

# f CITY OF CLEVELAND HEIGHTS focus

A PUBLICATION OF CITY NEWS AND PARKS & RECREATION



Fall & Winter  
2018

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# CELEBRATING CLEVELAND HEIGHTS

There were two monumental beginnings in Cleveland Heights 80 years ago led by Mayor Frank Cain and the residents who had a dream for the future.

## **Cain Park:**

Mayor Cain saw this park, just a ravine with a river running through it, as a place that could bring the arts to everyone and it is a dream fulfilled. Over 80 years, thousands of residents and patrons have enjoyed our one of a kind jewel.

We are grateful:

- To the people of Cleveland Heights, the many generations who have supported and loved this Park and kept it alive;
- To the thousands of artists, crew, dancers, musicians, volunteers and staff who have brought their energy and creativity every single day;
- And to the audiences and patrons who enjoyed the theater, the ballet, the jazz, the Arts Festival and just being under the stars.

Many cities wish they could have such a place but it is all ours! Happy 80th Cain Park.

## **Forest Hill Park:**

We can only imagine the conversation between Mayor Frank Cain and John D. Rockefeller, Jr. when the idea was discussed 80 years ago to deed over 1/3 of Forest Hill Park to the City of Cleveland Heights. The beauty of the Park soon became a go-to place for residents. Over the years it has become a haven of passive and active recreation with all ages and many generations enjoying the true beauty of the Park. Today picnics are held, baseball is played, children enjoy the playground, races are held and on any given day (even in the snow) residents can be seen walking on the paths. We don't know what was said in those conversations long ago but we are so glad they talked. **Happy 80th Forest Hill Park.**

## **COMMUNITY IMPROVEMENT AWARDS:**

No, the Community Improvement Awards aren't 80 years old just 45! These special awards celebrate and acknowledge the dedication of residents and merchants to improving their homes and businesses. Sometimes we tend to focus on the problems we are trying to solve and that's a good thing... but you know the old adage about focusing on the trees and you miss the forest. Look around this beautiful community and nominate someone (see page 19) and let them know you noticed and it matters.

# CITYNEWS

**CITY NEWS UPDATES**

*We Are Your Home*

## City of Cleveland Heights

Keep up to date on what is happening with the City's bi-weekly newsletter!

**Sign up by visiting [www.clevelandheights.com](http://www.clevelandheights.com)**

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

Like us on Facebook  
Follow us on Twitter  
Watch us on YouTube

## 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 4.

## access

Cleveland Heights



Your Connection to City Hall – the Cleveland Heights Mobile App!

- Free and easy to use 24/7!
- Submit and track service requests, such as potholes, tall grass, graffiti, etc.
- Include a photo of the issue if you wish!
- You'll be notified when it's completed.

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## Noble Neighborhood Pocket Gardens

Can pocket gardens in a neighborhood help rejuvenate it? Noble Neighbors and their partners the Home Repair Resource Center, Cleveland Heights High School, Rust Belt Riders, and Green Paradigm Partners are working together to beautify Langton Road, which is just off Quilliams. Ten pocket gardens were installed this spring consisting of either native perennials and other plants that suppress weeds and provide extra fertility. The goal is to provide sustainable beauty so that any garden planted will look as attractive after four years as it does now, stated Noble Neighbors' beautification committee leader Barbara Sosnowski.

The group selected plants that grow well in Northeast Ohio, tested the soil to determine any mineral deficiencies which attract high-maintenance weeds, and then added mineral amendments to correct the problem. Homeowners were asked to participate in a two-session course on plant selection and care at the Home Repair Resource Center with the intention of not only gaining knowledge but also bringing neighbors together on a common project.

Noble resident and Cleveland Heights Mayor Carol Roe called the effort “an innovative approach to building community spirit that comes at just the right moment of upswing in the Noble neighborhood.”



Some of our best ambassadors are the Women Out Walking ladies.

## Our residents are the best ambassadors!

It is well known that word-of-mouth advertising is the most trusted endorsement of a product or experience. That is why our residents make the best ambassadors for those interested in finding out more about Cleveland Heights including buying a home. The Community Relations office can provide a relocation packet that includes a brochure, “All Things Cleveland Heights,” the most recent *Focus on the Heights* magazine, information about the Access app, Cain Park materials, a Cleveland Heights magnet, information about the Cleveland Heights-University Heights schools and a copy of the most recent *Edible Cleveland*. Contact 216-291-2323 or [comrel@clvhts.com](mailto:comrel@clvhts.com) if you would like a packet for someone interested in our community.

## FORM OF GOVERNMENT DISCUSSION

With the work of the Charter Review Commission underway, many questions have been raised about the form of government in Cleveland Heights. The following are a few frequently asked questions regarding the council-manager form of government that has operated in Cleveland Heights since 1921:

**Q: What is the council-manager form of government?**

A: The council-manager form is the most popular structure of government in the United States among municipalities with populations of 2,500 or more. It is one of several ways U.S. municipalities and counties can organize. Under this form, residents elect a governing body—called the City Council in Cleveland Heights—to adopt legislation and set policy. The governing body then hires a professional manager with broad executive authority to carry out those policies and oversee the local government's day-to-day operations.

**Q: Is this form of government used only in certain kinds of cities?**

A: No. Today more than 105 million people in the U.S. live in communities that operate under the council-manager form. Forty-eight percent of the more than 7,300 U.S. municipalities with populations of 2,500 or more use the form, as do nearly 62 percent of municipalities with populations greater than 100,000. More than 800 counties also employ a similar system. Communities can vary greatly in size and characteristics.

**Q: Are all council-manager governments structured the same way?**

A: No. One of the most attractive features is that the council-manager form is adaptable to local conditions and preferences. For example, some communities have councils that are elected at large while other councils are elected by district or by a combination of an at-large and by-district structure. In some local governments, the mayor or chairperson is elected at large by the voters; others are elected by their colleagues on the governing body. In Cleveland Heights, all members of Council are elected at-large and the Mayor/Council President is elected by the City Council.

**Q: So, who's in charge in Cleveland Heights & how are they held accountable?**

A: City Council members are the leaders and policy makers elected to represent the community and to concentrate on policy issues that are responsive to citizens' needs and wishes. The Mayor is a member of Council and serves as the public face of the community who presides at meetings, assigns agenda items to committees, facilitates communication and understanding between elected and appointed officials, and assists the governing body in setting goals and advocating policy decisions. The City Manager is appointed by the governing body to carry out policy and ensure that the entire community is being served. If the manager is not responsive to the City Council's wishes, they have the authority to terminate the manager at any time.

**Q: Does the manager participate in policy determination?**

A: The manager makes policy recommendations to the council, but the council may or may not adopt them and may modify the recommendations. The manager is bound by whatever action the council takes.

For more information visit [www.icma.org](http://www.icma.org)

## 17<sup>th</sup> ANNUAL CEDAR FAIRMOUNT

# Summer Festival



SUNDAY, AUGUST 12<sup>TH</sup>  
NOON - 5:00 PM

Arts & Craft Sale, Euclid Beach Rocket Car,  
Balloon Clown, Face Painting, Fire Truck,  
Monster House, Super Heroes,  
Music & Entertainment, Children's Activities,  
Merchant and Restaurant Specials & More!



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[www.facebook.com/CedarFairmountSummerFest](https://www.facebook.com/CedarFairmountSummerFest)  
Or call 216-791-3172 For More Information.

# at your service



## LOOSE LEAF COLLECTION



Autumn will soon be here in our “city of trees” and it’s time for raking and/or blowing leaves. **Loose-leaf collection will begin on Monday, October 29 and will continue until Friday, November 30, 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 2-March 29, 2018.**

### Snowplowing

The Building Department would like to remind you that when you hire a snowplow operator, be sure they are registered with the City of Cleveland Heights Building Department. The snowplow operator must have a Snowplow Operators Bond and a Certificate of Liability in order to be registered with the City. The snowplow operators must keep the plowed snow at the property where they are snowplowing. Registration information may be found at [www.clevelandheights.com/building-permits](http://www.clevelandheights.com/building-permits).

### Christmas Tree Disposal

Live Christmas trees will be collected **Wednesday, December 26-Friday, Feb 1**. 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 8**  
is **NOT** a City holiday.

The regular Monday-Friday collection remains in force.

#### Veterans Day

**Sunday, November 11**; City offices will be closed on Monday, November 12. Refuse collection will be delayed by one day for the Monday through Friday routes. Friday’s collection will be on Saturday.

#### Thanksgiving Day

**Thursday, November 22**: 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

**Tuesday, December 25**: City offices will be closed. Refuse collection on Tuesday through Friday will be delayed by one day. Friday’s collection will be on Saturday. Monday route remains as usual.

#### New Year’s Day

**Tuesday, January 1, 2019**: City offices will be closed. Refuse collection on Tuesday through Friday will be delayed by one day. Friday’s collection will be on Saturday. Monday route remains as usual.

#### Dr. Martin Luther King, Jr. Day

**Monday, January 21, 2019**: 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 18, 2019**: 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.

## 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.

While logs and branches in the stream can provide beneficial habitat and channel stability, smaller sticks, leaves 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](http://cuyahogarecycles.org) for more information about backyard composting.



## Community Shredding Day

**Date To Be Announced**  
**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.



## Technotrash

Safely recycle items that may contain personal information: old CDs, DVDs, diskettes, audio and videotapes, cell phones, pagers, PDAs, digital cameras, CPUs, monitors, keyboards, printers and rechargeable batteries. Residents wishing to recycle their unwanted items may bring them to the top of the ramp at the Transfer Station; the driveway is on Mayfield Rd. next to MotorCars. You may drop off items Monday through Friday 7:00am to 3:30pm.

We do offer an alternative method: picking up a reasonable amount of techno trash off a resident's porch on the scheduled trash day. To arrange a pickup, call Central Dispatch at 216-691-7300 at least 24 hours ahead of time. Using this recycling service guarantees complete security and keeps the material out of landfills. Televisions are not included in this recycling program. For more information, call the Cuyahoga County Solid Waste District at 216-443-3749.

# Memorial Day Celebration



## weareproud...

The All Generation Band has been a vital part of the Cleveland Heights Memorial Day remembrance for over fifty years. Begun in the Oxford neighborhood, it was a part of the parade that went from Oxford school to Denison Park for the ceremony. When the Veteran's Memorial on Mayfield Road was renovated in 1997 to include the names of those residents who gave their lives in the Korean War, Vietnam and Iraq, the ceremony was moved there. And with it came the All Generation Band, which is exactly what the name implies, many generations coming together with different kinds of musical talent and enthusiasm. They perform before the ceremony with patriotic and old school music and also play the Star Spangled Banner and God Bless America for the ceremony itself. The current generation stepped up and now plays Taps. One year Band leader Chris Brandt was asked "Do you need a formal invitation for next year?" He replied "No we just always show up!" and we as a community are so grateful that they do.



# theearlyyears

## FAMILY CONNECTIONS

Support Family Connections by attending  
**Clam Bake Benefit Friday, September 28**  
Call 216-321-0079 for more information.

Located in the former  
Coventry School Building  
2843 Washington Blvd.  
[www.familyconnections1.org](http://www.familyconnections1.org)  
216-321-0079



### 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 programs are designed to offer parents a variety of opportunities to enhance their parenting experience, build their confidence as parents, play with their kids and provide resources for them to become the parents they strive to be. Play is the best way for kids to learn, grow and develop all of the important early skills.

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.

Family Connections of Northeast Ohio offers early literacy, parenting support and school readiness programs for families with young children ages 0-6 at various locations throughout our community. Look for us at the Cedar Fairmount Summer Festival on August 12, Heights Music Hop on Cedar Lee on September 15, and Lee Road Candy Crawl on October 19.

# our schools

## Preschool Registration

Registration for the Cleveland Heights-University Heights Preschool and Pre-Kindergarten programs opened August 6. Parents can schedule a registration appointment by calling 216-371-7356. Registration packets are available at [chuh.org](http://chuh.org).

If you are interested in registering your child as a peer in the Half-Day Program, your child will need to attend a play-based screener to determine eligibility. Typically developing children who attend the Half-Day Program as peers must have strong language, social skills, and self-regulation skills. To schedule a play-based screening, please contact Danielle Vigh at [D\\_Vigh@chuh.org](mailto:D_Vigh@chuh.org). If you have concerns about your child's development, please contact Charlene Rice at 216-371-7435 to request a referral packet.



## Literacy Night

CH-UH hosted its inaugural district-wide Family Literacy Night in May at Heights High School. The cafeteria was filled with food, games, and various "kindness" activities related to the One District One Book selection *Wonder* by R.J. Palacio. Wonder editor Erin Clarke was the featured speaker for the evening. She provided details on Palacio's process of writing the book, in addition to some upcoming projects for the students to be on the lookout for.



## Eagle Scout Gives Back to Noble Through Playground Project

Students at Noble Elementary School can walk along the California coastline during recess. They can run from Maine to Washington State. And hop from the islands of Hawaii all the way up north to Alaska. All thanks to 2018 Heights High graduate and Noble alumnus Dylan Polley, who painted a map of the United States on the Noble playground for his Eagle Scout project.

Dylan organized a team of family and friends to help with the project, which was designed to show his leadership skills. Eagle Scout is the highest rank of scouting, with only 6% of those involved in Boy Scouts ever achieving that honor.

Dylan was partly inspired to paint the map by his youngest brother, Nicolas, a second grader at Noble. "I want these kids to be able to learn the states without just sitting behind a desk. Now they can run across the country on a nice day."





## Leadership Changes in CH-UH Schools

Byron Hopkins has been selected as the new High School Principal for Heights High. Hopkins has spent the past four years in Akron Public Schools, first as the principal at Kenmore High and then at his most recent post leading Buchtel High. Previously, he was the principal at East Tech Success Academy and then John Marshall High School, both part of the Cleveland Metropolitan School District. Hopkins will replace Interim High School Principal Dr. Brian Williams, who will return to his role as Coordinator of Alternative Programming at the Delisle Options Center in 2018-2019.

Current CH-UH teachers and Title I leads Patrick Carpenter and Teresa Taylor-Ware have been named principals at Noble Elementary School and Oxford Elementary School, respectively. Outgoing Noble Principal Rachael Coleman will serve as the Heights Middle School Campus Principal. Coleman will lead the administrative team on the combined campus as Monticello and Roxboro prepare to transition back to their renovated sites in August 2019. Outgoing Oxford Elementary School Principal Brigitte Pronty will join the HMS team as Assistant Principal at Monticello, whose outgoing principal, Denise Lackey, will transition to the Delisle Options Center to lead the District's new middle school alternative education program.

## First-Ever Family Fun Field Day a Hit

The CH-UH Student Services Department held its first Family Fun Field Day on May 22. Dozens of students and their families had a wonderful time playing sports and doing activities together.

Activities and games included bowling, basketball, cup stacking, bouncing, scooter boards and hula hooping. Members of the planning committee said the event was a success, and they are excited to make it even bigger and better next year.

"Our first Family Fun Field Day was a blast!" said Lindsay Baar, Coordinator of Student Services. "Even though we couldn't be outside because of the weather, the Heights High gym was still the perfect venue. There was something fun for everyone to do. The planning has already started for next year!"



## Oxford Gardeners Help Orchard Grow

Thanks to the volunteer Oxford Gardeners and the hard work of students, the elementary school now has apple and persimmon trees in a growing orchard.

In April, the Oxford Gardeners donated and planted the three apple and three persimmon trees, and fifth graders worked on the fencing to protect the trees from deer.

According to Oxford Elementary School leadership, many of the students did not know what a persimmon was, and the current kindergartners and first graders will probably be the only students still at Oxford to see these trees begin to fruit.

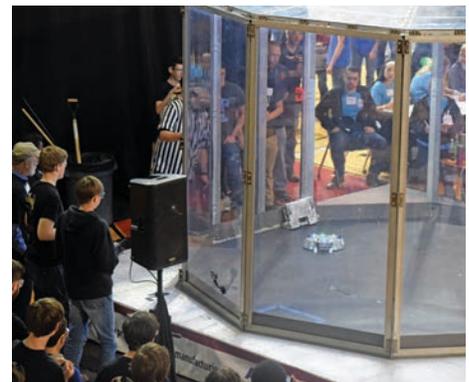
The Oxford Garden, located at the back of the school grounds, has been in use for decades. Organized by community volunteers, the garden is now a welcome place for students to grow vegetables where three plots are dedicated to student learning.



## Heights High Robotics Team Places at National Competition

The Heights High Robotics team sent 25 students and two battle bots to the May national competition at the California University of Pennsylvania. The group placed 5th and 13th out of 70 teams. Each battle bot team designed and built a 15-pound remote controlled robotic device to face off against other bots in a plexiglass battle cage. The bots feature a fast spinning weapon and protective armour.

The Heights High students came off a big win at the regional competition, where they entered two bots and won first and second place. After competing for four years, the team has developed strong technical skills and teamwork that paid off this year.



# at the library

## Coventry PEACE Campus strides into the future

On April 1, the Heights Libraries took over the operations of the former Coventry School building and the nearly six acres of land surrounding it. Why would the library do such a thing? Well there are many answers to that question.

One answer was to secure the continuing use of the parking lot, an amenity totally missing from the Coventry Village Library Branch adjacent to the property. Another reason was to allow the tenants who represent non-profits and arts organizations two years to organize themselves and operate the building as the Coventry PEACE cooperative. The third reason was to ensure the continuity of the Coventry PEACE Park as a community asset that was open to all.

This summer the tenants signed leases with a base rent of \$3.50 a square foot and added costs for shared amenities such as wi-fi and security systems. They have agreed to fund a reserve for the added maintenance and repairs of the building. The Library reports on the expenses and revenues associated with the building every month at their regular board meetings.

The Library has started to form a committee to plan the programming, facilities and future uses of the park. The committee includes representatives from the city, the tenants, PEACE Park and citizens, along with the Library. Their first goal is to survey the community about some specific topics. These include how one travels to the park, what one does while there, does one feel safe and is the park clean. There are questions about the playground. What feature is your favorite? The swings, the slide, the pirate ship?

In addition the library is asking what park amenities would be recommended for future planning. Some of the suggestions are walking paths, bathrooms, gardens and the list goes on. Of course there are open-ended questions for citizens to share their own ideas as well. Safety, sustainability, legal requirements and budget will all be key factors in any decisions made about the park.

The future will include creating a master plan and fundraising for Park improvements. Library Director Nancy Levin will be happy to hear from you with comments or questions at [Director@heightslibrary.org](mailto:Director@heightslibrary.org). Paper surveys can be found at the Coventry Branch Library or online at [heightslibrary.org/coventry-peace-campus-project](https://heightslibrary.org/coventry-peace-campus-project).



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# halloween in the heights

**Cedar Fairmount Halloween Fun** is set for **Wednesday, October 24** from 5:00 to 7:00pm. See page 23 for details.

**The Cedar Lee Candy Crawl** offers a safe Halloween experience on **Friday, October 19** from 5:00 to 7:00pm by offering Trick-or-Treating for children on Lee Road.

Look for the official candy crawl signs at your favorite business. For ages 12 and under. All children must be accompanied by an adult.



## Neighborhood Trick-or-Treating Wednesday, 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 walkway. 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.**

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



Finding...  
**YOUR PLACE**

[www.cedarhillbaptist.org/findingyourplace](http://www.cedarhillbaptist.org/findingyourplace)



Committed to the proclamation of the Gospel of Jesus, the faithful exposition of the Scriptures, and compassionate outreach to the world since 1884 in the city of Cleveland and the Heights!

Cedar Hill Baptist Church | 12601 Cedar Road, Cleveland Heights, OH 44106 | 216.371.3870 | [www.cedarhillbaptist.org](http://www.cedarhillbaptist.org)

# around town



**Home Repair Resource Center** will be hosting its annual Boomerfest event on **Saturday September 15** at the Cleveland Heights Community Center from 10:00am to 2:00pm. This free event is a great opportunity for the “Anchors” or “Boomers” to obtain resources about how to keep your home in great shape, how to financially prepare for the next phase in life, and meet community partners who provide vital resources. Unlike other housing events, this isn’t a sales pitch, but a chance for members of the community to get all their upkeep and repair questions answered by an expert.

As always, HRRC will have a full slate of workshops and series for residents to learn how to make home repairs themselves. They’ll be hosting classes At 2520 Noble Road on topics including: Toilet Repairs, Plaster and Drywall Repair, Hardwood Floor Refinishing, Heating and Furnace tips for the winter and dozens more workshops. Women’s Home How-To Series continues with the Exteriors & Landscapes module in August, Plumbing & Plumbing Repairs in September, and Electricity & Electrical Repairs in November. These six-week programs meet every Wednesday from 7:00 to 9:00pm and give women focused, hands-on training in how to make many common—and not-so-common—repairs that most homes need. And, for those who are considering purchasing a home, or have family and friends who are going down the path to homeownership, there is the month-long Homebuyer Education Series. This four-week program gives prospective homeowners all the information they need to make the best decisions for buying a home. Learn all about credit, closing costs, mortgages, down-payment costs and a whole lot more.



## Congratulations! **FREE Furnace WINNER!**

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**41ST ANNUAL HEIGHTS HERITAGE HOME & GARDEN TOUR**

presented by:  
HEIGHTS COMMUNITY CONGRESS

# Our Fair City

**SUNDAY TOUR**  
September 16, 2018  
12:00 pm to 6:00 pm

**TICKETS: \$20.00**  
After September 3rd  
all tickets are \$25.00

Visit a variety of magnificent homes and gardens including historic Harcourt Manor

**SATURDAY PREVIEW PARTY**  
September 15, 2018  
Harcourt Manor  
6:00 pm

For your special invitation to this Gala Evening call the HCC Office at 216.321.6775

Celebrating the 50th Anniversary of the landmark Fair Housing Act

Heights Community Congress is a 501(c)(3) non-profit organization.  
Heights Heritage Home & Garden Tour is a trademark of HCC.

HCC HEIGHTS COMMUNITY CONGRESS

For information on group discounts or to order tickets visit: [www.HeightsCongress.org](http://www.HeightsCongress.org)



## Heights Heritage Home & Garden Tour Celebrates 50th Anniversary Fair Housing Act

The 41st Annual Heights Heritage Home & Garden Tour, sponsored by Heights Community Congress (HCC), is set for **Sunday, September 16** and will celebrate the 50th anniversary of the landmark Fair Housing Act of 1968. This milestone is reflected in this year's theme, "Our Fair City," with a variety of homes and gardens on display throughout Cleveland Heights.

One featured property will be Harcourt Manor (the home you catch a glimpse of while driving up Cedar Hill), which has undergone extensive and elegant renovations to honor the early 1900 era of this historic structure. There will be other architecturally lovely and unique Cleveland Heights homes of all sizes, and gardens to visit – from a "Food not Lawns" concept garden to the formal Alcazar courtyard. The Alcazar will also be this year's Sunday Tour refreshment stop for a quick break from 2:00pm to 4:00pm.

In addition to the Sunday community-wide tour, a special Preview Party will be held the preceding evening, **Saturday, September 15**, exclusively at Harcourt Manor, where patrons will be permitted to view the entirety of the property at this gala event...listening to live music throughout the grounds, enjoying unique food tastings, and sipping on cocktails at the historic bar, in a Gatsby-like atmosphere, while dreaming of another era! For your special invitation to this unique evening call the HCC office at **216-321-6775**.

Sunday tour tickets are \$20 before Labor Day and \$25 after that, until and including Tour Day. You can purchase them at Zagara's Marketplace on Lee Road, Heinen's at Green Road, Appletree Books at Cedar-Fairmount, Stone Oven on Lee Road, Dunn Hardware in Lyndhurst and Bremec's on the Heights on Cedar Road. For information on group discounts or to order tickets on-line visit [www.heightscongress.org](http://www.heightscongress.org), on Facebook or Twitter, or call the HCC office at **216-321-6775**.

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# around town continued

## Sixth Annual Heights Music Hop is Sept. 13-15

The sixth annual Heights Music Hop, a free music festival that attracted 7,500 people last year, has been scheduled for **September 13-15**. This year's festival takes place in three Cleveland Heights districts: **Thursday, September 13** in Coventry Village, **Friday, September 14** in Cedar Fairmount, and **Saturday, September 15** in Cedar Lee.

Heights Music Hop showcases live musical talent in local businesses to promote the Heights as home to the arts, while also helping to support the local economy and celebrate the community's diversity, walkability and quality of life.

FutureHeights, a nonprofit community development corporation, presents the event to inspire community collaboration and promote a vibrant and sustainable future for the Heights. This year, FutureHeights is partnering with Heights Arts to administer the festival.

Each district features a variety of restaurants, bars and other local businesses that will participate. Coventry Village participating businesses include The Grog Shop, B-Side, Mac's Backs, Panini's Bar and Grill, and the Coventry Village Branch of Heights Libraries. Cedar Fairmount locations include Luna Bakery & Café, Appletree Books, Pavilion Home and Floral, Parnell's Pub, Still Point Gallery and The Fairmount. Cedar Lee locations include Anatolia Café, Boss Dog Brewing Company, CLE Urban Winery, Dewey's Pizza, Heights Arts, Heights Music Shop, Lopez, Marotta's, Mitchell's Fine Chocolates, New Heights Grill, Phoenix Coffee, Rib Cage, Rudy's Pub, Stone Oven, Tavern Company, The BottleHouse Brewing Company, and The Social Room, Washington & Lee Service.

This year's event will conclude with an after-party at The BottleHouse Brewery. The Heights Music Hop is a free event, but admission to the after-party will be \$10 (in advance or at the door).

"Heights Music Hop offers as much diversity in its locations as it does in its performers," said Ann Koslow, Heights Music Hop coordinator. "As always, we'll offer a wide array of musical genres, such as blues, jazz, rock, classical, hip hop, and more, plus a variety of artists, including bands, a capella groups, rap artists and instrumentalists."

A list of participating bands and artists will be available in advance of the event at [www.heightsmusichop.com](http://www.heightsmusichop.com).

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: Bolt & Spool, Confluence, Dominion Energy, Heights Arts, Heights Observer, Keller National, The MarketFarm, MetroHealth Medical Center, Bruce Hennes, The Wine Spot, and Zagara's Marketplace. To add your name to the list, contact FutureHeights at **216-320-1423** or [info@futureheights.org](mailto:info@futureheights.org).

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

Volunteers are needed the day of the event. Each volunteer receives a free Heights Music Hop T-shirt. For more information about the event, including volunteer opportunities, venues, and bands, go to [www.heightsmusichop.com](http://www.heightsmusichop.com) or [www.facebook.com/heightsmusichop](http://www.facebook.com/heightsmusichop).





# Future Heights



## 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 23 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's Community Capacity-Building Program, which is now in its fourth 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 Choosing to Make the Heights Home forum held in April—and small grants.

Nine residents from several Cleveland Heights neighborhoods—Noble, Cain Park, Coventry, Cedar Taylor, Cedar Lee and Cedar Fairmount—participated in a series of community-building workshops this spring. The workshops covered a variety of topics designed to help participants develop their community-building skills and goals, and formulate a grant-eligible project. The next round of neighborhood leadership workshops will begin February 2019.

For more information, visit [www.futureheights.org](http://www.futureheights.org) or contact FutureHeights at **216-320-1423** or [sbasu@futureheights.org](mailto:sbasu@futureheights.org).

## 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**.



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# historicheights

## fall history lectures 2018

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



### “Queue-ration” How to Manage Personal Collections Like a Pro

**Monday, October 1, 7:00pm**

Heights Main Library, 2345 Lee Road  
Speaker: Jennifer Souers Chevraux,  
Illumine Creative Solutions, LLC

Objects have power! They serve as talismans and touchstones to the past — your past, your family’s past, our community’s past, and even the deepest reaches of humanity’s past. Preserve these powerful remnants of the past, and learn from them in the future. In her program Jennifer will share insider tips to help care for and carry forward personal collections and family heirlooms to build a lasting legacy for generations to come.

### Maintenance & Efficiency for Your Home

**Thursday, October 11, 7:00pm**

Heights Main Library, 2345 Lee Road

**And Thursday, October 25, 7:00pm**

Noble Road Library, 2800 Noble Road

Speaker: Margaret Lann, Cleveland  
Restoration Society

All houses need continual maintenance to keep them looking their best. We will take a top to bottom approach at typical old house maintenance issues. The session will outline ways to spot problems before they become headaches and provides useful information on ways to make your older home more energy efficient without breaking the bank.

### Randolph neighborhood— History & Architecture

**Monday, November 5, 7:00pm**

Noble Road Library, 2800 Noble Road

Speaker: Ursuline College Historic  
Preservation Students

Learn about the architecture and neighborhood history of Cleveland Heights’ Randolph neighborhood bounded by Woodview, Randolph, Quilliams and Noble roads.





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## Happy 80th Forest Hill Park!

Between 1873 and 1910, John D. Rockefeller purchased hundreds of acres of land in East Cleveland and Cleveland Heights in and around what would become Forest Hill Park. In 1877 Rockefeller sold land atop the hill for a commercial sanitarium, however, the project failed and Rockefeller regained ownership in 1879. He turned the former sanitarium with sweeping views of Lake Erie into a private club for about a year and then remodeled it into "Homestead," a summer home for his family, used from June until mid-September every year until 1915 when Mrs. Rockefeller died. In 1917, the grand Queen Ann-style building, situated at the top of the modern-day sledding hill, was destroyed by fire.



Over the years, Rockefeller, Sr. created scenic carriage paths, stone bridges, a 9-hole golf course, bridal paths and lakes, though John D. Rockefeller, Jr. helped create the estate's major features and manage it from a young age. It is here that he learned to appreciate nature and open spaces and the seeds were planted for this ardent conservationist; later, he gifted our country with Acadia National Park in Maine, the Cloisters in New York City, and Grand Teton National Park in Wyoming.

In 1923, Rockefeller, Jr. purchased Forest Hill from this father and gave away small portions of the estate for roads and institutions at its periphery. He planned a housing development to be named Forest Hill on nearby lands and 81 brick French Norman-style homes were constructed before the Great Depression halted further development. [Later, mostly after World War II, much of the remaining Forest Hill lots were developed by Toledo businessman George A. Roose.]

In 1938, Rockefeller, Jr. decided to dispose of the Forest Hill estate. He saw that the dense communities of Cleveland Heights and East Cleveland would benefit from additional parklands and the Works Progress Administration had labor available to construct public projects. An agreement was signed April 14, 1938, whereby Rockefeller donated 266 acres to the communities along with a park plan by prominent landscape architect, A.D. Taylor. The Taylor plan was implemented by the communities in the coming years, mostly with funds from the Works Progress Administration, though the cities sold some properties on the periphery for park improvement funds. Taylor's plan excluded automobiles from the park's center and added active recreation: lawn bowling greens and pavilion, tennis courts, baseball fields, picnic facilities, restrooms, a boat house and lagoon. Many of Rockefeller's original carriage paths remained. After several years of construction, the park opened in 1942, continuing the string of parks from Cain Park to Cumberland into Forest Hill.

In 1999, an updated plan for the park was commissioned and, today, the park maintains its natural beauty with historic walking paths, soaring tree canopies, hills and valleys, and plenty of active recreational options, including the Cleveland Heights Community Center.

In celebration of Forest Hill Park's founding 80 years ago, watch for the installation of an Ohio Historical Marker in the park later this year.

For the original A.D. Taylor plan for Forest Hill and the updated plan, see [www.clevelandheights.com/325/Forest-Hill-Park](http://www.clevelandheights.com/325/Forest-Hill-Park).

For additional information and historic photos, see [clevelandhistorical.org/items/show/83](http://clevelandhistorical.org/items/show/83), [clevelandhistorical.org/items/show/479](http://clevelandhistorical.org/items/show/479) and [www.chhistory.org/Places.php](http://www.chhistory.org/Places.php).

## community improvement nominations



### Your Suggestions are Needed!

As you run, bike, and walk through your neighborhood and find yourself admiring a home with beautiful landscaping or an exterior that has just been spruced up, or an attractive business, we invite you to nominate them for a Community Improvement Award. You can also nominate yourself! These special awards have celebrated and acknowledged the care and dedication of residents and merchants to improving and maintaining their homes and businesses for the past 45 years. 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 area, 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](http://www.clevelandheights.com/forms).

**Nominations are due to the City of Cleveland Heights by Sept 21, 2018.**

# home to the arts

## **APOLLO'S FIRE BAROQUE ORCHESTRA**

216-320-0012 • [www.apollosfire.org](http://www.apollosfire.org)  
Check the website for concert locations and times.

October 12-14

### **Magnificent MOZART**

A rare chance to hear Mozart's symphonic splendor with the sparkling clarity of period instruments. Program includes the famous Symphony no. 40 in G Minor and the joyous ballet music from *Idomeneo*.

November 10-18

### **O Jerusalem!**

#### **Crossroads of Three Faiths**

Jalal al-Din Rumi, 13th-c. Persian poet  
A new creative program from Jeannette Sorrell in the spirit of Apollo Fire's much acclaimed "Sephardic Journey" program. Through music and poetry, this is a "tour" of the four quarters of Jerusalem – Jewish, Christian, Arab, and Armenian/Byzantine. The company of 26 performers, including musicians of Jewish, Muslim, and Christian backgrounds, raise their voices in a celebration of brotherhood and sisterhood.

December 1-3

### **Handel's MESSIAH**

Praised on both sides of the Atlantic for their "visionary" approach, Jeannette Sorrell and her actor-singers take Handel's masterpiece back to its roots as a theatrical and spiritual journey. A holiday tradition!

December 7-14

### **Christmas on Sugarloaf Mountain: An Irish-Appalachian Celebration**

The program that premiered in five sold-out concerts last year returns in a new and revised version. Fiddlers, bagpipes, singers, and a whistle-playing dancer join with children's voices to evoke the Celtic roots of an Appalachian Christmas. The people of the mountains welcome Christmas with LOVE, SINGING, DANCING and PRAYER.

## **BURNING RIVER BAROQUE**

917-754-5549 • [www.burning-river-baroque.org/](http://www.burning-river-baroque.org/)

August 16-19, October 19-21

### **Destructive Desires**

The #MeToo campaign inspired a dialogue about the abuse of power and consent in relationships. This concert goes beyond contemporary narratives and focuses on stories old enough to be in our collective unconsciousness including the Bible and Greek mythology. Change will begin when society becomes aware of the impact of these destructive themes. Visit the website for specific concert locations and times.

## **CHORAL ARTS CLEVELAND**

216-381-4608 • [choralartscleveland.org](http://choralartscleveland.org)

Brian Bailey, music director  
Sunday, November 18, 7:00pm  
Disciples Christian Church,  
3663 Mayfield Rd.

Under the leadership of new music director Brian Bailey, selections include Vivaldi's "Gloria" and other works inspired by Vivaldi, accompanied by an orchestral ensemble.

## **DOBAMA THEATER**

2340 Lee Rd. • 216-932-3396  
[www.dobama.org](http://www.dobama.org)

August 17-September 2

### **Down by Contact**

By Les Hunter, co-produced with Playwrights Local  
Directed by Dale Heinen  
A down-and-out retired quarterback must decide between his allegiance to his former teammates and his love for his family. Struggling with the debilitating brain disease CTE, he tries to save the last vestige of his glory days — his lavish home. The lives of retired players and their families inspire the events of this new site-specific play, produced in Gilmour Academy's stately Tudor House.

September 7-30

### **Sunset Baby Ohio Premiere**

By Dominique Morisseau  
Directed by Justin Emcka

Nina, a tough, independent woman in Brooklyn, is visited by her estranged father, a former revolutionary in the Black liberation movement, who seeks to mend their broken relationship. As father and daughter circle one another, deep-rooted wounds are discovered, generational differences exposed, and burning truths laid bare.

October 19-November 11

### **John Midwest Premiere**

By Annie Baker, directed by Nathan Motta  
Finalist, Drama Desk Award Best Play and Lucille Lortel Award Best Play  
A young couple struggling to stay together, stop at a bed and breakfast in Gettysburg, Pennsylvania. During their visit, they encounter a cheerful innkeeper, her blind friend, and an eerie world crammed with toys, figurines and one very odd American Girl doll. This mystic puzzle of a play is full of surprises, both human and supernatural.

November 30-December 30

### **Ella Enchanted Regional Premiere**

By Karen Zacarias, music by Deborah Wicks La Puma, based on the novel by Gail Carson Levine, directed by Nathan Motta  
Based on the best-selling Newbery Honor novel, *Ella Enchanted* is full of delightful music, beautiful puppets, high adventure, and plenty of girl power in an immersive and modern Cinderella story for the entire family.

January 25-February 17, 2019

### **Revolt. She Said. Revolt Again.**

*Cleveland Premiere*

By Alice Birch

Directed by Sarah Elizabeth Wansley  
A wildly experimental and inventive grouping of vignettes that asks how to revolutionize language, relationships, work, and life in general while bursting at the seams of conformity. An ensemble of four powerful women and one token male bring this unapologetically provocative, in-your-face text to life. This is a play of humor, strength, and rock 'n roll that refuses to behave. A theatrical manifesto for the #MeToo era.

## ENSEMBLE THEATRE

2843 Washington Blvd. • 216-321-2930  
www.ensembletheatre.org

September 7-30

### Alabama Story

By Kenneth Jones

Directed by Tyler Whidden

A gentle children's book with an apparent hidden message — a black rabbit marries a white rabbit — and stirs the passions of a segregationist state senator and a no-nonsense state librarian in 1959 Montgomery, Alabama, just as the civil rights movement is flowering. Another story of childhood friends — an African-American man and a white woman reunited in adulthood in Montgomery that same year — provides private counterpart to the public events of the play. MainStage

October 19-November 11

### John Steinbeck's

#### East of Eden

*Northeast Ohio Premiere*

Adapted by Frank Galati

Directed Ian Wolfgang Hinz

Escaping a turbulent past, Adam Trask is determined to make a new start in California's Salinas Valley. Adam and his wife, Cathy, settle on a beautiful farm, and soon Cathy gives birth to twins Caleb and Aron. But family history, sibling rivalry, and the impending danger of WWI will threaten their little piece of paradise. An American epic, *East of Eden*, is grand in scope yet deeply personal and asks if it's possible to escape the mistakes of previous generations. MainStage

November 30-December 16

### Around the World in 80 Days

*World Premiere*

By Jules Verne, adapted by Shahrazad Theatre Company in association with Ensemble Theatre

directed by August Scarpelli

A new interactive and theatrical adaptation of the Jules Verne 1873 classic for the whole family! Phileas Fogg of London and his newly employed French valet, Passepartout, attempt to circumnavigate the world in 80 days on a £20,000 wager. PlayGround Theater

January 25-February 17, 2019

### A Raisin in the Sun

By Lorraine Hansberry

Directed by Celeste Cosentino

*A Raisin in the Sun* was the first play written by a black woman to be produced on Broadway, as well as the first with a black director, Lloyd Richards. Set on Chicago's South Side, the plot revolves around the divergent dreams and conflict within three generations of the Younger family. Their heroic struggles to retain dignity in a harsh and changing world is a searing and timeless document of hope and inspiration. NY Drama Critics Circle Best Play 1959. MainStage

## HEIGHTS ARTS

2175 Lee Rd. • www.heightsarts.org

216-371-3457

### At Table 2018: Cleveland Culinaria

Opening Reception

Friday, August 31, 6:00-9:00pm

Cleveland KNOWS good food, thanks to the wealth of highly creative culinary artists who live in Northeast Ohio. Come see what happens when 21 visual artists partner up with some of Cleveland's most creative culinary experts to transform the Heights Arts gallery into four unique, themed installations that speak to the art of food through the materials used to eat and drink. The original curation in 2016 resulted in the most well-attended exhibition in Heights Arts history, thanks to community members, artists and chefs alike.

Participating Artists:

**Ceramics:** Andrea LeBlond, Amy Halko, William Brouillard, Billy Ritter

**Fibers:** Cheryl Cochran, Randall Slaughter, Carmen Romine, Joyce Morrow-Jones, Krista Tomorowitz

**Glass:** Scott Goss, S. Jordan Fine, Shayna Pentecost

**Table:** Ari Warner, Dana Depew, Matthew Pritchard, Carl Ziek

**Wall:** Tyler Federico, Ashley Sullivan, Lari Jacobson, Timothy Callaghan, Adrian Eisenhower

**Wood:** Jessica Coven Stenson

In addition to the gallery exhibition, Heights Arts is hosting four multi-course food events, each featuring a different menu created by the groups' culinary leaders.

## HEIGHTS CHAMBER ORCHESTRA

216-751-7816

www.heightschamberorchestra.org

The Heights Chamber Orchestra, now entering its 36th season, welcomes motivated amateur and professional musicians who would like to become part of a community orchestra with challenging repertoire and exciting performance opportunities. They rehearse on Monday evenings, 7:30-9:30pm at Cleveland Heights High School, and perform five Sunday afternoon concerts during the season. Auditions are required for membership. Openings exist for violins, violas, and cellos. Auditions will be held Monday, August 20 at Heights High School. Visit the website for specific audition requirements. Upcoming concert dates are Sunday, October 7, and November 18.

## HEIGHTS YOUTH THEATRE

Wiley Middle School, 2181 Miramar Blvd.

216-923-1583 • www.heightsyouththeatre.com

HYT is excited to return "home" to their stage at Wiley Middle School after two years away and to celebrate over 60 years of creating quality live theater that entertains its audiences and educates, encourages, and inspires young artists to grow!

October 20-29

### Into the Woods

Directed by Kelly Monaghan

Music Directed by Stacy Bolton

January 19-28

### Once Upon A Mattress

Directed by Eugene Sumlin

Music Directed by Stacy Bolton

## WESTERN RESERVE CHORALE

216-791-0061 • westernreservechorale.org

David Gilson, artistic director

Rehearsals for the 2018-2019 season

begin on Tuesday, September 4 in the

Chapel of Church of the Gesu, 2470

Miramar Blvd., University Heights from

7:15 to 9:30pm. All voice ranges welcome

— no audition necessary.

### Sunday, December 9, 7:00pm

Church of the Gesu, 2470 Miramar Blvd.

Reception follows the concert.

# home to the arts continued

## LAKE ERIE INK

2843 Washington Boulevard  
 (former Coventry Elementary School)  
 www.lakeerieink.org • 216-320-4757  
 What do you do when you're not in school? Lake Erie Ink: a Writing Space for Youth provides creative expression activities and academic support to youth of all ages during after school, evening and weekend programs.

Fall Programs Start August 27  
**Ink Spot After School** (grades 3-6):  
 After-school creative writing, activities and homework help. Busing is available from CH-UH elementary schools. Scholarships are available. Space is limited; register early.



**Weekend Ink** (all ages:)  
 Monthly creative expression workshops led by guest artists and writers. Each program offers a different writing genre and theme for kids to explore at various sites around town. Workshops meet 10:30am-12:30pm. Fee \$10. Scholarships provided.

- Saturday, September 22:** Building Worlds with Words at MOCA
- Saturday, October 27:** Stories of Suspense – place TBD
- Saturday, November 17:** Growing our Stories at the Rockefeller Greenhouse

**Saturday, December 8:** Crafty Creations (Tape and Glue camp). Make something special for the holiday season!

### Teen Ink

(programs for youth in middle and high school):

**Evening Ink Writing Workshop:**  
 Wednesdays 6:30-8:00pm. Drop-in writing workshops that are a relaxed and fun way to develop skills as a young writer.

**Open Mic Nights:** One weekend night/month 6:30-9:00pm. Exciting and supportive environment for performing and listening to original poetry. Locations vary.

**Teen Book Project:** Become an editor and work on publishing Lake Erie Ink's third anthology of writing from Cleveland teens. (Attention writers! Submit writing and artwork on this year's theme: Illusions and Reality. December deadline.)

**College Essay Writing Workshops:**  
 Create and shape an essay that reveals the real you in a relaxed, no-pressure environment. Dates and times vary. Find out more at the Open House **August 15 and 22**, 3:00-7:00pm or [jlevin@lakeerieink.org](mailto:jlevin@lakeerieink.org).



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# business

## Cain Park Bicycle Expands

Owner Gay Schumacher opened the shop at 1904 Lee Road in 2006 and has expanded into the adjacent storefront, long occupied by Dominic's Barber Shop, who retired last year.

"We've just been totally maxed out space-wise," Schumacher stated. "We will be able to add about 50 bikes to the sales floor, so we'll be able to spend more time with the customer and less carrying bikes up and down to the basement."

Schumacher acknowledges that local bike shops can't compete with online sellers and big-box discounters as far as price but where they do excel is with service. "We compete on service and quality and convenience," he states, always providing bike repair regardless where the bike was purchased. He finds it a promising time to expand his business here since Cleveland Heights is such a pro-cycling community and in close proximity to universities and hospitals in addition to the Shaker Lakes trails.

## Cedar Taylor News

### Mister Brisket expands

Cleveland's finest purveyor of beef, veal, lamb, pork and poultry products has expanded to Mister Brisket Next Door (2156 S. Taylor Road, **216-932-8620**), which allows for seating approximately 25 guests. Founder Sanford Herskovitz has supplied many of the city's top restaurants as well as home cooks with high quality meat since 1974. They began making in-house versions of corned beef and pastrami for sale by the pound and in sandwich form since 2006, adding barbecue beef brisket, beef salami, turkey, and Reubens to the menu. Shop manager Hank Kornblut stated they "reached a point where it felt like it made sense to add a sit-down component to our sandwich business so we could attract more people." Kornblut was encouraged by the increase in new service-based businesses as well as Greedy Girl Restaurant and Quintana's Dream Spa expansion. Lunch delivery is available.

## Cedar Fairmount News

Welcome to **Fawaky Burst**, which opened at 12413 Cedar Road in the former Liquid Planet space. "Fawaky" is the Arabic word for fruit, according to owner Muhammad Edwards, and fruit is the main ingredient in many of his smoothies. Fawaky Burst serves bottled, cold-pressed and blended juices as well as a line of detox beverages, made-to-order wraps, salads, paninis, quesadillas, rice bowls, omelets and French toast. The Cedar Road establishment joins two other area locations on Mayfield Road in South Euclid and at Summit Mall in Akron. Online orders can be placed at [www.skipthedishes.com/fawaky-burst-juice-bar-cedar](http://www.skipthedishes.com/fawaky-burst-juice-bar-cedar).

Cleveland Heights resident Odell Coleman moved his business analytics company, **ColemanWick**, to larger office space in the Cedar Grandview Building ([www.colemanwick.com](http://www.colemanwick.com)). Coleman found the Cedar Fairmount location appealing because of the business climate there, the diversity of professionals and businesses, the future Top of the Hill development and the neighborhood's safety. ColemanWick works primarily with regional companies with revenue between \$25 million and \$300 million and helps them recognize trends, patterns, and customers' purchase history in order for the business to become more marketable and thrive.

## Cedar Fairmount Halloween Fun

Cedar Fairmount Merchants will be ready for children to trick or treat on **Wednesday, October 24** from 5:00 to 7:00pm. There will be pumpkins in the windows of participating merchants. K-9 Argos will meet and greet the kids and Whipples the Balloon Clown will be creating balloon designs for the children. There will be cupcake decorating at Luna Bakery Café and decorated cookies at Dave's. Restaurants will be offering specials for families to enjoy dinner. Further details will be available at [www.cedarfairmount.org](http://www.cedarfairmount.org).

# kellernational

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## St. Paul's Cooperative Preschool Finds New Home

The beginning of the school year means a new name and location for Heights Cooperative Preschool, formerly St. Paul's Cooperative Preschool, at Church of the Redeemer UMC, 2420 S. Taylor Road. "Church of the Redeemer embraced us in their love and desire to do what was best for our community," stated Co-op Director Deb Binkofsky. "Our children will grow and learn surrounded by their warmth and love." Welcome to the Neighborhood!

## Food Pantry Returns!

The Greater Peace Missionary Baptist Church at 3435 Fairmount Boulevard has reinstated their Food Pantry because there is "a great need in the community for three nutritious daily meals," states Pastor Jason L. Tidmore, Sr. The Food Pantry will be open for business the fourth Saturday of every month, 9:00am-12:00 noon. Any family in need is welcome with a photo ID. Donations of food and cash are welcome. Please call **216-321-3481**.

## Paws CLE opens on Lee Road

PawsCLE joined the Cedar Lee District this summer and is the newest business in Cleveland Heights catering to dog owners and their best friends. Besides dog daycare services, PawsCLE also offers overnight boarding. PawsCLE, located at 1970 Lee Road, offers wide-open indoor and outdoor spaces in a newly renovated and remodeled facility for the dogs to stretch their legs, play, use the restroom, and even just bask in the sun for a nap. For customer peace of mind, PawsCLE also features live cameras in the facility so dog owners can check in on their furry friends whenever they want. They are open Monday-Friday 6:30am to 7:30pm and Saturday 8:00am to 5:00pm. [www.pawscle.com](http://www.pawscle.com)

## Doing Business is Easy In Cleveland Heights

### *Why does Cleveland Heights continue to attract a variety of independently owned businesses?*

Cleveland Heights' history and culture creates an atmosphere unmatched in Northeast Ohio in terms of supporting locally-owned businesses. Cleveland Heights' "main street" style commercial districts offer the perfect landing place for any small business. When it comes to Cleveland Heights, you're not just opening a business, you are joining a community.

### *What tools does the City of Cleveland Heights offer to businesses locating or relocating to Cleveland Heights?*

The City has a robust toolbox of programs to help support businesses looking to locate or expand in Cleveland Heights. These include a variety of financing options and possible tax abatements tailored to meet the needs of diverse businesses. Whether you're an entrepreneur with a startup or an established business looking for a new location, Cleveland Heights is able to provide customized support to help facilitate your project.

For established businesses looking to expand or locate in Cleveland Heights, the City has several loan programs, typically featuring below market rates, to help facilitate your project. Ideal uses for City loan funds are leasehold improvements, equipment and real estate. The City's Storefront Renovation Program provides design and financial assistance (rebates and loans) to make improvements to the exterior of your building.

For entrepreneurs and startups, there is a Microloan Program that makes smaller loans to help launch a brick and mortar business in the City. There is also a grant program available to businesses utilizing an SBA loan to provide additional equity in your project.

### *What are some of the benefits of doing business with and in Cleveland Heights?*

With more than 500 unique independently-owned businesses, Cleveland Heights offers access to a large and diverse market of customers and a highly educated workforce. With walkable commercial districts integrated into residential neighborhoods and located just up the hill from major downtown and University Circle institutions, and along major commuting corridors, Cleveland Heights gives businesses unparalleled opportunities not available elsewhere in Greater Cleveland.



Contact the City of Cleveland Heights today to learn more about becoming a part of Northeast Ohio's home for small business.

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

# Cleveland Heights Ohio

Eclectic Neighborly Friendly vital  
thriving Cultural progressive  
historic unique HOME thriving  
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](http://www.ClevelandHeights.com)

# datestoremember

Tuesday, September 4	American Red Cross Blood Drive 2:00-7:00pm, Community Center South Atrium
Tuesday, September 4	Greater Cleveland Food Bank School Market, 2:30-4:30pm, free and open to the community, Boulevard Elementary, every first Tuesday of month
September 13-15	Heights Music Hop, 9/13 Coventry Village, 9/14 Cedar Fairmount, 9/15 Cedar Lee
Saturday, September 15	Boomerfest 10:00am-12:00 noon, Community Center
Sunday, September 16	Heights Heritage Home & Garden Tour 12:00 noon-6:00pm
Tuesday, September 18	Greater Cleveland Food Bank School Market, 2:30-4:30pm, free and open to the community, Noble Elementary, every third Tuesday of month
Friday, September 21	Senior Health Fair, Community Center, 10:00am-12:00 noon
Sunday, October 7	Happy 5K/10K Run & Walk, 10:00am
Saturday, October 13	Heights High Open House, 10:00am-12:00 noon, part of Heights High Homecoming Weekend October 12-14
Thursday, October 18	Community Improvement Awards 7:00pm, City Hall Atrium
Friday, October 19	The Cedar Lee Candy Crawl 5:00-7:00pm
Wednesday, October 24	Cedar Fairmount Halloween Fun 5:00-7:00pm
Wednesday, October 31	City-wide Halloween Trick-or-Treating 6:00-8:00pm
Thurs-Sun, November 1-4	Heights High Fall Musical
Sunday, November 4	Daylight Savings Time ends. Turn clocks back.
Tuesday, November 6	Election Day
Monday, November 12	City Hall and the Senior Center closed (in observance of Veterans Day on November 11)
Monday, November 12	American Red Cross Blood Drive 2:00-7:00pm, Community Center South Atrium
Thursday, November 22	Thanksgiving Day, City Hall and the Community Center closed
Friday, November 23	City Hall closed
Tuesday, December 25	Christmas, City Hall and the Community Center closed
Monday, December 31	Noon Year's Eve 11:00am-1:00pm, Community Center
Tuesday January 1, 2019	New Year's Day, City Hall and the Community Center closed
Monday, January 7	American Red Cross Blood Drive 2:00-7:00pm, Community Center South Atrium
Wednesday, January 16	Dr. Martin Luther King, Jr. Celebration 7:00pm, Community Center
Monday, January 21	Dr. Martin Luther King, Jr. Day, City Hall and the Community Center closed

~ 2018 ~  
Fall / Winter

# CLEVELAND HEIGHTS HAPPY 5K 10K



**Sunday, October 7 @ 10:00am**

The City of Cleveland Heights and its merchants invite you to the 4th Annual Happy 5K/10K & 1 Mile Fun Run on Sunday, October 7 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 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!!!

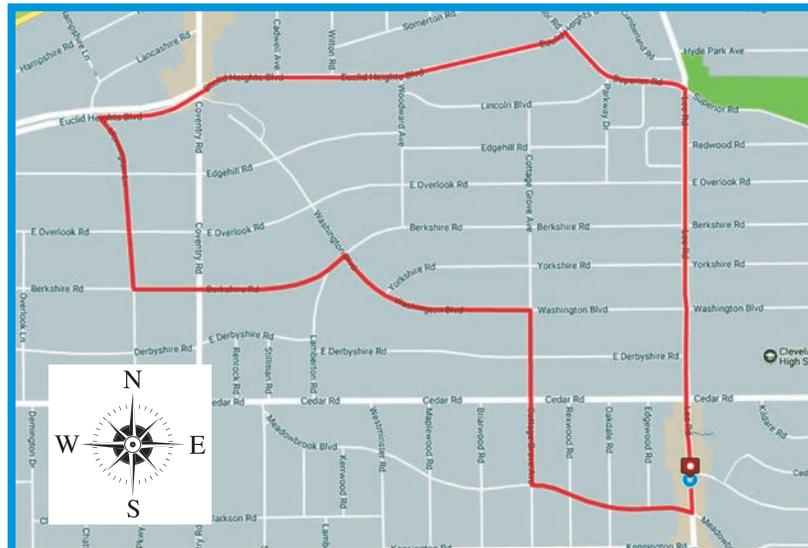
The race is limited to the first 1000 runners. Register for the race and buy yard signs at [www.westernreserveracing.com/events/cleveland-heights-happy-5k-10k](http://www.westernreserveracing.com/events/cleveland-heights-happy-5k-10k).



Look at more photographs from last year on page 46



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!!!**

# COMMUNITY CENTER

Cleveland Heights Community Center, 1 Monticello Boulevard 44118  
[www.chparks.com](http://www.chparks.com) Follow us on Facebook

## Important Phone Numbers

Community Center: 216-691-7373  
Office on Aging: 216-691-7377  
Recreation Sports Hotline: 216-691-7385  
Cain Park: 216-371-3000 (April-August)  
Ice Rinks: 216-691-7434  
Cumberland Pool: 216-691-7390  
Heights WinterFest by Jump Start Sports: 330-656-0090

## 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. 3  
Monday, Nov. 12  
Thursday, Nov. 22  
Tuesday, Dec. 25  
Tuesday, Jan. 1, 2019  
Monday, Jan. 21, and  
Monday, Feb. 18.

## 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](http://www.clevelandheights.com)

### 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.**



# parks & facilities

## 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](mailto:mdiscenzo@clvhts.com) to become a volunteer coach or contact Dee Marsky at [dmarsky@clvhts.com](mailto:dmarsky@clvhts.com) for program and special event opportunities.

### 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

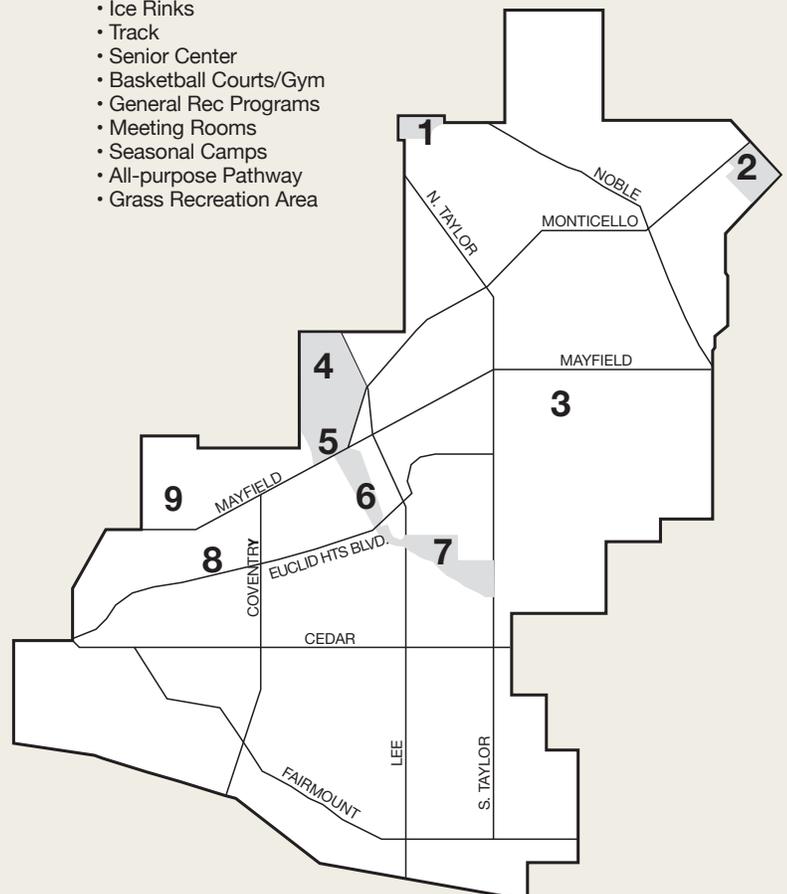
- Lee and Superior
- Tennis Courts
- Basketball Court
- Skate Park
- Playground
- Summer Performing Arts Center
- All-purpose Pathway
- Grass Recreation Area
- Sledding Hill
- Splash Pad

### 8 EUCLID HEIGHTS TOT LOT

- Euclid Heights Blvd and Hampshire
- Turtle Park Playground

### 9 KENILWORTH PARK

- Kenilworth and Overlook
- 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 Discenzo 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 2019 can be submitted beginning Wed, January 2, 2019.

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
Student (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
Student (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

### 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 | Sept 17-May 19, 2019

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

Closed: Monday, Sept. 3  
 Monday, Nov. 12  
 Thursday, Nov. 22  
 Tuesday, Dec. 25  
 Tuesday, Jan. 1, 2019  
 Monday, Jan. 21, and  
 Monday, Feb. 18.

### 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

### 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  
Time: Available by appt.  
Location: Activity Room 6  
Cost: Trainers set their own rates within an affordable range  
Contact: Ty Richardson at 216-694-8414 or at rapidresultsworks@gmail.com

*"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*



- All our personal trainers are college educated and certified fitness professionals with years of experience in the field.
- Free consultation to discuss your health and fitness goals and any injuries/limitations.
- Programs incorporate strength, cardiovascular, mobility and flexibility training plus injury prevention and wellness education.
- Morning, afternoon, evening, and weekend appointments.
- Large variety of training equipment including a private training room with specialized equipment.
- Affordable payment options to fit your budget and a results-oriented exercise plan regardless of your budget.
- Discounted rates for those who train as couples or in small groups.



### Meet Our Trainers

**Head Trainer Ty Richardson** has been a weight loss specialist and fitness trainer for over 12 years and has personally lost over 85 pounds using a program she created called The Rapid Results Weight Loss program.

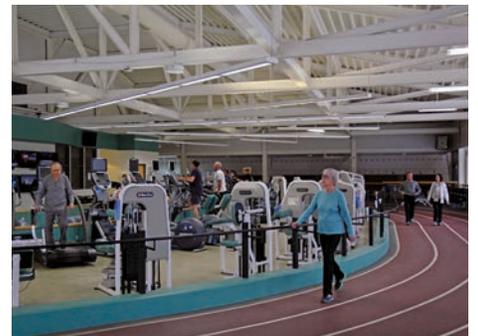
**Lorin Brown** is certified in dietary management and focuses on fitness plans for individuals with physical and medical disabilities including high blood pressure, joint limitation and arthritis.

**Jermaine Davis** is a certified personal trainer with experience in wrestling, baseball and football and specializing in weight loss, children's programs and athletic training.

**Troy Johnson** is a certified personal trainer specializing in strength training, muscle toning, rapid weight loss, power lifting and boxing skills. He provides one-on-one and group training.

**Kennedy Jones** is a personal trainer and Rapid Results Weight Loss certified who specializes in weight loss and strength training, and has won weightlifting competitions.

**Matthew Palsgrove** is a personal and group fitness instructor specializing in senior strength and mobility, and weight training for all ages. He is also an EMT and Wilderness First Responder.



# AQUATICS POOLS

## Fall Indoor Swimming

**Cleveland Heights High School**  
13263 Cedar Road

**2018 Fall Indoor Season Schedule\***  
Tue, Sept 4 – Friday, Nov 2

**Monday-Friday**  
Adult Lap Swim | 6:00-7:30am

**Monday-Thursday**  
Adult Lap Swim | 5:30-8:00pm

**Friday**  
Adult Lap Swim & Family Swim  
5:00-8:00pm

**Saturday**  
Adult Lap Swim | 8:00-10:00am  
Adult Lap Swim & Family Swim  
12:30-2:00pm

**Sunday**  
Pool Closed

The pool will be closed on  
Monday, Sept 10 and Wed, Sept 19.

Proper swimwear is required to swim  
at Cleveland Heights High School.  
Schedule subject to change.

### Fall Season Passes

Available to those residing in the  
CHUH City School District.  
Family: \$70.00  
Adult (19-59) \$32.00  
Senior (60+) \$25.00  
Punch Card\* \$20.00  
\*(good for 10 general admissions)

### American Red Cross Swimming Lessons

Swimming lessons are taught by American Red Cross certified lifeguards. The pool staff reserves the right to test the swimming ability of any swimmer to ensure proper skill placement and to limit class size or to combine classes when necessary. Participants must register at least one week before each session for all group lessons.

#### Parent/Child Group Lessons

Ages 6-36 months. Builds basic water safety skills for parents and helps children become more comfortable in the water. Adults are in the water with their child.

Day: Saturday  
Dates: Sept 8-Oct 27  
Time: 11:20-11:50am  
Location: Cleveland Heights High School  
Cost: \$30.00  
Class Size: 10

#### Preschool/Level 1-Intro to Water Skills

Ages 3-5  
Day & Time: Sat | 11:20-11:50am  
Day & Time: Sat | 12:00-12:30pm  
Dates: Sept 8-Oct 27  
Location: Cleveland Heights High School  
Cost: \$30.00  
Class Size: 6

#### Level 2-Fundamental Water Skills

Ages 5+  
Day & Time: Sat | 11:20-11:50am  
Dates: Sept 8-Oct 27  
Location: Cleveland Heights High School  
Cost: \$30.00  
Class Size: 6

#### Level 3-Stroke Development

Ages 5+  
Day & Time: Sat | 11:20-11:50am  
Dates: Sept 8-Oct 27  
Location: Cleveland Heights High School  
Cost: \$30.00  
Class Size: 6

#### Level 4-Stroke Improvement

Ages 5+  
Day & Time: Sat | 11:20-11:50am  
Dates: Sept 8-Oct 27  
Location: Cleveland Heights High School  
Cost: \$30.00  
Class Size: 6

#### Level 5/6-Stroke Refinement & Proficiency

Ages 5+  
Day & Time: Sat | 10:45-11:15am  
Dates: Sept 8-Oct 27  
Location: Cleveland Heights High School  
Cost: \$30.00  
Class Size: 6

### Water Aerobics

Ages 18+. A vigorous 40-minute workout done in the water incorporating cardio along with calisthenics. Participants need to be comfortable in the water.  
Instructor: Margaret Hall  
Day: Tue & Thu  
Date: Sept 4-Oct 25  
Time: 7:00-7:45pm  
Location: Cleveland Heights High School  
Cost: \$59.00  
Class Size: 20

### Tigersharks Swim Team

Ages 5-18. Pre-requisite: must have completed level 4.  
Head Coach: Dan Budin  
Day/Time: Tue & Thu 4:00-5:30pm / Sat 10:00-11:15am  
Dates: Sept 4-Nov 1  
Location: Cleveland Heights High School  
Cost: \$35.00

\* A reduced winter schedule is currently under review and will be posted online once finalized.



# PRESCHOOL PROGRAMS

## sports

### special interest

#### 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 26-Oct 24 (fall 1) 5wks

Dates: Nov 14-Dec 19 (fall 2) 5wks  
no class 11/21

Time: 5:15-6:00pm

Location: Aerobic Room

Cost: \$32.00 CH RES  
\$37.00 NON RES

Dates: Jan 16-Feb 20 (winter 1) 6wks

Dates: Mar 6-April 17 (winter 2) 6wks  
no class 3/27

Time: 5:15-6:00pm

Location: Aerobic Room

Cost: \$38.00 CH RES  
\$44.00 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 17-Oct 22 (fall 1)

Dates: Nov 5-Dec 10 (fall 2)

Dates: Jan 14-Mar 4 (winter 1)  
no class 1/21 & 2/18

Time: 1:15-2:00pm

Location: Aerobic Room

Cost: \$38.00 CH RES  
\$44.00 NON RES



#### Tiger Cubs Preschool Soccer

Ages: 3 & 4

Day: Saturday

Dates: Sept 8-Oct 13

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](http://www.heightsunitedsoccer.com)

#### 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: Friday

Dates: Oct 26-Nov 16 (fall)

Dates: Feb 22-Mar 15 (winter)

Time: 10:00-11:00am

Location: Activity Room 3

Cost: \$26.00 CH RES  
\$30.00 NON RES

#### 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: Friday

Dates: Sept 21-Oct 12 (fall)

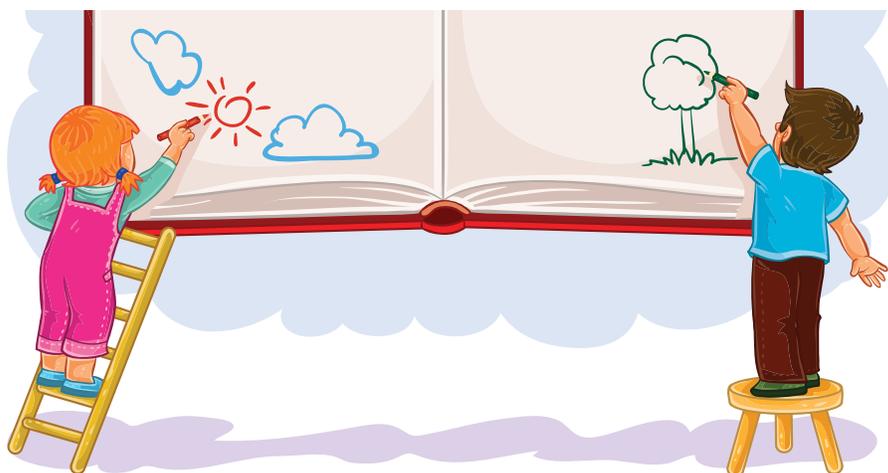
Dates: Jan 18-Feb 1 (winter) 3wks

Time: 10:00-11:00am

Location: Activity Room 1A & 1B

Cost: \$26.00 CH RES (fall)  
\$30.00 NON RES (fall)

Cost 3wks: \$20.00 CH RES (winter)  
\$23.00 NON RES (winter)



# Preschool Open Gym

**Monday, Wednesday & Friday  
Starting October 22  
10:00am-12:00 Noon**

**Community Center Gym  
\$5.00 per family each visit or  
\$20.00 for a 6-class pass**

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



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**CLEVELAND HEIGHTS COMMUNITY CENTER**  
One Monticello Boulevard • Corner of Mayfield Road & Monticello Boulevard  
[www.chparks.com](http://www.chparks.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 330-656-0090

Dates: Week 1: Wed, Dec. 26-28  
Week 2: Wed, Jan 2-4

Time: Full day: 9:00am-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 \$190  
One Week Full Day \$100  
Individual Days: \$40 per day

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 26-Oct 24 (fall 1) 5wks

Dates: Nov 14-Dec 19 (fall 2) 5wks  
no class 11/21

Time: 6:00-7:00pm

Location: Aerobic Room

Cost: \$32.00 CH RES  
\$37.00 NON RES

Dates: Jan 16-Feb 20 (winter 1) 6wks

Dates: Mar 6-April 17 (winter 2) 6wks  
no class 3/27

Time: 6:00-7:00pm

Location: Aerobic Room

Cost: \$38.00 CH RES  
\$44.00 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

5<sup>th</sup> Degree Black Belt

Ages: 6 & older

Day: Saturday

Dates: Sept 15-Nov 17 (fall)

Dates: Dec 1-Feb 23 (winter)  
no class 12/29, 1/5 & 2/16

Time: 10:30am-12:00 Noon

Location: Activity Room 7

Cost: \$65.00 CH RES  
\$75.00 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

5<sup>th</sup> Degree Black Belt

Day: Saturday

Dates: Sept 15-Nov 17 (fall)

Dates: Dec 1-Feb 23 (winter)  
no class 12/29, 1/5 & 2/16

Time: 9:00-10:30am

Location: Activity Room 7

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

### Mini Kids Kuk Sool Won™(WKSA)

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

Now fifteen (15) Classes a session.

Instructor: David Pritts

2<sup>nd</sup> Degree Black Belt

Ages: 5-6

Days: Tuesday & Thursday

Time: 6:00-6:30pm

Dates: Oct 2-Nov 27 (fall)  
no class 10/4 & 11/22

Dates: Dec 4-Feb 5 (winter 1)  
no class 12/25, 12/27, 1/1 & 1/3

Dates: Feb 12-April 11 (winter 2)  
no class 2/28, 3/26 & 3/28

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

Cost: \$51.00 CH RES  
\$58.00 NON RES

### Youth Kuk Sool Won™ (WKSA)

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

Now fifteen (15) Classes a session.

Instructor: David Pritts

2<sup>nd</sup> Degree Black Belt

Ages: 7-13

Days: Tuesday & Thursday

Time: 6:30-7:30pm

Dates: Oct 2-Nov 27 (fall)  
no class 10/4 & 11/22

Dates: Dec 4-Feb 5 (winter 1)  
no class 12/25, 12/27, 1/1 & 1/3

Dates: Feb 12-April 11 (winter 2)  
no class 2/28, 3/26 & 3/28

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

Cost: \$87.00 CH RES  
\$102.00 NON RES





# sports

## Fall Youth Soccer Academy

Day: Saturday  
 Dates: Sept 8-Oct 20  
 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 8-Oct 20  
 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 7. Volunteer coaches and assistant coaches are needed. Contact Mike Discenzo at [mdiscenzo@clvhts.com](mailto: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 24 through Friday, Sept 28  
 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](http://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 8-Feb 9 (no practice/games 12/24-1/5)  
 Location: Community Center  
 Cost: \$50.00 CH RES  
 \$70.00 NON RES

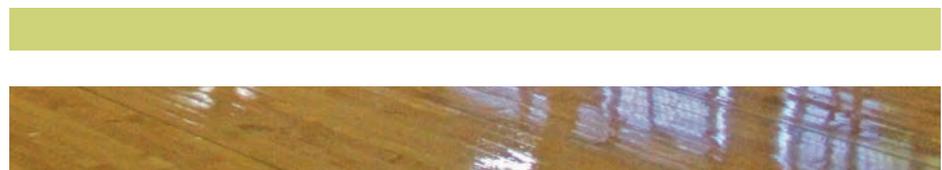
## Mandatory Pre-Season Player Evaluation Clinics Saturday, November 10 & 17

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 1 (coaches only). Register at the Community Center. Registration deadline is Friday, November 30. Volunteer coaches and assistant coaches are needed. Contact Mike Discenzo at [mdiscenzo@clvhts.com](mailto:mdiscenzo@clvhts.com) or 216-691-7383.

## Indoor Soccer

Dates: Nov 7-Dec 12 and Jan 9-Feb 13, 2019  
 Location: Oxford Elementary School  
 Contact Sean Sullivan at (216)849-4505 or [www.heightsunitedsoccer.com](http://www.heightsunitedsoccer.com) for more information.



# ICERINKS

**Ice Rink Schedule**  
216-691-7434 [www.chparks.com](http://www.chparks.com)  
Learn-to-Skate Questions email: [learntoskate@clvhts.com](mailto:learntoskate@clvhts.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](http://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: Ice rink closed, Labor Day  
Sept 7: Learn-to-Skate USA Session 1 begins  
Oct 15: Two-rink schedule & Learn-to-Skate USA Session 2 begins

### Nov & Dec

Nov 19: Learn-to-Skate USA skip week  
Nov 22: Ice rinks closed, Thanksgiving Day  
Nov 23-25: Youth Hockey Tournament  
Dec 1-2: Speedskating Meet  
Dec 23: Annual Barden-Benner-Carter Alumni Hockey Game  
Dec 24, 25: Ice rinks closed  
Dec 28-30: Cleveland Heights High School Hockey Tournament  
Dec 31: Noon Year's Eve

### Jan & Feb

Jan 1: Ice rinks closed  
Jan 11-14: Youth Hockey Tournament  
Feb 15-18: Annual Raymond A. Robinson Memorial Youth Hockey Tournament  
Feb 24: 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](mailto:ktaylor@clvhts.com)

## 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.

## 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](http://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.

### Session Dates:

Session 1 Sept. 7-Oct. 14  
Session 2 Oct. 15-Dec. 9  
Registration October 1  
Skip Dates Week of 11/19

### 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.

## Other Skating Opportunities

### Pavilion Skating Club

[www.pavilionfsc.com](http://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 [psccluboffice@gmail.com](mailto:psccluboffice@gmail.com) for more information.

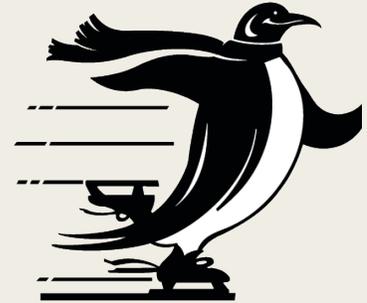
### City Freestyle

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.

### Cleveland Heights Speedskating Club

[www.clevelandheightsspeedskating.org](http://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](mailto: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  
2<sup>nd</sup> LTS Class  
Good for one skater**

Must be present  
at time of registration.

Not valid  
with any other offers.

Expires 10/14/18



## Eastside Tigers

[www.heightshockey.com](http://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](mailto:drobnickb@yahoo.com) for hockey-related questions for children 9 & under. For learn-to-skate questions please contact Erin Schopf at [learntoskate@clvhts.com](mailto: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 1  
\*\*Skip Nov 12 \*\*\*Skip Nov 24

	Day	Dates	Time	CH RES	NON RES
Session I	Sat	Sept 8-Oct 13	10:15-11:15am	\$30.00	\$42.00
Session I	Mon	Sept 10-Oct 8	6:15-7:15pm	\$25.00	\$35.00
Session II	Mon	Oct 15-Dec 3**	6:15-7:15pm	\$35.00	\$49.00
Session II	Sat	Oct 20-Dec 8***	10:15-11:15am	\$35.00	\$49.00

## 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 at [jackshockey@aol.com](mailto: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 10-Dec 15 no class 11/12 & 11/24
Cost:	\$135.00 CH RES \$195.00 NON RES



## High School Hockey

**Cleveland Heights High School**

[www.shutout.com](http://www.shutout.com)

**Benedictine High School**

[www.cbhs.net](http://www.cbhs.net)

**Brush High School**

[www.sel.k12.oh.us](http://www.sel.k12.oh.us)

**University School**

[www.us.edu](http://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](http://www.eteamz.com/CHSHL)

## Cleveland Heights Women's Hockey

[www.eteamz.com/chwh](http://www.eteamz.com/chwh)

Please contact [chwhomenshockey@gmail.com](mailto:chwhomenshockey@gmail.com) for more information.

## Cleveland Heights 50+ Hockey League

[www.ch50hl.com](http://www.ch50hl.com)

Four team league plays Friday nights. Please contact John Sullivan at [jesullivan3@sullivanandsullivan.com](mailto: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.chparks.com](http://www.chparks.com) for schedule updates.

# 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](http://clevelandheights.com) or email Learn-to-Skate Director Erin Schopf at [learntoskate@clvhts.com](mailto:learntoskate@clvhts.com)

## 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 1, 8, 15, 22, & 29  
Cost: \$50.00 CH RES  
\$60.00 NON RES

Proper attire consists of: warm clothing, snowsuits, helmets, gloves and socks are required.



**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 11:00am-1:00pm**

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



# 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.)*

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.

## sports

### Basketball Leagues

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

#### Men's Basketball League

Ages: 18+  
Day: Sunday  
Dates: Beginning October 14  
Location: Community Center  
Cost: \$250.00 CH RES Team  
\$375.00 NON RES Team

#### Women's Basketball League

Ages: 18+  
Day: Wednesday  
Dates: Beginning October 17  
Location: Community Center  
Cost: \$250.00 CH RES Team  
\$375.00 NON RES Team

**HAPPY 5K/10K RUN & WALK  
SUNDAY, OCTOBER 7  
MARK YOUR CALENDAR AND  
GET YOUR TEAMS READY.  
4TH YEAR - BIGGER & BETTER  
See page 27 & 46 for more details**

### 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-3:00pm  
Starts: Oct 2-April 30  
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



**AMERICAN  
RED CROSS  
BLOOD DRIVES**

Dates: **Sept 4, Nov 12  
Jan 7 & Mar 4**  
Time: **2:00-7:00pm**

**At The Community Center  
Call 1-800-GIVELIFE to  
schedule an appointment.  
Walk-ins will be taken as  
schedule permits.**



### Body Construction

2-part core and strength training class: core strengthening and abdominal defining workout routines focused to work the stubbornness out of the lower ab region, with additional arm and leg training development.

Instructor: Lorin Brown  
Days: Tuesday & Thursday  
Time: 5:00pm  
Location: Aerobic Rooms  
Cost: \$10 drop in (non-members)  
\$75 monthly class membership  
\$5 drop in (Community Center members)  
\$40 monthly w/Fitness Center Pass



### Personal Training Services

Individualized personal training programs adapted to fit your goals and needs by certified experts. All of our expert trainers design your individual program to make your goals a reality. 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  
Time: Available by appt.  
Location: Activity Room 6  
Cost: Trainers set their own rates within an affordable range  
Contact: Ty Richardson  
216-694-8414  
rapidresultsworks@gmail.com

**See More Personal Training  
Information on page 32**

# TWO FREE CLASSES

Choose and use as often as you like. Go once or go often. All you need is an active membership to the Cleveland Heights Fitness Center.



## Evening Barre Body Total Workout 1

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

## Saturday Indoor Cycling 2

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



## Home-field advantage.

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

I understand you work really hard for your home and car, and I'm here to help protect them. Stop in or call me today.



## special interest



### 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: Sunday  
 Starts: September 9 (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 12–Nov 7 (fall)  
 no class 9/19  
 Dates: Nov 28–Jan 30 (winter 1)  
 no class 12/26 & 1/2  
 Dates: Feb 13–Apr 10 (winter 2)  
 Cost: \$48.00 CH RES  
 \$64.00 NON RES

### (FREE see page 43) 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: Oct 29-Dec 3 (fall)  
 Dates: Jan 7–Feb 25 (winter)  
 no class 1/21 & 2/18  
 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 24–Oct 29 (fall)  
 Dates: Nov 12–Dec 17 (winter 1)  
 Dates: Jan 7–Feb 25 (winter 2)  
 no class 1/21 & 2/18  
 Time: 9:30-10:30am  
 Location: Aerobic Room  
 Cost: \$38.00 CH RES  
 \$44.00 NON RES

### (FREE see page 43) 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: Sept 22–Oct 27 (fall 1)  
 Dates: Nov 10–Dec 22 (fall 2)  
 no class 11/24  
 Dates: Jan 12–Feb 23 (winter)  
 no class 2/16  
 Time: 10:00-10:45am  
 Location: Aerobic Room  
 Cost: \$32.00 CH RES  
 \$37.00 NON RES

### NEW!! Interval Mix

This class will have four 15 minute segments working the whole body with a cool down. A variety of equipment will be used to spice up the work out. Bring your own water bottle.

Instructed by: Lori Blum  
 Day: Tuesday  
 Dates: Sept 18–Oct 23 (fall 1)  
 Dates: Nov 6–Dec 18 (fall 2)  
 Dates: Jan 15–Feb 19 (winter 1)  
 Dates: Mar 5–Apr 16 (winter 2)  
 no class 3/26  
 Time: 9:30-10:30am  
 Location: Aerobic Room  
 Cost: \$38.00 CH RES  
 \$44.00 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 13–Oct 18 (fall)  
 Dates: Nov 1–Dec 13 (winter 1)  
 no class 11/22  
 Dates: Jan 10–Feb 14 (winter 2)  
 Dates: Feb 28–Apr 11 (winter 3)  
 no class 3/28  
 Time: 9:30-10:30am  
 Location: Aerobic Room  
 Cost: \$38.00 CH RES  
 \$44.00 NON RES



## NEW!! Core Fusion

Core exercises using a variety of equipment and techniques including Pilates and Yoga to train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance, stability and core strength. Six classes per session

Instructor: Pia Alesci

Day: Monday

Dates: Sept 17-Oct 22 (fall)

Dates: Nov 5-Dec 10 (winter 1)

Dates: Jan 7-Feb 25 (winter 2)  
no class 1/21 & 2/18

Time: 7:05-8:05pm

Location: Aerobic Room

Cost: \$38.00 CH RES

\$44.00 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: Oct 16-Nov 29 (fall)  
no class 11/20 & 11/22

Dates: Dec 4-Jan 24 (winter 1)  
no class 12/25, 12/27, 1/1 & 1/3

Dates: Feb 5-Mar 14 (winter 2)

Time: 6:30-7:30pm

Location: Aerobic Room

Cost: \$63.00 CH RES

\$75.00 NON RES

## 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 17-Oct 29 (fall)  
no class 10/15

Dates: Nov 12-Dec 17 (winter)

Time: 5:00-6:00pm

Location: Room 1A + 1B

Cost: \$38.00 CH RES

\$44.00 NON RES

## 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 14-Nov 16 (fall)

Dates: Nov 30-Feb 22 (winter)  
no class 12/28, 1/4 & 2/15

Time: 7:00-8:30pm

Location: Activity Rm 7

Cost: \$65.00 CH RES

\$75.00 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. Now fifteen (15) Classes a session.

Instructed by: David Pritts,  
2nd Degree Black Belt and School Owner

Days: Tuesday and Thursday

Time: 7:30-8:30pm

Dates: Oct 2-Nov 27 (fall)  
no class 10/4 & 11/22

Dates: Dec 4-Feb 5 (winter 1)  
no class 12/25, 12/27, 1/1 & 1/3

Dates: Feb 12-April 11 (winter 2)  
no class 2/28

Location: Tue Rm 7/Thur Senior Center

Cost: \$87.00 CH RES

\$102.00 NON RES

## DANCE MIXX Cardio & Strength

If machines or boot camps aren't your jam, maybe we are! New music, new moves, every week, incorporating dance cardio, Pilates, yoga, kickboxing and strength. Four different formats taught every month to keep it fun and mix it up. All programs sound the same, so the only way to explain how we are different is to come in and see for yourself. Try a class for 50% off a one time drop-in fee with this ad. (weekday mornings also available for a total of 9 weekly classes!)

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

M/T/W/Th 6:30pm

Saturday 8:45am

Sunday 9:30am

Unlimited workouts starting at just \$45.00/month!  
Aug. 1-31 purchase the rest of 2018 for only \$99!

## Zumba NEW INSTRUCTOR!!

Who says fitness has to be boring?

Come and dance the week's frustrations away with moves inspired by Latin, Pop, Soul and Rock music. "Come on and get happy" as we burn calories and get fit. You are guaranteed to have fun! Wear comfortable workout clothes that you can move in and bring a spill-proof water bottle.

Instructed by: Cynthia Herak-Hardin

Day: Friday

Dates: Sept 21-Oct 26 (fall)

Dates: Nov 9-Dec 21 (winter 1)  
no class 11/23

Dates: Jan 11-Feb 15 (winter 2)

Time: 5:30 -6:30pm

Location: Aerobic Room

Cost: \$38.00 CH RES

\$44.00 NON RES

## NEW!! Snow Sports Readiness Clinic

A world class trainer and a ski & snowboard teaching professional are joining forces in a 6-week snow sports readiness clinic to maximize your enjoyment when you hit the slopes. WE MUST HAVE 10 PARTICIPANTS TO HOLD THIS CLINIC; MAXIMUM WILL BE 25 PARTICIPANTS. REGISTRATION CLOSES ON SEPTEMBER 5.

Instructors: Lorin Brown, IFA | John Finley, PSIA & AASI

Ages: Adult

Days: Sundays

Time: 11:55am-1:00pm

Dates: September 16 through October 21

Location: Aerobic Room

Cost: \$90.00 CH RES | \$110.00 NON RES

# Happy 5K/10K Run & Walk

will be held on  
**Sunday, October 7.**

Mark your calendars  
and get your teams ready.  
4th year bigger and better!!

Check out Western Reserve Racing!  
[www.westernreserveracing.com](http://www.westernreserveracing.com)

See page 27 for more details



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# SENIOR HEALTH FAIR

Friday, September 21 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

# 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 14-Nov 2  
Time: 9:30-10:30am  
Cost: \$25.00

### **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 14-Nov 16  
Time: 2:00-3:00pm  
Cost: \$35.00

### **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 14-Nov 2  
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  
Time: 11:00am-12:00 Noon  
Cost: \$50.00  
Day: Wednesday  
Time: 11:15am-12:15pm  
Cost: \$50.00

### **Line Dancing**

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

Instructor: Gladys McGlothlin  
Day: Monday  
Dates: Sept 17-Nov 5  
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 24-Dec 3  
Time: 2:00-3:00pm  
Cost: \$30.00

### **Relaxation & Meditation**

Learn to relax and let go of stress by participating in this meditation group.

Facilitator: Christine Valadon  
Day: Fridays  
Time: 10:00am  
Cost: Free

### **Senior Strength Training**

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

Instructor: Matt Palsgrove  
Days: Tuesday & Thursday  
Dates: Sept 11-Nov 1  
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: Sept 11-Oct 30  
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 6-Oct 25  
Time: 10:00-11:15am  
Cost: \$40.00

### **Zumba Gold**

Zumba is a fun Latin dance inspired workout. It incorporates moves and music from dances such as Cha-Cha, Salsa, Reggaeton, Rumba and more. Zumba Gold is a low impact version of Zumba meant to be gentle on aging joints, easy to learn and will have you burning calories without even realizing that you're working out!

Instructor: Anita Bartel  
Days: Tuesday  
Dates: Sept 11-Oct 30  
Time: 11:00am  
Cost: \$25.00

# 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: 2<sup>nd</sup> & 4<sup>th</sup> Wednesday  
Time: 1:00-3:00pm  
Cost: Free, nominal materials fee may apply in some sessions.

## Bid Whist

Players meet every week to enjoy cards and good company.

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

## Book Discussion Group

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

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

## Bridge / Pinochle

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

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

## Chess with Leo

Learn the fundamentals of playing chess or just increase your skills while enjoying time with friends.

Day: Monday  
Time: 11:00am  
Cost: Free

## Computer Center and Tutors

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

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

## Delay the Disease

An exercise program for those living with Parkinson's.

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

## Drawing & Watercolor

This class consists of instruction in drawing, design, and watercolor and will include some group assignments along with individual projects. Appropriate for all levels. Materials will be discussed at the first class.

Instructor: Susan Morse  
Day: Tuesday  
Dates: Sept 11-Oct 30  
Time: 11:00am-2:00pm  
Cost: \$50.00

## Game Time

Players meet to enjoy the games of Monopoly and Rummikub.

Day: Tuesday, Wednesday & Friday  
Time: 2:00pm  
Cost: Free

## Genealogy Group

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

Instructor: Jean Hoffman  
Day: 2<sup>nd</sup> 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 11 & Dec 13  
Time: 11:30am  
Cost: Your own individual lunch.

## Mixed Media Drawing

Think you don't have artistic talent? Think again! This class will expand your artistic repertoire using a range of materials and techniques. It will include instruction in drawing, special projects, and watercolor. Appropriate for all levels. Materials discussed at the first class.

Instructor: Susan Morse  
Day: Thursday  
Date: Sept 13-Nov 1  
Time: 12:30-3:30pm  
Cost: \$50.00

## 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. Free! For more information call 216-691-7377.

Day: Thursday  
Time: 10:30am

## 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. Cost is Free. 216-691-7377

Instructor: David Brandt  
Day: 1<sup>st</sup> Wednesday of the month  
Time: 2:00pm

## 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 6-Oct 25  
Time: 8-week sessions  
Cost: \$100.00

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



## Quilting 101

Learn the basics of quilting or improve your skills and meet some new friends. Please bring a pair of fabric scissors and a mechanical pencil to each class.

Instructor: Martha Young  
Day: 1st, 2nd and 3rd Thursday  
Time: 1:30-3:00pm  
Cost: Free

## Scrabble

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

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

## Conversational Spanish

Basic knowledge required.

Instructor: Cristina Sempé  
Day: Wednesday  
Dates: Sept 5-Oct 24

**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 2  
Time: 9:00am-3:00pm  
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: 12:15-2:15pm  
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: Wednesdays  
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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AND PARKS & RECREATION



# focus

**INSIDE:**  
City News  
At Your Service  
Dates to Remember  
Recreation Class Schedule  
Fitness Center

## CLEVELAND HEIGHTS CITY COUNCIL

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Melissa Yasinow, Vice Mayor  
Mary Dunbar  
Kahlil Seren  
Jason S. Stein  
Cheryl L. Stephens  
Michael Ungar  
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](http://www.clevelandheights.com).

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[www.ClevelandHeights.com](http://www.ClevelandHeights.com)

**City Hall: 216-291-4444**  
**Service Department: 216-691-7300**  
**Parks & Recreation: 216-691-7373**

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