

CITY OF CLEVELAND HEIGHTS focus

A PUBLICATION OF CITY NEWS AND PARKS & RECREATION



 **2019**
ISSUE #2

JOIN US FOR THE 5TH ANNUAL
HAPPY 5K 10K WALK/RUN

Cleveland Heights



Something for
Everyone



CONTENTS

CITY NEWS

City News	4
Business Development	5
At Your Service	6
We Are Proud	8
The Early Years	9
Our Schools	10
Reaching Heights	12
Halloween	13
Around Town	14
Home & Garden Tour	15
Heights Music Hop	16
Historic Heights	18
Nominations	19
Home to the Arts	20
Local Happenings	23
Business	24
Dates To Remember	26
Happy 5K & 10K	27

COMMUNITY CENTER

Registration Information	28
Payment Options	29
Department Policies	29
Parks & Facilities Map	29
Room Rentals	30
Shelter & Field Reservations	30

FITNESS CENTER

Passes / Rates / Hours	31
Personal Training	32
Fitness Special Offer	33

AQUATICS/POOL

Indoor Pool	34
Special Programs	34

ICE RINKS

Schedule & Fees	35
Learn-to-Skate	35
Hockey	36
Other Skating Opportunities	37
Ice Highlights	38

PRESCHOOL PROGRAMS

Special Interests & Sports	39
----------------------------	----

YOUTH PROGRAMS

Special Interest	40
WinterFest Camp	40
Sports	41

ADULT PROGRAMS

New Classes	44
Special Interest	45
Sports	46

SENIOR CENTER PROGRAMS

Senior Health Fair	47
Health & Fitness	48
Special Interest	49
Sports	50

CITYNEWS

Cleveland Heights Police Protecting our City

The Cleveland Heights Police Department continues to take steps to deter crime across the City. In 2018, the City saw a 28 percent decrease in violent crimes (from 2017). Burglaries and breaking-and-entering incidents were also down nearly 50 percent. Patrols have been reassigned to areas that have experienced higher crime rates, while police visibility has been increased throughout the City.

The Police Department continues to offer a Citizens Police Academy, Youth Academy (summer), and recently launched the dog-walker watch. Information on all of these is available at www.clevelandheights.com/Police.

We are also fortunate that the CHPD offers a house-watch program for residents who are out of town for a short trip. Details and the sign-up form are located at www.clevelandheights.com/Away-From-Home.

The CHPD wants to remind everyone to be aware of their surroundings. If you see something that appears suspicious, even if you are not sure, call the PD at 216-321-1234. These calls can be anonymous. An involved citizenry is the best deterrent to crime.

Important Fire Department Reminders

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 3.

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.**

Immigration Task Force Refugee Services Committee

As a natural continuation of the work of the Immigration Task Force, our City's commitment to refugees goes forward. A coalition of staff from the City, the library, the schools and other agencies have been working together to provide support for those who have become a part of our community. In recent months, the following has occurred: a space for the Buthanese at Noble Road Presbyterian; language classes at Noble Library; bicycle donations for those who need transportation; driver training; a community garden and more. A Memorandum of Understanding is being prepared among the group to insure that the work of the coalition continues. In addition, all City employees, including our safety forces, signed the City's Immigration Policy. (www.clevelandheights.com/immigrationpolicy)

Census 2020

Census Day is April 1, 2020. The US Constitution requires that the federal government conduct a census every ten years of every person living in the country. It will be extremely important for there to be an accurate population count and an accurate representation of households in Cleveland Heights because so much of federal, state and local funding for projects and programs is dependent on the census data. In the coming months, working with the Library and the School Board, we will be posting additional information about the upcoming census and how our residents can help us get the word out about its importance.



access Cleveland Heights 

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

- Free and easy to use 24/7!
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- Include a photo of the issue if you wish!
- You'll be notified when it's completed.

Download the **access** Cleveland Heights App



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

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



Developing Cleveland Heights

Cleveland Heights continues to be a desirable location for development and redevelopment. Two large-scale development projects are in the works – Top of the Hill and Cedar-Meadowbrook-Lee – and the City is in the early stages of gathering redevelopment plan proposals to reimagine Severance Town Center Mall.



Top of the Hill (TOH)

As the gateway to Cleveland Heights, the Top of the Hill project is expected to welcome people with up to 15,000 square feet of retail space, 25,000 square feet of green space, 250-300 luxury apartments, along with a parking garage projected to provide up to 550 parking spaces. After 37 community and stakeholder meetings – with much of the community's input included – the City still anticipates breaking ground in the 4th quarter of 2019. For more information visit: www.clevelandheights.com/TOH.



Cedar-Lee-Meadowbrook (CLM)

Located in one of Cleveland Heights most desirable and walkable communities, the CLM project will bring a vibrant, mixed-use development to the Cedar Lee District. The proposal calls for the creation of a dense, vibrant, pedestrian-friendly and unique commercial, residential mixed-use development. Work is expected to start in the spring of 2020, with a projected completion date of April in 2021. For more information visit: www.clevelandheights.com/CLM



Severance Town Center (STC)

In June of this year, the City put out a Request for Proposals for the preparation of a Redevelopment Plan for the STC site. The City's Master Plan, adopted in 2017, establishes as a primary goal the redevelopment of STC as a mixed-use and walkable area consistent with the character of Cleveland Heights. The plan is expected to include recommendations on future land uses, zoning, design standards, and a detailed Market Study which will be used to attract future development partners. Since the City does not own this site, this is the first step in presenting feasible options to the current owners. Stay tuned for future updates. www.clevelandheights.com/STC

PASSPORT Parking App



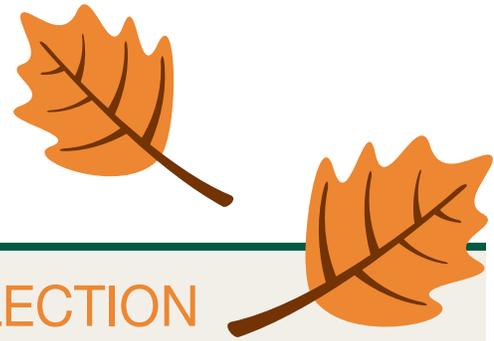
**USE YOUR SMARTPHONE
TO PAY FOR PARKING**

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Overnight Parking Request

Residents can request overnight parking online by going to www.frontlinepss.com/chpd. Permission to park on the street is only for the 3:00-6:00am restriction. This does not include permission to park in municipal lots, private property, prohibited zones, rush hour lanes, parking meters or for any other restriction by posted signs. Rush hour lanes are strictly enforced. No overnight parking permission is granted on Hampshire Road from Coventry Road west to Hampshire Lane. There is a maximum of nine requests per month, and a restriction of 36 requests per year. Any driveway repair longer than 3 days requires contacting the police department directly at 216-291-4619. Requests must be submitted before 3:00am to obtain permission.

at your service



Holiday Collection Schedule

The collection schedule for the holiday weeks is below. Please note that regardless of the conditions (bad weather, holidays, etc.), there is never a refuse collection on Sunday.

Columbus Day

Monday, October 14
is **NOT** a City holiday.

The regular Monday-Friday collection remains in force.

Veterans Day

Monday, November 11

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.

Thanksgiving Day

Thursday, November 28

City offices will be closed. Refuse collection for Thursday will be on Friday. Friday's normal collection will be on Saturday. Monday-Wednesday routes remain as usual.

Christmas Day

Wednesday, December 25

City offices will be closed. Refuse collection on Wednesday through Friday will be delayed by one day. Friday's collection will be on Saturday. Monday & Tuesday routes remain as usual.

New Year's Day

Wednesday, January 1, 2020

City offices will be closed. Refuse collection on Wednesday through Friday will be delayed by one day. Friday's collection will be on Saturday. Monday & Tuesday routes remain as usual.

Dr. Martin Luther King, Jr. Day

Monday, January 20, 2020

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 17, 2020

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.

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, November 4 and will continue until Friday, December 6, weather permitting.**

It is our intention to collect loose leaves from each property on a bi-weekly basis, generally, 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. Remind your landscapers not to rake leaves in the street, as this presents a safety hazard for pedestrians and motorists.



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 27, 2020.

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.

Christmas Tree Disposal

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



Tree Lawn Planting

Each spring and fall, the Forestry Division plants trees on tree lawns for property owners who request it.

Those interested in this service can call the Service Department at **216-691-7300**.

Community Shredding Day

October 19
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**.



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** for more information about backyard composting.



Recycling Reminder

Please remember to place cans, cartons, glass, paper, plastic bottles and jugs in a clear or blue bag and set it out a distance from your trash on your collection day. Cardboard boxes need to be flattened. But not everything can be recycled. Please place the following items in the trash: styrofoam and takeout containers; hoses and ropes; durable plastic; cups, lids and utensils; and broken ceramics.



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**.



weareproud...

The annual **Memorial Day Celebration** honoring our veterans took place on Monday, May 27 with Mayor Carol Roe and Council members Mary Dunbar and Craig Cobb congratulating Monticello Middle School essay winners **Dominic Zalonis, Nya Williams, Yorrick Trammell, Janiece M. Penman, Mackenzie Johnson, Jalyn Lynum, Derek Korane, Cameron Goines, Jervon Cole, and Aaron Lewis.** Attendees were entertained by the Heights High School Marching Band and the All-Generations Band. Veteran **Al Oberst** was honored for his efforts in preserving the Liberty Oaks plaques, which commemorate the oak trees planted in 1918 in honor of the soldiers who gave their lives in the First World War.



Al Oberst was honored for his efforts in preserving the Liberty Oaks plaques, which commemorate the oak trees planted in 1918 in honor of the soldiers who gave their lives in the First World War.



theearlyyears

FAMILY CONNECTIONS

Support Family Connections by attending
The Annual Benefit Friday, October 4
Call 216-321-0079 for more information.

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



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 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.
- **Kindergarten Kickoff:** Help your child ease the transition into kindergarten: Boulevard **August 3**, Canterbury **August 8**, Fairfax **August 7**, Gearity **August 12**, Noble **August 13**, Oxford **August 15**, and Roxboro **August 14**.
Call 216-321-0079 to register your family.



Look for us at the Cedar Fairmount Summer Festival on **August 11**, Heights Music Hop on Cedar Lee on **September 14**, and Lee Road Candy Crawl on **October 18**.

our schools



Elizabeth Kirby Named CH-UH City Schools Superintendent

The CH-UH City School District has welcomed Ms. Elizabeth Kirby as its new superintendent. A Cleveland native and Harvard graduate, she most recently served as Chief of School Strategy and Planning for Chicago Public Schools and had spent the past 23 years in CPS as a teacher, principal, and central office administrator.

“We selected Ms. Kirby because we are confident she is committed to the key values of our current strategic plan: equity, engagement, and enhancing relationships with our staff, families, and community,” said Board of Education President Jodi Sourini.

“I am excited about the opportunity to return home to Northeast Ohio and lead a district that is rich in diversity and in opportunities for students,” said Ms. Kirby in a statement.

Former Superintendent Dr. Talisa Dixon departed CH-UH in March 2019 to become Superintendent/CEO of Columbus City Schools. Longtime CH-UH administrator Dr. Brian Williams served as the interim superintendent prior to Ms. Kirby’s arrival.

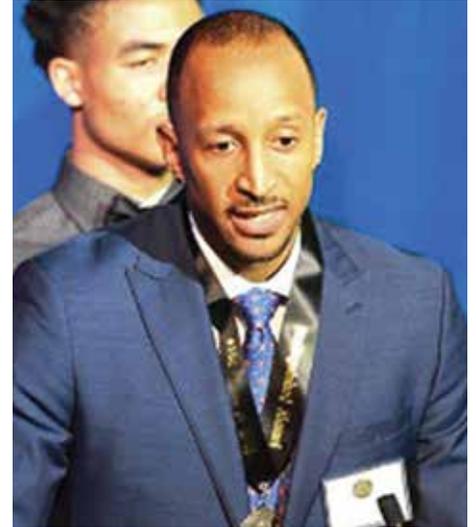


Monticello & Roxboro Middle Schools Open for New School Year

The community is invited to the September grand opening celebrations of Monticello and Roxboro middle schools. The school communities had spent the past two school years together as one Heights Middle School on the Wiley Campus while their buildings were renovated.

Monticello will hold their grand opening/community open house on **Sunday, September 15** from 1:00 to 4:00pm. Roxboro’s will be held the following **Sunday, September 22** at the same time. Guests can tour the buildings, enjoy food and activities from local vendors, and reminisce with friends.

The Monticello leadership team will remain unchanged in 2019-2020 with principal Dr. Jeff Johnston and assistant principal Brigitte Pronty. Roxboro Middle School will be led by principal Rachael Coleman and assistant principal Denise Lackey.



J.R. Bremer Named Heights High Boys Basketball Coach

J.R. Bremer, a key member of the Cleveland Heights Tigers 1997 State Championship team, has returned to his alma mater as Head Boys Basketball Coach.

A 1997 graduate of Heights High, Bremer went on to play college basketball at St. Bonaventure. His professional career spanned three NBA seasons with the Boston Celtics, Cleveland Cavaliers, and Golden State Warriors. He went on to have a 13-year international career that saw him play in six different countries.

“I’m thrilled to be back at Heights. The school and community have given me so much and helped me in so many ways on and off the court,” said Bremer. “It’s my turn to try and help our youth and provide support; it’s my turn to try and impact as many lives as I can.”



Returning to Our Alumni Roots - Homecoming ROAR in October

The mighty ROAR of Tiger Nation will once again be heard across the city on **October 11 and 12** as community, students, and alumni celebrate Homecoming Weekend. Just a few of the weekend’s activities include special events held at local merchants, the homecoming parade and football game, plus an open house at the high school. Check www.chuh.org for more details closer to the event date.



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Heights High Renovation Earns Cleveland Restoration Society Award

The recently-renovated Heights High School building was honored with the Community Impact Award from the Cleveland Restoration Society and the Cleveland chapter of the American Institute of Architects.

Board members and renovation project partners represented Heights High at the CRS/AIA 2019 Celebration of Preservation event on May 22 at the Ohio Theatre.

Since reopening in the fall of 2017, the Heights High building has received a number of awards and widespread acclaim. The renovation project was honored by Heritage Ohio with its "Best Public Building Rehabilitation Award." Karpinski Engineering won an Outstanding Achievement Award in April 2018 for their contributions to the Heights High project.



Reaching Heights

Reaching Heights is a non-profit organization that has been working since 1989 to connect the communities of Cleveland Heights and University Heights to the public schools. Their goal is to help residents understand and value public schools in order to help the schools and students thrive. Their objective is to have the community help in creating the best opportunities for the students of the CHUH district through volunteered energy, skills, and resources.

Connect

Visit Reachingheights.org to learn more about the organization and how residents can help out in addition to signing up for their newsletter at www.reachingheights.org/e-news. Like their Facebook page to never miss an opportunity to get involved with the community and Reaching Heights.

Volunteer

Become a Many Villages Academic Tutor:

Many villages' tutors support elementary school teachers and students with one-to-one and small group academic support. This is a great way to get involved and directly make a difference in the lives of our students! Tutors work in 5 of the 7 CHUH elementary schools and help support academic progress of elementary school students. Tutors can volunteer for as little as one hour, one day a week, to as much as two hours, four days per week.

Become a Reaching Heights Role

Model Speaker: The Role Model program started in 2012 and works to inspire 5th graders to see the goals they can accomplish. Role Models speak in the 5th grade classrooms about their own 5th grade experiences and their journey to adulthood, highlighting the importance of education and mentors. These Role Models make a valuable impact on our 5th grade students, inspiring them every year!

Support

Donate to the Annual Fund: This helps support Reaching Heights on a general basis in all the programs we do to support the schools.

The Spelling Bee: Sponsor a team in the annual Spelling Bee or join the competition by forming a team of three adults! The Bee is a great fundraising event Reaching Heights puts on every April where community and school groups come together for a night of fun and serious spelling.

Thank a Teacher: Go to www.reachingheights.org/thank-a-teacher to share appreciation for administrators, coaches, teachers and volunteers of the Cleveland Heights school district.

Endow a Chair: It supports private music lesson scholarships for the young musicians of the CHUH district.

Donate to the Jeffrey Altonen Scholarship for Music Camp: Donations honor the memory of Mr. Altonen who taught for decades at Monticello Middle School and recently passed away. Please help make sure that every child who wants to is able to attend their yearly summer music camp! This camp is a great opportunity for fifth- to eighth-grade musicians who live in the CH-UH public school district.



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halloween in the heights

The Cedar Lee Candy Crawl offers a safe Halloween experience on **Friday, October 18** 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 Thursday, 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.**



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around town

Noble Neighbors Gardeners' Market

Noble Gardeners' Market started on July 20 and will continue **through September 21 on Saturdays** from 10:00am to 12:00 noon. Anyone, including gardeners outside the Noble neighborhoods, with extra produce or flowers from backyard gardens or community gardens is invited to sell to neighbors at this hyper-local market. Processed food is not allowed. Buyers should bring coins and small bills to support their neighbor-growers. Find the Noble Gardeners' Market at the mini-park on Noble Road at Roanoke Road, one block north of Monticello Blvd. For more information, go to www.NobleNeighbors.com.

Noble Neighbors will also sponsor election forums in October. Details will be announced at www.NobleNeighbors.com.



Home Repair Resource Center

Home Repair Resource Center will be hosting its annual Boomerfest event **Friday, October 4** at the Cleveland Heights Community Center from 10:00am-2:00pm. This free event is a great opportunity to meet with experts to discuss how to keep your home in great shape. Unlike other housing events, this isn't a sales pitch, but a chance for community members to get all their upkeep, modification, and repair questions answered by an expert.

Boomerfest is particularly geared toward those approaching retirement age or those who've already retired. Dozens of organizations and agencies will be on hand to give out free information or set up potential consultations about aging in place, home modifications, caregiver support, financial planning, and much more. Refreshments will also be provided and questions answered.

Questions? Call **216-381-6100**.



4th Annual **FREE** Furnace Giveaway!



216 **932-9755**



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Chris



Bill

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**42nd Annual
Heights Heritage Home & Garden Tour**
presented by: Heights Community Congress

TIMELESS



ELEGANCE

Sunday, September 15, 2019 - Noon to 6:00 pm
Tickets: \$20.00 - After Labor Day all tickets are \$25.00
Saturday Preview Party - September 14, 2019 - 6:00 pm
 For your special invitation call the HCC Office at: 216.321.6775
 For group discounts or to order tickets on-line visit: www.HeightsCongress.org



**42nd Annual Heights Heritage Home & Garden Tour
presents "Timeless Elegance"**

The 42nd annual Heights Heritage Home & Garden Tour, sponsored by Heights Community Congress (HCC), kicks off **Sunday, September 15** from 12:00 noon to 6:00pm highlighting the "Timeless Elegance" of some of Cleveland Heights' grandest homes and gardens.

These elegant homes are distinguished by dramatic staircases; original, often elaborately carved, woodwork; leaded and stained glass windows – along with other wonderful architectural features. Though traditional in structure, each is uniquely furnished in a variety of periods of furniture. And all come with an abundance of fascinating histories and backstories. Lovely gardens and impressive grounds complement these homes, concentrated in the Coventry and Fairmount neighborhoods. Fairmount Presbyterian Church will welcome tour goers for refreshments and a rest stop, between 2:00pm and 4:00pm.

In addition to the Sunday community-wide tour, a gala sneak-peek Preview Party will be held the preceding evening, **Saturday, September 14**, in the historic St. Paul's Episcopal Church's Tucker Hall. Guests will board Lolly the Trolley for a sunset "preview" of select Tour homes, then return to St. Paul's for a buffet and live music, plus a brief tour of historic areas of the church, including the spot where Martin Luther King once delivered an address. The Preview Party is by special sponsor invitation; contact the HCC office at **216-321-6775** for more details.

Sunday Tour tickets are \$20 before Labor Day and \$25 after that, including the day of the Tour. Tickets can be purchased at: Zagara's Marketplace on Lee Road; Heinen's on South Green; 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 or call the HCC office at **216-321-6775**.



Sara Kraber, owner of Wood Trader

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around town continued

Seventh annual Heights Music Hop is Sept. 12, 13 & 14

The seventh annual Heights Music Hop festival will take place **September 12-14** in three Cleveland Heights districts: **September 12** in Coventry Village, **September 13** in Cedar Fairmount, and **September 14** in Cedar Lee.

Heights Music Hop showcases local live musical talent performing in local businesses and unique locations 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 great quality of life.

The 2019 festival will showcase new musical talent from all genres, including jazz, rock, R&B, classical, rap, indie, Americana and folk. "We sent out a 'Call for Musicians' and received more than 100 applications from area musicians," said Deanna Bremer Fisher, executive director of FutureHeights. "More than 50 percent of the bands that applied have not performed at the Hop before. We are very excited to bring new music to the festival this year."

FutureHeights, a nonprofit community development corporation, presents the event to inspire community collaboration and promote a sustainable future for the Heights.

Each unique district features a variety of businesses, restaurants, bars and open spaces that will participate. Participating locations in Coventry Village include Mac's Backs, Panini's Bar and Grill, Grog Shop, Coventry P.E.A.C.E. Campus, and the Coventry Village Branch of Heights Libraries. The following will participate in Cedar Fairmount: Nighttown, Appletree Books, Still Point, Luna Bakery & Café, Pavilion Home and Floral, Parnell's Pub, Green Tara Yoga and The Fairmount. In Cedar Lee, locations include Boss Dog Brewing Company, The Tavern Company, Stone Oven, Rudy's Pub, New Heights Grill, Best Gyro, Rib Cage, Dewey's Pizza, CLE Urban Winery, Heights Arts, Blank Canvas CLE, Mitchell's Fine Chocolates, Marotta's and The Social Room. Look for a complete festival guide later this summer.

Heights Music Hop 2019 is supported in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture. Additional sponsors and partners include: Ohio Arts Council, Dominion Energy, Greg Bonanno, The Heights Observer, The Cedar Fairmount, Cedar Lee and Coventry Village special improvement districts; the city of Cleveland Heights; Keller National; Small Organizational Solutions; and Coventry P.E.A.C.E. Campus. To add your name to the list, contact FutureHeights at **216-320-1423** or **info@futureheights.org**.

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** or **www.facebook.com/heightsmusichop**.



FutureHeights, Cleveland Heights' Community Development Corporation, 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.

"Having a little bit of seed money for a project can make a big difference," said Deanna Bremer Fisher, executive director of FutureHeights. "Often it's what neighbors or other potential funders need to help make a project happen. The goal of our community development corporation is to help neighbors leverage their many assets and provide tools to enable them to strengthen their neighborhoods."

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 29 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**.

The mini-grants are part of FutureHeights' Community Capacity-Building Program, which is now in its fifth year. The program, funded by FutureHeights members, a grant from the Cedars Legacy Fund, and the City of Cleveland Heights 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 Planting Flowers for Neighborhood Revitalization forum held in June—and small grants.

Thirteen residents from several Cleveland Heights neighborhoods—Noble, Cain Park, Coventry, Forest Hill, 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.

For more information, visit www.futureheights.org or contact FutureHeights at **216-320-1423** or 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 2019

Co-sponsored by the Cleveland Heights Historical Society, the Cleveland Heights Landmark Commission, the Cleveland Restoration Society, and Heights Libraries

Cluster Genealogy

Tuesday, September 24 at 6:00pm

Heights Main Library, 2345 Lee Road

Speaker: Dr. Deborah A. Abbott

Cluster Genealogy is a research technique used to learn more about an ancestor by examining records left by the ancestor's "cluster." Tracking ancestors as they move from place to place can be a daunting task, but using Cluster Genealogy can help locate an ancestor when your ancestors appear to be lost. An individual's "cluster" consists of extended family, friends, neighbors and associates. Using this technique means an increased chance of solving problems and locating information about your ancestor in the records of others. Learn how Cluster Genealogy can help break genealogical brick walls when all else fails.

Registration for this program is mandatory, and opens on **Tuesday, September 10.**



Planning Your Rehab Project

Tuesday, October 15 at 7:00pm

Heights Main Library, 2345 Lee Road

Are you planning a rehab project at your home? This program will teach you how to plan for the project, how to choose the right contractor for the job, and what to look for when reviewing bids. Presented by the Cleveland Restoration Society, no registration required.

Library Podcast – Living in the Heights at Lee Road

Tuesdays, September 3, October 1, and November 5 from 6:30-8:00pm

Living in the Heights is a monthly podcast that features interviews with local groups and individuals who have stories to share about our local community that are of historical interest. Registration is mandatory! Register by contacting Jessica at localhistory@heightslibrary.org

Cuyahoga County Archives with Judy Cetina

Tuesday, October 29, 7:00pm

Heights Main Library, 2345 Lee Road

Dr. Judith Cetina, Cuyahoga County Archivist, will identify the records in the holdings of the Cuyahoga County Archives that will assist in documenting the history of a home, or other significant structures, in Cleveland Heights. Dr. Cetina will explain how County sources can be used in relationship with one another to create a chain of ownership and establish a date of building construction. Her presentation will illustrate how the history of a home is integral to understanding the story of one's family.

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Angie's List
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Medusa Portland Cement Company Central Offices (The Medusa Building)

3008 Monticello Blvd.

1956-1957, Ernst Payer, architect

The Medusa Building was designated a Cleveland Heights landmark earlier this year by the Landmark Commission and recently was awarded \$1.25 million in State Historic Preservation Tax Credits. The projected \$22 million development includes the renovation and conversion of the Medusa Building into 13 apartments. The project also proposes the construction of two new apartment buildings with approximately 50 total units plus structured parking. The Medusa Building is a unique local example of modernist architecture and the mid-century design features will be retained as part of the redevelopment. The architect took great care to incorporate concrete in various creative forms throughout the building as a reflection of his client's product. Payer collaborated closely with local sculpture artist William McVey, who was responsible for the west lobby wall, the exterior fountain, and the now-relocated Medusa head sculpture. In 1999, the Medusa Company moved their headquarters to Houston, Texas and sold the building, which continued to be occupied by various offices until 2012.



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.

Nominations are due by September 20.



home to the arts

APOLLO'S FIRE BAROQUE ORCHESTRA

216-320-0012 • www.apollosfire.org
Check the website for locations and times.

October 17-20

Echoes of Venice

Apollo's Fire brass players take the spotlight in the stunning music of Gabrieli, Monteverdi, Praetorius, and Schütz.

November 21-24

Scarborough Fayre:

Music from Merry Old England

The exquisite music of Dowland and Purcell meets haunting English ballads and merry tunes from Shakespeare's stage.

December 11-15

Bach's Christmas Oratorio

Bach's festive Christmas Oratorio is a feast of orchestral colors with trumpets, timpani, flutes, oboes, bassoon and strings. Guest conductor Julian Wachner, along with concertmaster Olivier Brault, lead Parts 1, 2, 5 & 6 of the oratorio.

BURNING RIVER BAROQUE

917-754-5549
www.burning-river-baroque.org/

"A Mad, Burning Desire"

August 22, 23, October 19

Bedlam loomed at the visual epicenter of early modern London's obsession with psychological distress. A simultaneous penchant for spectatorship resulted in numerous mad songs in the Restoration-era theater. Explore the cultural phenomena that led to the early development of the field of mental health and consider ways we can address the contemporary mental health crisis. Malina Rauschenfels, soprano, Paula Maust, harpsichord.

Thursday, August 22 at 8:00pm
Cleveland Heights House Concert:
RSVP@burning-river-baroque.org for
address and to reserve a spot.

Friday, August 23 at 7:00pm.
Art House, 3119 Denison Ave, 44109.
Saturday, October 19 at 7:30pm.
Blank Canvas CLE, 2174 Lee Road, 44118.



DOBAMA THEATER

2340 Lee Rd. • 216-932-3396
www.dobama.org

September 6-29

Stupid F****g Bird

By Aaron Posner
Directed by Nathan Motta
Cleveland Premiere

This remix of Anton Chekhov's *The Seagull* stages a timeless battle between young and old, past and present, in search of the true meaning of it all. With original songs and witty banter, it will tickle, tantalize and incite you to consider how art, love, and revolution fuel our pursuit of happiness. 2014 MacArthur Award Winner for Outstanding Original New Play

October 18-November 10

Wakey, Wakey

By Will Eno
Directed by Christopher Mirto
Midwest Premiere

The character Guy explores with the audience what in life is worth celebrating, what is worth treasuring, and what is worth letting go of in this moving and hysterical play. 2011 Outer Critics Circle Award nominee for Outstanding New Off-Broadway Play

December 6, 2019-January 5, 2020

The Old Man and the Old Moon

Book, Music & Lyrics by
PigPen Theatre Company
Directed by Melissa Crum & Nathan Motta
Midwest Premiere

An old man has the important job of filling up the moon with liquid light each night. But when his wife is drawn away by a mysterious melody, he must abandon his duties to cross the sea in search of his lost love. Actors playing instruments, sound effects created live on stage, elaborate shadow puppets, and audience interaction in an imaginative sea-faring epic await those who enter.

January 24-February 16, 2020

Skeleton Crew

By Dominique Morisseau
Directed by Justin Emeka
Cleveland Premiere

Each of the few remaining workers in a Detroit automotive plant that's on shaky ground are trying to figure out how to move forward if their plant goes under. From the playwright of *Sunset Baby* last season, *Skeleton Crew* is the third of Morisseau's Detroit cycle trilogy. 2016 Obie Award Winner

CHORAL ARTS CLEVELAND

216-381-4608 • choralartsleveland.org
Brian Bailey, music director
Choral Arts Cleveland's mission is to promote excellence in community music making, the choral masterworks of both known and lesser known composers, the continuing musical and vocal development of its membership and to enhance access to choral music for all segments of the community. Check their website for upcoming concerts.



ENSEMBLE THEATRE

2843 Washington Blvd. • 216-321-2930

www.ensembletheatre.org

The 2019-20 Season is themed

“Making Her Stories.”

September 6-29

By the Bog of Cats

By Marina Carr

Directed by Celeste Cosentino

Loosely based on Euripides' tragedy *Medea*, this is the prophetic tale of Hester Swane, an Irish Traveller, who attempts to come to terms with a lifetime of abandonment in a world where all whom she has loved have discarded her. It's a furious, uncompromising tale of greed and betrayal, of murder and profound self-sacrifice.

October 18-November 10

The Penelopiad

By Margaret Atwood

Directed by Celeste Cosentino

Author of “The Handmaid’s Tale,”

Margaret Atwood tells the story of Penelope, the dutiful wife of wily Odysseus, as she reflects on her life and the events of *The Odyssey* from beyond the grave. The spirits of her 12 maids who were put to death upon Odysseus' return interrupt her lengthy monologue with interstitial choral performances and cheeky observations on her version of the story.

January 24-February 23, 2020

Intimate Apparel

By Lynn Nottage

Directed by Sarah May

The time is 1905. The place is New York City where Esther, a black seamstress, lives in a boarding house for women and sews intimate apparel for clients ranging from wealthy white patrons to prostitutes. Esther has saved a considerable amount of money and longs for a husband and a future. Deeply wounded by the betrayal of her suitor, she is determined to refashion her dreams and make them anew for the whole cloth of her life's experiences. 2004 winner of New York Drama Critics Circle and the Outer Critics Circle Awards



HEIGHTS ARTS

2175 Lee Rd. • www.heightsarts.org

216-371-3457

In the Gallery

SPOTLIGHT: Jennifer Leach **Through August 11**

Printmaking has been integral to Jennifer's 25+ year career as a designer and artist. Her work has been accepted into juried gallery shows including the Manhattan Graphic Center in New York City, Erie Art Museum, the Butler Institute of American Art, Morgan Conservatory, and the Artists Archives of the Western Reserve.

Intern Showcase: Show Off! **Through August 25**

An exhibition of Heights High students' work curated by Heights High interns on the exhibition committee.

Untouched **August 30-October 13**

Art created by technology. Artists include George Kozmon, Barry Underwood, Margarita Benitez, Janice Lessman-Moss, Marcus Braithewaite, and Tony Ingrisano. Ekphrastacy: Artist Talk + Poets Respond on Thursday, **September 26** at 7:00pm.

SPOTLIGHT: Jamie J. Richey **September 13-October 27**

Photographer and mixed media artist.

Holiday Store November 1-December 30

Heights Arts gallery is filled with fine arts and crafts by regional artists for the holidays! Support your local artists, and give yourself or someone else a gift handmade right here in Northeast Ohio.

HEIGHTS CHAMBER ORCHESTRA

216-751-7816

www.heightschamberorchestra.org

Sunday, October 6, 3:30pm

Check the website for performance location. Brahms' Academic Festival Overture; Dvorak's Romance; Tchaikovsky's Valse Scherzo; Dvorak's Rondo for cello and orchestra (world premiere of the version for clarinet and orchestra with Mason Sangstrom, clarinet); Mendelssohn's Symphony #5 “Reformation.” Carl Topilow, conductor, Shannon Lee, violin.

HEIGHTS YOUTH THEATRE

216-923-1583 • www.heightsyouththeatre.com

Wiley Middle School, 2181 Miramar Blvd.

“Theater magic brings groups of people together who would not normally come together” is the theme of the 2019-20 season. All performances will be at Monticello Middle School, 3665 Monticello Blvd. Check the website for date specifics.

Mary Poppins (October)

Directed by Kelly Monaghan.

Music directed by Stacy Bolton.

Once On This Island (January 2020)

Directed by Eugene Sumlin.

Music directed by Stacy Bolton.



home to the arts continued



LAKE ERIE INK

2843 Washington Boulevard
(former Coventry Elementary School)
www.lakeerieink.org • 216-320-4757

Teen Programs

Teens can write creatively and share their voice in a variety of programs with Lake Erie Ink this fall. Program includes weekly writing workshops, open mic nights, a comedy club, college essay workshops, and more.

Teen Book Project

Calling all teens! Lake Erie Ink needs your help to publish a book of local teen writing. Visit lakeerieink.org to learn about how you can become an editor and/or published author this year.

Ink Spot After School Programs

Taking place in several locations across the city, the Ink Spot engages 3rd-6th graders in the literary arts after school all school year long. During the program, youth receive homework support and are engaged in creative expression activities that inspire and encourage artistic expression, creative thinking and literacy enrichment through the written word. Ink Spot youth hone their writing and communication skills and express themselves through various artistic genres, including plays, comics, poems, fiction, non-fiction, songwriting, and more.

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

For more information and to register for any of the programs, visit lakeerieink.org or call **216-320-4757**.



WESTERN RESERVE CHORALE

216-282-4022 • westernreservechorale.org

David Gilson, artistic director

Sunday, December 8, 3:30pm

Church of the Gesu, 2470 Miramar Blvd.
Lauda per la Natività del Signore by Ottotino Respighi with soloists and wind ensemble plus arrangements of old and new carols by Rutter, Willcocks, Forrest and more. Freewill offering, plentiful parking, handicap accessible, and a reception following the concert.



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Local happenings

Cedar Fairmount

Watch for changes at this year's Cedar Fairmount SummerFEST as The Cleveland Museum of Art and The Music Settlement play a large part in the day's festivities on **August 10** from 1:00-6:00pm.

In addition to The Cleveland Museum of Art's Studio Go Van, SummerFEST will feature artist Meghann Hennen, Dance Painting using DayGlo™ paints and two chalk artists (one teaching and inviting participation and the other creating). The Music Settlement will invite attendees to try various instruments in addition to featuring music by Thorne Musica (Paul Kovac and Caroline King) and Guerriri/Perrine Duo.

Music will also be provided by popular local band, Blue Lunch, and musician Harry Bacharach. Heights Historical Society will offer walking tours of the District throughout the afternoon while Praxis Fiber Workshop will introduce fabric dying.

In keeping with its history of offering family-friendly, hands-on exhibits, the Cleveland Heights Church will feature special building kits from Faber-Castell. Appletree Books has an afternoon filled with author meet-and-greets, music and more. Its neighbors, Stillpoint Gallery and Pavilion, are planning sales in the alley.

Local artists Ralph Solonitz, Animal Zen and Eric Silverman will showcase their work while Cleveland Henna will be on hand providing henna services.

The Cleveland Heights Police Department and Fire Department will each offer materials and be available to answer questions. Trikeable Treats will sell ice cream novelties throughout the day.

A portion of Lennox will be closed during the festival.



Cedar Taylor

What was once a hobby has blossomed into a vegan Asian-themed restaurant at 2158 South Taylor Road. With their semi-regular pop-up nights at The Bottlehouse on Lee Road becoming increasingly popular, Joshua Sias and Frances Cheng opened **Foodhisattva** in June next door to Mister Brisket.

Foodhisattva will offer a full vegan menu but at the moment it is a vegan Asian-fusion cafe. They will offer some of the hottest sellers from their themed pop-up nights – Bulgogi Cheesesteak made with cashew “cheese” and the Wasabi Potato Pierogi. Special themed nights are also planned. The restaurant is currently open on weekends, with lunchtime weekday hours being added soon (**216-938-5675** foodhisattva.business.site).

Cedar Lee

Kensington Pub is open for business at 2260 Lee Road (**216-331-1003**). Partners Jeff King and Brad Poe were told that the bar that had been known as Tavern Company (aka TavCo) for most of its recent life was known in the 50s-60s as the Kensington Pub, marking the name of the side street on which it sits. The bar area, dining room, and bathrooms have been renovated and the kitchen has been updated. Seven new televisions – five on the bar side and two on the dining room side – provide everyone a view of the game during big sporting events. Chef James Franzia, who has worked at The Fairmount on Cedar Hill and Michaelangelo's in Little Italy, plans on a traditional pub menu (appetizers, sandwiches, and burgers) as well as an upscale menu (fresh fish, steaks, and shareable sides) and a weekend brunch menu.



Coventry

Final Fridays is a new evening event series on the last Friday of each month that features an all-night happy hour (5:00-9:00pm) at participating bars, discounted shopping at local merchants, open art studios, live entertainment and engaging activities for all. Go to www.coventryvillage.org for event details occurring on **August 30** and the last Final Friday on **September 27**.

Macaron Paris Café (1767 Coventry Road) opened on May 25. Master Chef and original family member of Hough Bakery Chocolates Laura Pile was voted #1 by Rachael Ray for her delicious chocolate-covered pastries. Macaron is known for unique creations of European, Artisan, Kosher pastries, chocolates, and macarons. Go to www.shophoughbakery.com for a complete list of selections.

Cilantro Taqueria is open in the former location of Chipotle at 2783 Euclid Heights Boulevard (**216-331-3069**, www.cilantrotaqueria.com). Owner Raul Carrillo, who is originally from Santa Ana, Mexico, wanted to open a restaurant for fans of authentic Mexican and Cal-Mex food like tacos, tortas, burritos and bowls. He saw how taquerias (restaurants specializing in tacos) operated in his hometown of Salinas, California and wanted to bring an authentic taqueria to Cleveland.

business

Tax Abatements Available to Support Residential & Commercial Investment

Whether you're trying to squeeze in a project this construction season or looking ahead to next year, the City's Community Reinvestment Area (CRA) program has property tax abatement incentives available to help support eligible projects.

The new CRA program was approved in 2018 and makes tax abatement available City-wide for both residential and commercial properties for both new and renovation/remodeling projects. Expanding the availability of CRA incentives was a major strategic goal for the City in order to help facilitate new property investment throughout the community.

For residential projects, the terms of the incentive are based on the strength of the housing market at the census tract level using a variety of metrics identified by the City. Commercial projects would also be eligible for tax abatement, provided they meet certain criteria and are subject to the terms of a development incentive agreement negotiated on a case-by-case basis with the City and the Cleveland Heights-University Heights School District.

For single-family renovation/remodeling projects, eligible properties must be owner-occupied and constitute a new investment of at least \$10,000. The terms of the abatement start at seven years and 50% up to a maximum of 12 years and 100% depending on the location of the project.

Abatements for new construction of owner-occupied single-family houses start at a baseline of five years and 25%. With sustainability certification, a newly constructed single-family house can qualify for a ten-year 50% abatement up to a maximum abatement of 15 years and 100% depending on the location of the project.

For both new residential construction and remodeling/renovation projects, the abatement is applied to the improved value of the property as determined by the County Fiscal Office.

Additional information and resources regarding the new CRA program can be found on the City's website at www.clevelandheights.com/taxabatment.

COMING SOON

Zhug by Chef Doug Katz (and Cleveland Heights resident) is slated to open this fall in the space formerly occupied by Fawaky Burst at 12413 Cedar Road. This full-service, 80-seat restaurant will be based on the concept, still in the development phase, of "Fire-style small plates that build upon each other and work really well together" inspired by Mediterranean and Middle Eastern food.

The Employee Owners of **Voodoo Brewery** at 2279 Lee Road have taken their brewing experiences and wrapped it up into a line of beers oriented around what they feel are fun, flavorful, and thought-provoking.

ProXimity Golf Lounge will open by late summer at 3099 Mayfield Road in the grand second-floor hall of the Heights Rockefeller Building, a space formerly occupied by Rockefeller's Restaurant. Five golf bays will utilize top-of-the-line simulators that are 12-to 16-foot wide. There will also be a full bar and basic pub food.

Marchant Manor Cheese will be selling their "amazing triple cream cow's milk" cheese at 2211 Lee Road, the former US Bank space. Currently, their cheese is only available at Ohio City Provisions and at Fire Food & Drink.



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

www.ClevelandHeights.com

datestoremember

Saturdays-September 21	Noble Gardeners' Market 10:00am-12:00 noon, Noble Road mini-park at Roanoke Road <i>see page 14</i>
Saturday, August 10	Cedar Fairmount SummerFEST 1:00-6:00pm <i>see page 23</i>
Monday, September 9	American Red Cross Blood Drive 2:00-7:00pm, Community Center South Atrium
September 12-14	Heights Music Hop, 9/12 Coventry Village, 9/13 Cedar Fairmount, 9/14 Cedar Lee <i>see page 16</i>
Sunday, September 15	Heights Heritage Home & Garden Tour 12:00 noon-6:00pm <i>see page 15</i>
Sunday, September 15	Monticello Middle School open house 1:00-4:00pm <i>see page 10</i>
Friday, September 20	Senior Health Fair 11:00am-1:00pm, Community Center <i>see page 47</i>
Sunday, September 22	Roxboro Middle School open house 1:00-4:00pm <i>see page 10</i>
Friday, October 4	Boomerfest 10:00am-2:00pm, Community Center <i>see page 14</i>
Sunday, October 6	Happy 5K/10K Run & Walk 10:00am <i>see page 27</i>
Fri-Sat, October 11-12	Heights High Homecoming <i>see page 10</i>
Thursday, October 17	Community Improvement Awards 7:00pm, City Hall Atrium
Friday, October 18	Cedar Lee Candy Crawl 5:00-7:00pm <i>see page 13</i>
Saturday, October 19	Community Shredding Day 9:00am-12:00 noon, Cleveland Heights City Hall parking lot
Thursday, October 31	City-wide Halloween Trick-or-Treating 6:00-8:00pm <i>see page 13</i>
Sunday, November 3	Daylight Savings Time ends. Turn clocks back.
Monday, November 4	American Red Cross Blood Drive 2:00-7:00pm, Community Center South Atrium
Tuesday, November 5	Election Day
Monday, November 11	Veterans' Day, City Hall and the Senior Center closed
Thursday, November 28	Thanksgiving Day, City Hall and the Community Center closed
Friday, November 29	City Hall closed
Thursday, December 19	American Red Cross Blood Drive 2:00-7:00pm, Community Center South Atrium
Wednesday, December 25	Christmas, City Hall and the Community Center closed
Tuesday, December 31	Noon Year's Eve 11:30am-1:00pm, Community Center <i>see page 38</i>
Wednesday, January 1, 2020	New Year's Day, City Hall and the Community Center closed
Monday, January 6	American Red Cross Blood Drive 2:00-7:00pm, Community Center South Atrium
Monday, January 20	Dr. Martin Luther King, Jr. Day, City Hall and the Community Center closed
Wednesday, January 22	Dr. Martin Luther King, Jr. Celebration 7:00pm, Community Center

~ 2019 ~
Fall / Winter

Sunday, October 6 @ 10:00am

CLEVELAND HEIGHTS HAPPY

5K



10K



Look at more photographs from last year on page 42

The City of Cleveland Heights and its merchants invite you to the 5th Annual Happy 5K/10K & 1 Mile Fun Run on Sunday, October 6 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.

- Fun Run for all ages/abilities
- Chip-timed race for the competitive runner
- Limited to first 1000 runners
- Post-race Block Party
- Happiest Costume Contest
- Happy dogs welcome!
- Registration includes: race shirt, 2 drink vouchers and over \$100 in Cleveland Heights CASH!

Register for the race at www.westernreserveracing.com/events/cleveland-heights-happy-5k-10k.



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

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

COMMUNITY CENTER

Cleveland Heights Community Center, 1 Monticello Boulevard 44118
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 (Summer)
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. 2
Monday, Nov. 11
Thursday, Nov. 28
Wednesday, Dec. 25
Wednesday, Jan. 1, 2020
Monday, Jan. 20
Monday, Feb. 17

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

In Person

Register in person at the Community Center during the office hours listed below. 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.**



Online registration for Parks & Recreation classes is available by going to www.chparks.com/register.

Payment Options

Included are cash, VISA, MasterCard, debit cards, money orders or personal checks. (Do not mail cash). Checks should be made payable to **City of Cleveland Heights** and should include your phone number.

There is a returned check service fee of \$25.

Refund Policy

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

Disability Policy

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

Non-Endorsement Policy

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

Weather Cancellation Policy

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

Youth Recreation Fund

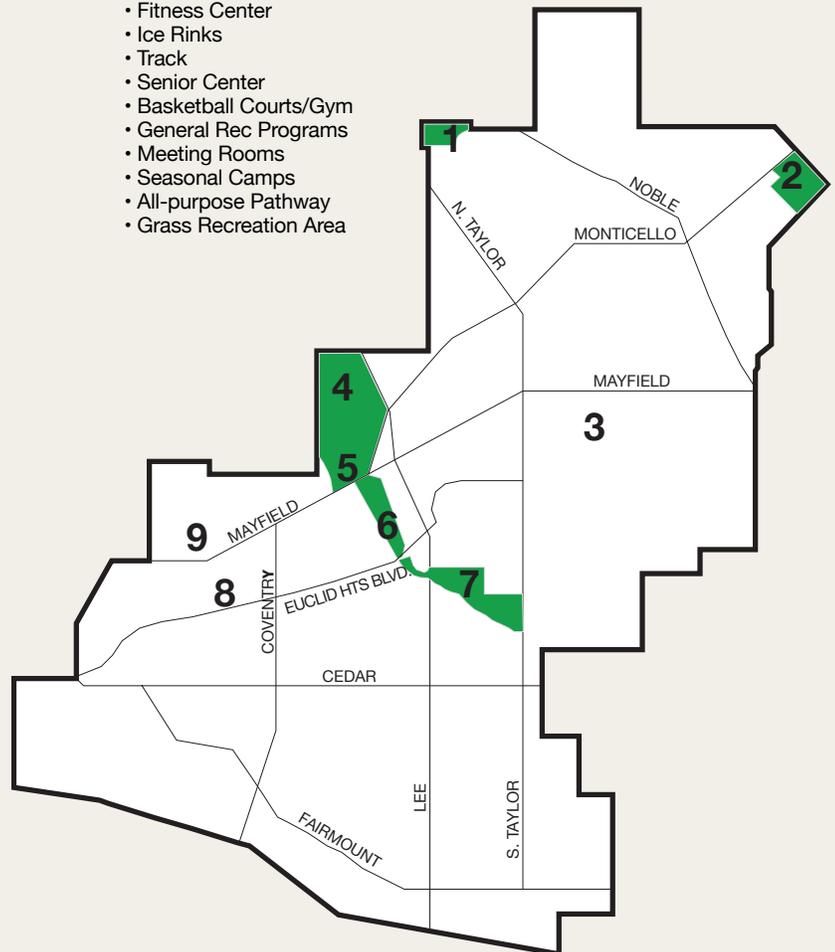
The Youth Recreation Fund provides financial assistance to those Cleveland Heights children who might otherwise be unable to participate in recreation programs and activities. The Youth Recreation Fund offers reduced rates for those residents who qualify. Applications are available at the Community Center.

Volunteer Opportunities

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

parks & facilities

- 1 BARBARA H. BOYD 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:

Barbara H. Boyd 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 2020 can be submitted beginning Thursday, January 2, 2020.

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 33 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. 16, 2019-May 17, 2020

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

Closed: Monday, Sept. 2
 Monday, Nov. 11
 Thursday, Nov. 28
 Wednesday, Dec. 25
 Wednesday, Jan. 1, 2020
 Monday, Jan. 20
 Monday, Feb. 17

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

NEW OFFER!
**1 free 30 minute
personal training
session for
new members**
Ask Ty for Details

**"Orlando is the best
male trainer that I've
ever had. He is very
knowledgeable and
pushes me safely in
our workouts"**
J. Gross



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.

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



About Our Trainers Specialties

Their specialty areas include dietary management, weight loss, fitness plans for individuals with physical and medical disabilities, athletic training, strength training, muscle toning, power lifting, senior strength training and mobility.

- 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.



THREE FREE CLASSES

with an active CH Fitness Center Membership



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.

Pre-Registration is required for all classes

Space can be Limited



NEW!! Cardio Dance

An hour of aerobic intervals, incorporating beginner to advanced dance moves to a wide genre of music.

Instructed by: Sha'Ran

Day: Thursday

Time: 7:30 – 8:30pm

Dates: Sept 12-Oct 17 (fall)

Dates: Oct 31-Dec 12 (winter 1)
no class 11/28

Dates: Jan 9-Feb 6 (winter 2)

Location: Aerobic Room

Cost: \$38 CH RES
\$44 NON RES

1



NEW!! Guns and Buns

Participants will use a variety of equipment and perform each exercise for 30 seconds with little to no rest between exercises. Complete the # of circuits for your Fitness level. Pump up your arms and tighten those buns.

Instructed by: Alisa Henry

Day: Saturday

Time: 12:30 – 1:30pm

Dates: Sept 14-Oct 19 (fall 1)

Dates: Nov 2-Dec 14 (winter 1)
no class 11/30

Dates: Jan 11-Feb 15 (winter 2)

Location: Aerobic Room

Cost: \$38 CH RES
\$44 NON RES

2



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

Time: 9:30-10:30am

Dates: Sept 10-Oct 15 (fall)

Dates: Oct 29-Dec 3 (winter 1)

Dates: Jan 7-Feb 11 (winter 2)

Location: Aerobic Room

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

3

AQUATICS POOLS

Fall Indoor Swimming

Cleveland Heights High School 13263 Cedar Road

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

2019 Fall Indoor Season Schedule

Tue, Sept 3 – Friday, Nov 1

Monday-Friday

Adult Lap Swim | 6:00-7:30am

Monday-Thursday

Adult Lap Swim | 5:30-8:00pm

Friday

Lap Swim & Family Swim | 5:00-8:00pm

Saturday

Adult Lap Swim | 8:00-10:00am

Lap Swim & Family Swim | 12:45-2:00pm

Sunday

Pool Closed

The pool will be closed on Monday, Sept 30 and Wed, Oct 9.

2019-20 Winter Indoor Season Schedule

Sat, Nov 2 – Sat, Feb 29

Monday-Friday

Adult Lap Swim | 6:00-7:30am

Saturday

Adult Lap Swim | 7:00-9:00am

Sunday

Pool Closed

The pool will be closed on Tuesday Nov 5, Nov 27-30, Dec 21-Jan 4, Monday Jan 20 and Monday Feb 17.

Season Passes

Available to those residing in the CHUH City School District.

Fall

Family: \$70.00

Adult (19-59) \$32.00

Senior (60+) \$25.00

Punch Card* \$20.00

*(good for 10 general admissions)

Winter

Adult (19-59): \$22.00

Senior (60+): \$15.00

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 7-Oct 26

Time: 11:00-11:30am & 11:35am-12:05pm

Location: Cleveland Heights High School

Cost: \$30.00

Class Size: 10

Preschool/Level 1-Intro to Water Skills

Ages 3-5

Day & Time: Sat | 11:35-12:05am

Day & Time: Sat | 12:10-12:40pm

Dates: Sept 7-Oct 26

Location: Cleveland Heights High School

Cost: \$30.00

Class Size: 6

Level 2-Fundamental Water Skills

Ages 5+

Day & Time: Sat | 11:35-12:05am

Day & Time: Sat | 12:10-12:40pm

Dates: Sept 7-Oct 26

Location: Cleveland Heights High School

Cost: \$30.00

Class Size: 6

Level 3-Stroke Development

Ages 5+

Day & Time: Sat | 11:35-12:05am

Day & Time: Sat | 12:10-12:40pm

Dates: Sept 7-Oct 26

Location: Cleveland Heights High School

Cost: \$30.00

Class Size: 6

Level 4-Stroke Improvement

Ages 5+

Day & Time: Sat | 12:10-12:40pm

Dates: Sept 7-Oct 26

Location: Cleveland Heights High School

Cost: \$30.00

Class Size: 6

Level 5/6-Stroke Refinement & Proficiency

Ages 5+

Day & Time: Sat | 11:00-11:30am

Dates: Sept 7-Oct 26

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 3-Oct 24

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 10:00-11:30am

Dates: Sept 3-Oct 29

Location: Cleveland Heights High School

Cost: \$35.00

ICERINKS

Ice Rink Schedule

216-691-7434 www.chparks.com

Learn-to-Skate Questions email: learntoskate@clvhts.com

Learn-to-Skate Director: Erin Sklarek

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.chparks.com for up-to-date Learn-to-Skate USA information, daily schedules and additional rink information.

Ice Rink Special Events:

Sept & Oct

Sept 1-2: Ice rink closed, Labor Day

Sept 13: Learn-to-Skate USA Session 1 begins

Oct 21: Two-rink schedule

Learn-to-Skate USA Session 2 begins

Nov & Dec

Nov 25: Learn-to-Skate USA skip week

Nov 28: Ice rinks closed, Thanksgiving Day

Dec 7: Speedskating Meet

Dec 24, 25: Ice rinks closed

Dec 26: Annual Barden-Benner-Carter

Alumni Hockey Game

Dec 27-29: Cleveland Heights High School

Hockey Tournament

Dec 31: Noon Year's Eve

Jan & Feb

Jan 1: Ice rinks closed

Jan 17-20: Youth Hockey Tournament

Feb 14-17: Annual Raymond A. Robinson

Memorial Youth Hockey Tournament

Feb 23: CSHL Playoffs

Feb 29: Speedskating Meet



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 in 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

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 fitting the needs of those skaters looking to progress to the sports of figure skating, hockey and speedskating. Please go to www.chparks.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. 13-Oct. 6

Session 2 Oct. 18-Dec. 18

Registration Sept. 30

Skip Dates Week of 11/25

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

To register for group skating lessons: in person (please refer to the Parks and Recreation office hours).

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.



Eastside Tigers

www.heightshockey.com

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

New to Travel Hockey?

Please contact Bob Jacobson at jackshockey@aol.com for hockey-related questions for children 9 & under. For learn-to-skate questions please contact Erin Sklarek at learntoskate@clvhts.com.

Tot Hockey

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

Ages: 4-8

Registration for Session 2 starts Sept. 30

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 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 7-Dec 16
 no class 11/30
 27 Dates / 14 Weeks
 Cost: \$175.00 CH RES
 \$215.00 NON RES



	Day	Dates	Time	CH RES	NON RES
Session I	Sat	Sept 7-Oct 5 (5 wk)	10:15-11:15am	\$35.00	\$45.00
Session I	Mon	Sept 9-Oct 7 (5 wk)	6:15-7:15pm	\$35.00	\$45.00
Session II	Mon	Oct 14-Dec 16 (9 wk)	6:15-7:15pm	\$63.00	\$81.00
Session II	Sat	Oct 19-Dec 14 (8 wk)	10:15-11:15am	\$56.00	\$72.00

High School Hockey

Cleveland Heights High School

www.shutout.com

Benedictine High School

www.cbhs.net

Brush High School

www.sel.k12.oh.us

University School

www.us.edu

College Hockey

Case Western Reserve University Hockey Club

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

Adult Hockey

Cleveland Heights Senior B Hockey League

www.eteamz.com/CHSHL

Cleveland Heights Women's Hockey

www.eteamz.com/chwh

Please contact chwhomenshockey@gmail.com for more information.

Cleveland Heights 50+ Hockey League

www.ch50hl.com

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

Adult Lunch Time Pick-Up Hockey

Ages: 18+
 Dates: Beginning Sept 3
 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 for schedule updates.

Other Skating Opportunities

Pavilion Skating Club

www.pavilionfsc.com

A member of U.S. Figure Skating, the Pavilion Skating Club is an organization developed to enhance and provide skating opportunities for the figure skater. Whether you're interested in achieving Olympic greatness or just want to develop your skills to achieve your goals, the Pavilion Skating Club has a program for you! Please contact pscluboffice@pavilionfsc.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. Private lessons can be taught during these times.

Cleveland Heights Speedskating Club

www.clevelandheightsspeedskating.org

This is a sport for all ages and families are encouraged to skate together. Some equipment is required (hard shell helmet, long sleeves, gloves, knee pads, and shinguards), but many skaters have gotten their start using rental, hockey or figure skates. If you are interested in learning how to speedskate, please contact Barb Rosenbaum at **216-401-9392** or bkrosenbaum97@gmail.com. Six-week intro class is held on Thursday evenings at 6:15pm beginning in mid-October.



LEARN TO
SKATE
USA

endorsed by



**\$5.00
OFF**

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

Must be present
at time of registration.

Not valid
with any other offers.

Expires 10/17/19

ICE HIGHLIGHTS

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

The Cleveland Heights Community Center offers beginning, hockey, figure skating and speedskating lessons for all ages. For more information visit clevelandheights.com or email Learn-to-Skate Director Erin Sklarek at 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: Fridays 10:30-11:00am

Dates: October 4, 11, 18 & 25

Cost: \$32.00 CH RES
\$40.00 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 \$5 and includes skates, activities, and giveaways!

December 31st 11:30am-1:00pm

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



PRESCHOOL PROGRAMS



Tiger Cubs Preschool Soccer

Ages: 3 & 4
 Day: Saturday
 Dates: Sept 7-Oct 19
 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

sports

special interest

Creation Station

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

Instructor: Helen Berman

Ages: 3-5

Day: Tuesday

Dates: Oct 8-Nov 12 (fall)
 (no 10/29 & 11/5)

Dates: Feb 4-Feb 25 (winter)

Time: 10:00-11:00am

Location: Activity Room 2

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



Preschool Open Gym

Monday, Wednesday & Friday
Starting October 28
9:00am-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.



CLEVELAND HEIGHTS COMMUNITY CENTER
 One Monticello Boulevard • Corner of Mayfield Road & Monticello Boulevard
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: 12/23, 12/26 & 12/27
Week 2: 12/30, 1/2 & 1/3

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, \$195
Any One Week, \$110
Any One Day, \$45

Before Care (8:00-9:00am) - \$5
After Care (3:00-5:00pm) - \$15
PLEASE PAY FOR BEFORE/AFTER CARE BY CASH,
CHECK OR ONLINE THE MORNING OF CAMP

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
3rd Degree Black Belt

Ages: 5-6
Days: Tuesday & Thursday
Time: 6:00-6:30pm

Dates: Sept 17-Nov 14 (fall)
no class 10/8, 10/31 & 11/5

Dates: Nov 21-Feb 6 (winter 1)
no class 11/28, 12/19, 12/24, 12/26, 12/31, 1/2, 1/21 & 1/23

Dates: Feb 11-April 14 (winter 2)
no class 2/18, 2/20, 3/5 & 4/9

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
3rd Degree Black Belt

Ages: 7-13
Days: Tuesday & Thursday
Time: 6:30-7:30pm

Dates: Sept 17-Nov 14 (fall)
no class 10/8, 10/31 & 11/5

Dates: Nov 21-Feb 6 (winter 1)
no class 11/28, 12/19, 12/24, 12/26, 12/31, 1/2, 1/21 & 1/23

Dates: Feb 11-April 14 (winter 2)
no class 2/18, 2/20, 3/5 & 4/9

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

Cost: \$87.00 CH RES
\$102.00 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
7th Degree Black Belt

Ages: 6 & older
Day: Saturday
Dates: Sept 21-Nov 23 (fall)
Dec 7-Feb 22 (winter)
no class 12/28 & 1/4

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
7th Degree Black Belt

Day: Saturday
Dates: Sept 21-Nov 23 (fall)
Dec 7-Feb 22 (winter)
no class 12/28 & 1/4

Time: 9:00-10:30am

Location: Activity Room 7

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





sports

Fall Youth Soccer Academy

Day: Saturday
 Dates: Sept 7-Oct 19
 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 6. 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 7-Oct 19
 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 6. Volunteer coaches and assistant coaches are needed. Contact Mike Discenzo at mdiscenzo@clvhts.com or **216-691-7383**.

Heights Basketball Academy Travel Teams

Ages: Boys grades 4-6 and Girls grades 5 & 6
 Tryouts: Monday, Sept 23 through Friday, Sept 27
 Time: 6:30-8:30pm
 Location: Community Center
 Cost: \$75.00 CH RES
 \$90.00 NON RES

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

Heights Youth Rec Basketball League

Day: Thursday, Coed Grades K-1
 Day: Saturday, Coed Grades 2-3
 Boys Grades 4-5
 Boys Grades 6-8 & Girls Grades 4-6
 Dates: Dec 7-Feb 8 (no practice/games 12/23-1/4)
 Location: Community Center
 Cost: \$50.00 CH RES
 \$70.00 NON RES

Mandatory Pre-Season Player Evaluation Clinics Saturday, November 9 & 16

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, November 30 (coaches only). Register at the Community Center. Registration deadline is Friday, November 29. Volunteer coaches and assistant coaches are needed. Contact Dushawn Hill at **216-926-7929**.

Indoor Soccer

Dates: Nov 6-Dec 11, 2019 and Jan 8-Feb 12, 2020
 Location: Oxford Elementary School
 Contact Sean Sullivan at **216-849-4505** or www.heightsunitedsoccer.com for more information.





Happy 5K/10K Run & Walk

will be held on

Sunday, October 6

Mark your
calendars
and get your
teams ready!

5th year bigger and better!!

Check out Western Reserve Racing!

www.westernreserveracing.com

See page 27 for more details

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.

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



AMERICAN
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BLOOD DRIVES

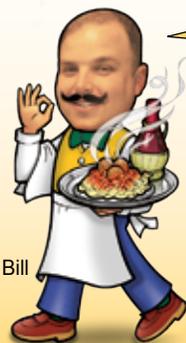
Dates: **Sept 9, Nov 4
Dec 19, Jan 6 & Mar 2**
Time: **2:00-7:00pm**

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

Cookin' up a HOT deal!



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Tune-up allows for 45 minutes of labor per system, parts additional. Valid during normal workday hours only. Payment due at time of service. Not valid with any other offer or discount. Expires 12.31.19

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(FREE see page 33)

NEW!! Guns and Buns

Participants will use a variety of equipment and perform each exercise for 30 seconds with little to no rest between exercises. Complete the # of circuits for your Fitness level. Pump up your arms and tighten those buns.

Instructed by: Alisa Henry

Day: Saturday

Dates: Sept 14-Oct 19 (fall 1)

Dates: Nov 2-Dec 14 (winter 1)
no class 11/30

Dates: Jan 11-Feb 15 (winter 2)

Time: 12:30 – 1:30pm

Location:Aerobic Room

Cost: \$38 CH RES / \$44 NON RES

NEW!! Cycling Bootcamp With A Twist

This class combines Cycling and a Bootcamp class with a Twist. This class consists of exhilarating, high to moderate energy incorporating upper & lower body movements. When off the bikes, exercises will consist of sit-ups, crunches, push-ups and jumping jacks. Take the next step in your cycling class.

Instructed by: Alisa Henry

Day: Wednesday

Dates: Sept 11-Oct 23 (fall 1)
no class 10/9

Dates: Nov 6-Dec 11 (winter 1)
no class 11/27

Dates: Jan 8-Feb 12 (winter 2)

Time: 5:30 – 6:30pm

Location:Aerobic Room

Cost: \$38 CH RES / \$44 NON RES

NEW !

New!! Salacious Stilettos

An hour filled with “Women Empowerment!” Begin the class with a warm-up, followed by learning to walk across the floor to moves that build confidence, empower, and make you sweat, while wearing your favorite stilettos (heels)!

Instructed by: Sha’Ran

Day: Tuesday

Dates: Sept 10-Oct 22 (fall)
no class 10/8

Dates: Nov 5-Dec 10 (winter 1)

Dates: Jan 7-Feb 11 (winter 2)

Time: 7:30 – 8:30pm

Location:Aerobic Room

Cost: \$38 CH RES / \$44 NON RES

(FREE see page 33)

NEW!! Cardio Dance

An hour of aerobic intervals, incorporating beginner to advanced dance moves to a wide genre of music.

Instructed by: Sha’Ran

Day: Thursday

Dates: Sept 12-Oct 17 (fall)

Dates: Oct 31-Dec 12 (winter 1)
no class 11/28

Dates: Jan 9-Feb 6 (winter 2)

Time: 7:30 – 8:30pm

Location:Aerobic Room

Cost: \$38 CH RES / \$44 NON RES

New!! Balance for Fitness

This class will improve core strength, joint stability and focus on safe movement training to improve balance and reduce fall risk.

Instructed by: Pia Alesci

Day: Thursday

Dates: Sept 12-Oct 17 (fall)

Dates: Oct 24-Dec 5 (winter 1)
no class 11/28

Dates: Jan 9-Feb 13 (winter 2)

Time: 11:00 – 11:45am

Location:Aerobic Room

Cost: \$32 CH RES / \$37 NON RES

NEW!! Judge Dawson “The Yogi Judge”

Judge Dawson teaches a yoga class that is designed for a person looking to improve or gain mobility and flexibility, the beginning Yogi and those who are advanced in their practice. With this Yoga Vinyasa practice, you will provide comfort to your body and mind as well as a challenge to keep you strong.

Instructed by: Judge Dawson
“The Yogi Judge”

Day: Saturday

Dates: Sept 7-Oct 12 (fall 1)

Dates: Oct 26-Nov 30 (fall 2)

Dates: Dec 14-Feb 1 (winter 1)
no class 12/28 & 1/4

Dates: Feb 15-Mar 21 (winter 2)

Time: 11:15am – 12:15pm

Location:Aerobic Room

Cost: \$38 CH RES / \$44 NON RES



Home-field advantage.

Betsy Warner, Agent

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: 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 11–Oct 23 (fall)
no class 10/9
Dates: Nov 6–Dec 11 (winter 1)
Dates: Jan 8–Feb 12 (winter 2)
Cost: \$48.00 CH RES
\$64.00 NON RES

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 Aleosci
Day: Monday
Dates: Sept 16–Oct 28 (fall)
no class 9/30
Dates: Nov 18–Dec 16 (winter)
Dates: Jan 6–Feb 24 (winter)
no class 1/20 & 2/17
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 9–Oct 21 (fall)
no class 9/30
Dates: Nov 4–Dec 16 (winter 1)
no class 11/11
Dates: Jan 6–Feb 24 (winter 2)
no class 1/20 & 2/17
Time: 10:00-10:45am
Location: Aerobic Room
Cost: \$38.00 CH RES
\$44.00 NON RES

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 14–Oct 19 (fall)
Dates: Nov 2–Dec 14 (winter)
no class 11/30
Dates: Jan 11–Feb 15 (winter 2)
Time: 10:00-10:45am
Location: Aerobic Room
Cost: \$32.00 CH RES
\$37.00 NON RES

(FREE see page 33) 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 10–Oct 15 (fall)
Dates: Oct 29–Dec 3 (winter 1)
Dates: Jan 7–Feb 11 (winter 2)
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 12–Oct 17 (fall)
Dates: Oct 31–Dec 12 (winter 1)
no class 11/28
Dates: Jan 9–Feb 13 (winter 2)
Time: 9:30-10:30am
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: Sept 10–Oct 22 (fall)
no class 10/8

Dates: Oct 29–Dec 12 (winter 1)
no class 11/26 & 11/28

Dates: Jan 7–Feb 13 (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 16–Oct 28 (fall)
no class 9/30

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

Dates: Nov 18–Dec 16 (winter)

Dates: Jan 6–Feb 10 (winter)
no class 1/20

Time: 5:00–6:00pm

Location: Room 1A + 1B

Cost: \$32.00 CH RES
\$37.00 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,
7th Degree Black Belt

Day: Friday

Dates: Sept 20–Nov 22 (fall)

Dates: Dec 6–Feb 21 (winter)
no class 12/27 & 1/3

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: Sept 17–Nov 14 (fall)
no class 10/8, 10/31 & 11/5

Dates: Nov 21–Feb 6 (winter 1)
no class 11/28, 12/19, 12/24, 12/26,
12/31, 1/2, 1/21 & 1/23

Dates: Feb 11–April 14 (winter 2)
no class 2/18, 2/20, 3/5 & 4/9

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. Some other classes give you cardio, some give you strength – we give you both – every class! All programs sound the same, so the only way to explain how we are different is to come in and see for yourself.

Bring this ad with you to try a class FREE!
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!

Purchase the rest of 2018 for only \$99 through 8/31

Zumba is back!!!

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: Teanna Weeks

Day: Friday

Dates: Sept 27–Oct 25 (fall)

Dates: Nov 8–Dec 13 (winter 1)
no class 11/29

Dates: Jan 17–Feb 14 (winter 2)

Time: 5:30–6:30pm

Location: Aerobic Room

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

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 13

Location: Community Center

Women's Basketball League

Ages: 18+

Day: Wednesday

Dates: Beginning October 16

Location: Community Center

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 through May

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

SENIOR HEALTH FAIR

Friday, September 20 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.



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 13-Nov 15
Time: 9:30-10:30am
Cost: \$30.00

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 13-Dec 6
Time: 2:00-3:00pm
Cost: \$40.00

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
Time: 11:15am-12:15pm
Cost: Free

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: Wednesday
Dates: TBA
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 9-Nov 4 (no class 9/30)
Time: 9:30-10:30am
Cost: \$25.00

Move & Improve: Arthritis Exercise Program

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

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

Pilates Primer

Course introduces Pilates principles, basic Pilates mat repertoire, with necessary modifications for some medical issues.

Exercises are practiced in seated, kneeling and standing positions to provide a well-rounded use of major muscle groups. Wear comfortable clothing and bring your mat to class.

Instructor: M. Valentin
Days: Wednesdays
Dates: TBA
Time: 10:00-11:30am
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: Orlando Vilella
Days: Tuesday & Thursday
Dates: Sept 10-Oct 31
Time: 1:00-2:00pm
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 5-Oct 24
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 10-Dec 10
Time: 11:00am
Cost: \$40.00

special interest

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

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

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



Arts & Crafts Wednesdays

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

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

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: 1st 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: 2nd, 3rd & 4th 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 10-Oct 29
Time: 11:00am-2:00pm
Cost: \$50.00

Genealogy Group

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

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

iHablémonos!

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 10 & Dec 12
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 12-Oct 31
Time: 1:00-3:00pm
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 photo ID and a piece of mail showing your address. The orientation is 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: 1st 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 5-Oct 24
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: 1st 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

Stitch Together

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

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

Spanish - Conversational

Basic knowledge required.

Instructor: Cristina Sempé
Day: Wednesday
Dates: Sept 11-Nov 6

A: Instruction in conversational Spanish

Time: 10:00-11:00am
Cost: \$25.00

B: Increase your skills in Spanish

Time: 11:00am-12:00 Noon
Cost: \$25.00



sports

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. Ages 18+. There are three courts available for the program. Tuesdays, from 12:00–2:00 pm are geared for Beginning and Novice players. Paddles and instruction are provided. Participants should wear clothing that allows movement and court shoes or athletic shoes. There is water, locker room and restrooms available.

Days: Tuesday and Thursday
Dates: October-April
Time: 9:00am-3:00pm
Location: Gym Court 1
Cost: Daily: \$3 CH RES / \$6 NON RES
Pass (10): \$25 CH RE / \$50 NON RES

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
Time: 12:15-12:45pm
Cost: Free



Cleveland Heights is an oasis of culture, nature, community and fun.

Just walk the tree-lined streets of Cleveland Heights and you'll be immediately inspired by eclectic architecture, from historic to modern and everything in between. Live here, and you'll know why residents wouldn't live anywhere else. Discover great parks and recreational facilities, authentic "main-street" shopping, award-winning restaurants, entertainment, theaters and more. You'll find a rich tapestry of thought, education, beliefs, and heritage here, because diversity is the fabric of Cleveland Heights, a fabric we treasure. Find out more about us. Maybe we're just the answer you've been looking for.



www.clevelandheights.com

A PUBLICATION OF CITY NEWS
AND PARKS & RECREATION

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City News
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Recreation Class Schedule
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CLEVELAND HEIGHTS CITY COUNCIL

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Melissa Yasinow, Vice Mayor
Craig Cobb
Mary Dunbar
Kahlil Seren
Jason S. Stein
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.

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