

Village of  
**Gates Mills**

City of  
**HIGHLAND HEIGHTS**



# **COMMUNITY RECREATION GUIDE**

## **Fall/Winter 2015-16**

Healthy Mayfield Wednesday, September 2, 6-8 p.m.

City of  
*Mayfield Heights*

*Mayfield Village*



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Dear Community Resident,

After a successful second year of **Wildcat Sport & Fitness**, we are ready to continue for a third year. **Wildcat Sport & Fitness would like to thank our members for making this possible.** The community is what drives Wildcat Sport & Fitness. The school district communities of Gates Mills, Highland Heights, Mayfield Heights, Mayfield Village and the Mayfield City School District have worked tirelessly to create recreational programs and additional facility space for you and your family.

This publication includes programs and special events from all the communities. **Wildcat Sport & Fitness** has added more cardio machines as well as weight resistance machines and dumbbells. As a participating school district resident, you will have the opportunity to purchase individual, senior (65+), and family memberships and have access to the indoor track, indoor pool, and weight and cardio equipment. We have created a variety of programs to keep you and your family members active and involved throughout the year. Yes, there will be something for everyone—preschool, youth, teens, adult and seniors – **at Wildcat Sport & Fitness. Visit us on Wednesday, September 2 at 6:00 p.m. to experience Healthy Mayfield. See page 10.**

We look forward to seeing you at one of our programs or at the newly remodeled Wildcat Sport & Fitness Facility. If you have any questions about the facility or programs, please **call Wildcat Sport & Fitness at (440) 995-6840.**

Sincerely,  
Recreation Staff

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# General and Important Information



## Village of Gates Mills

1470 Chagrin River Road, Gates Mills, OH 44040  
(440) 423-4405, [www.gatesmillsvillage.com](http://www.gatesmillsvillage.com)



## Mayfield Village

6622 Wilson Mills Road, Mayfield Village, OH 44143  
440-461-2210, [www.mayfieldvillage.com](http://www.mayfieldvillage.com), Weather cancellation 440-954-4114



## City of Highland Heights

5827 Highland Road, Highland Heights, OH 44143  
(440) 461-2440, [www.highlandheights.com](http://www.highlandheights.com)



## Mayfield City Schools Board of Education

1101 S.O.M. Center Road, Mayfield Heights, OH 44124  
(440) 995-6800, [www.mayfieldcityschools.org](http://www.mayfieldcityschools.org)



## City of Mayfield Heights

6154 Mayfield Road, Mayfield Heights, OH 44124  
(440) 442-2627, [www.mayfieldheights.org](http://www.mayfieldheights.org)



## Wildcat Sport & Fitness

6116 Wilson Mills Road, Mayfield Village, OH 44143  
[www.mayfieldcityschools.org](http://www.mayfieldcityschools.org), (click on Wildcat Sport & Fitness)  
(440) 995-6840

## A Few Key Notes

- **Please be sure to check your child's school website for specific recreation program flyers.**
- Complete details of programs, procedures and guidelines are sometimes omitted from program brochures because of limited space. Errors in days, times, registration requirements, and fees may occur as well. We apologize for any errors and will try to inform you of changes as quickly as possible. Thank you for your patience.
- While many participants are inclined to wait until the last minute to sign-up for programs, please note that programs are canceled due to low enrollment. Most programs and events have minimum enrollment numbers so to avoid them being canceled, be sure to sign-up as early as possible.

**Sports Corner.** Athletic leagues listed here are Mayfield based organizations that serve Mayfield District Residents. **These are not City run organizations.** Please use the contact numbers below to receive additional information about the league or sport.

### Mayfield Soccer Club

Website: [www.mayfieldsoccer.com](http://www.mayfieldsoccer.com)  
Contact: Bob Gephart at 216-904-0895  
Email: [info@mayfieldsoccer.com](mailto:info@mayfieldsoccer.com)

### Mayfield Wrestling Club

Website: [www.mayfieldwrestling.org](http://www.mayfieldwrestling.org)  
Contact: Frank Palmisano at 440-463-5649  
Email: [mayfieldwrestling@gmail.com](mailto:mayfieldwrestling@gmail.com)

### Wildcat Youth Football Club

Website: [www.mayfieldwyfc.com](http://www.mayfieldwyfc.com)  
Football Contact: Doug Woods 216-407-6042  
Email: [dougwoods@aol.com](mailto:dougwoods@aol.com)

### Cheerleading Contact:

Michelle Shaw at 216-780-0347  
Email: [shawvinnie@sbglobal.net](mailto:shawvinnie@sbglobal.net)



Thanks to the collaboration and cooperation of our Mayfield City School District communities - Gates Mills, Highland Heights, Mayfield Heights, Mayfield Village - the former Mayfield High School Pool and Field House has a new name and a newly remodeled facility. **Welcome to Wildcat Sport & Fitness!** Residents of the Mayfield City School District now have the opportunity to purchase individual, senior (65+) and family memberships to Wildcat Sport & Fitness where members will enjoy new recreation programs and access to new weight and cardio equipment. Further program details can be found online at [www.mayfieldschools.org](http://www.mayfieldschools.org)

**Children under 13 years old MUST be with a responsible adult 18 years or older at all times unless they are enrolled in an organized program.**

## HOURS of OPERATION

- Hours will be posted on the bulletin board near the front desk and online at [www.mayfieldschools.org](http://www.mayfieldschools.org)

| Pool Hours  |   | Field House/Track Hours |  |
|-------------|---|-------------------------|--|
| Mon. – Fri. | 5:30 a.m. – 2:30 p.m.<br>6:00 – 9:00 p.m.                                     | Mon.-Fri.               | 5:30 a.m. – 2:30 p.m.<br>4:00 - 6:00 p.m. (on trial basis)<br>6:15 – 9:30 p.m. |
| Saturday    | 10:00 a.m. – 1:00 p.m. (18+ lap swim & swim lessons)<br>1:00 p.m. – 7:30 p.m. | Saturday                | 8:00 a.m. - 12:15 p.m. (on trial basis)<br>12:15 p.m. – 8:00 p.m.              |
| Sunday      | 10:00 a.m.- 5:30 p.m.   | Sunday                  | 8:00 a.m.- 6:00 p.m.   |

*\*Hours will vary per season and are subject to change without notice*

## Facility Highlights

**Weight and Cardio Room:** Located on the second floor, the Weight and Cardio room consists over 1,800 square feet of exercise space with a mix of cardio and strength equipment to accommodate a wide-range of participants needs. The area features both free weights and weight machines. With an ever expanding fleet of cardio equipment, all equipment has personal viewing screens.

**Indoor Track:** The 4-lane indoor track is located on the second floor and loops above the 3 Gym courts and includes areas for warm-up and cool-down. The track has been lowered and is completely level, and measures 1/10 of a mile per lap on the outer 2 lanes, and 1/11 of a mile on the 2 inner lanes.

**Yoga Room:** Located on the second floor, this is the primary space for small group workouts.

**Gyms:** Get active, make new friends, show off your skills or develop new ones by joining a recreational program or attending open gym. Choose from various programs or leagues that are offered in a safe, recreational environment. **The facility has 3 courts that can be divided according to needs. Gym space will be available to members and also Recreation Department programs.**

**Pool:** Cool off and rejuvenate with some lap swimming and enjoy our 25 yard, 6 lane competition pool with large instructional area. There is also a separate diving well with two 1 meter boards. We offer a variety of classes for all skill levels and interests, from preschool, youth and private swim lessons to adult Aquacise and Deep Water exercise classes.

## Memberships

- Memberships are only available for purchase by Mayfield School District Residents. Mayfield School District Residents can also purchase a pass for anyone between the ages of 7 -17 years old.
- Proof of residency is required as outlined below. Any falsification of information will result in forfeiture of membership fees and revoked membership.
- Membership allows use of general facilities when available...including basketball courts, indoor pool and indoor track. Classes, programs, clinics, or special events will require additional fees and registration. The Wildcat Sport & Fitness staff reserves the right to schedule facilities/areas as deemed necessary. Certain facilities/areas may be closed due to school academic/athletic events as well as regular or emergency maintenance.

### Residency & Family Definition

- A Mayfield School District Resident is defined as a person whose primary domicile is within the boundaries of Gates Mills, Highland Heights, Mayfield Heights and Mayfield Village
- A family is defined as up to two adults residing at the same address, their children ages 7 – 18 and still in high school at time of purchase, of which they are legal guardians. No more than two adults may be on the same family membership plan.

### Membership Fees

- Fees will be posted on the bulletin board near the front desk and online at [www.mayfieldschools.org](http://www.mayfieldschools.org). Fees are subject to change.

|   |          |
|---|----------|
| <b>Individual</b> (Ages 7-64)                   | \$32/yr  |
| <b>Family</b>                                   | \$105/yr |
| <b>Senior Citizen Individual</b> (65+)          | \$12/yr  |
| <b>Daily Rate (School dist. resident only.)</b> | \$5/ day |

A parent must purchase a pass for anyone between the ages of 7 - 17 years old, 6 & under free with adult.



### Purchasing Membership/Renewal and Day Pass

- Memberships are for a 12 month period.
- Initial membership purchase must be in person with below mentioned proof of ID and residency
- For renewal of membership bring ID and renewal letter.
- Memberships can be purchased or renewed at Wildcat Sport & Fitness Monday-Friday, 8:30 a.m. – 2:30 p.m. and 6:30 p.m. – 9:00 p.m., Saturdays 1:00 – 8:00 p.m. and Sundays from 10:00 a.m.-6:00 p.m.
- A day pass can be purchased, by district residents, at the Wildcat Sport & Fitness Front Desk. If younger than 18 years, a parent must show proof of residency and I.D. for themselves and child’s birth certificate. The proper paper work must be filled out. This paperwork will be updated every six months. After the initial day pass purchase and paperwork, the child may attend the facility by themselves as long as they are 13 years and older. Anyone 12 years and younger must be accompanied by an adult member or a paid day pass adult visitor.

### Proof of Identity and Residency

- Purchaser must present his/her photo ID and current gas or electric bill with the name matching the photo ID. The gas or electric bill must show address and must be from the month of application or the month prior. For an individual youth or family membership, a birth certificate must be provided. **Note: A photo ID is proof of identity and the gas or electric bill is proof of residency.**

### Membership ID Card/Check-In Process

- All members ages 7 and older will have their picture taken for a Wildcat Sport & Fitness ID card. Pictures will be re-taken on a regular basis determined by the staff.
- All members will be required to swipe their Wildcat Sport & Fitness ID card at the front desk upon arrival
- Members must bring their ID card each time or there will be a \$1.00 charge
- A \$5.00 replacement fee will be charged for each lost ID card

### For More Information:

Wildcat Sport & Fitness Front Desk: 440-995-6840  
 Mayfield Heights Recreation Department: 440-442-2627  
 Mayfield Village Parks & Recreation Department: 440-461-5163  
 Highland Heights Recreation: 440-461-2440 ext. 149  
 Village of Gates Mills 440-423-4405

**For space purposes School District Resident is SDR.  
 Non School District Resident is NSDR.**

### Payment Information

**\*Next to each program, we have indicated where payment will be made to. MH (Mayfield Heights), MV (Mayfield Village), WSF (Mayfield City Schools). Please make checks, or other means of payment to that organization. Thank you.**

## YOUTH PROGRAMS

### NEW: Sports Performance Training Series

WSF

Boys and Girls entering the 4th – 8th grades  
August 23rd – October 7th  
Every Sunday 1:30pm-2:30pm & Every Wednesday 7pm – 8pm  
Cost: \$140.00/child

A 7-step program to improve all components (flexibility, cardio respiratory, core, balance/coordination, plyometric, speed, agility, quickness, and resistance training) necessary for an athlete to perform at the highest level and to prevent injury.

### NEW: Speed Agility/Multidirectional Speed (MDS), and Quickness Camp

WSF

Boys and Girls entering the 4th – 8th grades  
September 13th - September 30th  
Every Sunday 12:30pm-1:30pm & Every Wednesday 6pm-7pm  
Cost: \$70.00/child

To improve on the ability to react quickly, apply significant force rapidly in the appropriate direction, and to redirect that force if needed.

### NEW: Pre-Season Basketball Conditioning Camp

WSF

Boys and Girls entering the 4th – 8th grades  
October 4th – October 28th  
Every Sunday 12:30pm-1:30pm & Every Wednesday 6pm-7pm  
Cost: \$70.00/child

For those who are looking to get more explosive, faster and stronger for your upcoming season.

### Youth Fun/Ballet Creative Movement

WSF

Thursday Nights 5:45-6:30p

See below for grade, cost and dates under Move It Like This. This Super Fun Movement class includes ballet, jazz and modern type warm-ups. Play fun games to learn terminology and exercises as well as build posture. Dance class is great exercise for the mind and body.

### Move It like This

WSF

Thursday Nights 6:30-7:15p  
See class dates below.

Do you love to Dance and Move your Body to the Music? Dancing is great exercise for the mind and body. Fun games will be taught to assist students in memorizing fun steps and sequences. Enjoy this class with warm ups, stretches and across the floor movements. Hip Hop style and Fun Popular Line dances will be taught to keep the body moving throughout the class.

Who: K – 3rd Grade

Cost: \$39 or 2 Sessions or Sibling Discount for \$73

Fall Session 1: September 10 – October 1

Fall Session 2: October 15 – November 5

Fall Session 3: November 19 – December 17

(No class November 26)

### NEW: Plyometric Training/ACL Injury Prevention Camp

WSF

Boys and Girls entering the 4th – 8th grades  
Plyometric Jump Training  
October 11th – October 28th  
Every Sunday 1:30pm-2:30pm & Every Wednesday 7pm – 8pm  
Cost: \$70.00/child

To stimulate the body's proprioceptive and elastic properties to generate maximum force output (power) in a minimal amount of time; and to prevent ACL injuries. This will also help increase your vertical jump.

### Little Tyke Olympics

MH/MV

Kids ages 4-6

Tuesday Nights: October 13 – November 17,  
6:30-7:15 p.m. Cost is \$40 per person

MAX 30 participants.

Sign up as individuals or as a group of no more than 5.

A 6 Week program held at Wildcat Sport & Fitness. This interactive program will showcase skills while doing various exercises. Parent involvement is a must, as they will be performing drills that deal with hand eye coordination, tailored specifically for the following events: running, gymnastics, track and field, and basketball. Each week we will work on a different event leading up to the two week Olympic games and awards. Participants will be placed into one of 6 countries. Countries will receive shirts and practice together, and will participate in the Olympic games together. Sign up as an individual or in a group of no more than 5. This is a great chance to get out and start your little one on the ins and outs of some of Olympics great events!

### Little Tyke Intramurals

MH/MV

Kids ages 4-6

Thursday Nights: October 15 – November 19, 6:30-7:15 p.m.  
Cost is \$40 per person

MAX 30 participants.

Sign up as individuals or as a group of no more than 5.

A 6 Week program held at Wildcat Sport & Fitness. This interactive program will showcase skills while doing various exercises. Parent involvement is a must, as they will be performing drills that deal with hand eye coordination, tailored specifically for the following sports: baseball, soccer, football, basketball, and kickball. Each week we will work on a different event leading up to the games, graduation and awards. Participants will be placed into one of 6 colleges. Colleges will receive shirts and practice together, and will participate in the end games together. Sign up as an individual or in a group of no more than 5. This is a great chance to get out and start your little one on the ins and outs of some of what college life has to offer!

### Players Basketball

MH/MV

Wednesdays, January 6 - February 3

Morning Sessions: 10:15 - 11:00 a.m.

Evening Session: 6:15 – 7:00 p.m.

For 3 – 5 year olds. Cost is \$40 if basketball and shirt needed (includes basketball and shirt), \$30 if just shirt needed (has basketball from previous year), and \$25 for returning participants.

Limit is 30 participants. Parent and child work together each week participating in a variety of activities. The focus of the program is to develop skill and have fun while learning the fundamentals of dribbling, shooting, passing, and running/agility. Registration begins December 1.

# YOUTH SPORTS

## Youth Dodgeball League

MV

**4th-5th Graders, looking for 6 teams, 8 persons per team**  
**6th-8th Graders, looking for 6-8 teams, 8 person per teams**  
Cost is \$50 per person. Game times: 5:00, 5:30, 6:00 p.m.  
**Call Nick Tagg at 442-2627 for information.**

## 17th Season MBA (Mayfield Basketball Association)

MV

Held at Wildcat Sport & Fitness

### LEAGUE BREAKDOWN

**MBA** – (contact Mayfield Village at 440-461-5163)

3rd - 4th grade (Boys League) 5th - 6th grade (Boys League),  
7th - 8th grade (Boys League)  
3rd - 6th grade (Girls League)

### SEASON BREAKDOWN (PRACTICES/GAMES)

Registration Begins September 14

**Boys Leagues:** Mid-November until March

### MBA ASSESSMENTS

In order to balance all MBA teams, volunteer coaches assess all players' abilities for a fun and competitive league. At Wildcat Sport & Fitness

**Boys League:** Saturday, November 7, 12:30 – 3:30 p.m. OR  
Monday, November 9, 6:30 – 8:30 p.m.

### MBA COACHES ORIENTATION

For all parent/adult volunteers who will coach in the MBA.

**Boys League:** Wednesday November 4, 6:30 – 8:00 p.m.

At Mayfield Village Civic Center

Dinner will be served. This meeting will prepare the coaches for the upcoming season. League rules, guidelines, procedures, and player assessments will be discussed. If interested in volunteering as a coach, please call Sean Supler at 440-461-0237.

## LBJ - Basketball

MH

Lil' Biddy Jumpers is an exciting program for girls and boys that emphasizes the basic fundamentals of the game while introducing game competition. 2 Divisions– K-1 & 2-3

Practices— 3 held in November (Group Practices)

3 held in December (Team Practices)

All Practice Days & Times will be TBD

All Practices will be held at the Wildcat Sport & Fitness

Games— Will be held on Sundays with start times ranging from 11:15—4:30, starting January 3rd.

Game day session is approximately one hour.

All games will be held at Wildcat Sport & Fitness

Teams in the 2-3 division will have practice times after the first of the year. Times are TBD; all practices will be at Wildcat Sport & Fitness.

**Cost is \$65. Registration begins Sept. 14 SDR, Sept. 28 NSDR**

## NEOEA Basketball Clinic

WSF

There will be a one-day basketball clinic held by Mayfield Boys Varsity Coach Kevin Niemczura and Girls Varsity Coach Ryan Looman and their staff on **Friday, October 16**. The clinic will focus on basketball fundamentals and will help prepare players for the upcoming MBA, Mayfield Select Travel, and Middle School programs respectively. The clinic will be held on NEOEA Day. **Cost per child will be \$25, and the clinic will run from 8 am to 11 am.** Students from grades 3 through 8 are encouraged to attend.

## Pat Vuyancih Basketball Academy

MH

Improve your basketball fundamentals and learn proper shooting and dribbling techniques in this five (5) week camp. Coach Vuyancih is a former varsity high school boys' and girls' basketball coach and former collegiate basketball player and coach who will offer a proven set of high level basketball development programs to advance and accelerate motivated athletes within the community. Each session will include fun competition.

Mondays & Wednesdays

Session 1: September 14 to October 14

Session 2: October 19- November 18

### Beginners K- 3rd Grade

**When:** 6:15 P.M. – 7:00 P.M.

**Cost:** \$60 per athlete (this amounts to \$6.00 per class) 5 weeks.

**Details:** Teach fundamentals of proper footwork, ball handling, passing/catching, short shooting with proper form, driving past defender, basic post moves.

### Intermediate 4th - 6th Grade

**When:** 7:00 P.M. – 8:00 P.M.

**Cost:** \$90 per athlete (this amounts to \$9.00 per class) 5 weeks

**Details:** Teaches slightly more advanced of Beginners, but move form shooting drills a few feet further from the hoop. Introduce concepts and practice of fast break, 3 on 3 and concept of motion offense in 5 on 5 formats.

### Middle: 7th - 8th Grade

**When:** 8:00P.M. - 9:15 P.M., 6 weeks

**Cost:** \$110 per athlete (this amounts to \$11.00 per class) 5 weeks.

**Details:** Advance skills of all of the Intermediates, moving shooting practice to midrange and beyond. There is real emphasis on offensive spacing and reading dribbler. Add screening and use of screening in 2 on 2, 3 on 3, and 5 on 5 formats.

Coach Vuyancih also has small group and individual lessons available, generally for more seriously committed athletes, or for kids who want faster development. Please call Mayfield Heights Recreation for available times and pricing.



## Spring Training

MH

### Tuesday & Thursdays

For 5 – 6, 7 – 8, 9 – 10, 11 – 12 year olds. Cost is TBD. This program will work on developing the fundamentals of baseball & softball (throwing, fielding, hitting, and base running). For more information on times and days call the Mayfield Heights Recreation Department at 440-442-2627 in February.

## Indoor Floor Hockey

WSF

### FALL LEAGUES

League play begins Saturday, October 24  
 3rd – 5th grade: Noon – 4:00 p.m. at Center School  
 6th – 8th grade: 9:00 a.m. – Noon at Mayfield High School  
 For 3rd – 5th grade and 6th – 8th grade. Cost is \$74.

### WINTER LEAGUES

Saturdays  
 1st – 2nd grade: League play begins January 30, times 9:00 a.m. – Noon, Center School  
 3rd – 5th grade: League play begins January 30, times Noon – 4:00 p.m., Center School  
 8th -12th grade: League play begins January 16, 1:00 – 3:00 p.m., Mayfield Middle School  
 For 1st – 2nd grade, 3rd – 5th grade, and 8th – 12th grade. Cost is \$74.

Call Phil Weinberg at 461 – 7344 for more information. Look for flyers on school websites, and at Mayfield Village and Mayfield Heights websites.

## AQUATIC PROGRAMS

### General Information

The Wildcat Sport & Fitness Pool will be offering programs which will include Lap Swim, Public Swimming, Youth Learn -to -Swim and Aquatic Programs. Please visit the facility or online at [www.mayfield schools.org](http://www.mayfield schools.org) for current schedules.

### Youth Learn-To-Swim Registration Information

- Fall Session 1:** September 7 for SDR  
September 11 for NSDR
- Fall Session 2:** October 26 for SDR  
October 30 for NSDR
- Winter Session 1:** December 4 for SDR  
December 8 for NSDR
- Winter Session 2:** February 22 for SDR  
February 26 for NSDR

Please register early so you do not get shut out of a class. Classes will be adjusted 72 hours prior to start of session.

### Private Swim Lessons: Ages 4 & up

These classes are thirty minutes long. Contact the front desk for availability at 440-995-6840.

### Wildcat Sport & Fitness is hiring American Red Cross Certified Lifeguards and Water Safety Instructors (WSI) during the season.

Lifeguards are needed between the hours of 5:30 a.m.- 3:00 p.m. Monday- Friday and WSI's would teach Saturday mornings for our Learn to Swim Program and Private lessons. Applications are available at the Wildcat Sport & Fitness front desk or call **440-995-6840**.

### Youth Learn-to-Swim Program

WSF

#### Saturdays, times TBD

**Classes for children ages 6 months to 12 years will be offered.**

**Fall Session 1:** September 19 – October 24

**Fall Session 2:** Nov 7 to December 19 (no class Nov 28)

**Winter Session 1:** January 16 – February 20

**Winter Session 2:** March 5 – April 16 (No class March 26)

**Cost for 6 week session \$42 for SDR and \$52 for NSDR**

If you are not sure of what level your child should be registered for please contact Wildcat Sport & Fitness after September 2 for testing availability. Please be aware that for levels with less than 3 students per class may be changed. You will be notified of changes as soon as possible. For full class descriptions visit the facility or [www.mayfield-schools.org/Wildcat Sport & Fitness](http://www.mayfield-schools.org/Wildcat Sport & Fitness).

### Deep Water Exercise for Adults

WSF

**Monday/Wednesday 11:00 a.m. - 12:00 p.m.**

**Tuesday/Thursday 6:30 - 7:30 p.m., starting Tuesday, September 8**

**Cost: School District Resident \$50 /10 classes**

**Non- School District Residents \$60/ 10 classes**

Need a fun different type of conditioning? This class is for you! By using a floatation device everyone is comfortable. This is a great way to work your cardiovascular system without injuring any joints. A workout good for all ages for both men and women. Class will take place in the diving well with Corky Carl instructing.

### Aquacise

WSF

**Tuesdays and Thursdays, 11:45 a.m. - 12:45 p.m.**

**Wednesday's 7:00 - 8:00 p.m., starting Tuesday, August 25**

**Cost: School District Resident \$50 /10 classes**

**Non- School District Residents \$60/10 classes**

Aquacise is a great form of exercise for all ages and abilities to maintain flexibility, range of motion and muscle strength. Classes are conducted by Kathi Busher in the shallow end or with floatation provided. No swimming skills required.

# ADULT & SENIOR PROGRAMS

## NEW: Yoga – Tuesday

WSF

Tuesdays, 6:30 – 7:30p

Fall Session 1: Sept 15 - Oct 20.

Fall Session 2: Oct 27 - Dec 1

Cost: SDR: \$52, NSDR: \$54, \$10 Drop in

All levels are welcome. Experience the physical benefits of Yoga, such as increased flexibility, strength and balance. Experience the mental benefits of yoga, such as increased stress reduction and relaxation. Comfortable clothing. Yoga mat required.

## NEW: Yoga and Meditation Class

WSF

Thursdays, 6:30 – 7:30p

Fall Session 1: Sept 17 – Oct 22

Fall Session 2: Oct 29 – Dec 3

Cost: \$40 for 6 week session

Gentle yoga followed by a meditation practice. Learn the basic science and benefits behind the growing trend of practicing meditation for everyday stress reduction. Learn and explore gentle yoga and the basic types of meditation that enables you to adopt a basic yoga and meditation practice that fits into your everyday life. Comfortable clothing. Yoga mat required.



## NEW: Boot Camp

Mondays and Wednesdays, 9:00 a.m. - 9:45 a.m., starting September 21.

Cost is SDR: \$50 - 8 classes or \$8 drop in NSDR: \$60 - 8 classes or \$10 drop in. Get in shape, boot camp style! Through a combination of cardio, body weight, and equipment assisted exercises, you'll experience a well-rounded, full body workout. No two classes are the same - try something different every session and build the body you've always wanted! All fitness levels welcome. **First time participants receive 10% off first 8 class session.**

## NEW: Zumba Fitness

Tuesdays, 5:45 p.m. - 6:30 p.m., starting September 22

Cost is SDR: \$50 - 8 classes or \$8 drop in NSDR: \$60 - 8 classes or \$10 drop in. Join the international cardio party and dance away the inches! Experience high energy dance and fitness moves set to world rhythms that will keep your feet moving and your booty shaking! All fitness levels welcome! **First time participants receive 10% off first 8 class session.**

## Fun With Fitness

WSF

Fridays 11 am – 12 pm

Fall session 1: Sept 18 - Oct 23

Fall session 2: Oct 30 - Dec 11 (no class Nov. 27)

Winter Session 1: Jan 8 - Feb 12

Winter Session 2: Feb 26 – April 1

Cost is \$34.00.

Come work at your own level and improve your overall wellness. Low impact aerobics, dynaband work for resistance, and hand held weight workout for building strength, gives you a total body workout. Bring your own 2 or 3 pound weights.

## Gentle Yoga

WSF

Thursdays 9:00 - 10:00 a.m.

Fall Session 1: Sept 24 - Oct 22

(5weeks \$35 members, \$45 non-members)

Fall Session 2: Oct 29 - Dec 10 (No class Nov 26)

Winter Session 1: Jan 7 - Feb 11

Winter Session 2: Feb 25 – March 31

Cost is \$42 members, \$54 non-members.

**\$10 drop in**

This class welcomes all levels, from advanced to those who are new to yoga. Each class will focus on the fundamentals of yogic breathing techniques, poses and meditation practices. **Minimum of 8 students.**

## Balance Class

WSF

Tuesdays, 11:00 a.m. - 12 noon

Fall session 1: Sept 22 - Oct 27

Fall session 2: Nov 3 - Dec 8

Cost is \$12

Physiological changes occur as we age. This is a natural process. Learn how to minimize the natural effects of aging by improving balance, posture, strength and mobility. Balance and strengthening exercises aimed at preventing falls and fractures will be taught by Michelle Beers, one of our strength and conditioning specialists.

## Tai Chi and Qigong - Section One

WSF

Learn Tai Chi and Qigong philosophy and its health benefits. Learn basic Qigong exercises – 8 Section Brocade – to build energy and relieve stress through series of breathing and meditative movements. Learn the movements of the Yang style Tai Chi form 108 section one all while building inner strength, balance and mental focus. Have fun learning the meaning behind the movements as they relate to self-defense.

Tuesday and Wednesdays 6:15-7:15p

Fall 1: Sept 22 - Oct 28

Fall 2: Nov 3 - Dec 16 (No class Nov 25)

Winter 1: Jan 5 - Feb 10

Winter 2: Feb 23 - Mar 30

\$60 for 6 week session. \$8.00 drop in.

## Tai Chi and Qigong - Section Two **WSF**

Continue learning Tai Chi and Qigong philosophy and its health benefits. Practice Qigong exercises – 8 Section Brocade and Mother Form – to build energy and relieve stress through series of breathing and meditative movements. Learn the movements of the Yang style Tai Chi form 108 section two all while building inner strength, balance and mental focus. Have fun learning the meaning behind the movements as they relate to self-defense.

Tuesday and Wednesdays 7:15-8:15p

**Fall 1:** Sept 22 - Oct 28

**Fall 2:** Nov 3 - Dec 16 (No class Nov 25)

**Winter 1:** Jan 5 - Feb 10

**Winter 2:** Feb 23 - Mar 30

\$60 for 6 week session. \$8.00 drop in.

## Tai Chi and Qigong - For Seniors **WSF**

Learn Tai Chi and Qigong philosophy along with the movements of the Yang style Tai Chi form. Learn basic Qigong exercises – 8 Section Brocade – to build energy and relieve stress through series of breathing and meditative movements. Some of the health benefits of Tai Chi: Enhances mental capacity and concentration. Improves balance and stability. Reduces blood pressure, and helps with arthritis pain. Promotes faster recovery from strokes and heart attacks.

Tuesday and Thursdays, 10-11 a.m.

**Fall 1:** Sept 22 - Oct 29

**Fall 2:** Nov 3 - Dec 17 (No class Nov 26)

**Winter 1:** Jan 5 - Feb 11

**Winter 2:** Feb 23 - Mar 31

\$50 for 6 week session. \$6.00 drop in.

## NEW: Healthy Lifestyle **WSF**

Looking to make a lifestyle change before the holidays. Learn how to make healthy simple changes that will impact your health. Coleen Mcartor B.S Nutrition will educate and assist you to lasting lifestyle changes.

Cost: \$60 for 6 weeks course.

Tuesday nights, 6:30-7:30p, October 13 - November 17

## ChiZel **WSF**

**Monday/Wednesday 6:30 – 7:30 PM**

**Residents: \$50.00 for 8 classes Starting Wednesday, September 9**

**Non Residents: \$60.00 for 8 classes. \$8 drop in**

Experience a workout like no other. Reach your personal best fitness with Pilates, Yoga, Plyometric, BokwaDance, Fitness/Medicine Ball, Resistance Training and more all rolled into 1 combo-class under the care and instruction of a dedicated, certified fitness professional with 20+ years experience. Never get bored with your workout.

## Walking Club

**Monday/Wednesday/Fridays 9:30 – 10:30 a.m. Starting Nov. 2**

Cost: No charge, but you must have a Wildcat Sport & Fitness membership. Join our Walking Club as we walk on the new indoor track.

## American Red Cross Lifeguard Certification **WSF**

Course will be offered during winter Break and Spring Break (dates and times to be announced)

**Fees:** Residents: \$150.00. Non-residents: \$175.00 Successful candidates will earn certifications in life-guarding, AED/CPR for first responders, and first-aid.

Required Pre-course: Consist of continuous 300 yard swim using rotary breathing and a combination of freestyle or breast-stroke, a timed event to retrieve a 10lb brick and return to start and safely exiting the water and a two (2) minute tread with the use of arms/hands.

## Personal Training **WSF**

Wildcat Sport & Fitness is offering personal training to all members! For more information on personal training, stop by the front desk for information on our personal trainers and their rates.

## Fitness Equipment Demonstrations

Free for members only. Would you like to learn how to properly use our new weight or cardio equipment? This hands on small class will demonstrate how all the equipment works and allow for hands on learning. Members 13 – 16 years of age are required to complete an orientation prior to use of equipment. Any individual 12 and under may not use the weight or cardio equipment. Class will last approximately 30 minutes.

## ADULT SPORTS

### Wildcat “Fun” Pickleball Tournament

This is a double elimination “FUN, mixed doubles, double elimination tournament” for 50 year olds and over. We will attempt to promote fitness, friendship, competition and fun. Open play will be available during the morning for all participants. **This is not recommended for very new or beginning players.** A pizza lunch will be served at conclusion of the tournament. Each player will receive 1 “Jug” indoor pickleball. Registration flyers are available at; Wildcat Sport & Fitness, Mayfield Heights City Hall, Mayfield Village Civic Center and online at mayfieldschools.org.

**Fee:** \$10.00 per player.

**Time/Date:** 9am till conclusion of tournament (approximately 3 hours). **Saturday, October 24, 2015, at Wildcat Sport & Fitness.**

### Pickleball For Seniors **WSF**

**Monday - Friday, 9:00 a.m. - 12:00 p.m.**

**Cost: Mayfield School District Residents: Drop in \$3/class**

**Non-School District Residents: Drop in \$5/class**

**\$20/month for residents, \$40/month for non-residents**

**Pre-registration is required.**

Pickleball is a fun game which is a cross between tennis and badminton played on a court. This is an established program to introduce you to new sports and to gauge interest to develop further programs for 2016.

## BIRTHDAY PARTIES

Wildcat Sport & Fitness is pleased to offer school district residents the opportunity to host a birthday party at our facility. Packages are available on Friday's 6:30 – 8:30 p.m., Saturdays and Sundays 1-3 p.m. and include an hour of activity in the pool or field house (based on availability) and an hour in our multipurpose room for cake and presents.

**\*Party Packages: District Resident - \$170.00**

*\*If you require more than 20 participating guests for your party there is a \$5.00 per person charge that must be paid 24 hours in advance of your scheduled party. All parties require a \$50.00 security deposit. Both the security deposit and rental fee are due at signing of the contract. For more details please contact Wildcat Sport & Fitness at 440-995-6840 or email at [Pschneider@mayfieldschools.org](mailto:Pschneider@mayfieldschools.org). **There will be exception dates due to school holidays and events. For complete schedules or more information please call 440.995.6840.***

## SPECIAL EVENTS

### Wildcat Teen Halloween

MV

**Friday, October 16, 6:00 – 9:00 p.m.**

For 6th – 8th Grade Mayfield Middle School Students. At Wildcat Sport & Fitness. Cost is \$8 presale and \$10 at door (**admission includes games and food**) plus additional money needed for raffle. Look for flyers in your MMS Friday folder handouts.



### Family Fun Night

MH

**Friday, 6:00 – 9:00 p.m. Date TBD**

Cost is TBD. Come enjoy a one night special event targeted for families of the school district. Experience carnival-esque games, rides food and fun for kids of all ages. Bring your family and experience the carnival season this Winter.

### The Girls on the Run Northeast Ohio 5k

**3rd – 8th grade girls**

**Sunday, November 15, 9:30 a.m.**

**at Mayfield High School**

The Girls on the Run Northeast Ohio 5k is the culmination of 10 weeks of training for over 600 3rd-8th grade girls and is open to the public. The program combines training for a 5k (3.1 miles) non-competitive running event with healthy living education. The curricula empower girls with a greater sense of self-awareness, a sense of achievement and a foundation in team building, as well as a commitment to enhancing their communities, all of which help them become, strong, contented and self-confident women. Registration opens online on August 20, 2015. The 5k is managed by: VERTICAL RUNNER. For more information please visit [www.gotrneastohio.org](http://www.gotrneastohio.org) or call 234-206-0786.



### Healthy Mayfield

**Wednesday, September 2nd from 6-8pm**

**Mayfield High School at the Wildcat Sport & Fitness Facility.**

Join in the fun & take part in this healthy initiative. Sponsored by: Mayfield City Schools, the school communities of Gates Mills, Highland Heights, Mayfield Heights & Mayfield Village, the Cleveland Clinic, Mayfield Library, and Cleveland Metroparks. Free health screenings, kid's activities, the Punt, Pass and Kick contest (boys and girls ages 6-15), meet the sports teams, fitness demonstrations, raffles, refreshments and much more! Don't miss this family fun event!

### NFL – Pepsi Punt, Pass, and Kick Competition

**Wednesday, Sept 2. 6-8pm**

As part of the Healthy Communities Initiative, the annual Punt, Pass and Kick Competition will be held at Wildcat Stadium. Separate Divisions for boys/girls ages 6 -7, 8 – 9, 10 – 11, 12 – 13, and 14 – 15. Age is based on child's age as of December 31, 2015. Top finisher of the local competition in each age division move onto the sectionals competition. **Look for flyers that will be distributed to all schools in late August.**

# Village of Gates Mills & Gates Mills Library

## GATES MILLS LIBRARY

### Friends Book Sale -- Community Hours

Saturday, November 7 @ 9:30 AM - 5:00 PM

Sunday, November 8 @ 1:30 PM - 4:30 PM

Monday, November 9 @ 9:30 AM - 6:30 PM (\$5.00 bag-sale day).

## PROGRAMS

### Playhouse Square Presents!

Saturday, September 12 @ 2:00 PM - 3:00 PM

Get a sneak peek at the new 2015-2016 upcoming season at Playhouse Square.

## THE CLEVELAND ORCHESTRA

FRANZ WELSER-MÖST  
MUSIC DIRECTOR

### Cleveland Orchestra Community Concert Preview

Thursday, September 17 @ 7:00 PM - 8:00 PM

Cleveland Orchestra's Dr. Rose Breckinridge previews The Cleveland Orchestra's 2015-16 Season.



### The Famous and Infamous Women of Cleveland's Millionaire Row

Sunday, October 4 @ 2:00 PM - 3:30 PM

Dan Ruminski gives us a personal look at the women who on their own accomplished great things and also some of the wives that had a negative influence on their husbands.

### BBQ Dinner

#### Catered by Angie's Rib Wagon

Friday, October 16, 6:00 p.m.

at Gates Mills Community House

Sponsored by the Gates Mills Community Club. Contact Jean at (440) 423-7751 or [jean2weitzel@gmail.com](mailto:jean2weitzel@gmail.com).

### Growing Up Social in Digital Age

Wednesday, October 21 @ 7:00 PM - 8:30 PM

A discussion on how technology affects our children's minds and what we can do about it.

### Investigate It! - Mad Science Lab

Thursday, October 22 @ 6:30 PM - 8:00 PM

Teens in grades 6 - 12 can join us and make your own squishy slime, bubbling lava bottle and more.

### Cleveland Orchestra Community Concert Preview

Tuesday, October 27 @ 7:00 PM - 8:00 PM

Dr. Rose Breckinridge previews the Cleveland Orchestra's concert of December 3, 4, 5 - Handel's mighty oratorio, MESSIAH with Robert Porco conducting.

### Jungle Terry Investigate It! - Mad Science Lab

Saturday, November 28 @ 1:30 PM - 2:30 PM

Come meet Jungle Terry and his assortment of live animals.



# City of Highland Heights

## Children's Halloween Party

**Saturday, October 17, @ 6:30 – 9:00 p.m.**

At Highland Hts. Community Park Barn Pavilion, 5905 Wilson Mills Road. **For Highland Heights Residents.** Join us for hayrides, games and fun at the park. Please dress your children in a fun, safe, and weather appropriate costume. **Additional details**, including cost, activities, etc. will be available on our website at [www.highlandhts.com](http://www.highlandhts.com) prior to the event.



## Flu Shot Clinic

**Monday, October 12 and November 9 @ 10:00 a.m. – 1:00 p.m.**

At Highland Hts. Community Center Complex, 5827 Highland Road. No appointment necessary. **Call Highland Height City Hall at 440-461-2440 x-147 for information.**



## Commission on Aging Holiday Party

Join your neighbors and friends for the Commission on Aging Holiday Party on Wednesday, December 2, 2015 from 12:30 to 2:30 p.m. at the Highland Hts. Community Center. The cost is \$5.00 per person which includes lunch, entertainment (Mayfield High School Show Choir), treats and door prizes. **Reservations are required by Wednesday, November 25.** Contact Mary at 440-461-2440 for more information or to make a reservation.



## Holiday Lighting and Children's Holiday Party

**Saturday, December 5 @ 6:30-8:00 p.m.**

At Highland Hts. Municipal Center Complex, 5827 Highland Road. **For Highland Heights Residents.** Join your friends and neighbors for the lighting of the municipal complex followed by a children's holiday party. Crafts, games, refreshments and visits by various holiday characters during the event. Additional details, including cost, activities, etc. will be available on our website at [www.highlandhts.com](http://www.highlandhts.com) prior to the event.



# City of Mayfield Heights

## SPECIAL EVENTS



### 6th Annual Craft Show

**Sunday, November 8 @ 10:00 a.m. – 4:00 p.m.**  
At DeJohn Community Center. Cost is \$1 admission. There are over 30 vendors to peruse. A variety of concessions will be sold. All proceeds benefit Parks & Recreation Programs.

### Half Way to St. Patrick's Day

#### Wednesday, September 16th

Who says you have to wait until March to enjoy corned beef? Enjoy Slyman's but don't enjoy the trip down there or can't find the time? Mayfield Heights is offering a special service for one day only! Order from the Corned Beef, Roast Beef or Pastrami sandwiches, and we will pick it up and deliver it to the Community Center, where you can then take it home and enjoy. All we ask is that you pick one of those sandwiches and have no special order, and we will provide you with a terrific meal, with the help of the friends from Slyman's of course. To place an order, call the Recreation Department at 440-442-2627. Prepayment is required by September 15. Choice of Corned Beef, Roast Beef or Pastrami - \$16.

### Santa Breakfast

#### Saturday, December 12, time TBD

At DeJohn Community Center. Cost is \$5 for kids and \$5 for adults. Tickets go on sale at Mayfield Heights City Hall on November 9.



### Taste of Italy Dinner

#### Saturday, February 13, 6:00 – 11:00 p.m.

At Ross DeJohn Community Center. For adults 21 and older. Cost is \$30 per person. 6:30 p.m. appetizers and open beer & wine bar, 7:30 p.m. all you can eat pasta dinner including: pasta, meatball, sausage, chicken cutlet, salad, rolls and a glorious dessert table. What better way to say "I love you" this Valentine's Day! Look for more details as the date comes up on [www.mayfieldheights.org](http://www.mayfieldheights.org), our Time Warner channel 20, AT&T U-verse channel 99, Facebook.

### Halloween Bash

#### Saturday, October 24, time TBD

At DeJohn Community Center. Cost is \$5 for kids and \$5 for adults. Tickets go on sale at Mayfield Heights City Hall on September 21.



## TRIPS

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### Zipline & Paintball Adventure

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**Saturday, TBA @ 8 am – 8 pm (approx.)**

Cost is TBA and includes transportation, Zipline course, 2 hours of paintball and 500 paintballs. All participants will get lunch on their own. This trip is being promoted by surrounding cities. Space is limited. Don't get shut out. This adventure will take us to Hocking Hills, where you will get a chance to go on the 16 zip line course, do the 30 obstacles that come with them and then play 2 hours of paintball. Max: 54 participant

### Cleveland Art Museum & Hofbrauhaus

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**Friday September 18, Bus leaves at 10:30 AM, approximate return at 3:30 PM**

Cost is \$20 per participant – includes transportation to Hofbräuhaus Cleveland and Cleveland Museum of Art  
Note: ALL PARTICIPANTS WILL get lunch on their own. Limit: 24 participants

Our trip will begin with lunch at Hofbräuhaus Cleveland. The Hofbräuhaus Cleveland is a German micro-brewery, beer hall, restaurant, and beer garden that replicates the 400+ year-old Hofbräuhaus in Munich, Germany. Complete with live music, fresh Hofbräu beer brewed right onsite at our brewery, and of course, all the German delicacies found at any Oktoberfest, they provide an authentic German experience that will have you singing and dancing in no time. For menu, visit their website at [www.hofbrauhauscleveland.com](http://www.hofbrauhauscleveland.com). After lunch, the trip resumes at the Cleveland Museum of Art. Participants will be able to view the museum's many works of arts; highlighted by the Gloria: Robert Rauschenberg and Rachel Harrison exhibit.

### Rock and Roll Hall of Fame & Table 45

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**Friday November 13, Bus leaves at 10:30 AM, approximate return at 3:30 PM**

Cost is \$35 per participant – includes transportation to Table 45 and Rock and Roll Hall of Fame admission  
Note: ALL PARTICIPANTS WILL get lunch on their own. Limit: 24 participants

Our trip will start at Table 45 Restaurant and Bar—a cosmopolitan dining concept in the heart of Cleveland at the InterContinental Hotel. This 6,000-square-foot restaurant and lounge was designed by nationally acclaimed architect Bill Blunden. Table 45's concept is called World Cuisine— a cross-cultural blend of cooking techniques that combines various styles, cultures and ingredients. For a menu, visit [www.tbl45.com](http://www.tbl45.com). After lunch, participants will go to the Rock and Roll Hall of Fame; to stroll down memory lane.

### Fallingwater Tour in Mill Run, PA

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**Saturday October 17, Bus departure is 8:00 AM, approximate return at 8:00 PM**

Cost is \$65 per participant. Includes transportation to and from Fallingwater and admission to guided tour  
Note: ALL PARTICIPANTS will be responsible for their own lunch. Limit: 54 passengers

Fallingwater—one of the greatest architectural triumphs of the 20th century, is one of the most unique homes in the world, and it needed people just as unique to make it happen. Frank Lloyd Wright was commissioned by the Kaufmann family in 1936, and began drawing plans for Fallingwater. It was completed and began as a retreat in Bear Run in the fall of 1937; and with the help of Wright, became a national treasure. When the eldest Kaufmann passed away in 1955, Edgar jr was entrusted with Fallingwater and continued to use it as a mountain retreat until 1960. It was at that time that the younger Kaufmann was worried about preserving what Wright had created. Kaufmann entrusted the land and Fallingwater to the Western Pennsylvania Conservancy and by 1964 had begun to set up tours of the facility and land. A living, breathing house in perfect harmony with its setting, Fallingwater is recognized today as arguably Frank Lloyd Wright's finest work and the last great Frank Lloyd Wright house with its setting, original furnishing and artwork intact. Fallingwater sees over one hundred thousand visitors a year all while maintaining the appearance, integrity and appeal that Frank Lloyd Wright intended. Join us as we take a guided tour of one of the great architectural structures of our time.



# YOUTH SPORTS/PROGRAMS

## Mini Cats Football

MH/MV

A 5 Week program held at Mayfield Heights City Park. This interactive program will showcase skills while doing various exercises. Parent involvement is a must, as they will be performing such drills that deal with throwing, catching, punting and kicking, and agility. As the weeks progress, the participants will start to learn route running and basic cuts. Each week will work on throwing, catching, kicking and agility, while progressively incorporating the prior week's skills into the next week. This is a great chance to get out and start your little one on the ins and outs of football!

Saturday Mornings—August 22 – September 19  
2 age groups: Kids ages 3 & 4 and Kids 5 - 7  
3 & 4: 9:00—9:45 a.m., 5 - 7: 10:00—10:45 a.m.  
Cost: \$40 – All equipment is required (Football, T-shirt and Tee) and participation  
\$30 – T-shirt is required and participation  
\$25 – No equipment is required—just participation  
Only 30 participants per age group will be taken.



## 1st & 10 Flag Football

Players will learn how to run an offense, play defense and other aspects of the game of football. Each session will consist of skills and drills, followed by a game. The season will conclude with a game played under the lights. Parents are encouraged to volunteer to coach. All coaches will be provided with practice plans, drills and other aides to help instruct the children. Participants will receive a team jersey.

Grade: K-1, 2nd-3rd, 4th-6th  
Practice: August 22 & 29  
Games: September 5 – October 10  
Time: K-1: 11 am - 11:55 am  
2-3: 12 pm - 12:55 pm  
4-6: 1 pm - 1:55 pm  
Location: Mayfield City Park  
Cost: \$65

**Registration begins: August 3 for Mayfield School District Residents and August 17 for Non Residents – Spots are very limited. No registration will be accepted prior to August 3.**



## LBJ - Basketball

Lil' Biddy Jumpers is an exciting program for girls and boys that emphasizes the basic fundamentals of the game while introducing game competition. 2 Divisions– K-1 & 2-3

Practices— 3 held in November (Group Practices)  
3 held in December (Team Practices)  
All Practice Days & Times will be TBD  
All Practices will be held at the Wildcat Sport & Fitness  
Games— Will be held on Sundays with start times ranging from 11:15—4:30, starting January 3rd.  
Game day session is approximately one hour.  
All games will be held at Wildcat Sport & Fitness

Teams in the 2-3 division will have practice times after the first of the year. Times are TBD; all practices will be at Wildcat Sport & Fitness. **Cost is \$65. Registration begins Sept. 14 SDR, Sept. 28 NSDR**



# SENIOR ACTIVITIES

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## Adult Afternoon Out Luncheons at DeJohn Community Center

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Adult Afternoon Out is a program for adults of all ages. Themed programs mix good times, friends, food and entertainment. Each lunch date is \$10 and is from 12:00 – 2:00 p.m.

### “Smoked”

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#### September 8

Beef Brisket sandwich, onion rings, steak fries & dessert. Entertainment by Sam Fosh

### October Fest

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#### October 13

Weiner schnitzel, potato pancakes, green beans, sour cream, apple sauce, apple dumplings/fritters, coffee & option of beer. Entertainment by TBD

## Lunch Bunch

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“Lunch Bunch” is an opportunity to get together at a community restaurant for lunch once a month. We will work with the restaurant to offer a special discounted price to our group. So get a friend or a group of friends and join us at 11:30am. Pre-registration is a must by calling the Mayfield Heights Recreation Department at 440-442-2627 or filling out the registration form. Space is limited so don't wait! Although you will be pre-registering with the Recreation Department, you will pay the restaurant directly.

Piccolo - 11:30 - September 30

Pick from: Veal Parmesan, Chicken Picatta, Eggplant Parmesan, Pasta Marinara-choice of meatball or sausage. Meal includes salad and beverage—\$16 +tax and Gratuity

Otani's - 11:30 - October 28

Menu includes but is not limited to: All served with miso or mushroom soup, assorted vegetables, fried or steamed rice, Sesame, Ginger, or Teriyaki Chicken—\$7.95, Shrimp or Sirloin Steak—\$10.95, Steak & Chicken, or Chicken & Shrimp—\$11.50, Steak & Shrimp—\$12.50, Beverage—Green Tea—\$1.00 Coffee or Soda—\$2.50

Applebee's - 11:30 - November 18. 10% off any menu item (FOOD ONLY)

Burntwood Tavern - 11:30 - December 16

TENTATIVE—Burntwood is moving into our area: Moving into the spot vacated by Champps. We will know menu and possible discount at a later date.

## Fall Fest

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#### November 10

Turkey, mashed potatoes, stuffing, vegetable & dessert  
Entertainment by Frank Cardone

## Winter Fest

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#### December 8

Chicken Parmagiana, gnocchi, salad, bread & dessert  
Entertainment by TBD

## St. Patrick's Day

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#### Tuesday, March 8, 2016

Menu all the Slyman's taste, fresh made in our Community Center Kitchen, corned beef sandwich with Swiss cheese, pickle, Irish potatoes, dessert, our famous pudding shots and coffee. Entertainment TBD



# ADULT SPORTS

## Fall Adult Bocce

### Men's

**Thursday nights, beginning August 27  
Games starting at 7:00 p.m.**

At Mayfield City Park Bocce Courts. Cost is \$150 Resident Teams(50% must live in Mayfield Heights) and \$200 for Non Resident Teams. Enjoy the most relaxed social team sport around! Bocce is easily played by all ages and physical abilities- beginner and experienced players are welcomed to join in the fun. Teams can be comprised of four to six players each. Register by August 21. For more information or league packet please contact Nick Tagg or Sean Ward at 440-442-2627.

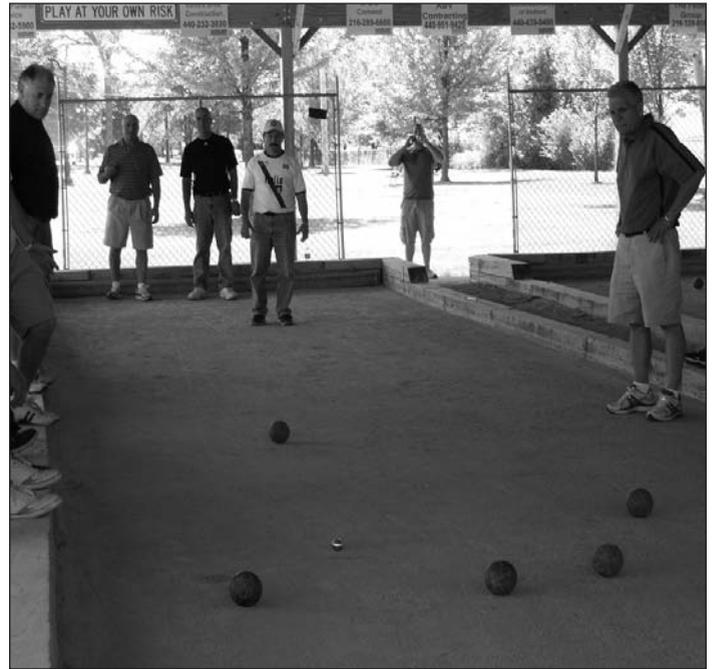
### COED TBA

Games starting at 7:00 p.m.

At Mayfield City Park Bocce Courts. Cost is \$150 Resident Teams(50% must live in Mayfield Heights) and \$200 for Non Resident Teams. Enjoy the most relaxed social team sport around! Bocce is easily played by all ages and physical abilities- beginner and experienced players are welcomed to join in the fun. Teams can be comprised of four to six players each. Register by August 21. For more information or league packet please contact Nick Tagg or Sean Ward at 440-442-2627.

## Fall Softball –COED League

**Tuesday and Wednesday, August 25 & 26 - October 20 -21**  
At Mayfield City Park. Cost is \$325 per team. For more information contact Mark at 440-781-1322.



# ADULT FITNESS

## Yoga

|                 |                                       |           |                  |             |
|-----------------|---------------------------------------|-----------|------------------|-------------|
| <b>Fall 1</b>   | <b>8/27-10/1</b> (no class 9/17)      | <b>TH</b> | <b>5:45 p.m.</b> | <b>\$30</b> |
| <b>Fall 2</b>   | <b>10/8 - 11/12</b>                   | <b>TH</b> | <b>5:45 p.m.</b> | <b>\$36</b> |
| <b>Fall 3</b>   | <b>11/19 – 12/17</b> (no class 11/26) | <b>TH</b> | <b>5:45 p.m.</b> | <b>\$30</b> |
| <b>Winter 1</b> | <b>1/7 – 2/4</b>                      | <b>TH</b> | <b>5:45 p.m.</b> | <b>\$36</b> |
| <b>Winter 2</b> | <b>2/11 – 3/10</b>                    | <b>TH</b> | <b>5:45 p.m.</b> | <b>\$36</b> |

At DeJohn Community Center. For adults (18+). Registration deadline is one week prior to class start date. Class begins with a social session to find out if the participants have any health injuries, and the level of yoga skill. The warm-up is initiated with numerous relaxing breathing techniques. The class flows into balancing and alignment moves- various modifications and explanation on the yoga poses are given. The sun salutation session flows smoothly with creative verbal and physical illustrations on the correct yoga alignment. As an instructor, I have compassion to instruct workout partners on the necessity of living a life of wellness that includes the following areas: Physically, mentally and spiritually. The class atmosphere allows participants to enjoy the health benefits of yoga while working-out in a fun, relaxing and friendly environment. Min 8.

## Zumba

|                 |                                       |            |                  |                  |
|-----------------|---------------------------------------|------------|------------------|------------------|
| <b>Fall 1</b>   | <b>8/17- 9/28</b> (no class 9/7)      | <b>M/W</b> | <b>5:45 p.m.</b> | <b>\$30/\$60</b> |
| <b>Fall 2</b>   | <b>10/05 - 11/16</b> (no class 11/2)  | <b>M/W</b> | <b>5:45 p.m.</b> | <b>\$36/\$65</b> |
| <b>Fall 3</b>   | <b>11/18 - 12/21</b> (no class 11/25) | <b>M/W</b> | <b>5:45 p.m.</b> | <b>\$30/\$60</b> |
| <b>Winter 1</b> | <b>1/4 - 2/10</b>                     | <b>M/W</b> | <b>5:45 p.m.</b> | <b>\$36/\$65</b> |
| <b>Winter 2</b> | <b>2/15 - 3/23</b>                    | <b>M/W</b> | <b>5:45 p.m.</b> | <b>\$36/\$65</b> |

At DeJohn Community Center. For adults (18+). Registration deadline is one week prior to class start date. Join us for a low-impact, high energy Latin inspired dance class that is safe and easy to follow. This class will get your heart pumping while having fun. This class is designed to tone your core muscles as well as getting a total body work-out. No experience necessary, just come in comfortable clothes ready to move. Min 6



# Mayfield Village

## SPECIAL EVENTS

### Mayfield Village Garden Club

The following meetings will be at the Mayfield Village Community Room at 7:00 p.m. unless otherwise noted.

**September 23-** "Learn about Ground Covers for your Landscaping"

**October 28-** "History of the Appalachian Trail"

**November 18-** "Mimi Fall Arrangement"

**December 9-** at the Mayfield Village Civic Center, 12:30 p.m. Social Time and 1:00 p.m. catered lunch and dessert for \$15.00. Special attraction: Sing-a-Long with Irving Berlin. Your check will be your reservation.

**January 27-** at the Mayfield Village Civic Center 1:00 p.m., "Cleveland Art Museum"

**February 24-** at the Mayfield Village Civic Center 1:00 p.m., "Butterflies & Birds"

**March 23-** at the Mayfield Village Civic Center 1:00 p.m., "Fairy Gardening"

**April 27-** "Meet the Scholarship Recipients"

**May 25-** Installation of officers to be announced.

Any additional information regarding memberships/programs, please contact Elaine: 440-449-1474

### Mayfield Women's Club

The purpose of the Mayfield Women's Club is community service and involvement. Programs such as Meals at Ronald McDonald House, collection of school supplies for inner-city children, conservation, recycling, scholarships and many other projects are the aim for this coming year. Monthly programs are presented at the Mayfield Village Community Room at 7:00 p.m. Guests are welcome.

**September 21** - Retired Judge Paul Mitrovich will speak on "History of Civil Rights"

**October 19** - Welfare Projects for Nursing Homes.

**November 16** - Dennis Sutcliffe will speak on "Cleveland Hometown Heroes"

There is no December Meeting. Speakers for the meetings scheduled for January thru April will be announced at later date. For additional Information contact Barbara at 440-720-0272.

### American Red Cross Blood Drives

**Tuesday, August 18; Monday, August 31; Friday, September 4; Monday, September 28; Friday, November 6; Monday, December 28; Friday, March 4; Monday, March 14.** Blood drives are in the Civic Center except for Sept. 4 and Nov. 6 which are in the Community Room. Visit [redcross.org](http://redcross.org) for other blood drive dates, locations and more information on donor eligibility or call 1-800-GIVE-LIFE.

### Mayfield Township Historical Society

**September 9:** 6:30 -8:00 p.m. at Wiley Park Ice cream, homemade cookies, tour the Bennett-Van Curen Museum. Cost is \$3.00 and proceeds are for upkeep of museum and gardens.

**October 14:** 7:00 p.m. at the Mayfield Village Community Room, "Understanding the American Hobos" Refreshments served. Guests are welcome.

**November 13:** 7:00 p.m. at the Mayfield Village Community Room, "Memories of Higbee's Department Store", annual holiday raffle and Pie Night-bring your favorite pie to share! Nomination of officers. Guests are welcome.

**December 9:** 12:30 p.m. social time with 1:00 p.m. lunch. Join Mayfield Village Garden Club, Mayfield Township Historical Society and the South Euclid-Lyndhurst Historical Society for catered lunch with dessert. Cost is \$15.00. Your check will be your reservation.

There is no meeting in January. All residents and their friends in the area are invited to join us at all of the above meetings. For additional information please contact: 440-461-0055.

### Clean-up & Pruning Days at Wetlands

For individuals and groups who are interested in preserving our delicate wetland eco-systems

**Saturdays August 22 & September 12, 9:00 – 11:00 a.m.**

We meet at Parkview Pool. This will assist in keeping the wetlands trail clear of encroaching tree branches and shrubs and weed out the Monarch Waystation Garden. Bring gloves, hand pruners/lopers and garden tools. Wear long pants, sun-screen/bug spray, closed toe shoes. Call 461-2210 if you have questions.



## Youth Halloween Party

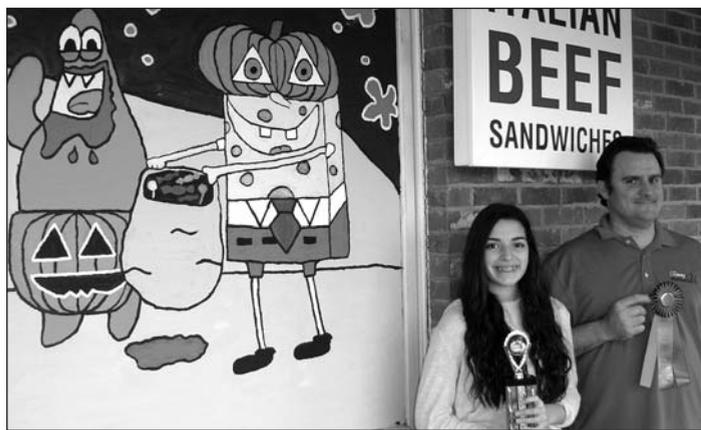
**Saturday, October 24, 1:30 – 3:00 p.m.**

For Children & grandchildren living in Mayfield Village, through 5th grade. Cost is \$4.00 per child. Wear a costume and come to the Community Room for refreshments and games.



## Halloween Window Painting Contest

6th – 8th graders attending a school in the Mayfield School District can enter the contest by submitting a colored drawing to their teacher. Mayfield Village will review the drawings and selected ones will be able to paint on a local storefront window. Look for flyer with details in September through school website and art teachers.



**Trick or Treating Saturday, October 31, 6:00 – 8:30 p.m.**

## 2015 – 2016 Winter Special Events

### Tree Lighting

Sun., December 6, 7:00 p.m. Gazebo

### \*Santa Ride

Sat., December 12, 10:00 a.m. – 1:30 p.m.

Mayfield Village neighborhoods (look for schedule in VOV and at [mayfieldvillage.com](http://mayfieldvillage.com))



### \*Childrens Christmas Party

Sat., December 12, 1:30 – 3:00 p.m. Community Room



\*indicates for Mayfield Village residents/grandchildren of residents

### Menorah Lighting

Mon., December 7, 7:00 – 8:00 p.m.  
Gazebo lawn/Community Room

### Singing Angels Concert

Sat., December 12, 7:00 p.m. Civic Center-Reserve Hall  
Doors open for the concert with first come first serve seating at 6:35 p.m. Children under 5 must sit on lap. Ticket sales begin November 4 at the Civic Center until December 12 (during office hours). Tickets (if still available) can be purchased the night of the concert at the box office beginning at 6:00 p.m.-cash or check only. Mayfield Village Residents: Senior (62+ yr) & Child (5 – 10 yr)-\$11, Adult (11 – 61 yr)-\$9, Non Mayfield Village Residents: Senior (62+ yr) & Child (5 – 10 yr)-\$12, Adult (11 – 61 yr)-\$10

### Mitten Tree

After Thanksgiving, please bring in new winter hats, gloves, mittens and scarves to decorate our Mitten Tree at the Civic Center. Donations will be given to one of the local shelters to help keep kids and adults warm this winter.

## ADULT SPORTS AND ACTIVITIES

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### Replenish, Restore and Rejuvenate with Yoga Reach

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**Tuesdays, 6:00 – 7:15 p.m.**

**Fall Session 1:** September 15 - October 27 (except Sept. 22)

**Fall Session 2:** November 3 – December 8

For Women Only (Adults of any age) at Mayfield Civic Center. Cost is \$68 per session or \$130 if registering for both at same time. Have you ever attended a women only yoga venture? Join our journey and replenish your personal well-being, restore your spirit, and rejuvenate your body and mind. For every busy woman, this YogaReach class provides group discussion, breath awareness, yoga/movements, and mindfulness training. No yoga experience necessary. Yoga/Movement practiced according to your comfort level. Bring a mat, a journal, wear comfortable clothes, and come ready to be empowered. **Registration Deadline: Friday before each session begins. Instructors:** Char Grossman, M.A., Nationally Certified School Psychologist, Therapeutic Yoga/Movement Specialist and E-RYT500 (Experienced-Registered Yoga Teacher). Heidi Wuescher, Certified Yoga Instructor, specializing in Vinyassa, Slow Burn, Power Flow, and Yin. Additional certification in Adaptive Yoga and Reiki. [www.yoga-reach.org](http://www.yoga-reach.org)

### Metal Jewelry Making

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**Mondays, September 21- November 9, 7:30 - 9:30 p.m.**

For 16 years and older at St. Bartholomew's Church. **Cost is \$95 (supplies are approximately \$30 and will be discussed on first day of class plus \$5 fee payable to instructor on first day).** Join Instructor Jim Johnson and use traditional jewelry making methods, learn to design, saw, file, shape and solder silver, copper and/or brass into your own creation. No experience necessary. Work at your own pace. **Registration Deadline: September 16.**

### Fly Fishing at Deep Spring Trout Club

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**Saturday, September 26, 9:00 a.m. – 3:00 p.m.**

For 10 years and older (10 – 17 year olds must have one parent accompanying) at Deep Springs Trout Club (Chardon). Cost is \$80 includes instruction, rod, tackle, lunch and trout fishing. George Vosmik will teach how to fly fish on this 2 acre spring fed trout pond with over 2,000 stocked trout. Class covers a history of fly fishing, hands on instruction and demonstration. Participants will have the opportunity to savor the enjoyment of catching their fish then dining on their catch for lunch in the clubhouse (other food options will also be available). More fishing after lunch! If you have your own fly fishing gear, please bring that otherwise the equipment will be supplied. **Other optional costs (paid for that day at the Club by cash only) trout is \$4.50 per pound (live weight), cleaning and packed with ice to take home is \$1.00. Registration Deadline: September 23.**

### Adult Basketball at Wildcat Sport & Fitness

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Packets will be mailed to all team managers from the previous winter seasons. Anyone wishing to receive a basketball packet should contact the Mayfield Village Parks and Recreation Department at 461-5163.

#### **MEN'S 18 YEAR AND OLDER**

League play on Sundays, beginning Nov. 1, 9:30 a.m. – 12 noon. Entry fee is \$380/ School District Teams and \$400/Non-School District Teams. Plus official fees.

### NEW: Family Adventures in Astronomy

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**Friday, October 9, 5:45 – 10:30 p.m.**

For 18 years and older at Observatory Park, Montville Twshp (**transportation on bus from Pepper Pike Learning Center**)

Cost is \$14. Enjoy pizza when we arrive at this award winning park and then view a planetarium presentation before heading out to view the stars and planets from the park's observatory. If it is cloudy, the planetarium presentation will be extended. **Registration Deadline: October 2.**

### Scrapbooking Crop-a-thon

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**Saturday, October 17, 9:00 a.m. – Midnight and Sunday, October 18, 10:00 a.m. - 5:00 p.m.**

**Saturday, January 30, 9:00 a.m. – Midnight and Sunday, January 31, 10:00 a.m. - 5:00 p.m.**

For 21 years and older at Mayfield Village Community Room. Cost is \$40.00 – includes lunch & dinner on Saturday, beverages and snacks. Limited seating, so register early. **Registration begins September 22 & December 15.**

### Women's Self Defense

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**Thursday, October 22, 7:00 – 8:00 p.m.**

At Mayfield Village Civic Center. For teenage – 50 year old women. Cost is \$17. Instructor Bob Morris and his female assistant presents a realistic approach to self defense. This class will educate and demonstrate avoiding, escaping and surviving assaults if they do occur. Wear comfortable clothes for active participation or just come to observe. **Registration Deadline: October 16.**

### NEW: Let's Make Nut Roll

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**Saturday, December 5, 10:00 a.m. – 1:00 p.m.**

**18 years and older at Pepper Pike Learn Center, Room 22**

Cost is \$35. Impress your friends and family with delicious nut roll to slice up for your holiday cookie tray or for gift-giving. While waiting for our dough to rise, we'll make some easy but elegant chocolate croissants. You will leave the class with three varieties of nut roll including plain, cherry cheese and blueberry cheese. Bring a large mixing bowl, a medium mixing bowl for filling, rolling pin, a wooden mixing spoon, a kitchen towel, and a pastry mat. All ingredients included in the fee.

# EXCURSIONS

- All times for trips will be confirmed with an itinerary one week before the trip. All times listed are approximate. If you do not receive the itinerary in the mail, contact Mayfield Village Parks and Recreation at 461-5163.
- All trips leave from the Mayfield Village Civic Center and include a charter bus unless otherwise noted.
- Registration is ongoing until a trip is full unless otherwise noted.

Please register early.....At some point a decision must be made whether to cancel a trip due to low enrollment. Registering at the last minute may mean that the trip has already been cancelled. Please register early to avoid disappointment and cancellations.

## Presque Isle Downs and Casino

**Wednesdays, September 16 and February 10, 9:00 a.m. – 6:00 p.m.**

Must be 21 years and older. Cost is \$31 per date (includes transportation and \$35 voucher)

Presque Isle Downs & Casino, located in Erie, PA, is northern Pennsylvania's premiere gambling destination and racetrack featuring more than 1,700 fun and exciting games such as Bally Quick Hits, Wheel of Fortune, Wizard of Oz and many more of your favorite slot machine themes. This Pennsylvania casino and racetrack offers live entertainment, award-winning dining, live thoroughbred horse racing, a state-of-the-art poker room and a newly opened hotel.

## Ski Trips to Holiday Valley & Holimont

**For students in 6th – 12th grade, families and adults**

These trips are a cooperative effort among surrounding communities. Join family and friends and enjoy the slopes this winter. Prices vary upon package needs and resort. Cost includes transportation aboard a charter bus. Food cost is on your own. A registration flyer will be ready in September, call 440-461-5163. All times are approximate and leave from/return to Mayfield High School.

**Holiday Valley:** Monday, January 18 (MLK Day):  
6:00 a.m. – 8:00 p.m.

**Holimont:** Monday, February 15 (President's Day):  
6:00 a.m.- 8:00 p.m.  
Prices available on flyers.

## Trips in Cooperation with Discovery Tours & Orange Community Education and Recreation

### SEPTEMBER

**12, (9:00 a.m. – 5:00 p.m.)**

**WINE-DING TRAIL / LAKE & ASHTABULA COUNTIES, OH**

\$94. Wine tasting at the following wineries: South River Winery, Laurelino's Winery, Grand River Estates and Virant Winery. Harpersfield Covered Bridge tour and lunch included.

**13-16, (7:00 a.m. – 7:00 p.m.) VICTORIAN CAPE MAY, NJ**

\$689/pp double or \$848 / single. Tour features: 3 nights lodging, luggage handling & taxes, 7 meals (3B, 1L, 3D), sightseeing & admissions for Physick Estate Tour, trolley tour, tea luncheon with fashion show, Elaine's Dinner Theatre, harbor cruise, historic Smithville, Sunset Beach & Cape May "diamonds" and flag lowering ceremony at Sunset Beach.

**24, (12:45 – 4:45 p.m.), CLEVELAND MUSEUM OF ART TOUR**

\$44. Take a guided tour of Cleveland Museum of Art's permanent collection. Our guided tour will last about one hour, and you will have free time to visit the gift shop and explore on your own. What better way to spend a Thursday afternoon! **Board shuttle in the Pepper Pike Learning Center. Registration Deadline: September 8**

### OCTOBER

**10, (8:00 a.m. – 7:00 p.m.)**

**DISCOVER THE UNEXPECTED – OHIO CITY & TREMONT**

\$98. Tour features in Ohio City: Christmas House, Carnegie Library, special presentation by "Dorothy Fuldheim", Antique Alley (over 25 stores) and in Tremont: St. Theodosius Church, Aperture Photography Shop, dessert at Lolita Restaurant, tour of neighborhoods and lunch.

**17, (12:45 – 4:45 p.m.)**

**BULLETS OVER BROADWAY—THE MUSICAL**

\$79. This musical is the story of a young playwright who, in desperate need of financial backing for his next show, accepts an offer he can't refuse from a mobster looking to please his showgirl girlfriend. **Board shuttle in the Pepper Pike Learning Center.** The performance begins at 1:30 p.m. **Registration Deadline: September 8.**

### NOVEMBER

**2-7, (7:00 a.m. – 9:00 p.m.)**

**CHRISTMAS IN BRANSON**

\$1,363/pp double or \$1,489 / single. Tour Features: 5 nights lodging, luggage handling, 10 meals (5 B, 1 L, 4 D), Lennon Sisters & Osmond Brothers, Irish Tenors / Celtic Ladies, Showboat Branson Belle, Shoji's Christmas Show, Clay Cooper's Country Music Express, Putting on the Ritz, Stone Winery, Silver Dollar City, Memorial Arch –St. Louis, Nashville, IN

**6, (8:45 a.m.- 9:30 p.m.)**

**IKEA Shopping and Rivers Casino (Pittsburgh)**

\$49. IKEA has everything from kitchen gadgets to complete kitchens, plus plants, holiday decorations, furniture and more. Rivers Casino will be the last stop for slots and gaming. **Board deluxe motor coach at the Pepper Pike Learning Center.** Includes \$15 for slots and \$5 for food at the casino. Must be 21 years or older. Last day to register and for refunds is October 17!

**7, (8:15 a.m. – 6:30 p.m.)**

**SUGAR & SPICE & ALL THINGS NICE / CLEVELAND, OH**

\$92. Tour features Farkas Bakery, Black Bird Bakery, Chocolate 76, Colossal Cupcakes, Lilly's Chocolates, Mitchell's Ice Cream, Rudy's Strudel, Coquette Patisserie, lunch and samples. Limited to 20 participants.

### DECEMBER

**3, (11:15 a.m. – 9:15 p.m.)**

**MAGIC OF THE HOLIDAYS / AKRON, OH**

\$98. Tour features Deck the Halls: Stan Hywet Hall, Gingerbread Land, Dazzle – light show choreographed to music, over 800,000 lights on display, lunch at Papa Joe's Iacomini's Restaurant and live entertainment for our group alone.

# ADAPTIVE RECREATION

Through the efforts of Mayfield Communities and the Adaptive Recreation committee, the following opportunities for individuals with physical, sensory or developmental disabilities are being offered. The programs listed below are not only for persons with disabilities, they are for everyone. The success of these programs depends upon participants of all abilities. Teen and adult volunteers are encouraged to help out with the following programs. **For more information/flyers for adaptive recreation programs, please visit [www.mayfieldvillage.com](http://www.mayfieldvillage.com), [www.leapinfo.org](http://www.leapinfo.org), [www.solonrec.org](http://www.solonrec.org) and [www.orangerec.com](http://www.orangerec.com). Go to <http://www.cuyahogabdd.org/en-US/Social-Recreational-Activities.aspx> to access information on programs offered for those with developmental disabilities in the Cleveland area.**

**Participants who are not capable of participating independently must be accompanied by a parent or caretaker.**

## Lake County Captains Game

**Sunday, September 6, 6:30 p.m.**

For all ages. Cost is \$10 per person. Watch the Lake County Captains as they take on South Bend. In addition to great baseball, Family Fun Sundays feature concourse entertainment like magicians, face painters, and balloon animals. After the game, stick around for kids running the bases and a fabulous Fireworks show! Please indicate on your registration if you need special seating accommodations. **Registration Deadline: August 28.**

## Walking Club with LEAP

**Fall Session 1:** Tuesdays, September 8 – October 13, 6:00 – 7:00 p.m., at Cleveland Metroparks Euclid Creek Reservation-Highland Shelter

**Fall Session 2:** Mondays, October 26 – November 30, 6:00 – 7:00 p.m., at Beachwood Mal

For 18 years and older. Cost is \$10.00 per person per session, includes snacks & beverages.

## Soccer Clinic

**Sunday, September 20, 3:30 – 4:30 p.m.**

For 13 years and older. At Wildcat Stadium (behind Mayfield High School, 6116 Wilson Mills Rd, Mayfield Village). Cost is \$5.00. This clinic will focus on basic skills with the Mayfield Varsity Coach Sean McNamara and the Varsity Boys soccer team. **Registration Deadline: September 16.**

## Flower Power Bakers

**Saturdays, September 26 – October 10, 12:30 – 1:45 p.m.**

For 6 – 12 year olds at Pepper Pike Learning Center, Room 41. Cost is \$49 per participant. Participants will learn how to bake some of their favorite dessert treats from scratch! The children will be exposed to different types of safe kitchen appliances and utensils. Each class, your child will bring home a sample as well as a recipe card to practice baking at home. Parents and caregivers must remain and are encouraged to participate. Monika Richards, Orange Early Childhood Coordinator and Sarah Gnoddie, Youth Program Supervisor. Both instructors are certified elementary teachers.

**In order to avoid cancelling programs, we need the cooperation of participants to sign up by deadlines. Mayfield Village will charge an additional \$5 per participant if signing up after the deadline. Please note that Mayfield Village reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.**

## Fitness to Wellness to Fun

**At Health 360 (Beta Drive, Mayfield Village) 6:30 – 7:30 p.m.**

**Fall Session 1** Mondays, September 21- October 26 (except September 14)

Wednesdays, September 9- October 21 (except September 23)

Cost: \$49 for either day or \$88 for both days

**Fall Session 2** Mondays, November 2- December 14  
Wednesdays, October 28- December 16 (except November 25)

Cost: \$58 for either day or \$104 for both days

**Winter Session 1** Mondays, January 4- February 8

Wednesdays, January 6- February 10

Cost: \$49 for either day or \$88 for both days

**Winter Session 2** Mondays, February 15- March 14  
Wednesdays, February 17- March 16

Cost: \$41 for either day or \$74 for both days

**Spring Session 1** Mondays, March 28- May 2  
Wednesdays, March 30- May 4

Cost is \$49 for either day or \$88 for both days

For 13 years and older. Join us for this energetic, fast paced stimulating hour designed to get you up and moving while having fun. The class will include a combination of obstacle courses, strength training, agility drills, endurance training, motor skill reaction drills, and developmental exercises. NOTE: Parent or caregiver can pay \$12 per month to use facility when class is held. If interested, see front desk at Health 360. **Reg. Deadlines: The Thursdays before each session**



## Goodtime III

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### Saturday, September 26, Noon – 2:00 p.m.

For all ages. Cost is \$15. Transportation on your own. Food items can be purchased on board, no outside food allowed. Boarding begins at 11:30 a.m. Parking along Pier at 825 E. 9th Street or in surrounding lots, streets. Some may be pay. **Registration Deadline: September 17.**

## Pizza Bowl

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**Fridays, 7:00 - 9:00 p.m.:** September 18, October 23, November 6, December 18, January 22, February 12, March 11, April 8, May 6  
At Roseland Lanes (26382 Broadway Avenue, Oakwood Village). For 13 years and older. Cost is \$14 per bowler per date (includes shoes, bowling, cheese pizza, pop and Dixie cup ice cream). **Registration Deadline: one week before the program.**

## Indoor Water Exercise

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### Thursdays, 6:30—7:30 p.m.

**Fall Session 1:** October 1 –22

**Fall Session 2:** October 29 – November 19

**Fall Session 3:** December 3 –17 (3 weeks instead of 4)

**Winter Session 1:** January 7 – 28

**Winter Session 2:** February 4 – 25

**Winter Session 3:** March 3 – 31 (except 3/17)

For 10 years and older at Wildcat Sport & Fitness Indoor Pool (6116 Wilson Mills Rd, Mayfield Village.) Cost is \$20 per session except Fall Session 3 is \$15. Join instructor Kate Sullivan for an opportunity to experience success, increase comfort level, exercise and have fun in an aquatic environment. **Registration Deadline: The Friday before each session.**

## Game Nights

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### Fridays, 6:00 – 8: 00 p.m.: September 11, October 2, November 13, December 11, January 15, February 19, March 4, April 15

For all ages at Mayfield Middle School. Cost is \$5.00/participant per date pre-registered or \$6.00/participant per date at the door. Participants can play a variety of board games, volleyball, basketball, learn organized dances and enjoy pizza and pop. Participants can bring a game to share and bring their own basketball if they want. **Pre-Registration Deadline: The Wednesday before each date.**



## YogaReach

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### Tuesdays, 4:45 – 5:45 p.m.

**Fall Session 1:** September 15 - October 27 (except Sept. 22)

**Fall Session 2** November 3 – December 8

**Winter Session 1:** January 5 – February 23 (except Jan. 19 & Feb. 16)

**Winter Session 2:** March 1 – April 5

At Mayfield Village Civic Center. Cost is \$64/participant per session or \$5 off if registering for two sessions at once. Parents and siblings attend FREE! YogaReach is a therapeutic, educational yoga/movement program that provides an integrated system of adaptive movements, breath work, mindfulness exercises and relaxation techniques for people of all ages and abilities. Join the fun. Participants experience and expand strength, flexibility, focus, and social connections with lifelong friends. Classes taught by YogaReach Team Members. ([www.yoga-reach.org](http://www.yoga-reach.org)). **Registration Deadline: Friday before each session begins.**

## Learn & Practice Living and Social Skills

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### Wednesdays, October 7 – 21, 6:30 – 7:30 p.m.

**October 7:** Learn to manage our money and budget for a night out, including figuring the tip.

**October 14:** Learn about manners & social skills when having dinner at a friends/restaurant

**October 21:** We will meet at a restaurant. We will order and pay for dinner.

For 13 years and older at CEVEC House (6532 White Road, Mayfield Village). Cost is \$30 plus participant/parent/caregiver will pay for own dinner October 21. Min./Max. is 4/6. Instructor is Jennifer Rose.

## Fall Hike, Fire Building, & S'mores

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### Saturday, October 10, 5:00 – 7:00 p.m.

For Families or Individuals 13 years and over with parent or caregiver. Cost is \$8 per participant (siblings must pay, parent/caregiver no charge). **Min./Max. 5/30.** Enjoy the beauty of a Northeast Ohio Fall with an easy hike along an accessible path before learning how to build a fire. Reward your fire building skills with the sweetness of chocolate, marshmallows, and graham crackers as you make the perfect s'more. Dress in layers and be prepared for the weather. Directions will be provided once registered. **Registration Deadline: October 2.**



## Lake Erie Monsters

### Friday, October 16, 7:00 p.m.

For all ages. Cost is \$19/ticket. Join us for Lake Erie Monsters' Home Opener at Quicken Loans Arena. Don't miss out on this fast-paced, action packed ice hockey game! You also can enjoy Dollar Hotdogs, Sully the mascot, Monster Hockey Girls, the Mullet Brothers, and fun entertainment and music between periods and time-outs. Participants are responsible for their own transportation. **Registration Deadline: September 18.**

## Basketball Clinics

### Sundays, October 18 and February 7, 1:00—2:00 p.m.

-John Carroll Men's Basketball

### Sundays, November 1 & January 17, 1:00—2:00 p.m.

-Notre Dame College

### Sunday, January 10 & April 10, 1:00 – 2:00 p.m.

-John Carroll Women's Basketball

### Sunday, December 13 & February 28, 1:00—2:00 p.m.

-Ursuline College Women's Basketball

For 13 years and older. Cost is \$5 per date. Join Varsity Basketball Coaches Mike Moran, Tim Koenig, Shannon Sword, Kelly Morrone and the varsity players, and learn the fundamentals of basketball through exercises that are meant to be fun and skill building that include passing, shooting and dribbling. **Registration Deadline: The Thursday before each date.**

## Halloween Party & Dance

### Friday, October 30, 7:00—9:00 p.m.

At Hilton Garden Inn (700 Beta Dr., Mayfield Village). For 18 years and older. Cost is \$10. Join your friends and have a great time at this Halloween party/dance. Everyone is encouraged to wear a costume. The event includes dinner, dancing with music from a DJ and contest for best costume. Sponsored and staffed by LEAP. **Registration Deadline: October 16.**

## Making Pizza at Pizza Roma

### Saturdays, November 7 and February 20: 1:00 – 1:45 p.m. or 2:00 – 2:45 p.m.

For all ages. Cost is \$12 per date. Grace Van Ness of Pizza Roma will help you roll the dough, add the sauce and toppings, and then bake it in the oven. While the pie is baking, participants can decorate their pizza boxes. **Registration Deadline: The Wednesday before each date.**

## Talent/Creativity Showcase

### Saturday, December 19, 2:00 p.m.

For 13 years and older. At Mayfield Village Civic Center. Cost is \$5.00 per person (must register in advance). LEAP and Mayfield Village are offering anyone 13 years and older a chance to showcase their creative side up on stage. Acts will be limited to a certain length and can include multiple people or just individuals. To receive a flyer with specific details, rules and for pre-registration, call LEAP at 216-696-2716 or 440-461-5163. **Deadline to submit your act is December 2.**

## Cavs Game

Don't miss a chance to watch your Eastern Conference Champions play a game at Quicken Loans Arena in December. Date and ticket prices to be determined. Call (440) 461-5163 to be put on a mailing list to receive information when it is available.

## Winter Snowshoe or Hike

### Saturday, January 16, 10:00 a.m. – 12:00 p.m. or 1:00 – 3:00 p.m.

Families or Individuals 13 years and over with parent or caregiver. At the Strawberry Picnic Area, North Chagrin Reservation. Cost is \$12 per participant (siblings must pay, parent/caregiver no charge). Min./Max. is 5/15. Embrace the snow this winter by learning how easy it is to snowshoe. If there isn't enough snow, we'll hike instead. Either way we'll warm up with hot chocolate afterwards. No special boots are required for snowshoeing, but waterproof footwear is suggested. Dress in layers to keep warm. Directions will be provided once registered. **Registration Deadline: January 8.**

## Night at the Movies

### Fridays, January 29 and February 26, 7:00 – 9:30 p.m.

Open to all. At Beachwood Community Center (25325 Fairmount Road) Cost is \$5 per date (register in advance, no walk-ins). Come watch a movie on a drop down projection screen. Movie will start approximately at 7:15 p.m. Enjoy popcorn, pop, candy and water as well as the movie. **Registration Deadline: Jan 22 & Feb. 19 as long as space still available.**

## Performances at Playhouse Square

Call 440-461-5163 for a detailed flyer.

Prices and registration deadlines vary per show.

**Wizard of Oz:** December 5, 2015 at 1:30 p.m.

**Annie:** January 16, 2016 at 1:30 p.m.

**Mamma Mia:** Saturday, March 12 at 1:30 p.m.

**Matilda:** Saturday, May 21 at 2:00 p.m.

**Phantom:** Friday, July 1 at 8:00 p.m.

# YOUTH AND TEEN SPORTS & ACTIVITIES

See Wildcat Sport & Fitness under Youth Sports for:  
Mayfield Basketball Association (MBA) page 6, Little  
Tykes page 5, Players Basketball page 5.

For Fly Fishing at Deep Spring Trout Club see page 20.

## Village Kickers Soccer

**Saturdays, August 15 – September 19, 9:30 – 10:15 a.m. (except Sept. 5)**

Parkview Soccer Fields. For 3 – 5 year olds. Cost is \$60-for all equipment (jersey, shorts, socks with built in shin guards and soccer ball), \$30-for returning Kickers participants (has equipment). Limit is 30 participants. Children and their parents will participate in various exercises to learn the game of soccer.



The program will focus on the basic skills of kicking, dribbling, trapping and throw-ins.  
**Registration Begins: July 20.**

## Mini Cats Football

**Saturdays, August 22– September 19**

**9:00 – 9:45 a.m. for 3 – 4 year olds**

**10:00 – 10:45 a.m. for 5 – 7 year olds**

\*if enrollment is insufficient per age group, they will combine into one time slot but ages will still be separated  
At Mayfield Heights City Park. For 3 – 4 year olds and 5 - 7 year olds. Cost is \$40-all equipment (football, tshirt, tee), \$30-if just shirt is needed, \$25-has equipment and shirt  
Limit is 30 participants per time slot. Parent and child will work together participating in various exercises. The focus is to develop skills and have fun while learning the fundamentals of football through exercises in throwing, catching, kicking/punting and agility. **Registration begins July 20.**

## Mayfield Soccer Club

**Saturdays beginning in September**

For Boys & Girls in K-8th grade. Cost is \$60 all participants, \$40 each additional child, \$15 current travel players

\*Coaches needed! Coach's children play for free!!

**\*\*NEW FOR FALL!! ALL REGISTRATION WILL BE DONE ONLINE at MAYFIELDSOCCER.COM !!\*\***

The objective to this league is to teach some basic soccer fundamentals, good sportsmanship and how to have fun. Shinguards are required, soccer cleats are optional yet highly recommended. Practice will usually be once a week and games on Saturdays. Registration Deadline: September 1st, late fees apply if space is still available after deadline. Visit [mayfieldsoccer.com](http://mayfieldsoccer.com) for more information or contact Michael Horvat at [mhorvatphotography@att.net](mailto:mhorvatphotography@att.net).

## Wildcats Youth Running Club

**Mondays & Wednesdays, August 31 – Oct. 19 (except September 7, 14 and 23), 5:45 – 6:45 p.m.**

At Mayfield High School Track. For 2nd – 6th Graders in the Mayfield School District. Cost is \$55 - includes t-shirt for each participant. Coach: Michele Fortuna, Former Asst. Mayfield High School Coach. This program is designed to introduce the sport of running in a non-competitive environment. All classes will start with a warm-up, group runs and end with stretching and cool-down. You'll learn more about how to run, pacing, racing, and in general how to be more physically fit. Class will take place rain or shine-dress accordingly and bring a water bottle. **Registration Deadline: August 21.**



## Village Putterers

**Thursdays, September 3 - 24**

**5 – 7 year olds: 6:00 – 6:45 p.m.**

**8 – 9 year olds: 6:45 – 7:30 p.m.**

For 5 – 7 year olds and 8 – 9 year olds. At Manakiki Golf Course. Cost is \$30 new participants and \$25 returning participants from spring (has shirt). Limit is 18 participants per class. Instructors: Jen Irwin, Ursuline College Head Women's Golf Coach and Ursuline College Women's Team and alumnae. Parent and child will work together in this golf program. 5 – 7 year olds will have fun while learning about putting, chipping and pitching. 8 – 9 year olds will review previous learned skills plus learn all about being on the course, how to get out of sand traps, getting out of roughs and learn how to fix a divot and ball mark on the green. There will be play on the course every class. Everyone will get a shirt. Participants will need to bring their own clubs including a driver, 7/8 iron and putter. If you do not have clubs or all of the ones needed, mention when registering. **Registration begins July 20.**



## NEW: Sky Zone Indoor Trampoline Park

**Monday, October 19, 11:00 a.m. – Noon, 6th or 7th graders  
1:00 – 2:00 p.m., 7th or 8th graders**

Cost is \$14 per person. Skyzone Trampoline Park (750 Alpha Drive, Highland Heights, enter in back of building) offers trampoline dodgeball, sky slam basketball, gymnastics, jump in the Foam Zone by taking running jumps and front flips into a giant foam pit. **We have Sky Zone all to ourselves.** Parents must complete waiver form on the Sky Zone website [www.sky-zone.com/highlandheights](http://www.sky-zone.com/highlandheights). **Minimum: 30 participants. Registration Deadline: October 15.**

## Mayfield Volleyball League

**Saturdays, October 24, 31 & Novembers 7, 1:00-3:30 p.m. Tournament Nov. 14.**

For Girls 3rd-6th Grade. Cost is \$45 SDR or \$50 NSDR. Join Varsity Coach Rosella Glodkowski and her staff to work on skills development, rules and team fundamentals for 3 practice dates. Then the program will finish with a tournament at Kenston against surrounding communities and schools. **Registration Deadline is October 16. Participants must sign up by deadline in order to receive shirt.**



## Communities in Motion

Classes held at the Mayfield Village Community Room. **Beachwood and other locations may have other classes/days, please visit [www.communitiesinmotion-cleveland.com](http://www.communitiesinmotion-cleveland.com)** for a complete list of classes. The registration deadline is one week before the session begins. Signing up after the deadline will incur a \$5.00 late fee.

### SESSION DATES/PRICES

**Fall Session 1: September 14 – October 5**

**Fall Session 2: October 19 – November 9**

**Fall Session 3: November 23 - December 14**

**Winter Session 1: January 11 – February 8 (except 1/18)**

**Winter Session 3: February 22 – March 14**

Prices: \$34 per session or \$5.00 discount if signing up siblings at same time or a \$5.00 discount if participant signs up for multiple sessions at a time.

### MOVE AND GROOVE WITH ME

**Mondays, 10:00- 10:30 a.m.**

For 1 – 3 year olds with parent. With a soundtrack of familiar and fun songs, your preschooler will delight in the repetition of dancing and tumbling each week. Activities promote the development of coordination, strength, flexibility, and spatial awareness. The instructor will work individually w/ each child (and accompanying adult) throughout the class.



## Making Pizza At Pizza Roma

**Saturdays, 1:00 – 1:45 p.m. or 2:00 – 2:45 p.m.**

**3 - 4 year olds, November 14 and January 23**

**K – 5 graders, November 21 and January 30**

For Preschool – Elementary School Kids with parent. Cost is \$12 per date. Grace Van Ness of Pizza Roma will help you roll the dough, add the sauce and toppings, and then bake it in the oven. While the pie is baking, children can decorate their pizza box. Participants can dine in or take the masterpiece home to share with the family. **Brothers and sisters in different grades can be accommodated into the same day/timeslot for your convenience. Registration Deadline: The Wednesday before each date.**



### BITTY BALLET

**Mondays, 10:30 - 11:00 a.m.**

For 2 – 3 year olds. This class is designed for the tiny ballerina and her parent or caregiver. The class is full of fun songs and will give your little princess exposure to ballet without the structure of Princess Ballet. Your ballerina can enjoy the class dressed in her favorite ballet outfit.

### LITTLE HIP HOP & TUMBLE

**Mondays, 11:00 a.m.– 11:30 p.m.**

For 3 – 5 year olds. Your preschooler will dance to her favorite princess songs during this fun ballet movement class. The instructor will teach a new routine each session. Students will learn basic ballet terminology and positions as well as hopping, skipping, and galloping. These exercises assist in the development of coordination, flexibility, and balance. Students will hold a performance for family and friends at the end of each session. Your princess can wear any leotard and ballet slippers.

# PROGRESSIVE FITNESS CENTER

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## Progressive Fitness Center for Mayfield Village Residents Only

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- Must be 16 years and older
- When purchasing a new membership, it must be done in person by the person joining the Progressive Fitness Center membership at the Civic Center. A photo ID and utility bill or postmarked piece of mail with resident's name and address must be shown.
- When renewing a membership, it must be done in person at the Civic Center. A photo ID must be shown. Current members may now renew for another family member-the person purchasing the renewal must show a photo ID.
- All memberships are subject to the approval of Progressive.

## Progressive Fitness Center offers

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- Certified Fitness Staff, to help you reach your fitness goals while instructing proper technique and safety.
- Comprehensive cardiovascular, Cybex strength training and free-weight equipment.
- Group studio with all necessary equipment provided.
- Fully appointed locker rooms which include soaps, shampoos, hair dryers, lockers and saunas.

## Group Fitness Classes

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The Progressive Fitness Center offers a comprehensive group fitness program designed to accommodate all fitness levels. The schedule includes a wide variety of classes offered early morning, lunch and evening. The schedule includes Step Aerobics, SPINNING, Pilates, Flexibility Training, Boot Camp, Yoga and Zumba. Please call the Fitness Center for class descriptions.

## Fitness Program

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- Fitness Assessment Test
- Fitness Profile
- Personalized Exercise Program
- Details of program offerings are located at the Fitness Center. All programs are included in your membership and are available by appointment.

## Becoming a Member

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1. Purchase a 6 or 12 month membership at Mayfield Village Civic Center during office hours.
2. Bring a photo I.D. (drivers license, school I.D.) with current address and current utility bill.
3. Bring receipt to the Fitness Center.
4. Complete an enrollment form and schedule a 15 minute orientation.

## Membership Fees

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6 Months.....\$130.00  
12 Months...\$260.00

## Fall & Winter College Student Membership

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A 6 week membership is available for college students only, valid September 1 – January 31. The cost is \$30. A college ID must be shown along with proof of residency (current utility bill or post marked piece of mail).

## Facility Hours

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|                   |                        |
|-------------------|------------------------|
| Monday - Thursday | 5:30 a.m. - 8:30 p.m.* |
| *Unstaffed from   | 8:00 p.m. - 8:30 p.m.  |
| Friday            | 5:30 a.m. - 8:00 p.m.  |
| Saturday          | 7:00 a.m. - 6:00 p.m.* |
| Sunday            | 7:00 a.m. - 4:00 p.m.* |
| *Unstaffed        |                        |

The entrance doors of Progressive will be locked on the weekends. To enter the building, you will need to page security using the button just outside the main entrance and inform them that you are a fitness center member.

Fitness Center hours are subject to change. Some holidays have restricted hours. Please check with a staff member or call 440-395-0103 for exact days and times.

## Personal Training

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The rates have decreased and the process has simplified! The Fitness Center no longer takes payment directly. Now you can purchase a package here at the Civic Center and bring your receipt with you to the Fitness Center. It's advised you complete a Personal Training brochure before purchasing any sessions as a new client to ensure there is trainer availability. The Personal Training brochures are located at the Fitness Center. Feel free to pick one up next time you're in to workout! The rates are as follows:

30 minute session-\$16  
45 minute session-\$24  
60 minute sessions-\$32



# SENIOR PROGRAMS

## Lunch 'N' Movie

Fall/Winter movie titles and menu to be announced for the following dates: Wed., Sept. 9, Wed., Oct. 14, Wed., Nov. 4, Wed., Dec. 9. Contact us for 2016 dates. Lunches are \$5.00 per person (reservations REQUIRED by calling 216-650-4029 no later than the 3:00 PM on Wednesday prior to the lunch). Doors for all lunches open at 11:45; lunch is served at 12:15 and movie starts at 1:00 p.m.

## Watercolor Classes (Free Demo Aug. 25, 10 a.m. - 12 p.m.)

**Tuesday Classes:** Sept. 1-29 (No class 9/8), Oct. 6-27, Nov. 3-24, Jan. 5-26, Feb. 2-23, March 1-22.

**Thursday Classes:** Sept. 3-24, Oct. 8-29, Nov. 5-Dec. 3 (No class 11/26), Jan. 7-28, Feb. 4-25, March 3-24.

9 a.m.-Noon at Mayfield Village Community Room. Instructor: Florence Smith. Cost for Mayfield School District Residents: \$35 per 4/week series, Non-Mayfield School District Residents: \$40/per 4/week series.

At the end of each 4-week series, you will have created three watercolor paintings suitable for framing.

**SPECIAL EXHIBIT:** Stop by the Civic Center between 9 a.m. and 4 p.m. Monday-Friday November 3-December 31 to see a special display of student's watercolor pictures.

## Holiday Party for Mayfield Village Residents Ages 60+

**Friday, December 11, 12-3 p.m.** at Mayfield Village Community Room. Doors open at 11:30 a.m. RSVP by Wednesday, December 2.

### Qi Gong for Ages 50+ Class

**NEW: Yoga Reach offers music in Motion**

**NEW: Head to Toe Exercise Class**

**Bereavement Support Group**

Contact us for more information.

## Leaf Raking

Senior residents ages 65 and over and adults with disabilities of Mayfield Village may call the Senior Services Department (440-919-2332) to enter a drawing to have their leaves raked by volunteers this fall.

## Snow Removal

Residents of Mayfield Village will receive a mailing in late August regarding driveway snowplowing for seniors ages 65 and over and adults with disabilities. Call the Senior Services Department with any questions.

## Foot Clinic

Fridays: 9/11, 9/25, 10/2, 11/13, 11/20, 12/11, 1/8, 1/22, 2/12, 2/19, 3/11, 3/25, 4/8, 4/22, 5/13, 5/27. At M.V. Community Room. Cost is \$20. Your doctor is Dr. Kelly R. Whaley. \*Call 440-919-2332 to make an appointment for diabetic and routine foot care such as toenail cutting, treatment of corns and calluses, and removing ingrown toenails.

## Trips

**Toledo Museum of Art/Lunch at Maumee Bay Brewing Company**  
**Wednesday, September 30.**

Cost is \$59. Deadline to Register: Wednesday, August 26.

**Western Reserve Historical Society/Sokolowski's**

**Wednesday, October 21.**

Cost is \$29. See and have an opportunity to ride the Euclid Beach carousel. Enjoy a guided tour of the Hay McKinney House. Enjoy lunch on your own at Sokolowski's University Inn. Deadline to Register: Wednesday, September 16.

**Castle Noel/Miss Molly's Tea Room/Root Candle**

**Monday, December 7.**

Cost is \$62. View hundreds of Christmas movieland props and costumes directly from Hollywood, see the Christmas Wonderland of animated New York Department Stores. Deadline to Register: Wednesday, November 4. Contact us for more information about these trips.

## Knitting & Crocheting Class

**Fridays 9:30-11:30 a.m.**

Session 1: August 14-September 18, October 2-November 6. Contact us for 2016 session dates. At Mayfield Village Community Room. Cost is \$48/6-week session. Learn to knit or crochet, or let instructor Jan Perna assist you with your special project or help you hone your skills.

## Lunch and Learn: "Medicare Made Easy"

**Friday, September 25, 12 noon** at the Civic Center. The talk will be given by Paula Amicarelli, Senior Advisor of Medicare Advisors of Ohio. **Deadline to Register: Wednesday September 16.**

## Lunch and Learn: "Can I Age in Place?"

**Friday, January 15, 12 noon** at the Civic Center. Understanding the options for getting the care you need in the place you want. The talk will be given by Stacey O'Brien, LISW-S. **Deadline to Register: Friday, January 8.**

## Lunch and Learn: "Leading a Brain Healthy Lifestyle"

**Friday, October 30, 12 noon** at the Civic Center. The talk will be given by Chera Ilnat of Kemper House. **Deadline to Register: Wednesday October 21.**

## Special Program: "Dementia 101: What Is It, What's Happening, and What You Should Know"

**Friday, October 23, 1 p.m.** at the Civic Center. The talk will be given by Michele Tarsitano-Amato, Director of Creative Arts Therapy/Dementia Specialist of Kendal at Oberlin. All adults and caregivers are invited to attend. Light refreshments will be provided. **Deadline to Register: Monday, October 19.**

### TO REGISTER FOR ACTIVITIES AND PROGRAMS FOR SENIOR ADULTS OFFERED BY THE HUMAN SERVICES DEPARTMENT:

**Phone:** 440-919-2332. Call MV Senior Services Department with your registration and MasterCard, Visa or DiscoverCard payment. (Please be ready to give the course number and your credit card number.) **In-Person:** You may register in person from 8:30 a.m. until 4:30 p.m. Monday-Friday at the MV Senior Services Department, 6621 Wilson Mills Road. **Mail or Fax:** Contact us for a registration form.



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