rates)

Before Care (8:00-9:00am) - \$5

After Care (3:00-5:00pm) - \$15

PLEASE PAY FOR BEFORE/AFTER CARE BY CASH OR CHECK THE MORNING OF CAMP

School Age Evening Dance

This class will develop coordination and confidence in a creative and fun environment. Please wear comfortable dance clothing and ballet shoes or bare feet. Observation day is the last class.

Instructor: Beth Szpak

Ages: 6-8

Day: Wednesday

Dates: Sept 13-Oct 18 (fall 1)

Dates: Nov 1-Dec 20 (fall 2)
no class 11/22

Dates: Jan 10-Feb 7 (winter 1)

Dates: Feb 21-Mar 21 (winter 2)

Time: 6:00-7:00pm

Location: Aerobic Room

Cost: \$32.00 CH RES

\$37.00 NON RES

Youth-Beginners Self-Defense/Tai Shin Doh

Children are taught control, discipline, awareness, responsibility and consideration in a martial arts environment.

Instructor: David Jones

5th Degree Black Belt

Ages: 6 & older

Day: Saturday

Dates: Sept 16-Dec 9 (fall)
no class 9/30, 11/11, 11/25

Dates: Jan 20-Mar 24 (winter 9wks)
no class 2/17

Time: 10:30am-12:00 Noon

Location: Activity Room 7

Cost: \$65.00 CH RES
\$75.00 NON RES

9 Weeks: \$59.00 CH RES
\$68.00 NON RES

Youth-Advanced Self-Defense/Tai Shin Doh

For students who have achieved a green belt in Tai Shin Doh and above. Continue to master the art of Tai Shin Doh.

Instructor: David Jones

5th Degree Black Belt

Day: Saturday

Dates: Sept 16-Dec 9 (fall)
no class 9/30, 11/11, 11/25

Dates: Jan 20-Mar 24 (winter 9 wks)
no class 2/17

Time: 9:00-10:30am

Location: Activity Room 7

Cost: \$65.00 CH RES
\$75.00 NON RES

9 Weeks: \$59.00 CH RES
\$68.00 NON RES



Mini Kids Kuk Sool Won™(WKSJ)

Class includes: Etiquette, Rolling & Acrobatics, Meditation Practice, Hand/Foot Striking & Blocking, Forms Training and Self-Defense Techniques.

Instructor: David Pritts

2nd Degree Black Belt

Ages: 5-6

Days: Tuesday & Thursday

Time: 6:00-6:30pm

Dates: Sept 12-Oct 17 (fall 1)
no class 9/21

Dates: Oct 24-Nov 30 (fall 2)
no class 10/31 & 11/23

Dates: Dec 5-Jan 23 (winter 1)
no class 12/21, 12/26,
12/28, 1/2 & 1/4

Dates: Jan 30-Mar 6 (winter 2)
no class 3/1

Locations: Activity Room 7 (Tue)
& Senior Center (Thu)

Cost: \$34.00 CH RES
\$39.00 NON RES

Youth Kuk Sool Won™ (WKSJ)

Class includes: Etiquette, Rolling & Acrobatics, Meditation Practice, Hand/Foot Striking & Blocking, Forms Training and Self-Defense Techniques.

Instructor: David Pritts

2nd Degree Black Belt

Ages: 7-13

Days: Tuesday & Thursday

Time: 6:30-7:30pm

Dates: Sept 12-Oct 17 (fall 1)
no class 9/21

Dates: Oct 24-Nov 30 (fall 2)
no class 10/31 & 11/23

Dates: Dec 5-Jan 23 (winter 1)
no class 12/21, 12/26,
12/28, 1/2 & 1/4

Dates: Jan 30-Mar 6 (winter 2)
no class 3/1

Locations: Activity Room 7 (Tue)
& Senior Center (Thu)

Cost: \$58.00 CH RES
\$68.00 NON RES





sports

Fall Youth Soccer Academy

Day: Saturday
 Dates: Sept 9-Oct 21
 Time: Coed Grades K-1, 11:30am-1:00pm
 Time: Coed Grades 2-3, 1:00-2:30pm
 Time: Coed Grades 4-6, 1:00-2:30pm
 Location: Denison Turf Field
 Cost: \$40.00 CH RES
 \$60.00 NON RES

Register at the Community Center. Registration deadline is Friday, September 8. Volunteer coaches and assistant coaches are needed. Contact Sean Sullivan at 216-849-4505.

Youth Flag Football

Ages: 5-6 & 7-8
 Day: Saturday
 Dates: Sept 9-Oct 21
 Time: 9:00-10:30am
 Location: Denison Park (turf field)
 Cost: \$45.00 CH RES
 \$65.00 NON RES

Register at the Community Center. Registration deadline is Friday, September 8. Volunteer coaches and assistant coaches are needed. Contact Mike Discenzo at mdiscenzo@clvhts.com or 216-691-7383.

Heights Basketball Academy Travel Teams

Ages: Boys grades 4-6 and Girls grades 5 & 6
 Tryouts: Monday, Sept 25 through Friday, Sept 29
 Time: 6:30-8:30pm
 Location: Community Center
 Cost: \$75.00 CH RES
 \$90.00 NON RES

Contact Dushawn Hill at 216-926-7929 for more information.
www.heightsbasketballacademy.com

Heights Youth Rec Basketball League

Day: Thursday, Coed Grades K-1
 Day: Saturday, Coed Grades 2-3
 Boys Grades 4-5
 Boys Grades 6-8 & Girls Grades 4-8
 Dates: Dec 9-Feb 10 (no practice/games 12/19-31)
 Location: Community Center
 Cost: \$50.00 CH RES
 \$70.00 NON RES

Player Evaluation Clinic Saturday, November 18

Level	Time
Coed Grades K-1	10:15-10:45am
Coed Grades 2-3	11:00-11:45am
Boys Grades 4-5	12:00 Noon-1:00pm
Girls Grades 4-8	1:00-2:00pm
Boys Grades 6-8	2:00-3:00pm

Teams will be selected Saturday, December 2 (coaches only). Register at the Community Center. Registration deadline is Friday, December 1. Volunteer coaches and assistant coaches are needed. Contact Mike Discenzo at mdiscenzo@clvhts.com or 216-691-7383.

Indoor Soccer

Dates: Nov 8-Dec 13 and Jan 10-Feb 14, 2018
 Location: Oxford Elementary School
 Contact Sean Sullivan at (216)849-4505 or www.heightsunitedsoccer.com for more information.



ICERINKS

Ice Rink Schedule
216-691-7434 www.clevelandheights.com

Ice Schedule

The Cleveland Heights Community Center is fortunate to have two ice rinks and, due to the amount of patrons that we accommodate during the months of September through March, a comprehensive schedule is not available at this time. Please contact 216-691-7434 or go to www.clevelandheights.com/ice for up-to-date Learn-to-Skate USA information, daily schedules and additional rink information.

Ice Rink Special Events:

Sept & Oct

Sept 2, 3, 4: Ice rink closed, Labor Day
Sept 8: Learn-to-Skate USA Session 1 begins
Oct 16: Two-rink schedule & Learn-to-Skate USA Session 2 begins
Oct 28: Adult competition

Nov & Dec

Nov 20: Learn-to-Skate USA skip week
Nov 23: Ice rinks closed, Thanksgiving Day
Nov 24-26: High School Hockey Tournament
Dec 2-3: Speedskating Meet
Dec 23: Annual Barden-Benner-Carter Alumni Hockey Game
Dec 24, 25: Ice rinks closed
Dec 27-29: Cleveland Heights High School Hockey Tournament
Dec 31: Noon Year's Eve

Jan-Feb

Jan 1: Ice rinks closed
Jan 12-15: Youth Hockey Tournament
Feb 16-19: Annual Raymond A. Robinson Memorial Youth Hockey Tournament
Feb 25: CSHL Playoffs

Public Ice Skating Fees

Daily Skating Rates:

Preschoolers accompanied by an adult (limit 2 children per adult) charged only for skate rental.
Student (5-18) w/Recreation ID card: \$2.00
Adult w/Recreation ID card: \$3.00
Gen. Adm. w/out Recreation ID card: \$5.00
Skate Rental: \$2.00
Skate Rental Book: \$16.00 (book of 10)
Guest Book: \$45.00 (book of 10)

Birthday Parties:

For ages 7-12, you may reserve the North Atrium for a private group (maximum 20 children) to enjoy your birthday celebration while skating on one of our conveniently offered public sessions. Outside food and refreshments are permitted. Fee includes atrium rental, skating admission and skate rental. Advance reservations are required. Most Saturday and Sunday afternoons are available between November and February.
Cost: \$140.00 CH RES
\$210.00 NON RES

Would you like us to handle everything for you?

We will provide decorations, pizza, cake, drinks, and a skating instructor to assist your group in learning basic skating concepts. (Maximum 10 skaters)
Cost: \$290.00 CH RES
\$360.00 NON RES

Group and Hourly Rentals

Please contact Kelly Taylor at 216-691-7395 or ktaylor@clvhts.com

Learn-to-Skate USA

Offering the best skating program in the United States, our Learn-to-Skate USA program is geared to ages 3-Adult. Learn-to-Skate USA is a joint collaboration between U.S. Figure Skating, USA Hockey and U.S. Speedskating offering basic skating concepts as well as fits the needs of those skaters looking to progress to the sports of figure skating, hockey and speedskating. Please go to www.clevelandheights.com for a comprehensive schedule or visit the Community Center Registration Desk. Classes meet once a week for 30 minutes. We offer a variety of times to fit your needs. For more information, contact Learn-to-Skate Director, Erin Schopf at 216-691-7434 or learntoskate@clvhts.com

Session Dates:

Session 1 Sept. 8-Oct. 15
Session 2 Oct. 16-Dec. 10
Registration October 2
Skip Dates Week of 11/20

Learn-to-Skate USA Fees:

5 weeks: \$40.00 CH RES W/ID
\$45.00 CH RES DAY OF CLASS
\$50.00 NON RES DISCOUNTED
\$55.00 NON RES DAY OF CLASS
6 weeks: \$48.00 CH RES W/ID
\$53.00 CH RES DAY OF CLASS
\$60.00 NON RES DISCOUNTED
\$65.00 NON RES DAY OF CLASS
7 weeks: \$56.00 CH RES W/ID
\$61.00 CH RES DAY OF CLASS
\$70.00 NON RES DISCOUNTED
\$75.00 NON RES DAY OF CLASS
8 weeks: \$64.00 CH RES W/ID
\$69.00 CH RES DAY OF CLASS
\$80.00 NON RES DISCOUNTED
\$85.00 NON RES DAY OF CLASS



Registration Procedures

There are two ways to register for group skating lessons: in person (please refer to the Parks and Recreation office hours) and online.

Registration Reminders

You need to present your Recreation ID card in order to receive reduced rates on lessons. Classes cancelled due to inclement weather cannot be rescheduled. Classes with insufficient enrollment may be cancelled or combined with other classes.

Private Lessons

In addition to group lessons, the professional skating staff is available for private instruction. A list of professionals is available at the ice rink desk or online. Please contact individual instructors directly for availability and fee structure.

City Freestyle

The City of Cleveland Heights offers additional ice time geared to those skaters who are interested in learning and developing more advanced skating skills to include jumps and spins. A seven-hour (7) session card may be purchased for \$63.00. Private lessons can be taught during these times.

Other Skating Opportunities

Pavilion Skating Club

www.pavilionfsc.com

A member of U.S. Figure Skating, the Pavilion Skating Club is an organization developed to enhance and provide skating opportunities for the figure skater. Whether you're interested in achieving Olympic greatness or just want to develop your skills to achieve your goals, the Pavilion Skating Club has a program for you! Please contact pscluboffice@gmail.com for more information.

Cleveland Heights Speedskating Club

www.clevelandheightsspeedskating.org

This is a sport for all ages and families are encouraged to skate together. Some equipment is required (hard shell helmet, long sleeves, gloves, knee pads, and shinguards), but many skaters have gotten their start using rental, hockey or figure skates. If you are interested in learning how to speedskate, please contact Barb Rosenbaum at 216-401-9392 or bk@therosenbaums.net. Six-week intro class is held on Thursday evenings at 6:15pm beginning in mid-October.



\$5.00 OFF

**Any
Learn-to-Skate
Class or
50% off
2nd LTS Class
Good for one skater**

Must be present
at time of registration.
Not valid
with any other offers.

Expires 10/15/17





High School Hockey

Cleveland Heights High School

www.shutout.com

Benedictine High School

www.cbhs.net

Brush High School

www.sel.k12.oh.us

University School

www.us.edu

College Hockey

**Case Western Reserve University
Hockey Club**

<https://sites.google.com/a/case.edu/icehockey/>

Adult Hockey

Cleveland Heights

Senior B Hockey League

www.eteamz.com/CHSHL

Cleveland Heights Women's Hockey

www.eteamz.com/chwh

Please contact chwhomenshockey@gmail.com for more information.

Cleveland Heights 50+ Hockey League

www.ch50hl.com

Four team league plays Friday nights. Please contact John Sullivan at jesullivan3@sullivanandsullivan.com for more information.

Adult Lunch Time Pick-Up Hockey

Ages: 18+

Dates: Beginning Sept 5

Days: Tuesday & Thursday

Time: 11:30am-1:00pm

Location: North Rink

Cost: \$5.00

Adult Sunday Morning Pick-Up Hockey

Ages: 18+

Day: Sunday

Time: 8:00-10:00am

Location: North Rink

Cost: \$10.00

Skip Dates: Listed Online

Full equipment is required for Sunday morning pick-up hockey

Please contact 216-691-7434 or go to www.clevelandheights.com for schedule updates.

Eastside Tigers

www.heightshockey.com

The Eastside Tigers, formally CHYHA, is the parent organization that works with the City to provide a travel youth hockey program for players 4-14. Teams schedule games through the Cleveland Suburban Hockey League. The Eastside Tigers is open to both residents and non-residents of Cleveland Heights.

New to Travel Hockey?

Please contact Brian Drobnick at drobnickb@yahoo.com for hockey-related questions for children 9 & under. For learn-to-skate questions please contact Erin Schopf at learntoskate@clvhts.com.

Tot Hockey

Boys and girls continue to learn fundamental skating skills and get their first experience with a hockey stick. Sticks and helmets are provided for first-time players and skates are available for rental. *Prerequisite: pass Snow Plow 2 before registering*

Ages: 4-8

Registration for Session 2 starts October 2
Skip Nov 20 *Skip Nov 25

Learn-to-Play Hockey

This program provides boys and girls with the fundamental skills necessary to progress to the Eastside Tigers without being competitive. Equipment is available for rental and sticks are provided for all first-time players. Please contact Bob Jacobson @ jackshockey@aol.com or 216-691-7434 to schedule an equipment fitting.

Ages: 10 & under

Days/Times: Mon 6:15-7:15pm

Sat 10:15-11:15am

Dates: Sept 9-Dec 18

no class 11/25

Cost: \$135.00 CH RES

\$195.00 NON RES



	Day	Dates	Time	CH RES	NON RES
Session I	Sat	Sept 9-Oct 14	10:15-11:15am	\$30.00	\$42.00
Session I	Mon	Sept 11-Oct 9	6:15-7:15pm	\$25.00	\$35.00
Session II	Mon	Oct 16-Dec 4**	6:15-7:15pm	\$35.00	\$49.00
Session II	Sat	Oct 21-Dec 9***	10:15-11:15am	\$35.00	\$49.00

ICE HIGHLIGHTS

Interested in taking the ice? LEARN-to-SKATE!

The Cleveland Heights Community Center offers beginning, hockey, figure skating and speedskating lessons for all ages. For more information visit clevelandheights.com or email Learn-to-Skate Director Erin Schopf at learntoskate@clvhts.com

NEW CLASS! Baby Blades

Specially designed for those skaters 18 months-3 years of age. The class is structured with off-ice play, an on-ice lesson and craft or story time. This class is a great way to get our little skaters excited about taking the ice.

When: Mondays 10:30-11:00am

Dates: October 2, 9, 16, 30th

Cost: \$40.00 CH RES
\$50.00 NON RES

Attire: Warm clothing, snowsuits, helmets, gloves and socks are required.

Noon Years Eve

Join us for this fun family skating event! Don't worry about missing midnight and join us for a countdown at 12:00 noon with a balloon drop. Admission is \$10 and includes skates, activities, and giveaways! **December 31st 11:00am-1:00pm.**

**NOON
YEAR'S
EVE!**

Does the ball drop after your bed time?
Not THIS year!

Stop by the Cleveland Heights Community Center and join us for this fun family skating event!

Don't worry about missing midnight and join us for a countdown at noon with a balloon drop.

Admission is \$10 and includes skates, activities, and giveaways!

December 31st 11 am - 1 pm

Cleveland Heights Community Center
1 Monticello Boulevard
216-691-7434



Betsy Warner, Agent
2491 Lee Blvd
Cleveland Heights, OH 44118
Bus: 216-932-6900
betsywarner.com

SINGLE ARTSY GUY. If you love painting, decorating, baking and knitting, we are a match. Please be over 30 and willing to take art classes.

FATHER OF EIGHT seeks energetic lady. Must love kids, be fit and ready to jump in and join the fun. Military training would be helpful.

ADVENTUROUS CAT LOVER

take an

DEPENDABLE and KNOWLEDGEABLE
agent seeks customers looking for real **PROTECTION** and long term **RELATIONSHIP.**

lady. Must love kids, be fit and ready to jump in and join the fun. Military training would be helpful.

ADVENTUROUS CAT LOVER seeks adventurous cat owner. Please be employed and willing to relocate. Especially fond of black and white tuxedo cats. All responses will be answered. Looking for that Purrr-fect match.

GRANOLA EATING, CAM

Look no further.

Having one special person for your car, home and life insurance lets you get down to business with the rest of your life. It's what I do.

GET TO A BETTER STATESM.
CALL ME TODAY.



ADULT PROGRAMS

Registration: mail, in person at the Community Center, phone & online with MasterCard or Visa

Note: All Dates Are Subject to Change Families with more than one person enrolled in the same general recreation class will be eligible for the family discount. The first person in the same class will pay full price and a \$10.00 discount for each additional family member in the same class. (Family definition – Adult head of household and his/her spouse or partner and dependent children occupying same household age 18 and under.)

OPPS! Sometimes excellent courses are canceled when too many people wait until the last minute to register. Please avoid disappointment and try to register as soon as possible or at least one week before the course begins.



Rapid Results and the Parks and Recreation Department are partners providing exciting new offerings this fall and winter. All classes will be held at the Community Center.

Rapid Results Class Registration Options \$55 resident/ \$60 non-resident per month

1. Register in person at the start of any Rapid Results class

2. Register via email by sending an email entitled "registration" to RapidResultsWorks@gmail.com
3. Monthly Registration fee provides 30 days of access to any or all Rapid Results Classes
4. Website: www.yesrapidresultsworks.com

For a flat monthly fee of \$55 per resident or \$60 per non-resident, you get ongoing access to all the Rapid Results classes.

fitness classes!

Mystery Mix

This class is the perfect way to shock your body into fat burning mode. Each class is different so you never know what to expect (cardio, kickboxing, weight training, HIIT training, core work or all of the above). That is the mystery!

Instructor: Ty Richardson, Rapid Results
Day: Monday
Starts: Ongoing
Time: 7:00–7:45pm
Location: Aerobic Room

Cardio Flex Step Class

15 minutes of weight training. 40 minutes of cardio step. 5 minutes of core work. Contemporary Hip Hop and R&B music.

Instructor: Ty Richardson, Rapid Results
Days: Tuesday and Thursday
Starts: Ongoing
Time: 7:30–8:30pm
Location: Aerobic Room

Urban Pilates

A modern take on a classic training method using balance, strength and flexibility to tone the body. Neo-Soul music.

Instructor: Ty Richardson, Rapid Results
Day: Wednesday
Starts: Ongoing
Time: 7:05–7:50pm
Location: Aerobic Room

Personal Training Services

Individualized personal training programs adapted to fit your goals and needs by certified experts. All ages and fitness levels welcome. One-on-one, couples and small group training sessions available. 60-minute and 30-minute sessions available.

Head Trainer: Ty Richardson
Trainers: Timothy Cavender, Lisa Dunn and Troy Johnson
Time: Morning and evening sessions are available by appointment.
Location: Activity Room 6
Cost: Trainers set their own rates within an affordable range.
Contact: Ty Richardson
216-694-8414
rapidresultsworks@gmail.com

Strength Training with Troy

This total body resistance training class is perfect for all fitness levels. Strength Training with Troy is designed to improve posture, increase muscular strength and endurance, tone and build muscle mass. We all know that a lean toned body improves self-confidence. Additionally, you will learn about proper form and technique as well as unique exercises to add to your workout routine. Equipment will be provided.

Day: Friday
Starts: Oct 6 then ongoing
Time: 6:00–7:00pm

Day: Saturday
Starts: Oct 7 then ongoing
Time: 12:00 Noon–1:00pm

Zumba

Jannique has lost over 45 pounds and is ready to help you dance off some pounds in her creative and engaging Zumba class! She brings the PARTY!

Instructor: Jannique Thompson, Rapid Results
Day: Saturday
Starts: Oct 7 then ongoing
Time: 11:00–11:45am
Location: Aerobic Room

Cardio Hip Hop

This class is CRAZY, SEXY, FIT FUN. Easy choreography, sexy routines and line dancing all in a 90-minute club experience. Contemporary Hip Hop and R&B.

Instructor: Ty Richardson, Rapid Results
Days: 1st and 3rd Friday of the Month
Starts: Sept 15
Time: 7:00pm–8:30pm
Location: Aerobic Room

sports

special interest

Basketball Leagues

Contact Chris Kendel at ckendel@clvhts.com for more information.

Men's Basketball League

Ages: 18+
Day: Sunday
Dates: Beginning October 15
Location: Community Center
Cost: \$125.00 CH RES Team
\$250.00 NON RES Team

Women's Basketball League

Ages: 18+
Day: Wednesday
Dates: Beginning October 18
Location: Community Center
Cost: \$125.00 CH RES Team
\$250.00 NON RES Team

NEW EXTENDED TIME!! Recreational Indoor Pickleball

Pickleball is a combination of tennis, badminton and ping pong all rolled into one and designed to be played by all ages. We are starting with Ages 50-75. Join us at the Community Heights Community Center.

Days: Tuesday & Thursday
Time: 9:00am-1:00pm
Starts: Oct 3
Location: Gym Court 1
Cost: \$3.00 Resident/\$6.00 Non-Resident
CH RES Indoor 10 admissions card \$25.00
NO RES Indoor 10 admissions card \$50.00

NEW! Mid-Week Meditation & Mudras

This class incorporates simple warm-ups, various types of breathing, mudras (using hands to work with the body's energy flow), and a relaxation process leading into meditation. Various types of meditation will be covered. Can be done sitting in a chair or laying on a mat on the floor.

Ages: 18+
Instructor: Jody Schrock
Day: Wednesday
Time: 11:00am-12:00 Noon
Dates: Sept 13-Oct 18 (fall)
Nov 1-Dec 13 (winter)
no class 11/22
Location: Aerobic Room
Cost: \$38.00 CH RES
\$44.00 NON RES

NEW!! Tai Chi for Mind Body & Spirit

Adults join our Tai Chi class for all levels. The class will incorporate stretching, balance, and breathing for relaxation. Experience a whole body awareness for a healthy everyday life! Please bring a spill proof water bottle; comfortable clothing and shoes advised, please no clogs, crocs or flip flops.

Instructor: Lucky Caswell-Harris, Relaxation Strategist, Certified Arthritis Foundation Land & Tai Chi Instructor, Reiki Master, Whoga® Immersion Instructor, Healing Touch®
Day: Monday
Dates: Sept 25-Oct 30 (fall)
Nov 13-Jan 8 (winter 1)
no class 11/27, 12/25 & 1/1
Jan 22-Mar 5 (winter 2)
no class 2/19
Time: 5:00-6:00pm
Location: Room 7
Cost: \$38.00 CH RES
\$44.00 NON RES



**Happy 5K/10K Run and Walk
will be held on
Sunday, October 8.
Mark your calendars and
get your teams ready.
3rd year bigger and better!!**

**Check out Western Reserve Racing!
www.westernreserveracing.com**

See page 13 for more details



AMERICAN RED CROSS BLOOD DRIVES

Dates: Sept 11, Nov 13,
Dec 18, Jan 8 & Mar 12
Time: 2:00-7:00pm
Location: Community Center
Call 1-800-GIVELIFE to
schedule an appointment.
Walk-ins will be taken as
schedule permits.



NEW! Argentine Tango Lessons & Practica

This drop-in class will emphasize the fundamentals of the Tango, the dance of Buenos Aires, and will focus on quality of movement, elegance, musicality, and connection. *Lessons 1:00–2:30pm and Practica 2:30–4:30pm.*

A dance session (practica) will follow the class. No partner necessary.

Day: Monday
Starts: September 11 (ongoing)
Time: 1:00–4:30pm
Location: Aerobic Room
Cost: \$5.00 drop-in fee
(covers both sessions)

Argentine Tango

Ages 18 and up. Argentine tango is a social dance based upon the natural walk and is enjoyed and danced by adults of all fitness levels. This class will teach the basics of the dance and a little history and culture. Wear comfortable clothes and bring either leather-soled shoes or heavy socks that will slide on the floor. No partner is necessary.

Instructed by: Ann Dobyns and Charles Scillia
Day: Wednesday (8 per session)
Time: 6:30–8:00pm
Location: Senior Center
Dates: Sept 13–Nov 1 (fall)
Dates: Nov 15–Jan 24 (winter 1)
no class 11/22, 12/27 & 1/3
Dates: Feb 7–Mar 28 (winter 2)
Cost: \$48.00 CH RES
\$64.00 NON RES

NEW Class & Instructor!! Dharma Yoga

Dharma Yoga is a graceful, yet challenging form of yoga based on Sri Dharma Mittra's almost fifty years of expertise. It unites the body, the breath, and the mind on the path to self-realization.

Instructed by: Nathan Bloomfield Spagnola
Day: Wednesday
Dates: Sept 13–Oct 25 (fall)
no class 9/20
Dates: Nov 8–Dec 20 (winter 1)
no class 11/22
Dates: Jan 10–Feb 14 (winter 2)
Time: 6:30–8:00pm
Location: Outside S.E. Corner of
Community Ctr. (Monticello Side)
Poor Weather – Child Care 1A&1B
Cost: \$44.00 CH RES
\$50.00 NON RES

NEW Class & Instructor!! Saturday Vinyasa Yoga

Increase flexibility and strength through movement and breath. Fun and invigorating for all levels of experiences. Bring a sticky yoga mat and a towel. Hydrate well.

Instructed by: Heather Parks-Ransom
Day: Saturday
Dates: Sept 16–Oct 28 (fall 1)
no class 9/30
Dates: Nov 18–Jan 20 (fall 2)
no class 11/25, 12/23, 12/30 & 1/6
Dates: Feb 3–Mar 17 (winter 1)
no class 2/17
Time: 8:15–9:15am
Location: Aerobic Room
Cost: \$38.00 CH RES
\$44.00 NON RES

NEW TIME! (FREE see page 42) Thursday AM Boot Camp

Challenge yourself differently in every class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility and endurance! Have fun – work hard!

Instructed by: Pia Alesci
Day: Thursday
Dates: Sept 14–Oct 26 (fall 1)
no class 9/21
Dates: Nov 9–Dec 21 (fall 2)
no class 11/23
Dates: Jan 11–Feb 15 (winter 1)
Dates: Mar 1–Apr 12 (winter 2)
no class 4/5
Time: 6:30–7:30am
Location: Aerobic Room
Cost: \$38.00 CH RES
\$44.00 NON RES

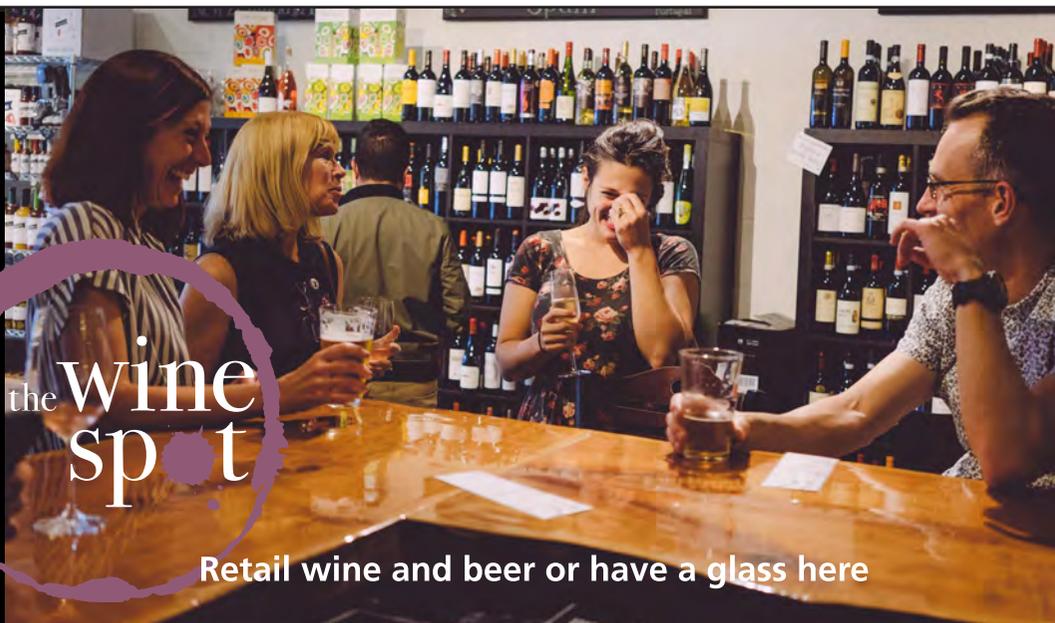
NEW DAY & TIME!! Morning Barre Workout

Elements of dance with the principles of strength and safety in Pilates. This is a barefoot workout. Wear comfortable workout clothes and bring an exercise mat, towel, and spillproof water bottle.

Instructed by: Pia Alesci
Day: Thursday
Dates: Sept 14–Oct 26 (fall 1)
no class 9/21
Dates: Nov 9–Dec 21 (fall 2)
no class 11/23
Dates: Jan 11–Feb 15 (winter 1)
Dates: Mar 1–Apr 12 (winter 2)
no class 4/5
Time: 8:00–9:00am
Location: Aerobic Room
Cost: \$38.00 CH RES
\$44.00 NON RES

The Wine Spot—
we love keeping
Cleveland Heights
in good spirits!

thewinespotonline.com
2271 Lee Road
Cleveland Heights
216.342.3623



Retail wine and beer or have a glass here

NEW TIME! (FREE see page 42) Evening Barre Body Total Workout

Elements of dance with the principles of strength and safety in Pilates. This is a barefoot workout. Wear comfortable workout clothes and bring an exercise mat, towel, and spillproof water bottle.

Instructed by: Pia Alesci
Day: Monday
Dates: Sept 11–Oct 16 (fall 1)
Dates: Nov 6–Dec 11 (fall 2)
Dates: Jan 8–Feb 26 (winter 1)
no class 1/15 & 2/19
Dates: Mar 12–Apr 23 (winter 2)
no class 4/2
Time: 6:00-7:00pm
Location: Aerobic Room
Cost: \$38.00 CH RES
\$44.00 NON RES

Monday Morning Cycling

45 minutes of cycling, a warm-up, cool down and 15 minutes of abdominal work and stretching. Be sure to bring your own water bottle and mat.

Instructed by: Michelle Sills
Day: Monday
Dates: Sept 11–Oct 30 (fall)
no class 9/18 & 9/25
Dates: Nov 6–Dec 11 (winter 1)
Dates: Jan 8–Feb 26 (winter 2)
no class 1/15 & 2/19
Time: 9:30-10:30am
Location: Aerobic Room
Cost: \$38.00 CH RES
\$44.00 NON RES

(FREE see page 42) Saturday Indoor Cycling

45 minutes of cycling, a warm-up and cool down. Join us and start your Saturday strong. Be sure to bring your own water bottle and mat.

Instructed by: Michelle Sills
Day: Saturday
Dates: Oct 7–Nov 4 (fall)
Dates: Nov 18–Jan 13 (winter 1)
no class 11/25, 12/23, 12/30 & 1/6
Dates: Jan 27–Mar 3 (winter 2)
no class 2/24
Time: 10:00-10:45am
Location: Aerobic Room
Cost: \$32.00 CH RES
\$37.00 NON RES

Tuesday AM Body Toning

This total body workout uses various equipment to help you strengthen and tone and will conclude with abdominal work and stretching. Bring your own exercise mat. All levels welcome.

Instructed by: Lori Blum
Day: Tuesday
Dates: Sept 12–Oct 17 (fall 1)
Dates: Oct 31–Dec 5 (fall 2)
no class 11/21
Dates: Jan 9–Feb 13 (winter 1)
Dates: Feb 27–Apr 10 (winter 2)
no class 4/3
Time: 9:30-10:30am
Location: Aerobic Room
Cost: \$38.00 CH RES
\$44.00 NON RES
Cost F2: \$32.00 CH RES
\$37.00 NON RES

Thursday AM Body Toning

This total body workout uses various equipment to help you strengthen and tone and will conclude with abdominal work and stretching. Bring your own exercise mat. All levels welcome.

Instructed by: Michelle Sills
Day: Thursday
Dates: Sept 14–Oct 26 (fall 1)
no class 9/21
Dates: Nov 16–Dec 21 (fall 2)
no class 11/23 5 weeks
Dates: Jan 11–Feb 15 (winter 1)
Dates: Mar 1–Apr 12 (winter 2)
no class 4/5
Time: 9:30-10:30am
Location: Aerobic Room
Cost: \$38.00 CH RES
\$44.00 NON RES
Cost: Fall 2 \$32.00 CH RES
\$37.00 NON RES

Mat Pilates

Balances both stretching and strengthening. Wear comfortable clothing and bring a mat, towel and water.

Instructed by: Hope Schultz
Days: Tuesday and Thursday
Dates: Sept 12–Oct 24 (fall 1)
no class 9/21
Dates: Oct 31–Jan 11 (fall 2)
no class 11/16, 11/21, 11/23, 11/28,
11/30, 12/26, 12/28, 1/2 & 1/4
Dates: Jan 23–Mar 1 (winter 1)
Dates: Mar 13–Apr 26 (winter 2)
no class 4/3 & 4/5
Time: 6:30-7:30pm
Location: Aerobic Room
Cost: \$63.00 CH RES
\$75.00 NON RES

NEW! Men's and Women's Tai Shin Doh Karate

This class will focus on the use of Tai Shin Doh and its real-life applications from the perspective of men and women.

Instructed by: David Jones,
5th Degree Black Belt
Day: Friday
Dates: Sept 15–Dec 8 (fall)
no class 9/29, 11/10 & 11/24
Time: 7:00-8:30pm
Location: Activity Rm 7
Cost: \$65.00 CH RES
\$75.00 NON RES
Dates: Jan 19–Mar 23 (winter)
no class 2/16 (9 classes)
Time: 7:00-8:30pm
Location: Activity Rm 7
Cost: \$59.00 CH RES
\$68.00 NON RES

Adults Kuk Sool Won™(WKSA)

The Traditional Martial Art of Korea
Ages 14-75. Class includes: Rolling & Acrobatics; Meditation; Hand/Foot Striking & Blocking; Forms Training and Self-Defense.

Instructed by: David Pritts,
2nd Degree Black Belt and School Owner
Days: Tuesday and Thursday
Time: 7:30-8:30pm
Dates: Sept 12–Oct 17 (fall 1)
no class 9/21
Dates: Oct 24–Nov 30 (fall 2)
no class 10/31 & 11/23
Dates: Dec 5–Jan 23 (winter 1)
no class 12/21, 12/26,
12/28, 1/2 & 1/4
Dates: Jan 30–Mar 6 (winter 2)
no class 3/1
Location: Tue Rm 7/Thur Senior Center
Cost: \$58.00 CH RES
\$68.00 NON RES

DANCE MIXX DANCE MIXX INTERVAL INTERVAL FUSION

Variety is key to staying with a workout and breaking through plateaus. That's why we offer 3 different formats each and every month for one low price! Burn up to 600 calories in these 60 minute total body workouts. These formats are a fusion of dance, resistance training, Pilates, yoga & kickboxing. (*weekday mornings also available for a total of 9 weekly classes!*)

Call Mary Beth or email at 440-655-5394
marybethmccnn@gmail.com

M/T/W/Th 6:30pm
Saturday 8:45am
Sunday 9:30am

Unlimited workouts starting at just \$45.00/month!



FREE CLASSES

Take your pick
or choose all 3.
Go once or go often,
they are all free.
Everytime you go
with an active or new
Fitness Center membership

NEW TIME! Evening Barre Body Total Workout

Elements of dance with the principles of strength and safety in Pilates. This is a barefoot workout. Wear comfortable workout clothes and bring an exercise mat, towel, and spill proof water bottle.

Instructed by: Pia Alesci
Day: Monday
Time: 6:00-7:00pm
Location: Aerobic Room

NEW TIME! Thursday AM Boot Camp

Challenge yourself differently in every class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility and endurance! Have fun – work hard!

Instructed by: Pia Alesci
Day: Thursday
Time: 6:30-7:30am
Location: Aerobic Room

NEW TIME! Saturday Indoor Cycling

45 minutes of cycling, a warm-up and cool down. Join us and start your Saturday strong. Be sure to bring your own water bottle and mat.

Instructed by: Michelle Sills
Day: Saturday
Time: 10:00-10:45am
Location: Aerobic Room



CELEBRATE CEDAR FAIRMOUNT FALL FAMILY FESTIVAL

SUNDAY, OCTOBER 22ND
NOON - 5:00 PM

Ribbon Cutting Ceremony,
Arts & Crafts Sale,
Children's Halloween Costume Contest
Trick or Treating, Scavenger Hunt,
Pet Adoptions,
Euclid Beach Rocket Car,
Castle Bounce House,
Balloon & Face Painting Clowns,
Historical Tour,
Super Hero's & Princesses, Fire Truck,
Canine Unit, Live Music,
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SENIOR HEALTH FAIR

Tuesday, September 26 11:00am–1:00pm



The Senior Health Fair is held in cooperation with Professional Networking Group (PNG), a network composed of individuals and companies who link seniors to services in their communities.

This health expo allows individuals to explore different companies that provide services such as: home health, senior law, rehabilitation services and more! Blood pressure screenings and flu shots will be available! No appointments needed.

Walgreens is providing the flu shots and they'll be billing Medicare or the insurance companies so please bring your insurance cards. Participants include:

- Altercare
- Attentive HHC
- Cap Tel
- Cherished Companions
- Clear Caption
- Comforcare HHC
- Creative Moves LLC
- Crossroads
- CVS Hearing Center
- Gateway
- Hanson Services
- Homewatch Caregivers
- Kaz Co
- Koewler Law Firm
- Manorcare Mayfield
- Menorah Park
- Montefiore
- Nesting Net
- Perla Law Firm
- Saber
- Sams Club
- Solomon, Steiner, and Peck
- OSHIIP
- Home Instead
- Walgreens

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- 30 M massage \$25.00
- 60 M massage \$35.00
- 90 M massage \$55.00
- Couples massage \$80.00

Free add-on's

Add free mini facial or free feet&hands scrub&massage or upgrade it to Hot Stone massage session for free.

To schedule please call (216) 371-3940

SENIOR CENTER

Office on Aging **1 Monticello Boulevard 44118** **8:30am-5:00pm Monday-Friday**

The Cleveland Heights Office on Aging and Senior Activity Center are located in the Community Center on Monticello Blvd. at Mayfield Rd. Our hours are 8:30am-5:00pm Monday through Friday. Participation is limited to Cleveland Heights residents age 60+. Senior Activity Center ID cards, which are \$5.00 annually to residents, are required and can be obtained at the Community Center during normal business hours. Photo ID and proof of residency (such as a piece of mail displaying Cleveland Heights address) are required.

Senior Programs are offered through the Cleveland Heights Office on Aging. For medical van & SAC van rides, or social services call the Office on Aging at 216-691-7377. To register for classes call 216-691-7377.

health & fitness

Argentine Tango

Social dance based upon the natural walk, danced by adults of all fitness levels. Teaches the basics of the dance, its history and the culture in which it developed. No partner necessary.

Instructor: Ann Dobyms
Day: Friday
Dates: Sept 15-Dec 15
Time: 9:30-10:30am
Cost: \$40.00

Breathe/Flow Yoga

Modified for seniors, this style of yoga links movement and breath, creating an opportunity to increase flexibility and balance.

Instructor: Deb Smith
Day: Friday
Dates: Sept 15-Dec 1
Time: 2:00-3:00pm
Cost: \$35.00

Core Fusion

Designed to strengthen core muscles while working out to music using bands and weights. Participate at your own fitness level, standing or sitting.

Instructor: Volunteer led
Day: Wednesday
Time: 10:00-11:00am
Cost: Free

Dance 101

So you think you can't dance? You can! Enjoy dance movement to improve strength, balance and flexibility while exploring the art of improvisation. Wear comfortable clothing and expect to feel energized and to have a heightened awareness of your potential.

Instructor: Leslie Keller
Day: Friday
Dates: Sept 15-Nov 3
Time: 11:15am-12:15pm
Cost: \$25.00

English Country Dance

Come learn and enjoy traditional English Country Dancing. No partner necessary.

Instructor: Wesley Senseman
Day: Wednesday
Time: 10:00-11:00am
Cost: Free

Gentle Yoga

Exercise program, designed specifically for seniors, can improve flexibility, strengthen muscles, promote better circulation and change how you feel!

Instructor: Dymna Ferrante
Day: Monday
Dates: Sept 11-Nov 27
Time: 11:00am-12:00 Noon
Cost: \$50.00
Day: Wednesday
Dates: Sept 13-Dec 6
Time: 11:15am-12:15pm
Cost: \$50.00 or \$100 for both days

Line Dancing

Promotes physical fitness through dance exercise. All levels welcome, no partner required. Contemporary style.

Instructor: Gladys McGlothlin
Day: Monday
Dates: Sept 11-Oct 30
Time: 9:30-10:30am
Cost: \$25.00

Move & Improve: Arthritis Exercise Program

Gentle, joint-safe exercises, developed specifically for people with arthritis, help relieve stiffness and decrease arthritis pain. Low-impact class can be taken either standing or sitting.

Instructor: Rita Aber, P.T., Arthritis Foundation certified instructor
Day: Monday
Dates: Sept 25-Dec 4
Time: 2:00-3:00pm
Cost: \$30.00

Senior Strength Training

Exercising with weights increases muscle mass and strength, while benefiting balance, bone density and overall wellness.

Instructor: Timothy Cavender
Days: Tuesday & Thursday
Dates: Sept 12-Nov 9
Time: 1:00-2:00pm
Cost: \$40.00

Tai Chi 2.0

Take your practice to the next level. Some previous Tai Chi training recommended.

Instructor: Jeannie Koran
Day: Tuesday
Dates: Oct 3-Nov 28
Time: 12:15-1:00pm
Cost: \$40.00

Tai Chi Chuan

A series of moving exercises performed slowly to heighten individual awareness coupled with meditation to promote good health. This gentle form of exercise can also improve balance and coordination.

Instructor: Jeannie Koran
Day: Thursday
Dates: Sept 7-Nov 2
Time: 10:00-11:15am
Cost: \$40.00

special interest

AARP (American Association of Retired Persons, Cleveland Heights Chapter 5018)

Cleveland Heights residents age 50+ are welcome to join. Refreshments and social hour follow the meeting. Call 216-691-7377 for information.

Day: Last Thursday of the month
Time: 1:00pm
Cost: AARP Chapter Dues
\$5 paid annually

Arts & Crafts Wednesdays

Experience the satisfaction of creating simple but elegant projects designed to be finished in one day.

Instructor: Susan Roberts & Leonie Lee
Days: 2nd & 4th Wednesday
Time: 1:00-3:00pm
Cost: Free, nominal materials fee may apply in some sessions.

Basic Drawing

Class focuses on building drawing skills as well as learning about design and composition. Students will work with a variety of drawing materials including pencil, pen and colored pencils. Materials will be discussed in the first class.

Instructor: Susan Morse
Day: Tuesday
Dates: Sept 19-Nov 14
Time: 11:00am-1:00pm
Cost: \$35.00

Bid Whist

Players meet every week to enjoy cards and good company.

Day: Monday
Time: 1:00-4:00pm
Cost: Free

Blood Pressure Checks

In cooperation with Case Western Reserve University & Walgreens.

Days: 2nd Tuesday of the month
Time: 2:00-3:00pm
3rd Thursday of the month
Time: 2:00-4:00pm

Book Discussion Group

Read preselected books (provided by the C.H. Library) and discuss in a group setting.

Instructor: C.H. Library Staff
Day: 1st Thursday of each month
(unless otherwise noted)
Time: 11:00am-12:00 Noon
Cost: Free

Computer Center and Tutors

Open for your use when the Senior Center is open. Tutors are available to help during the following days and times:

Wednesdays 11:00am-12:00 Noon
Thursdays 2:00-3:00pm
Fridays 12:00 Noon-1:00pm
Cost: Free

Delay the Disease

An exercise program for those living with Parkinson's.

Instructor: Amalie Foundation
Day: 2nd, 3rd & 4th Wednesday
of each month
Time: 2:00-3:00pm
Cost: Free

Drawing & Painting

Class offers students an opportunity to explore techniques in drawing, watercolor, water-based oil painting and oil pastel. Materials discussed at the first class.

Instructor: Susan Morse
Day: Tuesday
Dates: Sept 19-Nov 14
Time: 1:00-3:00pm
Cost: \$35.00

Genealogy Group

Meet with other genealogy enthusiasts to learn, share information and have fun.

Instructor: Jean Hoffman
Day: 2nd Wednesday
Time: 2:00-4:00pm
Cost: Free

iHablamos!

A Spanish conversation group, meeting weekly to listen, speak and understand the language. All levels welcome.

Group leaders: Joanne & Michael Bailis
Day: Thursday
Time: 3:00pm
Cost: Free



Hum & Strum

Bring a guitar or ukulele and learn the fundamentals of playing music in a group.

Instructor: Group led
Day: Monday
Time: 10:00am
Cost: Free

Mah Jong

Come play Mah Jong with this ongoing group.

Day: Tuesday
Time: 1:00-3:00pm
Cost: Free

Matinee Movie

Each week enjoy a current movie on our big screen. Call 216-691-7377 for title.

Day: Friday
Time: 1:00pm
Cost: Free

Meet, Greet & Eat

Share lunch with friends, old and new, at an area restaurant. Program meets every other month. Call 216-691-7377 for details and to register. Space is limited.

Day: Thursday
Dates: Oct 12 & Dec 14
Time: 11:30am
Cost: Your own individual lunch.

Mixed Media Drawing

Expand your artistic repertoire using a range of materials and techniques. Materials discussed at first class.

Instructor: Susan Morse
Day: Thursday
Date: Sept 28-Nov 16
Time: 1:00-3:00pm
Cost: \$35.00

Newcomers Orientation

Are you a new senior resident of Cleveland Heights or current resident who recently turned 60+? Come and learn about the activities and services that are offered! Visit and take a tour of the Cleveland Heights Senior Activity Center (SAC). Passes to the SAC are \$5.00 annually and may be obtained with a picture ID and a piece of mail showing your address. For more information call 216-691-7377.

Day: Thursday
Time: 10:30am
Cost: Free

Open Art

Bring materials and be part of this creative group.

Instructor: Group led
Days: 2nd & 4th Monday and
1st & 3rd Wednesday
Time: 1:00-4:00pm
Cost: Free

Parkinson's Support Group

Group is for Parkinson's patients and their families to assist in coping with the disease and in sharing information and research findings. 216-691-7377.

Instructor: David Brandt
Day: 1st Wednesday of the month
Time: 2:00pm
Cost: Free



Party Bridge

Participants meet to play bridge twice a week (Tuesdays and Fridays). Open to all senior residents of Cleveland Heights.

Days: Tuesday & Friday
Time: 12:45-3:45pm
Cost: Free

Piano Lessons

Come learn to play the piano or increase your skills. Individual half-hour lessons by appointment only. Call to arrange a lesson time.

Instructor: Joseph Bolek
Day: Thursday
Dates: Sept 7-Nov 2
Time: 8-week sessions of arranged lesson times
Cost: \$100.00

Pinochle

Meet for a game of Bridge or Pinochle each week. Open to all participants.

Day: Friday
Time: 12:45-3:45pm
Cost: Free

Potluck

Enjoy food and fellowship at the monthly Potluck. It's a great way to create and renew friendships and have wonderful food to eat. Please bring an entree, salad or dessert to share to feed 8 or more.

Day: 1st Thursday of each month
Time: 12:00 Noon
Cost: Free if you bring a dish to share, otherwise \$5.00

Rummikub

Players meet to enjoy a tile-based game combining rummy and mahjong.

Day: Tuesday
Time: 2:00-4:00pm
Cost: Free

Scrabble

Meet to play for competitive scrabble each week. Bring a scrabble board if you have one.

Day: Fridays
Time: 1:00-3:00pm
Cost: Free

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Conversational Spanish

Basic knowledge required.

Instructor: Cristina Sempé

Day: Wednesday

Dates: Sept 6-Oct 25

Spanish A:

Instruction in conversational Spanish

Time: 10:00-11:00am

Cost: \$25.00

Spanish B: Increase your skills in conversational Spanish

Time: 11:00am-12:00 Noon

Cost: \$25.00

Stitch Together

Needle workers of all interests meet together to work on individual projects.

Day: Friday

Time: 1:00-4:00pm

Cost: Free

sports

Recreational Indoor Pickleball

For recreation and fun, indoor pickleball is a combination of tennis, badminton and table tennis. Designed to be played by all ages.

Days: Tuesday and Thursday

Dates: Ongoing beginning Oct 3

Time: 9:00am-1:00pm

Cost: \$3.00 drop-in fee



Table Tennis

For recreation and fun. Open to all levels of play. Bring your own paddle and ball.

Day: Monday

Time: 12:15 Noon-2:15pm

Day: Friday

Time: 10:00am-12:00 Noon

Cost: Free

Wii Bowling

Fun, non-competitive and healthy. Give Wii Bowling a try!

Instructor: Group led

Days: 1st Thursday and 2nd 3rd & 4th

Wednesday of the month

Time: 1:00-3:00pm

Cost: Free

Walking Club

Join other active seniors for walking on the Field House track.

Day: Weekdays

Time: 1:00-2:00pm

Cost: Free

Workout with Ms. Duck

A gentle workout with weights, bands, balls and more. Participate at your own level, standing or seated. After class, join the Walking Club on the Community Center Track to complete your workout.

Instructor: Ms. Duck

Days: Wednesday & Thursday

Time: 12:15-12:45pm

Cost: Free

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Melissa Yasinow
Tanisha R. Briley, City Manager

COUNCIL MEETINGS

Cleveland Heights City Council usually meets on the first and third Mondays of each month in City Hall Council Chambers, 40 Severance Circle. For the latest information on Council and other City meetings, visit www.clevelandheights.com.

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