

Mayfield Village

Parks and Recreation



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2011

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Mayfield Village Parks and Recreation Department Mission Statement: Mayfield Village Parks and Recreation Department’s mission is to coordinate with members of the Mayfield Village Recreation Board, residents, volunteers, Mayfield Community Education (Mayfield City Schools), MARC and surrounding recreation departments to develop a wide variety of recreation activities and programs for citizens of Mayfield Village and the Mayfield City School District. Through these programs the department will promote a “sense of community”, promote health and wellness, and provide a positive learning experience for all participants.



Bruce G. Rinker, Mayor
William Buckholtz, Council President

Mayfield Village Council:
Joanne Cinco Patsy Mills
William Marquardt Dr. Stephan Parker
Thomas Marrie Joseph Saponaro

William D. Thomas, Director Parks & Recreation
Danielle Echt, Assistant Recreation Director
Sean Supler, Youth/Adult Sports Coordinator

Recreation Board Members:
 Pat Andrzejczyk, David Blood, Mike Colacarro, Doug DelRosa,
 Stivo DiFranco, Peggy Kerver, Troy Koch, Shelly Kovacevic,
 Tom Marrie, Mary Murphy, Dave Perout, Meg Stifler and Kate Sullivan.

IMPORTANT REMINDERS

- **Mayfield Village Parks and Recreation Department is located at the Mayfield Village Civic Center. (6622 Wilson Mills Rd.) Visit mayfieldvillage.com for flyers and information about the recreation department.**
- Registration for most programs begins once you receive your Fall Parks & Recreation Brochure.
- Pre-registration is required for most programs.
- Most registration can take place through the mail (even with credit card) or walk-in at Mayfield Village Civic Center.
- **Mayfield Village can accept registration over the phone with Visa/MasterCard and Discover during office hours (M-F, 8:30 a.m.-4:30 p.m.). Call 461-5163.**
- Mayfield Village Residents are strongly encouraged to sign up as early as possible for certain high demand programs such as the youth 3-5 year old programs to avoid being closed out of the program.
- **Photographs:** Mayfield Village may take pictures of participants in our programs. We may use these photos in our brochure or for media publicity. By your registration, you grant us permission to use these photos for publicity purposes only.
- **Confirmation/Cancellation** - Mayfield Village does not mail confirmations for class/program enrollments. We will make every attempt to notify you in advance if a class is cancelled, changed or if your registration is received after a program is already full. If enrollment is insufficient for any particular class, the class will be cancelled and fees will be refunded in full. Mayfield Village reserves the right to cancel or combine programs, to change time, day, date or place of meeting and to make revisions to programs.
- **Cancellation/Withdrawal/Refunds** - Participants assume risk of all changes in personal health and affairs. A \$5.00 processing fee will be charged for all refunds involving the Mayfield Village Parks and Recreation Department. A pro-rated fee may also be charged if the program has already begun or if certain enrollment requirements are not met due to your cancellation. Charge refunds will be credited promptly. For check/cash refunds, please allow 2-3 weeks as they are issued through the Finance Department.
- **Late Registration** - In order to avoid cancelling programs, we need the cooperation of participants to sign up by deadlines. Mayfield Village will charge \$5 per person per program after the registration deadline. Please note that Mayfield Village reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.
- **Returned Checks for Insufficient Funds** - A \$25 cash fee will be charged for all checks returned for insufficient funds.
- **Liability** - Participants in our activities do so at their own risk, and agree to waive and release any and all claims of personal injury or property damage they may have arising from participation against Mayfield Village, its agents, instructors, or employees. Mayfield Village cannot be responsible for personal property.

Mayfield Village Parks & Recreation Number:
(440) 461-5163
Weather Cancellation/Activities Number:
(440) 954-4114

REGISTRATION HOURS AT CIVIC CENTER

For all Programs Except where noted:
 Monday through Friday. . . 8:30 a.m. - 4:30 p.m.

The Civic Center will be closed on:
 Labor Day: September 5
 Thanksgiving: November 24 and 25
 Holiday Break: December 23 and 26

Special Events and Activities

Mayfield Township Historical Society

ICE CREAM SOCIAL

Date/Time: Wednesday, September 14, 6:30 p.m.

Location: Mayfield Village Community Room (**note location change due to construction at Wiley Park**)

Cost: \$3.00

Details: Ice-cream, homemade goodies, dvd and pictorial history of the Bennett-Vancuren Museum. Quilt Raffle Tickets available from members or call 440-461-0055.

VISIT WITH DOLLY MADISON

Date/Time: Wednesday, October 12, 7:30 p.m.

Location: Mayfield Village Community Room

Details: Presented by Carol Starc. Refreshments provided. Bring a friend!

AMISH CULTURE

Date/Time: Wednesday, November 9, 7:30 p.m.

Location: Mayfield Village Community Room

Details: Presented by James Bezdak. Pie Night-bring your favorite pie to share!

ANNUAL POTLUCK SUPPER

Date/Time: Wednesday, December 14, 6:30 p.m.

Location: Mayfield Village Community Room

Details: Mayfield Township Historical Society, Mayfield Village Garden Club and South Euclid Historical Society. Bring your favorite entrée, vegetable or salad to share, enough to serve 8 people. Holiday music by Joanne Smakula and Jim Plastine.

American Red Cross Community Blood Drives

Location: Mayfield Village Community Room

Time: 2:00 – 7:00 p.m.

Dates: Fridays, September 2 and November 4

Eligibility to be a Donor:

- are at least 17
- weigh at least 110 lbs.
- are in good health (no flu symptoms)
- your last donation was more than 56 days ago
- are not taking antibiotic medication
- Have a photo ID or Red Cross card with you when you donate

Please bring in the names of any medications that are currently being taken. Questions about your eligibility can be answered in advance of the drive by calling the American Red Cross at 1-800-GIVE-LIFE or 1-800-294-3347 #2 and ask for the “Donor Suitability” Department. You can also check out this info on the American Red Cross webpage. Plan on about an hour to go through the entire blood drive. You will feel best if you eat and drink plenty of water before donating. Please bring ID to the blood drive.

Mayfield Village Garden Club

The Mayfield Village Garden Club meets the fourth Wednesday of every month (unless otherwise noted) at 7:30 p.m. at the Mayfield Village Community Room. The first meeting dates for the 2011-2012 season are listed below. Meetings are open to all new members. We hope to see you there!

September 28: “Green Corps-At-A-Glance” presented by Kelly Barrett from the Cleveland Botanical Garden.

October 26: “Deer Resistant Plants and Bulbs” presented by Joyce Braun, Master Gardener.

November 16 (third Wednesday): “Decorating for the Holidays” presented by Chris Gilson, President of State Garden Club of Ohio and Gilson Nursery.

December 14 (no monthly meeting): Holiday Potluck Dinner with the Mayfield Township and South Euclid Historical Societies. Event begins at 6:30 p.m. in the Mayfield Village Community Room. See information to the left under Mayfield Township Historical Society.

MISTLETOE MARKET

Date/Time: Saturday, December 3, 9:30 a.m. - 4:00 p.m.

Location: Mayfield Village Civic Center

Admission: \$2.00

Details: ‘Tis the Season! Believe it or not, the Garden Club members are already preparing for their annual craft show. The show provides an opportunity to purchase holiday gifts from more than 35 exclusive artisans who craft handmade items. The club will also sell holiday wreaths, arrangements and baked goods. Proceeds from the Mistletoe Market benefit the Mayfield Village Horticultural Students’ Scholarship Program. One stop shopping with gifts for the entire family. We hope to see you there. Free cookies provided. If you are a craft merchant and are interested in purchasing table space for the Mistletoe Market, please contact Patti Becker at (440) 442-1391 or Rita Kelly at (440) 461-6078.

Do you like getting your hands in the soil? Do you want to learn more about what’s growing and living in your flowerbeds? If so, now’s your opportunity to join the Mayfield Village Garden Club! Call Elaine Schramm at (440) 449-1474 to join! For more information about the Garden Club, check out our page at www.mayfieldvillage.com and click on “Associations and Organizations.”

The Cleveland Disc Association and the Ultimate Frisbee Leagues

Who: High School, College and Adults of all ages.
Beginner and experienced players are welcomed.

Dates/Times: Sundays in September and October

Location: Parkview Soccer Fields and other sites

Cost: \$15 per person per league

Details: Join us for the most popular and fastest growing programs in Northeast Ohio. Both summer and fall leagues are offered for all abilities. Sign up on their website www.cleveland-disc.org. September through October for leagues, pickup games, tournaments and events.

Fitness Classes at Health 360

- *All classes are open to 18 years and older
- *All classes are held at Health 360 (700 Beta Drive, Mayfield Village)
- *Registration deadline for all classes is Tuesday, September 6

ZUMBA

Dates/Time: Thursdays, September 8 – October 20 (except Sept. 29), 5:30 – 6:30 p.m.

Saturdays, September 10 – October 22 (except Oct. 8), 10:10 – 11:10 a.m.

Cost: \$30 for Thursdays or Saturdays, \$54 if signing up for Thursdays and Saturdays (10% saving)

Min./Max.: 6/15

Details: When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

YOGA

Dates/Time: Thursdays, September 8 – October 20 (except Sept. 29), 6:30 – 7:30 p.m.

Saturdays, September 10 – October 22 (except Oct. 8), 9:00 – 10:00 a.m.

Cost: \$30 for Thursdays or Saturdays, \$54 if signing up for Thursdays and Saturdays (10% saving)

Min./Max.: 6/15

Details: An amazing physical and mental experience. Yoga is so much more than stretching or breathing exercises. Our beginner/intermediate class is focused on strengthening the body and improving your control and focus, and eliminate stress and tension.

MAT PILATES

Dates/Time: Saturdays, September 10 – October 22 (except Oct. 8), 11:15 a.m. – 12:05 p.m.

Cost: \$30

Min./Max.: 6/15

Details: This class features core based movements and coordinating breathing with exercises. Pilates strengthens and lengthens the body, while building endurance and lean muscle. The exercises concentrate on abs and lower body.

CARDIO KICKBOXING

Dates/Time: Tuesdays, September 13 – October 18, 6:30 – 7:30 p.m.

Cost: \$30

Min./Max.: 6/15

Instructor: Teri Fisher, 3rd Degree Black Belt and former Songahm Taekwondo instructor

Details: Cardio Kickboxing is a high intensity full body workout that is a great way to get in shape and stay fit. This cardiovascular workout consists of balance, coordination as well as kick and punch moves from martial arts. When you participate in a fast paced kickboxing class you will lose weight and burn calories at an incredible rate. Join us and kick your way to a leaner body and a healthier state of mind. All fitness skills welcome and no special gear required.

34th Annual MARC Art Show



Mayfield Area Recreation Council

Co-sponsored with the Mayfield Branch of Cuyahoga County Public Library

Dates: Sunday, September 25th through Saturday, October 22nd

Where: Mayfield Regional Library meeting room

Cost: Free and open to the public

Details: The show is open to all adult artists. Entry blanks will be available at the city halls of the four MARC communities, the library or you may call Kathy Maxwell at 440-951-4088. The entry date is Friday, September 23, 3:00 – 5:00 p.m. at the library.

Back by
Popular Demand

Self-Defense: The Real World

Who: Teenage – 50 year old women

Date/Time: Thursday, October 6, 7:00 – 8:00 p.m.

Where: Mayfield Village Civic Center

Cost: \$17 per participant

Details: Join instructor Bob Morris and his female assistant as they present a realistic approach to self defense which focuses on self defense tactics and techniques that apply to realistic street situations. The program is designed to educate women about realistic options that will assist them in avoiding, escaping and surviving assaults if they do occur. Bob Morris is Founder and CEO of The Stress Defense Group and is an accomplished instructor in several Martial Art systems and a part time police officer. Wear comfortable clothes for active participation or just come and observe if you wish.
Registration Deadline: Friday, September 30.

Wine and Food Pairings at Mustard Seed Market

Date: Tuesday, October 11

Time: 6:30 – 8:30 p.m.

Cost: \$34

Details: Sample four different wines paired with a selection of fresh, organic foods available at Mustard Seed Market including Caprese Skewers, Grilled Chicken Skewers with Asian Dipping Sauce, Crab Puff Pastries and Crispy Asparagus Straws. Sommelier, Anthony, will teach us a little about each wine and how to choose pairings. After our tasting we will tour the market and learn more about the fresh and organic meats, fish, fruits, vegetables, baked goods, wine and beer, and more. **Adults 21 & over.** Meet at The Mustard Seed Market, 6025 Kruse Drive, Solon. **Registration Deadline: October 4.**

Gear Up for Autumn Cycling **NEW**

Who: 18 years and older who can bike 30 miles with stops
Dates/Time: Sunday, October 16, 9:00 a.m. to 1:30 p.m. (approx.)
Where: Meet at Geneva State Park Lodge
Cost: \$10 for lunch and snacks
Details: With experienced cyclists, bicycle through scenic areas of Lake and Ashtabula Counties. Take the opportunity to witness the seasonal changes on a 30 mile ride. The day's event will focus on cycling safety, history of covered bridges, local geography as well as improving one's overall fitness. The selected route is generally flat with occasional rolling hills. You must wear a helmet. Lead by Nancy Baron, former chair of the Mayfield High School Physical Education Department. **Registration Deadline: Friday, October 7.**

Wildcat Teen Halloween



Who: 6th - 8th graders
Where: Mayfield Middle School
When: Thursday, October 13, 7:00 - 10:00 p.m.
Cost: \$8 presale or \$10 at the door for admission
\$.50 for game, food, or raffle ticket
Details: Students can enjoy games, raffle prizes, DJ and karaoke, pizza, pop and chips.

Youth Halloween Party



Date: Saturday, October 22
Time: 1:30 p.m. - 3:00 p.m.
Location: Mayfield Village Community Room
Cost: \$4.00/child
Details: Mayfield Village children and grand-children, newborn to 5th grade are invited to attend a Halloween Party in costume to enjoy games and refreshments.

Back by Popular Demand **Scrapbooking Crop-a-thon**

Who: 21 and up
When: Saturday, November 12- Sunday, November 13
Time: 9:00 a.m.-1:00 a.m. - Saturday
10:00 a.m.- 5:00 p.m.-Sunday
Where: Mayfield Village Community Room
Cost: \$35.00 - includes snacks, beverages, and lunch/dinner on Saturday
Max.: 60
Details: Pack your supplies and join in for hours of cropping. Encourage your scrapbooking friends to join you for a weekend of fun. For your convenience, **Cranberry Cat and Lilly Pad Pages will be on site!!** Registration begins October 3.

13th Annual Halloween Window Painting Contest



Mayfield Village invites all 6th - 8th grade students in the Mayfield School District to participate in the 13th annual Window Painting Contest. Come join your classmates as you decorate local merchants' windows with Halloween designs. A color drawing must be submitted to the student's art teacher in order to determine if all criteria is met before window painting begins. Informational flyers will be passed out in Mayfield Schools in September. Students who participate will have the opportunity to receive prizes/certificates for being a top finisher. For more information call 461-5163.

Neighborhood Trick-or-Treating

Date: Monday, October 31
Time: 6:00 p.m. - 8:30 p.m.
Location: Throughout the Village

TIPS FOR TRICK-OR-TREATING

- 1) Please put your porch light on if passing out treats.
- 2) Trick-or-Treat only at homes with porch lights on.
- 3) Parents should accompany their children.

Excursions

Casino Trips

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.

RIVERS CASINO, PITTSBURGH

When: Wednesday, September 14

Time: 8:00 a.m. – 7:15 p.m.

Cost: \$28, voucher TBD



SENECA ALLEGANY

When: Wednesday, October 12

Time: 7:00 a.m. – 7:30 p.m.

Cost: \$30, voucher TBD



RIVERS CASINO, PITTSBURGH

When: Wednesday, November 9

Time: 8:00 a.m. – 7:15 p.m.

Cost: \$28, voucher TBD



Details for all trips: Participants must be 21 years of age or older. Casinos offer Las Vegas style gambling with an abundant slot machines and table games. Go ahead and tempt "Lady Luck". The charter bus leaves and returns to the City Park Gazebo parking lot on Marsol Road.

One Day Charter Bus Trips

-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 transportation aboard a charter bus unless otherwise noted.

-Registration is ongoing until a trip is full unless otherwise noted.

DOWN BY THE RIVER IN MARIETTA

Date: Tuesday, September 13

Time: 6:30 a.m. – 8:30 p.m.

Cost: \$96 per person includes Marietta city tour including the Castle and Henderson Homes, lunch on the Valley Gem Sternwheeler and Campus Martius Museum

Details: Marietta is the perfect combination of history and charm. Nestled in the rolling hills of Southeast Ohio and bordered by two rivers, this city features scenic beauty that you won't find in many places. We begin our day with a guided tour with a local guide to tour the Victorian District of Marietta, including the Castle and the Henderson Homes. Many times during your visit, you will happen upon vestiges of the past. Take a moment to admire the beautiful heritage homes, many of which have been restored to their original opulence. No matter where our guide takes us you'll find all roads lead to the confluence of the Ohio and Muskingum Rivers. Board the Valley Gem Sternwheeler for a luncheon cruise on the historic Muskingum & Ohio Rivers. We will complete our stay with a visit to the Campus Martius Museum, 200 years of local history that helped define Ohio and the nation.

OVERNIGHT: GRAND VICTORIA RESORT AND CASINO-RISING SUN, INDIANA

NEW

Date: Tuesday, September 13 and Wednesday, September 14

Time: 6:30 a.m. (Tues.) – 9:00 p.m. (Wed.)

Cost: \$87 per person/twin occupancy includes casino time on Tuesday & Wednesday, lodging,

Details: The Grand Victoria Resort is a spacious and beautiful 300-acre resort with a 200-room hotel that overlooks the tranquil river and an 18-hole golf course. Other facilities comprise of gift shop and complete health club with indoor swimming pool and outdoor terrace buffet restaurant, sports bar and VIP Lounge. Take it farther with nearly 1,300 of the newest and hottest slots around plus a wide variety of your favorite table games. We have no doubt that you'll find the game you're looking for. All of this and more is easily accessible through the convenience of dockside gaming.



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

One Day Charter Bus Trips (continued)

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.

WINE-DING TRAIL – ASHTABULA COUNTY

Date: Saturday, September 17
Time: 8:30 a.m. – 5:30 p.m.
Cost: \$87 per person includes winery tours and tasting, breakfast snack and lunch.

Details: Join us for a fun day in Ohio wine country, exploring the beauty, the history and the many wineries of Ashtabula County. We begin our day with a visit to South River Vineyards. We will continue to the Virant Vineyards for lunch and wine tasting. As we travel to our next winery you will see what Ashtabula County is famous for....Covered Bridges! They have sixteen of them. We will stop for picture taking at the Harpersfield Covered Bridge which is 228 feet in length, spanning the Grand River. Our wine tour will continue with a stop at Grand River Cellars.

THE MEDIEVAL FEAST AT THE RIVERSIDE INN-CAMBRIDGE SPRINGS, PA

Date: Saturday, September 24
Time: 3:30 – 11:00 p.m.
Cost: \$88 per person includes 6:00 p.m. show and dinner
Details: Join us and the Riverside Inn for an afternoon of excellent food and entertainment as you're invited to participate in the Medieval Feast at Riverside. One of the biggest attractions of the Riverside Inn today is its charm of yesterday. This Cambridge Springs hostelry is situated picturesquely on the banks of French Creek and has been in continuous operation since 1885. It was built at that time to accommodate wealthy patrons during the exciting "mineral water boom" of the late 1800's and early 1900's. The Medieval Feast at Riverside EAT, DRINK, AND BE MERRY! WITHOUT UTENSILS! Be our guest at Ye Olde Castle Riverside as you journey back to the age of kings and queens, knights and damsels, jesters and jousters! Join in the fun as your wenches and knaves perform a BRAND-NEW show... ..but also serve a plentiful feast!!

FALL MURDER MYSTERY AT RIVERSIDE INN-CAMBRIDGE SPRINGS, PA

Date: Friday, October 14
Time: 3:30 – 11:00 p.m.
Cost: \$88 per person includes matinee performance, 6:00 p.m. show and dinner
Details: The Riverside Inn is everyone's favorite. Join us and the Riverside Inn for an evening of excellent food and entertainment as you're invited to participate in the Fall Murder Mystery. One of the biggest attractions of the Riverside Inn today is its charm of yesterday. This Cambridge Springs hostelry is situated picturesquely on the banks of French Creek and has been in continuous operation since 1885. It was built at that time to accommodate wealthy patrons during the exciting "mineral water boom" of the late 1800's and early 1900's. ...KILLING AUDIENCES YEAR AFTER YEAR! The tradition continues as our murder mystery troupe "kills" another round of audiences. Clever wit, hysterical characters, well written stories...and, of course, cold-blooded murder...make for absolutely wonderful and wonderfully appropriate entertainment for groups of all shapes and sizes.

FALL FOLIAGE CRUISE ON THE ALLEGHENY RIVER-PITTSBURGH

Date: Saturday, October 15
Time: 7:00 a.m. – 7:00 p.m.
Cost: \$110 per person, includes River Cruise, live entertainment and lunch

Details: We have a special fall cruise planned for you on the Gateway Clipper. Take a scenic cruise on the Allegheny River while enjoying the lovely fall colors. There will be lunch and a show-stopping revue, live musical entertainment. Make your plans to sail with us on a voyage of color, beauty, and fun! This is a five-hour cruise, beginning and ending at the Pittsburgh Marina.

IKEA SHOPPING AND RIVERS CASINO

Date: Friday, November 4
Time: 9:00 a.m. – 9:00 p.m. (bus departs from/returns to Pepper Pike Learning Center)
Cost: \$39 per person, includes transportation and \$20 for slots and \$5 for food at the casino

Details: Join us as we head to Pittsburgh for a shopping excursion to the famous IKEA store before trying our luck at Rivers Casino. You'll love the selection at IKEA, everything from kitchen gadgets to complete kitchens, plus plants, holiday decoration and more. SAVE THE \$99 SHIPPING FEE for most items! Then we're off to Rivers Casino for slots and gaming. Must be 21 years or older. Registration Deadline: October 20.

OVERNIGHT: REMEMBRANCE WEEKEND-GETTYSBURGH **NEW**

Date: Friday, November 18 – Sunday, November 20
Time: 7:00 a.m. (Fri.) – 8:00 p.m. (Sun.)
Cost: \$572 single or \$452 double includes 2 nights lodging, 3 meals (1 lunch/ 2 dinners), Admissions – Battlefield tour, Gettysburg Address, Visitor Center – including film and cyclorama, Gettysburg parade, Wells House, Shaver House

Details: This tour is planned for only 8 -10 passengers and lovers of Civil War history. We will journey to Gettysburg in two Discovery vans to experience the annual Gettysburg Address spoken by a Lincoln impersonator. We will also visit the battlefield with local guides and tour the newly build visitor center. You will be a spectator to the annual parade with civil war impersonators. If you are fascinated with the Battle of Gettysburg don't miss this tour!

MATCH GAME LIVE!-RIVERSIDE INN, CAMBRIDGE SPRINGS, PA

Date: Saturday, November 19
Time: 3:30 – 11:00 p.m.
Cost: \$88 per person includes 6:00 p.m. show and dinner
Details: Join us and the Riverside Inn for an afternoon of excellent food and entertainment as you're invited to watch Match Game Live! One of the biggest attractions of the Riverside Inn today is its charm of yesterday. This Cambridge Springs hostelry is situated picturesquely on the banks of French Creek and has been in continuous operation since 1885. It was built at that time to accommodate wealthy patrons during the exciting "mineral water boom" of the late 1800's and early 1900's. Match Game Live! : The iconic 1970's TV game show returns in all its BLANKING glory! Join the cast of IN ALL SERIOUSNESS...as they recreate, live on stage, one of the most legendary game shows of all time. Relive the days when a band of merry blanking panelists, bring out the best from the legendary classic game show. Plus, we pick contestants RIGHT FROM OUR AUDIENCE to compete for CASH AND PRIZES by matching our celebrity panel in a game of logic, wit, and wordplay. It's a blanking good time!!

1st – Enjoy the Special Event:

This class prepares you for Washington D.C. Trip: **NEW**
GREAT ESCAPES: A TRIP THROUGH TIME: AN INTRODUCTION TO FINDING YOUR FAMILY HISTORY

Date: Wednesday, September 21

Time: 6:30 p.m. – 8:00 p.m.

Cost: \$15

Location: Pepper Pike Learning Center Conference Room B

Details: Vicki Blum Vigil is a historical researcher with an interest in genealogy who enjoys discovering how the past affects the present. Through her books, seminars, and tours, she also enjoys showing others how to make discoveries of their own. She will be sharing tips and tricks of the trade that she has learned while researching her book, Finding Your Family History in Northeast Ohio. The book will be available for sale at the event. As an active member of the East Cuyahoga Chapter of the Ohio Genealogical Society, she has a wealth of resources, so sure to bring your ideas for future genealogy classes taught by East Cuyahoga Chapter OGS members.

2nd – Enjoy Spring Trip:

COMING THIS SPRING! VIEW INSPIRING **NEW**
SIGHTS OF OUR NATION'S CAPITAL,
VISIT WASHINGTON D.C.

Dates: Friday, April 27 – Monday, April 30

Cost: \$519/single, \$399/person for double, \$379/ per person for triple. **Deposit of \$75 per person is due Tuesday, November 29. Balance due by February 21.** Price includes tips for driver and guides, plus tips for the included meals. Final itinerary will be mailed one-month in advance.

Details: We'll spend 3 nights and 4 days exploring the sights including the Library of Congress, where you can view **genealogical records unavailable anywhere else**, WWII Memorial, Capitol Hill, Embassy Row, Korean War Veterans Memorial, The Vietnam Veterans Memorial, Lincoln Memorial, and more. Includes 3 nights accommodation in the D.C. area, two full-day guided tours, evening guided memorial and monuments tour, 6 meals, including 3 breakfasts and 3 dinners. **Motor coach will board at the Pepper Pike Learning Center.**

Adaptive Recreation

Through the efforts of Mayfield Communities and Mayfield Schools, the Adaptive Recreation committee is offering opportunities for individuals with physical, sensory or developmental disabilities. For program cancellations due to weather, call the hotline at (440) 954-4114. **For more information/flyers for adaptive recreation programs, please visit www.mayfieldvillage.com, www.leapinfo.org, and www.solonrec.org/Ribbon.htm.**

For all programs, an aid or assistant (which can be parent/caregiver) **MUST BE PRESENT** for one on one assistance for any participant who has difficulty following simple instruction, needs individual physical patterning or needs constant guidance.

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.

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.

Pizza Bowl

Who: 13 years and older

Dates/Times: Friday, September 9, 7:00 - 9:00 p.m.

Friday, October 21, 7:00 – 9:00 p.m.

Friday, November 11, 7:00 – 9:00 p.m.

Location: Roseland Lanes

Cost: \$12 per bowler per date (includes shoes, bowling, cheese pizza, pop and Dixie cup ice cream)
\$ 5 per parent/caregiver if eating with the participants

Details: With the success of our bowling programs from the spring, we look forward to seeing everyone at Roseland Lanes (26383 Broadway Ave) in Oakwood (2 miles east of I-271 and Broadway).
Registration Deadline: September 2, October 14 and November 4.

Everybody Dance Now

Who: 8 - 22 year olds

Dates: Session 1: Fridays, September 9 – 23

Session 2: Fridays, September 30 – October 21 (except Oct. 7)

Session 3: Fridays, October 28 – November 11

Session 4: Fridays, November 18 – December 9 (except Nov 25)

Time: 5:00 – 6:00 p.m.

Cost: \$50/session or \$18/class

Instructor: Sabatino Verlezza

Location: School of Verlezza Dance, First Unitarian Church of Cleveland (21600 Shaker Blvd. Shaker Heights)

Min/Max: 3/10

Details: As former Artistic Directors of [Cleveland Ballet] Dancing Wheels, Sabatino Verlezza and Barbara Allegra Verlezza have been working in an integrative setting for many years. They developed an inclusive and programmatically accessible method of teaching dance to people of all abilities and levels. Since 1994, this particular approach has been used in movement classes and workshops for very diverse groups: ages (children through older adults), career focus (dance enthusiasts through professional dancers), 'sit-down' and 'stand-up' dancers (wheelchair users and non-wheelchair users) and those with varying sensory, physical, learning, and/or developmental disabilities. The class structure will include a 15 minute circle warm up, simple patterns moving across the floor, improvisation, rehearsing a dance and a warm down. Students should wear comfortable clothing for a movement class. On the last day, parents will see an "informal showing" of what students have learned throughout the fall sessions. **Registration Deadline: Friday, September 2, 23, October 21 and November 11.**

Adaptive Recreation (continued)

Zumba Dance Introduction Classes

Who: 13 years and older
Dates/Times: Saturdays, September 10 – October 22 (except Oct. 8), 12:15 – 1:00 p.m.
Cost: \$30
Location: Health 360 (700 Beta Dr., Mayfield Village)
Min./Max.: 6/15
Details: Come join a high energy, upbeat fitness and dance party. Try an intro class or two for Zumba! If there is enough interest, additional classes will be scheduled in the fall. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. **Registration Deadline: Thursday, September 8.**

Back by
Popular Demand

Fall Kickball

Who: 13 years and older
Dates/Times: Sundays, September 11 – 25, 2:00 – 3:00 p.m.
Where: Parkview Softball Fields (425 North Commons Blvd, next to Parkview Pool)
Cost: \$15
Coordinator: Regan Family
Details: We will divide into teams and play a game each Sunday. Everyone can play. Those who need one-on-one assistance or constant guidance are required to have a family member or caregiver join them in play. Everyone gets a t-shirt. It's great fun! **Registration Deadline: Thursday, September 1.**

Back by
Popular Demand

Fitness to Wellness to FUN!

Who: 13 years and older
When: Session 1: Mondays, September 12- October 17 and/or Wednesdays, September 14- October 26 (except Sept. 28)
Time: 6:30 – 7:30 p.m.
Cost: \$48 for either day or \$86.40 for both days (a 10 % savings)
Min./Max.: 8/16 participants
Location: Health 360, 700 Beta Dr., Mayfield Village, 44143
Details: 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. Participants will enjoy a great workout in a great atmosphere. Wear athletic shoes and clothing that is easy to move in. **Reg. Deadline: Thursdays Sept. 8.**

Yoga Reach

Who: Teens to Young Adults
When: Session I-Tuesdays, September 13 – October 25 (7 weeks)
Session II-Tuesdays, November 1 – December 13 (7 weeks)
Time: 5:00 – 6:00 p.m. 13-24 year olds
6:05 – 7:05 p.m. 25 year olds and older
Where: Mayfield Village Civic Center
Cost: \$64/participant per session or \$5 off if registering for both sessions at once.
Instructor: Char Grossman, M.A., NCSP, CYT, RYT-500
Therapeutic Yoga Specialist and School Psychologist
Details: YogaReach, a therapeutic, educational program provides an integrated system of yoga poses designed to promote the individual's unification of mind and body. This program benefits those with and without special needs. Students develop strength, flexibility, breath awareness, balance, stress management techniques, concentration skills, self-esteem and a healthy inner self. Wear comfortable clothes and bring a mat. **Registration Deadline: Sept. 8 & Oct. 25**

Music, Drum and Movement

Who: 6 – 24 year olds
When: Thursdays, Session 1:
September 15 – October 13 (except Sept. 29)
Session 2: October 20 – November 10
Session 3: November 17 – December 15 (except Nov. 24)
Time: 6:00 – 6:45 p.m.
Where: Mayfield Village Civic Center
Cost: \$44 per session
Instructor: Ray Brown
Min/Max: 5/15
Details: Have fun with music!! Learn to play percussion instruments with others while building your own confidence. Singing and drumming brings smiles to everyone. Experience the musical circus with Ray every Thursday! **Registration Deadlines: Fridays, September 9, October 14 and November 11.**

NEW

Indoor Water Exercise

Who: Ages 10 and older
When: Session I - Thursdays, September 15 – October 13 (except Sept. 29)
Session II – Thursday, October 20 – November 10
Time: 6:30 – 7:30 p.m.
Where: Mayfield High School Indoor Pool
Cost: \$26 resident or \$30 non-resident
Instructor: Kate Sullivan
Details: This is an opportunity for special needs children to experience success, increase comfort level, exercise and have fun in an aquatic environment. **Registration closes once 5 people sign up.**

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

Adaptive Recreation (continued)

Back by
Popular Demand

Beginner Golf

Who: 13 years and older
Dates: Thursdays, September 15 - October 13, (Except 9/29)
Time: 6:00 p.m. – 7:00 p.m.
Location: Notre Dame College Regina Hall
Cost: \$40
Min/Max: 5/15
Details: Come join Notre Dame College, Bryan Huff, NDC Golf Coach and the Men's and Women's golf teams as they introduce you to the basics of golf. These one hour sessions will show you how to hold a golf club and set up to hit a golf ball so you can enjoy this challenging game. We will start simple with the smaller swing (chipping and putting) and work our way up to full shots. We will work on aiming as well as how to hit the ball far. Along with all of this knowledge we will mix in some fun golf facts and etiquette. We will have free rental clubs for everyone who signs up but feel free to bring your own if you have them!
Registration Deadline: Thur., September 8.

NEW Fishing for All

Who: Families or Individuals with parent or caregiver
Date/Time: Saturday, September 17, 1:00 – 3:00 p.m.
Min /Max: 10 / 40
Cost: \$10 per person
Location: East 55th Marina
Details: Join Cleveland Metroparks Institute of the Great Outdoors for an accessible fishing adventure. Both adults and children can enjoy a day of fishing and learning new skills. Learn basic casting skills and fishing knots while trying to catch some fish. Fishing equipment and bait provided. **Registration Deadline: September 9.**



Game Nights at Mayfield Middle School

Who: All ages
When: Fridays, September 23, October 28, November 4, December 2
Time: 6:00 – 8:00 p.m.
Where: Mayfield Middle School Cafeteria/Gym
Cost: \$8.00/participant per date pre registered or \$9.00/participant per date at the door, \$5.00 per parent/caregiver if eating with the participants, must register in advance
Details: Come join a fun night and hang out with friends. Participants can play a variety of board games, play volleyball, basketball, ping pong, learn organized dances and enjoy pizza and pop. Each week we will try to have a new activity to try during the program. **Pre-Registration Deadlines: The Wednesday before each event date.**

Goodtime III, Elephant Crossing and Rain Forest

Date/Time: Saturday, September 24, 11:00 a.m. – 5:00 p.m.
Cost: \$40 per participant and \$45 per parent/caregiver and includes transportation, admission to Cleveland Metropark Zoo and Goodtime III

Min/Max.: 40/54

Details: The charter bus leaves from and returns to the Mayfield Village Civic Center and travels to the Goodtime III for a scenic ride on Lake Erie. The bus will then take us to the Cleveland Metropark Zoo. **Bring a bagged lunch and a drink will be supplied.** We will have lunch on our charter bus on the way to the Goodtime III. We will see the popular Elephant Crossing exhibit and Rainforest. **Registration Deadline: Friday, September 16.**

NEW

Ice Skating

Who: All ages
Date/Time: Mondays, 5:00 – 5:30 p.m.
Session 1: September 26 - October 24
Session 2: October 31 - December 19 (except Nov. 21)
Where: Cleveland Heights Ice Rink (South Rink)
Cost: \$25.00 per session or \$5.00 walk-on fee per class (includes skate rental).

Details: Ice professionals and volunteers assist all skaters, regardless of ability. **Participants must have an adult remain in the rink area to assist if needed.** Volunteers welcomed! For more information call (216) 691-7373 and leave a message for Karin Faletic. **All registration for this program will go through Cleveland Heights.**

Basketball Clinics

Who: 13 year olds and older
Date/Time: Sunday, October 23, 1:00-2:00 p.m. (John Carroll)
Sunday, November 6, 1:00-2:00 p.m. (Notre Dame)
Tuesday, November 15, 6:30 – 7:30 p.m. (Ursuline)
Cost: \$5
Details: Join Varsity Basketball Coaches, Mike Moran (John Carroll), Kevin Bille (Notre Dame), Nelson Schorr (Ursuline), and their 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 Deadlines: Tuesdays, October 18 and November 1 and 8.**

Adaptive Recreation (continued)

Basic Home Safety- The Do's and Don'ts

Who: 15 years and older
Dates/Times: Wednesday, October 12, 6:30 – 8:00 p.m.
Where: CEVEC Home (6532 White Road, Mayfield Village)
Maximum: 6 participants
Cost: \$15
Details: Learn about basic home safety, and what to do to keep yourself safe at home. Participants will learn about safety practices both in and out of the house. Participants will be involved in hands on demonstrations of how to identify basic home safety concerns, and what action steps can be taken to correct the concerns. Emphasis will be placed on kitchen safety, electrical safety and bathroom safety.
Registration Deadline: Friday, October 7.

Fall Colors at North Chagrin

Who: Families or Individuals with parent or caregiver
Date/Time: Saturday, October 15, 1:00 – 3:00 p.m.
Min /Max: 10 / 60
Cost: \$10 per person
Location: North Chagrin Nature Center
Details: This program is designed to get families and friends outside and enjoying the beauty of a Northeast Ohio Fall. Join Cleveland Metroparks Institute of the Great Outdoors to explore one of the jewels of the Emerald Necklace. Enjoy an easy nature appreciation outing along an accessible path. Along the way we'll pick up tree identification tips and learn what truly brings about the fall colors we all enjoy. **Registration Deadline: October 7.**

NEW



Get Active with Games

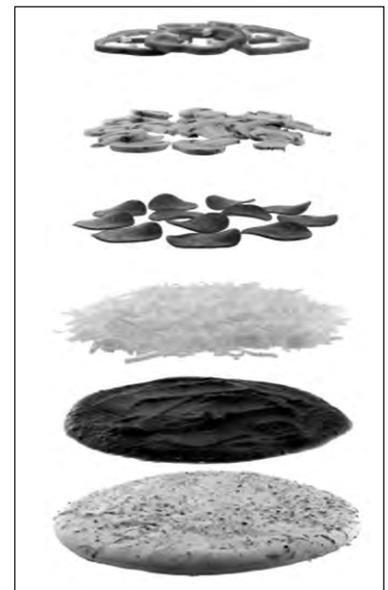
Who: 13 years and older
When: Saturday, October 15
Time: 7:00 – 9:00 p.m.
Cost: \$8.00 per participant in advance (no registration at the door)
\$5.00 per parent/caregiver if eating with the participants, must register in advance
Location: One Wellness (34490 Melinz Pkwy, Eastlake.
Corner of Rt. 2 & SOM Center, just past the Radisson)
Minimum # of Participants Needed: 60
Details: This fun-filled evening will include a combination of turf Nerf Tag, Inflatables, Ball Games, and Motor Skill Developmental Games. Enjoy pizza, chips and pop! Wear athletic shoes and clothing that is easy to move in. Attendees will participate in a combination of the following: Nerf: Dart Attack, Dishonorable, Shield Breaker, Witch Doctor, Capture the Flag, Central Flag and Body Snatcher Inflatables: Racing Wall Climber and Slide and Basketball Jump House and Slide. Plus Beanbag Scavenger Hunt, Target Practice, Cones and Ladders and Obstacle Course. **Registration Deadline: Friday, October 7.**

Lake Metroparks Boo Bash

Who: Ages 13 and older
Dates/Time: Sunday, October 30, 1:00 - 4:00 p.m.
Where: Painesville Township Park Community Center (1025 Hardy Rd. in Painesville Township)
Cost: \$5.00
Details: This dance is so much fun it's frightening! Prizes awarded for the most creative costumes. Concession stand will be open and C.R. Entertainment will provide recorded music. Groups are welcome but must provide a chaperone. **Call the Lake Metroparks Registration Department at 1-800-669-9226 to register.**

Making Pizza in the Village at Pizza Roma

Who: 13 years and older
Dates/Times: Sunday, November 6,
1:00 – 1:45 p.m. for
Teens – 24 year old,
2:00 – 2:45 p.m. for 25 years and older.
Sunday, November 13, 1:00 – 1:45 p.m.
for 25 years and older,
2:00 – 2:45 p.m. for Teens – 24 year old.
Location: Pizza Roma (785 SOM Center Rd., next to Yours Truly)
Cost: \$12
Min./Max.: 8/12
Details: Have you ever wondered how pizza is made by the professionals? Well here is your chance to learn. 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, participant can decorate their pizza box.
Registration Deadline: Wednesday, November 2 and 9.



Chanamas Party

Date/Time: Friday, December 16, 7:00 – 9:00 p.m.
Location: Beachwood Recreation Center
Details: Sponsored by the High Five Club and Think Computer Foundation. This is a Chanukah/Christmas party. Bring a unisex gift of \$5.00 or under.

Youth and Teen Sports & Activities

Village Kickers Soccer

Who: 3 – 5 year olds
Date: Saturdays, August 27 – September 24
Time: 9:30 – 10:15 a.m.
Where: Parkview Soccer Fields
Cost: \$60-for all equipment (jersey, shorts, socks with built in shin guards and soccer ball)
\$30-for returning Kickers participants who have equipment

Limit: 30 participants

Details: This 5 week program will focus on the basic skills of kicking, dribbling, trapping and throw-ins. Parents will work with children in various exercises.

Registration Begins:
August 2.



Mini Cats Football (Formerly Start Smart Football)

Who: 3 – 5 year olds and 5 - 7 year olds
Where: Mayfield Heights City Park (behind Dragga Pool)
Dates/Times: Saturdays, August 27– September 24
9:00 – 9:45 a.m. for 3 – 5 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
Cost: \$40-if just football and tshirt are needed (this is a new shirt, not one from previous years)
\$30-if just shirt is needed (has football from previous years)

Limit: 30 participants per time slot

Details: Parent and child will work together for five weeks 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 Tuesday,
August 2.



Gilmour Academy

Learn-to-Skate Program

We offer one of the finest Learn-to-Skate programs available anywhere and it is the very best way to have fun learning to ice skate in a safe environment. Our instructors teach their student simple, easy-to-learn moves from the U.S. Figure Skating Basic Skills Program. Skaters of all ages and skill levels welcome. Our After School Program offers local students a fun activity combined with the convenience of transportation. The weekend classes are open to the young and young at heart. The cost for an eight-week session is \$120.00 and include admission to the arena, instruction from our professional staff and skates. Each 60-minute session includes a group lesson and free skate time. Classes are held Monday through Saturday. Classes begin Monday, September 12. Pre-registration is required to ensure adequate staffing. Contact Alese Cameratta at (440) 449-7487 for registration information.

Weekend and Special Event Skating – Open to the Community

Fridays 7:00 p.m. – 8:30 p.m. is a favorite of the young adults. Saturdays 11:30 a.m. – 1:00 p.m. and Sundays 3:00 p.m. – 4:30 p.m. offer a family friendly activity, party or special event. Call Josette at (440) 449-7546

Learn to Play Hockey and House League

Gilmour is proud to offer this great program for the beginning hockey player! It has grown every year to become a strong developmental program for the Gilmour Youth Hockey program. Eligible players must have full equipment and basic skating experience. In addition to skating and hockey drills, the coaches focus on fun.

Call Mike McNeill at (440) 449-7490 for more information.

NFL – Pepsi Punt, Pass and Kick Competition

M.A.R.C. (Mayfield Area Recreation Council) will be sponsoring the annual NFL-Pepsi Punt, Pass and Kick Competition.

Location: Mayfield High School - Varsity Football Field

Date: Saturday, September 10 at 1:00 p.m.

Who: There are separate divisions for boys and girls that include: 6-7 year olds, 8-9 year olds, 10-11 year olds, 12-13 year olds, 14-15 year olds. **Age is based on child's age as of December 31, 2011.** Top finishers of the local competition in each age division move on to the sectionals competition. Exact location and date will be announced. Look for flyers that will be distributed to all schools in late August or early September.

Mayfield Soccer Club

Who: Boys and Girls in K – 8th Grade

When: Saturday afternoons beginning in September

Cost: \$45 School District Resident, \$50 Non School District Resident, \$25 current travel team players

In Person Registration: Tuesday, August 2, 6:00 - 8:00 p.m., Saturday, August 6, 9:00 - 12:00 noon, Wednesday, August 10, 6:00 - 8:00 p.m. in the Mayfield Village Civic Center (Civic Hall). If you have questions or to receive a registration flyer contact Bob Gephart: rgephart@rmscorporations.com, or Rob Ferenac: rferenac@sbcglobal.com or visit www.mayfieldsoccer.com. **Registration and checks must be received by August 15 to avoid late fees.**

JUMP START SPORTS

Who: 1st – 5th graders at **Center School Only**
When: Wednesdays, September 14 – October 12, 2:45 – 4:00 p.m. Students are released to the gym after school and will be escorted to the fields. **Please send a note to your child's teacher indicating that he or she will be attending After School Sports. Pick up will be at 4:00 p.m. at the school fields. Rain or shine.**
Where: Center School
Fee: \$40 per participant for non-champion participants at Center School and \$30 per participant of Champion Participant at Center School
Min/Max: 10/30
Details: Join your friends for some after school fun! We'll play a variety of sports and camp games including British Bulldog, Capture the Flag, Dodge Ball, Flag Football, Soccer, Lacrosse, Kick Ball and more. Children in grades 1 – 5 will have a blast, get some great exercise and learn about sports in a fun and relaxed environment. Highly qualified coaches and instructors will run the program. **Registration Deadline: Thursday, September 8.**

NEW

Programs with Party Couture

- Classes are with Instructor Whitney Neidus, Founder of Party Couture at 805 Village Trails in Gates Mills.
- Visit www.partycouture.com for more information

MESS MAKERS!!

Who: 18 months - 4 years with caregiver
When: Tuesdays, September 20 – October 11, 10:00 -10:45 a.m.
Cost: \$40
Min/ Max:4/12

Details: It's time to get messy!! Does your child love to explore? Yes?! Then this is the class for you!! Come explore cause and effect, a variety of textures and what happens when you mix colors together!! This fun-filled class is developed with children's sense of wonder and curiosity in mind. Caregivers and children work together while creating a mess that you don't want in YOUR house!! Dress for mess and get ready to explore!! **Registration Deadline: September 13.**

TALKATIVE TOTS!

Who: 18 months - 4 years with caregiver
When: Thursdays October 6 - 27, 9:30 - 10:15 a.m.
Cost: \$38
Min/ Max:5/12

Details: Is your child full of energy and ready to go?! Come join our class and support your child's development through music, art and movement. Your child will have the opportunity to interact socially and explore everything from stability balls, to the parachute, a variety of authentic instruments, to one of a kind art projects!! With Party Couture's uniquely structured environment, your child will be have the opportunity to explore the world around them!! Come dressed in your play clothes!! **Registration Deadline: September 28.**

TIE DYE MANIA WORKSHOP!

Who: 5 – 10 year olds
When: Thursdays October 6, 13 or 20 (pick one or all), 4:00 -5:00 p.m.
Cost: \$25 per class
Min/ Max:5/20

Details: Get your swirl on with one of the most popular and fun crafts around!! Come ready to create your one-of-a-kind tie dye creation! Party Couture provides everything including white-shirts, all dyes, rubberbands, instructions for after care, smocks and gloves! Children will work with their peers while having a ball!! Dress for mess and get ready for some fun!! **Registration Deadline: September 29.**



YOUNG CHEF'S COOKING ADVENTURES CLASS- DATE NIGHT OUT FOR PARENTS!!

Cooking Theme: Fall Extravaganza!

Who: 5 - 10 year olds
When: Friday October 21, 5:30-7:30 p.m.
Cost: \$25/ class
Min/ Max:5/15

Menu: Handmade Applesauce, Baked Pasta with Cheese & Creamy Corn, Pumpkin Chocolate Chip Cookies

Details: A delicious choice!! Spend the evening making and then eating, some fantastic and fun recipes!! Young chefs will have the opportunity to cook and have fun in the kitchen. They will be introduced to cooking vocabulary and techniques, tools and utensils, basics of etiquette, nutrition, safety, kitchen math and new foods! They'll even be able to take home the days recipes and cook the family dinner!! This class was developed to inspire, excite and feed the curiosity of your growing chef! Come dressed for mess!
Registration Deadline: October 14.

Back by
Popular Demand

Running Wildcats Youth Running Club

Who: 2nd – 6th Graders in the Mayfield School District
Dates/Times: Mondays, September 19 – October 24,
5:45 – 6:45 p.m. and
Wednesdays, September 14 – October 26,
(except September 28), 5:45 – 6:45 p.m.
Location: Parkview Pool Picnic Shelter (425 North Commons Blvd.)
Cost: \$65 - includes t-shirt for each participant
Limit: 60 participants
Coach: Michele Fortuna, Asst. Mayfield High School Track Coach
Details: Track, Cross Country = Running – something everyone can do and excel at! Running is something you can do anytime, anywhere without a court, a pool, a ball, or a team! This program is designed to introduce the sport of running to Mayfield School District students in grades 2nd thru 6th, 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, so please dress for the outside. Bring a water bottle. **Registration Deadline: Friday, September 9.**

Fly Fishing at Deep Spring Trout Club

Who: 5th – 9th graders with at least 1 parent
Date: Saturday, September 17 (**rain or shine**)
Time: 9:00 a.m. – 12 Noon for fishing, break for lunch,
1:00 – 3:00 p.m. for more fishing!
Where: Deep Spring Trout Club (11069 Chardon Road, Chardon)
Cost: \$80 students, includes instruction, rod, tackle,
lunch, and trout fishing
\$35 parent, includes lunch and afternoon fishing
session with child. **Note: If parent fishes all
day, cost is \$80. Thank you.**

Minimum 10/Maximum 20 Students.

Details: Come learn fly fishing from the top fly fishing instructor, George Vosmik, at the most exclusive Trout Club in Northeast Ohio. George's credentials include the Museum of Natural History Trout Club and Board Member, a member of Deep Springs, and a certified fly fishing instructor for 21 years. Deep Spring Trout Club, founded in 1963, has a 2 acre spring fed trout pond with over 2,000 stocked trout. Mr. Vosmik will cover a history of fly fishing (for parent and child), hands on instruction (for the student), and demonstration of fly fishing techniques. Students will have the opportunity to savor the enjoyment of catching their fish then dining on their catch for lunch in the Deep Spring Clubhouse (other food options will also be available). Following lunch, parents and students may spend the afternoon fishing together at the pond. Students will have a creel pouch to store their catches in throughout the day. If you have your own fly fishing gear, please bring that otherwise the equipment will be supplied. Other Optional Costs (paid that day at the Club. **NOTE: check or cash only. No credit cards.**): trout is \$4.50 per pound (live weight), cleaning and packed with ice to take home is \$1.00. **Registration Deadline: Tuesday, September 13.** (See page 17 for adult class only.)

9th Annual Mayfield Volleyball Association (MVA)

Who: 4th – 6th Grade Girls
Where: Mayfield High School Field House
Dates/Time: Sundays, October 2 – 23, 1:00 – 3:00 p.m.
Cost: \$46 School District Resident or \$51 Non-School District Resident
Details: Mayfield's Varsity Head Coaches, Rosella and Greg Glodkowski and varsity players will work with participants on basic skills, rules, and teamwork. Teams will be formed. Each player will get a shirt. Be sure to wear tennis shoes and bring water to all days the MVA meets. **Registration Deadline: September 21.**

Horseback Riding for Youth and Adult

Who: 6 year olds - adults
When: Mondays for Beginner II, October 3 – November 21
Wednesdays for Beginner I, October 5 – November 30
(except Nov. 23)
Thursdays for Beginner I, October 6 – December 1
(except Nov. 24)
Time: 3:30 – 4:30 p.m. or 7:00 – 8:00 p.m. on
Wednesdays only
Location: Maypine Equestrian Center
Cost: \$245 school district residents, \$249 non school district residents
Limit: 6 riders per day.
Details: Mayfield Village and Maypine are again offering after school Beginners I and II riding programs. Beginner I will teach how to walk and trot. Beginner II will work on solidifying position and control at both the walk and the trot and introduce the canter. Participants will need to wear shoes with a small heel, long pants and long hair must be tied back. Helmets provided. Maypine provides an indoor arena for riders and observation area for parents. Check out their website at www.maypinefarm.com. **Registration Deadline: Wednesday, September 28.** See page 17 for Adult Only horseback riding classes.

CHESS makes kids smarter



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Registration is OPEN
for the 2011/12

www.vivacityinc.com/chess
chess@vivacityinc.com
(440) 461-3634

Chess program increases:
✓ Logic and Imagination
✓ Self-confidence and Focus
✓ Strategic Thinking and Creativity
✓ Speed and Clarity of Mind
✓ Raises IQ

“Out of School” Day Excursions

NEW

Mayfield Village Parks and Recreation are offering two days of excursions for 6th-8th graders during scheduled “off” school days. The two dates are Friday, October 14 (NEOEA Day) and Tuesday, November 8 (Election Day). Some activities that may be scheduled are: bowling, movies, arcades, laser tag, and/or skating. Qualified and experienced supervision. Before camp care is available from 8:00 – 9:00 p.m. for \$7 per child/day and After camp care until 5:30 p.m. for \$10 per child/day.

Dates: Friday, October 14, Tuesday, November 8

Location: Mayfield Village Civic Center.

Look for flyers in September and October for more details.

Design It

PASSION FOR FASHION

Who: 3rd – 5th graders and 6th – 8th graders

Dates/Times: Tuesdays, October 11 – November 1

5:00 – 6:15 p.m. (3rd – 5th graders)

6:30 – 7:45 p.m. (6th – 8th graders)

-OR- Saturdays, October 15 – November 5

9:30 -10:45 a.m. (3rd – 5th graders)

11:00 a.m. – 12:15 p.m. (6th – 8th graders)

Cost: \$80 (plus \$20 supply fee payable to instructor at first class)

Location: Tuesdays at Ross DeJohn Community Center (Mayfield Hts.)

Saturdays at Mayfield Village Civic Center

Min./Max.: 4/8

Details: The new creative lifestyle enrichment class for fashion minded girls. Come explore and learn about different aspects of sewing and fashion design. Learn how to sketch and then stitch your own outfit and fun accessories on our sewing machines!

Registration Deadline: Friday, October 7.

REUSE RESEW FASHION DESIGN

NEW

Who: 3rd – 5th graders and 6th – 8th graders

Dates/Times: Tuesdays, November 15 – December 6

5:00 – 6:15 p.m. (3rd – 5th graders)

6:30 – 7:45 p.m. (6th – 8th graders)

-OR- Saturdays, November 12, 19 and

December 3, 10 (except Nov. 26)

9:30 -10:45 a.m. (3rd – 5th graders)

11:00 a.m. – 12:15 p.m. (6th – 8th graders)

Cost: \$80 (plus \$5 supply fee payable to instructor at first class)

Location: Tuesdays at Ross DeJohn Community Center (Mayfield Hts.)

Saturdays at Mayfield Village Civic Center

Min./Max.: 4/8

Details: Bring your gently used dresses, jeans, t-shirts, men’s shirts and ties, and repurpose, recycle and re sew them into cool new fashion trends. **Registration Deadline:** Friday, November 4.

*Note that participants can sign up for Fashion for Passion and/or Reuse ReSEW Fashion Design and each of the programs are different, not a continuation.

Parent and Child Etiquette with Dick Blake

Who: For 1st – 4th graders

Dates/Time: Sundays, October 16 and 23, 5:15 – 6:00 p.m.

Location: Mayfield Village Civic Center

Cost: \$45 parent/child (if more than one child per family, first child is \$45 and additional are \$35)

Details: This course has been one of Mr. Blake’s most requested classes for years. Mrs. Blake, a retired elementary teacher, now joins him. Children learn the social skills and table manners that not only teach them to act like young ladies and gentlemen but also help them to be successful throughout their lives and future careers. Parents get to share the experience and maybe learn a little something, too!

Registration Deadline: Wednesday, October 12.



Making Pizza In the Village At Pizza Roma

Who: 3 year olds – 5th graders with parent

Dates/Time: Sundays, 1:00 – 1:45 p.m. or 2:00 – 2:45 p.m.

3 - 4 year olds, November 20

K – 2nd graders, December 4

3rd – 4th graders, December 11

5th graders, December 18

Location: Pizza Roma

(785 SOM Center Road)

Cost: \$12

Min./Max.: 8/12

Details: Have you ever wondered how pizza is made by the professionals? Well here is your chance to learn. 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 will be accommodated into the same day/timeslot for your convenience. Registration Deadline:** The Wednesday before each date.



13th Season

MBA

(Mayfield Basketball Association)

The MBA is beginning its 13th season of youth basketball for our 3rd through 8th grade boys and 4th-8th grade girls starting in late October. Under the umbrella organization of MARC and Mayfield Village Parks and Recreation and involving Mayfield High School Varsity Coaches Tony Ware and Keith Leffler. Look for MBA flyers in school or packets mailed to last year's participants in late September.

SEASON BREAKDOWN

Girls 4th-5th and 6th-8th grade leagues:

Late October until Mid December

Boys 3rd-4th, 5th-6th and 7th-8th grade leagues:

January until March

ASSESSMENT

In order to balance all MBA teams, volunteer coaches assess all players abilities for a fun and competitive league. All assessments take place at Mayfield High School Field House.

These dates are:

Girls 4th-5th and 6th-8th grade:

Saturday, October 15, 11:30 a.m. - 1:00 p.m.

Boys 3rd-4th, 5th-6th & 7th-8th grade:

Saturday, November 5, 8:00 a.m. - 12:00 p.m.

TRYOUT FOR COMPETITIVE TRAVEL TEAMS

Who/When: Boys 4th, 5th & 6th grade: Monday, October 17

Time/Location: 6:00 p.m. - 8:00 p.m. Mayfield High School Main Wooden Gym

Cost: TBD (if you make team)

For more information please contact Rich Newlon (440) 289-0655.

MBA COACHES ORIENTATION

Who: For all parent/adult volunteers who will coach in MBA

When: Girls Leagues - TBD

Boys Leagues - TBD

Location: Mayfield Village Civic Center

Details: Dinner will be served. This meeting will prepare the coaches for the upcoming seasons. League rules, guidelines and procedures, and player assessments will be discussed. If interested in volunteering as a coach, please call Sean Supler at 461-5163.

Biddy Instructional Basketball Program

Varsity Basketball Coaches will again be offering this program in preparation of the MBA program.

Who: Boys and girls in 4th, 5th and 6th grade

Dates: Saturdays, October 8 - 29

Times: 9:30 a.m. - 11:30 a.m.

Where: Mayfield High School Gym

Details: Interested players will register through the varsity basketball coaches. Look for information flyers and registration forms at school. The Biddy Instruction Basketball Program **is not required for the MBA but encouraged for instructional skill and development.** For further information contact coach Tony Ware at 995-6877.

Lakeshore Dance and Gymnastics

Who: 18 months to adults

Times: Classes are offered from 9:00 a.m. to 9:00 p.m. Monday – Saturday

Location: Hemingway at Beta Building, 701 Beta Dr. Unit 25, Mayfield Village

Details: Classes are offered in Ballet, Tap, Jazz, Hip Hop, Creative Dance, Combination Dance Classes, Gymnastics for boys and girls starting from 18 months to Team Competitive Level. Cheerleading -regular skills class and competitive Team. Tumbling classes 7 years and up. High School Gymnastic Classes, new: Rhythmic Gymnastics Team. Adult classes in Yoga, Zumba, Aerobics, Tap, Ballet and Hip Hop. Costs and times vary per class. **Fall Registration begins August 1st and every month after that by the 7th of each month.** Call 440-461-0015 for more information or visit Lakeshoregym.com.



Communities in Motion

(continued on next page)

NEW

The following classes are held in cooperation with **Communities in Motion**. Please note that daytime classes are held in the **Mayfield Village Community Room**; evening classes are held in the **Highland Heights Community Center**.

MOVE WITH ME

Who: 1 – 2 year olds

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

Session 1: September 12 – October 17

Session 2: October 31 – December 5

Where: Mayfield Village Community Room

Cost: \$49.00 (6-week session)

Details: Through the use of nursery rhymes and familiar upbeat songs, toddlers become engaged in a weekly routine that includes warm-up, movement, parachute, and tumbling. The instructor will work individually with each child (and accompanying adult) throughout the class.

GROOVE WITH ME

Who: 2 – 3 year olds

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

Session 1: September 12 – October 17

Session 2: October 31 – December 5

Where: Mayfield Village Community Room

Cost: \$49.00 (6-week session)

Details: 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 with each child (and accompanying adult) throughout the class.

Communities in Motion (continued)

The following classes are held in cooperation with Communities in Motion. Please note that daytime classes are held in the Mayfield Village Community Room; evening classes are held in the Highland Heights Community Center.

LITTLE HIP HOP AND TUMBLE

Who: 3 – 5 year-olds

Cost: \$59.00 (6-week session)

Morning Class: Mondays, 11:00 – 11:45 a.m.

Session 1: September 12 – October 17

Session 2: October 31 – December 5

Morning Location: Mayfield Village Community Room

Evening Class: Mondays, 6:45 - 7:15 p.m.

Session 1: September 12 – October 17

Session 2: November 14 – December 19

Evening Location: Highland Heights Community Center

Details: Children will perform hip hop moves to upbeat “kid friendly” music and enjoy games and activities while learning beginner through intermediate level tumbling skills. This class promotes the development of coordination, strength, flexibility, balance, and spatial awareness. Each session will end with a performance for family and friends.

DIAPER DANCE

Who: 8 –12 months

When: Mondays, 6:15 - 6:45 p.m.

Session 1: September 12 - October 17

Session 2: November 14 – December 19

Where: Highland Heights Community Center

Cost: \$29 (6-week session)

Details: Our smallest dancers enjoy moving to favorite nursery rhymes with a parent or caregiver. Nursery rhymes teach auditory skills, help develop an appreciation for rhyme and rhythm, and promote reading readiness. Geared for crawlers and early walkers, this class promotes motor skills and hand-eye coordination. Repetition helps develop memory and cognitive skills. Class includes parachute time, too.

BITTY BALLET

Who: 2 – 3 year olds

When: Fridays, 11:30 a.m. - 12:00 p.m.

Session 1: September 16 – October 21

Session 2: November 4 – December 16 (No class Nov. 25)

Where: Mayfield Village Community Room

Cost: \$49.00 (6-week session)

Details: 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.

MOVE AND GROOVE WITH ME

Who: 1 – 3 year-olds

When: Mondays, 5:45 - 6:15 p.m.

Session 1: September 12 – October 17

Session 2: November 14 – December 19

Where: Highland Heights Community Center

Cost: \$49.00 (6-week session)

Details: 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 with each child (and accompanying adult) throughout the class.

PRINCESS BALLET

Who: 3½ – 5 year olds

Cost: \$49.00 (6-week session)

Morning Class: Wednesdays, 10:00 - 10:30 a.m.

Session 1: September 14 – October 19

Session 2: November 2 – December 14 (No class Nov. 23)

Morning Location: Mayfield Village Community Room

Evening Class: Mondays, 5:15 - 5:45 p.m.

Session 1: September 12 – October 17

Session 2: November 14 – December 19

Evening Location: Highland Heights Community Center

Details: 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.

The following classes will be held in the Beachwood Community Center:

GROOVE WITH ME PARENT/CHILD

Who: 1 – 3 year olds

When: Saturdays, 9:00 – 9:30 a.m.

Session 1: September 17 – October 29 (except Oct. 8)

Session 2: November 5 – December 17 (except Nov.26)

Cost: \$49.00

Details: Join in the fun as we groove in this movement and tumble class that will assist the development of coordination, strength, flexibility, balance and spatial awareness. Instructor works individually with each child and parent throughout the class.

PRINCESS BALLET

Who: 3 ½ - 5 year olds

When: Saturdays, 9:30 – 10:00 a.m.

Session 1: September 17 – October 29 (except Oct. 8)

Session 2: November 5 – December 17 (except Nov.26)

Cost: \$49.00

Details: Join our fun ballet movement class, dancing to your favorite princess songs. A new routine will be learned. Each session will end with a performance for family and friends.

JUST TUMBLE

Who: 5 – 9 year olds

When: Saturdays, 10:00 – 10:45 a.m.

Session 1: September 17 – October 29 (except Oct. 8)

Session 2: November 5 – December 17 (except Nov.26)

Cost: \$59.00

Details: This class will consist of conditioning skills as well as beginner through intermediate tumbling movements such as forward and backward rolls, handstands and cartwheels. This type of class is beneficial because the skills worked on assist the development of coordination, strength, flexibility, balance and spatial awareness. Students will learn a new tumbling routine choreographed to music each session and continue to work on progressing tumbling skills. Performance at the end of each session for family and friends. **This class is co-ed.**

Adult Sports and Activities

Adult Fall Softball

Packets were mailed in early July to all team managers from previous fall seasons. A league organizational meeting was held in late July. For more information, for a registration packet, or to be added to the mailing list call 461-5163.

COED 18 YEARS AND OVER

Date: Monday and Wednesday nights beginning Monday, August 29 through late October.
Time: 6:30 p.m. - 9:30 p.m.
Location: Parkview Softball Fields
Cost: *\$350/School District Team
*\$400/Non-School District Team
*plus official, scorekeeper & forfeit fees.

MEN'S 18 YEARS AND OVER

Date: Tuesday and Thursday nights beginning Tuesday, August 30 through late October.
Time: 6:30 p.m. - 9:30 p.m.
Location: Wiley Park, Parkview Softball Fields
Cost: *\$430/School District Team
*\$480/Non-School District Team
*plus official, scorekeeper & forfeit fees.

Adults Only Fly Fishing



Who: 18 years and older
Date: Saturday, September 24
Time: 9:00 a.m. - 12 Noon for fishing/instruction lunch
1:00 - 3:00 p.m. for more fishing. **Rain or shine.**
Location: Deep Spring Trout Club (11069 Chardon Road, Chardon)
Cost: \$80 includes instruction, rod, tackle, lunch and trout fishing

Min/Max: 10/20

Details: With the popularity of our youth class, fly fishing for adults only has been created. Come learn fly fishing from the top fly fishing instructor, George Vosmik, at the most exclusive Trout Club in Northeast Ohio. George's credentials include the Museum of Natural History Trout Club and Board Member, a member of Deep Springs, and a certified fly fishing instructor for 21 years. Deep Spring Trout Club, founded in 1963, has a 2 acre spring fed trout pond with over 2,000 stocked trout. Mr. Vosmik will cover a history of fly fishing, hands on instruction, and demonstration of fly fishing techniques. Participants will have the opportunity to savor the enjoyment of catching their fish then dining on their catch for lunch in the Deep Spring Clubhouse (other food options will also be available). Following lunch, there will be more fishing at the pond. Participants will have a creel pouch to store their catches in throughout the day. If you have your own fly fishing gear, please bring that otherwise the equipment will be supplied. Other Optional Costs (paid that day at the Club. **Note: Check or cash only. No credit cards.**): trout is \$4.50 per pound (live weight), cleaning and packed with ice to take home is \$1.00. **Registration Deadline: Thursday, September 22. Check or cash only. No credit cards.**

Adult Fall Coed Soccer

This fall, coed soccer is planned for the dedicated soccer fields just North of Parkview Pool. League play is held on Tuesdays and Thursdays beginning August 2. For more information, for a registration packet, or to be added to the mailing list call 461-5163 for more information.

Mat Pilates

NEW

Who: Adults of all ages
When: Mondays—September 12-October 31
(No classes Sept. 19 and Oct. 17.)
Time: 7:00-7:50 p.m.
Where: Mayfield Village Community Room
Cost: \$60 for the entire 6-week session
Details: You will build strength in your core muscles during this challenging class. Many exercises will focus on your abs, back, and hips. Health benefits of Pilates include improved core stability, posture, balance, flexibility, and prevention and treatment of back pain.
Bring: An exercise mat and light hand weights
(3 lb. weights are best)
Instructor: Daniela Sciannameo
Note: It is always a good idea to check with your doctor before beginning any new exercise program.

Horseback Riding for Adults to Seniors

Adult Only Classes are also being offered on Tuesdays and Thursdays (beginning October 4 & 6) at 11:00 a.m. or Sundays (beginning October 9) at 1:45 p.m. Each class will be one hour long and will teach the basics of walking, trotting and safety around horses. The cost \$245 school district residents, \$249 non school district residents for the 8 week program.

Adult Basketball

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. **A manager or team representative must be present at the league organizational meeting.**

MEN'S 18 AND OVER

Date/Days: League play on Sundays, beginning Nov.6
Time: 9:30 a.m. - 12 noon
Location: Mayfield Field House
Cost: \$380/School District Team plus official fees
\$400/Non-School District Team plus official fees
Manager's Meeting: Wednesday, October 5, 6:30 p.m. at Mayfield Village Civic Center

Progressive Fitness Center

Progressive Fitness Center for Mayfield Village Residents 16 years and Older

When purchasing a new membership, it must be done in person at the Civic Center. A photo ID AND utility bill or postmarked piece of mail with resident's name and address must be shown. All memberships are subject to the approval of Progressive.

When renewing a membership, it must be done in person at the Civic Center. A family member 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

- * 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.
- * Aerobic studios with all necessary equipment provided.
- * Fully appointed locker rooms which include soaps, shampoos, hair dryers, lockers and saunas.

Group Fitness Classes

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 Low Impact Aerobics, Step Aerobics, SPINNING, Fitball, Pilates, Sculpting Classes, Flexibility Training, Boot Camp, Yoga and Zumba. Please call the Fitness Center for class descriptions.

Fitness Program

- Fitness Assessment Test
- Fitness Profile
- Personalized Exercise Program
- Strength Workshop

Details of program offerings are located in the Fitness Center. All programs are included in your membership and are available by appointment.

Personal Training/Pilates Reformer

Personal Training provides an individualized approach to assess, educate and motivate you to reach your health and fitness goals. The fitness center offers traditional personal training. Thirty, forty-five and sixty minute rates as well as multiple package discounts are available. Call the Fitness Center at 395-0103 for details and registration information.

Becoming a Member

1. Purchase a 6 or 12 month membership at Mayfield Village Civic Center during regular 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

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

Facility Hours

Monday - Thursday	6:00 a.m. - 8:30 p.m.*
*Unstaffed from	8:00 p.m. - 8:30 p.m.
Friday	6:00 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.

Student Break Membership

The Progressive Fitness Center offers 6 week college break memberships. The cost is \$30 for 6 weeks.

Progressive Personal Training

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 session-	\$32

Call the fitness center for more information at 440-395-0103.

Senior Programs

Coordinated by the Human Services Department

HUMAN SERVICES DEPARTMENT 6621 Wilson Mills Road 44143
PHONE: (440) 919-2332 FAX: (440) 919-0207

Ongoing Activities

Every Monday:

Games, Puzzles, in the Community Room, 1-4 p.m. Play games such as Mah Jong, Progressive Rummy, or Scrabble, etc. The Game Day Group will not meet September 5, (Labor Day). August 22 session begins at 1:30 p.m.

Every Tuesday & Thursday:

Cards in the Community Room, 1-4 p.m. Cost: 50¢. Bridge, pinochle, and hand and foot are currently being played. The Card Group will not meet November 8, (Election Day) and November 24 (Thanksgiving).

Every Wednesday:

The ABC Village Quilters meet Wednesdays when school is in session beginning September 7 at the Mayfield Village Community Room. Donations of fabric are always welcome. Quilts are donated to various charitable organizations. Questions: Call MV Human Services Department at 440.919.2332.

1st and 3rd Tuesday of each month at 1 p.m.:

A nurse from Providence Home Health Care will check **blood pressures and do glucose screening** on the 1st Tuesday. Members of the MV Fire Department will check blood pressures on the 3rd Tuesday. This is a free service.

AARP Safe Driving Class

Learn new driving laws and handy safety tips. No driving involved in class. Some insurance companies offer discounted premiums to those who complete this class.

Summer Session: Friday, August 12

Fall Session: Friday, October 14

Time: 12:30-4:30 p.m.

Where: Mayfield Village Community Room, 6621 Wilson Mills Rd.

Cost: AARP Members/\$12.00, Non-members/\$14.00.
(Checks are payable to AARP.)

Details: Feel free to bring a sandwich. Beverages will be provided.

Deadline to Register: **Summer Session: Monday, August 8 or when the class is filled. Fall Session: October 10 or when the class is filled.**

Tai Chi Fan for Health and Balance

What: Improve balance to avoid falls and injury, lower blood pressure, learn relaxation techniques.

Instructor: Arline Bognar, Certified to teach Qi Gong for Health.

When: Wednesdays, 1-2 p.m.

Free Demonstration: Wednesday, September 21, 1-2 p.m.
New 5-week session begins August 17-September 21
New 6-week session begins September 28-November 2

Where: Mayfield Village Community Room

Cost: 5-week session/\$25, 6-week session/\$30
Occasional drop-in, \$8 per session

Bereavement Support Group

What: 10-week bereavement support group in conjunction with Crossroads Hospice

Where: Mayfield Village Community Room

Cost: Free

Details: Ten-week commitment to attend and complete assignments

When: Beginning Friday, September 9.

Time: 12:30 - 1:30 p.m.

Watercolor Classes

Free Demonstration: Thursday, September 1st, 10 a.m.-noon. Mayfield Village Community Room. **Deadline to register: Friday, August 26.**

Fall Classes: Thursday classes are filled.

Tuesday Classes: September 6-27, October 4-25
November 15-29, and December 6

Time: 9:00 a.m.-noon

Where: Mayfield Village Community Room

Instructor: Florence Smith, award-winning artist

Cost: Mayfield School District Residents, \$35 per 4/week series
Non-Mayfield School District Residents, \$40 per 4/week series
\$3 material fee paid to instructor for each 4-week session

Materials List: Available upon registration.

Details: No drawing skills necessary! You may uncover a hidden talent as you learn a variety of tips and techniques from award-winning watercolor instructor Flo Smith. At the end of each 4-week series, you will have created three watercolor paintings suitable for framing! Class sizes are limited, so register early.

Senior Speaker Program

Medicare Choices

When: Wednesday, October 5

Time: 2:30 p.m.-3:30 p.m.

Where: Mayfield Village Community Room

Cost: Free

Details: Diane Jones, Licensed Benefit Consultant, will offer information on what we need to know about various health insurance options. Refreshments will be served.

Reservations: By Monday, October 3.

Senior Citizen Sampler

Who: Senior Adult Residents of the Mayfield City School District who are 60+ years of age.

When: Thursday, October 6, 2011 from 10:30 a.m. - 1:30 p.m.

Where: Mayfield High School

Cost: Free

Details: Observe our school in action! Enjoy lunch, tours of the building and classrooms, a musical performance by the MHS Jazz Band, dessert reception, and a raffle of artwork by the students. **Deadline: Reservations are limited.** Please call 440-995-7796 no later than September 30th to reserve your seat.

Trips

All trips and activities payable by check to Mayfield Village, cash, or most credit cards. Depart from and return to: Civic Center, 6622 Wilson Mills Road.

CLEVELAND POLICE DEPARTMENT MUSEUM/WEST SIDE MARKET

When: Wednesday, September 14

Time: 9:45 a.m.-3:45 p.m. Board and return at Civic Center.

Cost: \$30

Lunch: Bountiful buffet at Massimo da Milano

Details: See special exhibits on Eliot Ness, Danny Green and more.

Deadline to register: Wednesday, September 7 or when bus is full.

MEDINA/MISS MOLLY'S TEA ROOM

When: Friday, October 14

Time: 10 a.m.-3:45 p.m. Board and return at Civic Center.

Cost: \$32

Lunch: Chicken salad served in a puff pastry, strawberry jello salad, lemon tea bread, and beverage.

Details: Enjoy fall foliage, visit various Medina shops including Mama Jo Pies. **Deadline to Register:** Monday, October 3 or when the coach is full.

DICKENS VICTORIAN VILLAGE/CAMBRIDGE GLASS

Date: Wednesday, November 2

Time: 7:30 a.m.—8:30 p.m. Depart from and return to Civic Center.

Cost: \$78 per person includes a holiday lunch buffet, tours, tea and biscuits, and a box lunch for our evening meal.

Details: Discover the charm of Dickens Victorian Village in Cambridge, Ohio. Maybe you will see your favorite Dickens character as we explore Dickens Village by coach and on foot. We will tour Cambridge Glass and St. John's Episcopal Church, enjoy a luscious holiday buffet and a festive light show with music, and a box lunch for our evening meal. (Please advise us whether you would like a turkey or ham hoagie when you register.)

Deadline to Register: Friday, October 14 or when sold out.

FEDERAL RESERVE BANK OF CLEVELAND/ASIA PLAZA/SLYMAN'S

When: Tuesday, November 8

Time: 10 a.m.-3:45 p.m. Board and return at Civic Center

Cost: \$20

Lunch: Choose between LiWah's in Asia Plaza or nearby Slyman's (individual selections and checks available).

Details: Shopping and lunch to be followed by guided tour at the Federal Reserve Bank where a photo ID is required and proper documentation for joint replacements as we pass through metal detectors. Like airport security, but shoes do not need to be removed. No cameras or recording devices.

Deadline to Register: Monday, October 31 or when the coach is full.

Leaf Raking Assistance

Who: Mayfield Village residents at least 65 years old
What: If you need assistance raking your leaves, enter our leaf-raking drawing.

Details: Drawing will be held October 3. Contact Mayfield Village Human Services Department (440-919-2332) with your name, address, and phone number.

Deadline: September 30. We will contact the winners by phone the week of October 3.

Senior Snow Removal Program

Who: Residents of Mayfield Village. To qualify, the primary Village resident must be at least 65 years of age on or before December 31, 2011.

What: Mayfield Village will provide assistance to qualifying residents toward snow removal on one property.

Details: Look for a letter (distributed by bulk mail) in late August with the details about the 2011-12 senior snow removal assistance program.

Classes in Cooperation with Communities in Motion

CHAIR EXERCISE/SENIORCIZE

When: Mondays, Wednesdays, and Fridays, 9:00-9:45 a.m.

Session 1: September 12-October 21

Session 2: October 31-December 14. No classes Wed. Nov. 23 and Fri. Nov. 25.

Where: Mayfield Village Community Room

Cost: \$49 (3 times per week; 6-week session)

\$39 (2 times per week; 6-week session)

Drop-in: \$4 per class

Details: This class is for adults of all ages. Maybe you would like to begin an exercise program, but just do not know where to start. Chair exercise is rigorous enough to give you a nice "good feeling" while increasing your heart rate as well as toning, strengthening and stretching the body – all in a fun and friendly environment. Standing exercises such as balance and light low impact aerobics are done as well.

LINE DANCING

When: Fridays, 10:00-11:15 a.m.

Session 1: September 16-October 21

Session 2: November 4-December 16 (No class Fri. Nov. 25)

Where: Mayfield Village Community Room

Cost: \$30 (6-week session)

Drop-in: \$5 per class

Details: Love to dance, but don't have a partner? Need some exercise, but keep putting it off? You can do both as we do familiar dances that you know such as the Electric Slide and Country Western dances.

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

Phone: 440-919-2332. Call MV Human Services Department with your registration and MasterCard, Visa or DiscoverCard payment. (Please be ready to give the course number and your credit card number.)

Fax: 440-919-0207. Fax your registration to us anytime.

In-Person: You may register in person from 8:30 a.m. until 4:30 p.m. Monday-Friday at the MV Human Services Department, 6621 Wilson Mills Road.

Mail: Contact us for a registration form. Mail registration form with your check payable to Mayfield Village to MV Human Services Department, 6622 Wilson Mills Road, Mayfield Village, Ohio, 44143.

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www.garyann.com 440-442-8686

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Lunch

Dinner



Mayfield Village

**6675 Wilson Mills Road
at SOM
(440) 461-0000**

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6622 Wilson Mills Road
Mayfield Village, Ohio 44143-3499

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