

Village of
Gates Mills

City of
HIGHLAND HEIGHTS



COMMUNITY RECREATION GUIDE
Fall/Winter 2014-15

City of
Mayfield Heights

Mayfield Village



Dear Community Resident,

After a successful first year of **Wildcat Sport & Fitness**, we are ready to repeat for a second 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 that are open to all residents within the school district and includes our indoor recreation facility known as **Wildcat Sport & Fitness**.

Wildcat Sport & Fitness continues to upgrade and improve the facility. We have added additional cardio machines and other amenities that will make your visit more enjoyable.

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, adult and seniors – at **Wildcat Sport & Fitness**.

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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Mayfield City School Board
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Thomas Marrie
Patsy Mills
Dr. Stephan Parker
Joseph Saponaro

General and Important Information



Village of Gates Mills
1470 Chagrin River Road, Gates Mills, OH 44040
(440) 423-4405, www.gatesmillsvillage.com



Mayfield Village
6622 Wilson Mills Road, Mayfield Village, OH 44143
440-461-2210, 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



Mayfield City Schools Board of Education
1101 S.O.M. Center Road, Mayfield Heights, OH 44124
(440) 995-6800, www.mayfieldcityschools.org



City of Mayfield Heights
6154 Mayfield Road, Mayfield Heights, OH 44124
(440) 442-2627, www.mayfieldheights.org



Wildcat Sport & Fitness
6116 Wilson Mills Road, Mayfield Village, OH 44143
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
Contact: Bob Gephart at 216-904-0895
Email: president@mayfieldsoccer.com

Mayfield Wrestling Club

Website: www.mayfieldwrestling.org
Contact: Frank Palmisano at 440-463-5649
Email: mayfieldwrestling@gmail.com

Wildcat Youth Football Club

Website: www.mayfieldwyfc.com
Football Contact: Tom Dearden 440-364-0574
Email: tdincleveland@gmail.com

Cheerleading Contact:

Lisa Nero at 440-840-7455
Email: lisa.nero@roadrunner.com



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

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

Pool Hours		Field House/Track Hours	
Mon. – Fri.	5:30 a.m. – 2:30 p.m. 6:00 – 9:00 p.m.	Mon.-Fri.	5:30 a.m. – 2:30 p.m. 6:15 – 9:30 p.m.
Saturday	10:00 a.m. – 1:00 p.m. (swim lessons) 1:00 p.m. – 7:30 p.m.	Saturday	12:15 p.m. – 8:00 p.m.
Sunday	10:00 a.m.- 5:30 p.m.	Sunday	10:00 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 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. Cardio equipment includes 7 treadmills, 6 ellipticals, 2 stationary bikes and one step mill with all personal viewing screen to watch TV or listen to music.

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 yoga, child watch and other 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. **The facility has 3 courts that can be divided according to needs. Gym space will be available to members and also Recreation Department programs.**

Babysitting: Monday and Friday's 9:00 – 11:00 AM \$2.00 per child
Open to all members. Bring your child(ren) ages 6 weeks to 6 years to enjoy some supervised care while you catch a quick workout. Your child must have a waiver on file. Fee is payable to the desk each visit.

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.

Personal Training: 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 – 15 years of age are required to complete an orientation prior to use of equipment. And individual 12 and under may not use the weight or cardio equipment. Class will last approximately 30 minutes.

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. Fees are subject to change.

Individual (Ages 7-64)	\$32/yr
Family	\$105/yr
Senior Citizen Individual (65+)	\$12/yr
Daily Rate (School dist. resident only.)	\$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 card/form. **If 12 and under must provide birth certificate.**
- Memberships can be purchased or renewed at Wildcat Sport & Fitness Monday-Thursday, 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: ATA Martial Arts

WSF

Kids ages 4 – 6 years.

Saturdays 10:15 – 10:45 am

September 6, 13, 20, 27, October 11, 18

Cost: \$90.00

ATA Martial Arts Academy/Karate for Kids will be teaching our "Taekwondo for Tiny Tigers" program this school year. Tigers will have the opportunity to practice their techniques on a variety of teaching aids while doing exciting drills. Students will learn mental and physical self defense while increasing confidence, self-esteem and focus. Courtesy, respect and listening skills are stressed in a safe, fun environment. Students are required to have ATA uniforms which can be purchased through Mrs. Cyncynatus for \$25.00.

NEW: ATA Martial Arts WSF

WSF

Kids ages 7 – 12 years.

Saturdays 9:30 – 10:15 am

Sept. 6, 13, 20, 27, Oct. 11, 18

Cost: \$90.00

Courtesy, respect, honesty, integrity, focus, discipline and leadership; all necessary life skills children need as they grow. This youth class is designed with these life skills and more in mind. We will work on traditional Songahm Taekwondo in a structured, fun, safe environment that is highly motivating. Along with the traditional curriculum, the class also covers child safety, self defense and how to deal with bullies. Students are required to have ATA uniforms which can be purchased through Mrs. Cyncynatus for \$25.00.

NEW: Melody Movement Theatre

WSF

Mondays 12:30 – 1:30

Session 1: September 8 – September 29

Session 2: October 6 – October 27

Cost: \$60 for 4 weeks.

Young Children enjoy moving to musical sounds along with pretend play. Your child will take part in communication-connection activities using techniques that contribute to muscle coordination, memory balance, spatial awareness and self-esteem building in a healthy environment. Playing, singing, dancing and acting with specific physical action components are vital to developing and maintaining a healthy body along with social, emotional and educational skills. Small props will be used along with recorded music.

Child/Parent Gym & Swim

WSF

Tuesdays 10:15 – 11:15 a.m.

Fall session 1: Sept 23 - Oct 28

Fall session 2: Nov 4 - Dec 9

Winter Session 1: Dec 16 - Jan 20

Winter Session 2: Jan 27 - Mar 3

For 18 - 36 months. Cost is \$15 members, \$30 non-members. This child/parent program offers an introduction to gym & swim activities. In the gym, the focus is on movement, balance skills, coordination and basic climbing. In the pool we focus on overcoming fears, water exploration and basic safety skills.

NEW: Youth Fun/Ballet Creative Movement

WSF

Thursday Nights 5:45-6:30p

See below for grade, cost and dates.

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.

NEW: 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

Session 1: September 11 – October 9 (No class Sept.25)

Session 2: October 23 – November 13

Session 3: November 20 – December 18
(No class November 27)

Session 4: January 15 – February 5

Session 5: February 26 – March 19

3:15 Yoga

WSF

Wednesdays 3:15 – 4:15 pm.

Fall 1: September 24 - October 29

Fall 2: November 5 - December 17 (No class November 26)

Winter 1: January 14 - February 18

Winter 2: March 4 - April 15 (No class April 1)

Cost is \$30.

For High School Students and staff. Build the foundation for a healthy life. Benefits of Yoga:

- Heightens body awareness,
- Develops a positive body image,
- Increases strength and flexibility,
- Improves concentration and reduces stress.

The lessons learned in yoga class carry over into daily lives, supporting existing athletic activities, the physical strain of playing an instrument or dancing, or the challenges of academic competition. Please bring a yoga mat. Instructor: Mrs. Spigutz.

NEW: Little Tyke Olympics

MH/MV

Kids ages 4-6

Tuesday Nights: October 14 – November 18,

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!

NEW: Little Tyke Intramurals

MH/MV

Kids ages 4-6

Thursday Nights: October 16 – November 20, 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 7 - February 4

Morning Sessions: 10:00 - 10:45 a.m., 11:00 – 11:45 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.

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.mayfieldschools.org for current schedules.

Youth Learn-To-Swim Program

WSF

Saturdays, times TBD

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

Fall Session 1: September 20 –October 25

Fall Session 2: Nov 1 to December 13 (no class Nov 29)

Winter Session 1: January 10 – February 14

Spring Session 2: February 21 – March 28

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.mayfieldschools.org/WildcatSport&Fitness. Registration 2 weeks prior to session start.

Gilmour Ice Rink

WSF

Learn-to-Skate Program

Chill out at the Gilmour Academy Ice Arena. It's great to skate! Group lessons are a fun way to learn basic skating skills. Each session includes a weekly 30 minute lesson, skate rental and up to an hour of free skate time to have fun with friends. Gilmour Academy Learn to Skate program provides transportation to the ice arena from elementary schools in the Mayfield District including St. Clare, St. Francis and St. Paschal. Join anytime, walk-ins welcome! Contact Alease Cameratta by phone at (440) 449-7487 or by e-mail at figureskating@gilmour.org to registration.

Classes offered: Mondays and Fridays 3:30 p.m. - 5:00 p.m., Saturdays 10:30 a.m. - 11:30 a.m. The first session begins Monday, September 8, 2014. Cost: \$120.00 per 8-week session with transportation, \$96.00 per 8-week session without transportation.

Weekend Open Skate Session

A family friendly activity for the young and young at heart. Saturdays 11:30 a.m. to 1:00 p.m. and Sundays 3:00 p.m. to 4:30 p.m. Admission \$8.00 (children under 5 free). These sessions are great times to schedule a party or special event. Call Josette at (440) 449-7546 for information.

After School Skate Party

Friday: Sept. 5, 2:30 to 5:00 p.m. Gilmour bus will pick up at elementary School. Must RSVP @ figureskating@gilmour.org.

Learn to Play Hockey ADM/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. The kids have a blast, while the coaches "sneak in" quality skill development. Call (440) 449-7491 for more information.

YOUTH SPORTS

Youth Dodgeball League

MH

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.
December 7 - March 1

No games on Dec. 28, Jan. 4, Feb. 1



See page 15 for Mini Cats Football.

16th 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)

SEASON BREAKDOWN (PRACTICES/GAMES)

Registration Begins September 15

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 8, 12:30 – 3:30 p.m. OR
Monday, November 10, 6:30 – 8:30 p.m.

MBA COACHES ORIENTATION

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

Boys League: Wednesday November 5, 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 4th.

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. 15 SDR, Sept. 29 NSDR**

NEOTA Basketball Clinic

WSF

There will be a one-day basketball clinic held by Mayfield Boys Varsity Coach Kevin Niemczura and Girls Varsity Coach Kevin McNamara and their staff on **Friday, October 17, 2014**. 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 noon.** 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 six (6) 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 8 to October 15

Session 2: October 20- November 26

For Beginners K- 3rd Grade

6:15 P.M. – 7:00 P.M.

Cost is \$72 per athlete (this amounts to \$6.00 per class) 6 weeks. Teach fundamentals of proper footwork, ball handling, passing/catching, short shooting with proper form, driving past defender, basic post moves.

For Intermediate 4th - 6th Grade

7:00 P.M. – 8:00 P.M.

Cost is \$108 per athlete (this amounts to \$9.00 per class) 6 weeks. 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

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

Cost is \$156 per athlete (this amounts to \$13.00 per class) 6 weeks. 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.

Pat Vuyancih Coaching Clinic

Saturday, November 8 - 3:30-5:30p.m.

Cost is \$10 - Preregistration required.

Pat Vuyancih will host this is a valuable "coaching clinic" for basketball coaches or parents who are hungry for knowledge and fresh ideas to motivate and improve their team or player.



Water Polo

WSF

Youths 6 – 12 years old
Sundays 4:30 – 5:30 p.m.
Cost \$35

Fall Session 1: October 5- October 26

Winter Session 1: January 11- February 1

Participants will learn passing, swimming, treading, shooting, the rules and how to play the game while having tons of fun!

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 x267, in February.

Indoor Floor Hockey

WSF

FALL LEAGUES

League play begins Saturday, October 25

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 31, times 9:00 a.m. – Noon, Center School

3rd – 5th grade: League play begins January 31, times Noon – 4:00 p.m., Center School

8th -12th grade: League play begins January 17, 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.

ADULT & SENIOR PROGRAMS

NEW: Beachbody Morning Fit Club

WSF

Tuesday & Thursday @ 5:45am – 6:30am

Sept. 2nd & 4th – Focus T25

Sept. 9th & 11th – 21 Day Fix

Sept. 16th & 18th – Combat Kickboxing

Sept. 23rd & 25th – PiYo (Pilates/ Yoga)

1 month FREE sampler for the month of September, hassle free, just show up and sign in. Open to all current and prospective members of Wildcat Sport and Fitness. This sampler fit club will give you the opportunity to try 4 of Beachbody's most popular fitness programs before the official morning Fit Clubs begin in October. Because all of Beachbody's programs can be modified or enhanced depending on what your body can handle, this is open to people of all fitness levels, ability types, and ages. Each fit club will be led by a certified Beachbody Coach to ensure you maximize you.

NEW: Svelte

WSF

Mondays and Wednesdays

11:00 a.m. – 12:00 p.m.

Session 1: September 8 – October 1

Residents: \$50.00 for 8 classes

Non Residents: \$60.00 for 8 classes.

Tighten and tone (Yin/yang movements) all of the muscle group utilizing simple Pilates, Dynamic stretching, yoga, dance, barr and balance postures. Svelte enhances youthfulness, improves strength, endurance, bone health and overall well-being. Remarkable increases flexibility and range of motion of the joints and muscles. Yoga mat and flexible sole shoes required. Wear dance clothing.

NEW: Pulse

WSF

Monday & Wednesdays 12:00 – 12:30

September 8 – October 1

Cost: \$45

Don't have time for fitness? Feeling stressed, tense, and unfocused during work? 30 minute Pulse is the solution! Heighten production and decrease sick time. Improve wellbeing & morale among staff. Just 30 min /2-3x weekly with a Certified Trainer yields excellent results!

NEW: Zen

WSF

Wednesdays 12:30 – 1:00

Session 1: September 10 – October 1

Session 2: October 8 – October 29th

Cost is \$40

Stretch, breathe, meditate and restore (YIN) in this powerful ensemble of relaxation methods combined to lower blood pressure, heart rate, cleanse your mind and purge stress from your body. Visualization, breathing, meditation & EFT techniques are used along with massage. The class utilizes 528hz heart-healing vibrational music. The perfect choice for Corporate accounts, Type A personalities and stressful lifestyles. ZEN quiets the mind, lowers workplace stress, anxiety and blood pressure allowing better focus and concentration. Yoga Mat required, stretch band/towel. Wear loose clothing.

Hatha Yoga

WSF

Tuesdays 9:00 – 10:00 am

Fall Session 1: September 16 – October 21

Fall Session 2: October 28 – December 9

Winter Session 1: January 6 – February 10

Winter Session 2: February 24 – March 31

Cost is \$49 residents and \$56 non-residents

\$10 drop in

This one hour yoga class focuses on the intricacy and alignment of poses, the practice of breath, centering and meditation. Yoga Basics is designed for all levels. **Minimum 8 students.**

Gentle Yoga

WSF

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

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 – Apr 2

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.**

Fun With Fitness

WSF

Fridays 11 am – 12 pm

Fall session 1: Sept 19 - Oct 24

Fall session 2: Oct 31 - Dec 5 (no class Nov. 28)

Winter Session 1: Dec 19 - Jan 23

Winter Session 2: Feb 6 – Mar 13

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.

HIIT & Bootcamp

WSF

Mondays, 9:15 a.m.

Fall Session: September 22 – December 1

Cost: \$150 for full session (11 weeks)

\$15 drop in fee.

In this class the instructor will alternate in between High intensity interval training and Bootcamp drills, challenging different muscle groups by using equipment such as KettleBells, medicine balls, dumbbells and much more. This full body workout will improve speed, agility, lower and upper body endurance as well as core strength. All levels of fitness welcome. . Instructor: Chantal Boutros, Certified personal trainer NCCPT. **Childcare available.**

Transform by Danielle

WSF

Mondays and Wednesdays 7:00 – 8:00 p.m.

Fall Session 1: September 22 – October 29

Fall Session 2: November 3 – December 10

(No class November 27)

Winter Session 1: January 5 – February 11

Winter Session 2: February 16 – March 25

For Adults (18+)

Cost is \$120.00 Full 6 week session. **Registration deadline is one week prior to class start date.**

Join us for a group training class working on toning, balance, endurance and agility mixing in cardio kickboxing!! Please bring a mat and weights.

Balance Class

WSF

Tuesdays, 10:45 – 11:30 a.m.

Fall session 1: Sept 23 - Oct 28

Fall session 2: Nov 4 - Dec 9

Winter Session 1: Dec 16 - Jan 20

Winter Session 2: Jan 27 - Mar 3

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.



ChiZel

WSF

Monday/Wednesday 6:30 – 7:30 PM

Residents: \$50.00 for 8 classes

Non Residents: \$60.00 for 8 classes.

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.

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

ADULT SPORTS

NEW: Men's Open Volleyball

WSF

Wednesdays 8:00 – 9:15 p.m.
Saturdays 2:15 – 4:00 p.m.
Free with membership.

Come in and enjoy a stress-free, social volleyball game with friends. Volleyball is a safe, and fun activity. Rules are simple and the game of volleyball is easy to play. Get a great workout in and play some volleyball!

NEW: Women's Open Volleyball

WSF

Mondays 8:00 – 9:15 pm. Begins September 22
Free with membership.

Come in and play some volleyball. Meet some new people, having fun, while receiving a great workout.

NEW: Men's 30 + older Basketball

WSF

Thursday Evenings: 8:00 – 9:30 pm
Open for members 30+ only. Max is 15 players.
Fall Session (12 dates): September 18 – December 18
Winter Session (12 dates): January 8 – March 26
Cost: \$48 each session.

Are you just not ready to retire those basketball shoes? Come in and play some 5 on 5 pick-up basketball games with your friends. Grab some old college buddies and relive those glory days. All levels of skill are welcome.

Pickleball For Seniors

WSF

Monday, Wednesday, Thursday, Friday's: 10:15 - 11:30 am
Cost: Mayfield School District Residents: Drop in \$3/class
Non-School District Residents: Drop in \$5/class
Starting October 1, the session rates will be effective.
\$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 icebreaker program to introduce you to new sports and to gauge interest to develop further programs for 2015.

Adult Dodgeball

MH/MV

Sunday's October 5 – November 23, 6:15, 7:15 and 8:15 p.m.

Cost is \$200 SDR Team, \$250 NSDR Team. Throw, catch, or get out of the way! Dodgeball is back! We are currently accepting Men's and COED teams to play this gym class classic. Official rules available upon request. Contact Nick and 442-2626 x406 or Sean at 461-0237

Adult Futsal

MH/MV

Sunday's October 5- November 23, 6:15, 7:15, and 8:15 p.m.

Cost is \$200 SDR Team, \$250 NSDR Team. Are you a soccer player looking for an alternative to fall soccer? Why play during inclement weather when you can play a game that is fast paced and requires precision ball control. Official rules available upon request. Contact Nick at 44202626 ext. 406 or Sean at 461-0237.

SWIMMING

Deep Water Exercise for Adults

WSF

Monday/Wednesday 11:45 a.m. - 12:45 p.m.
Tuesday/Thursday 7:00 - 8:00 p.m.
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.
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.

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. 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

Thursday, October 16, 7:00 – 10:00 p.m.

For 6th – 8th Grade Mayfield Middle School Students. At Wildcat Sport & Fitness. Cost is \$18 presale and \$20 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, February 27, 6:00 – 9:00 p.m.

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.

Senior Open House

Tuesday, September 16, 11:00 a.m. – 1:00 p.m.

Cost is free, pizza, refreshments and cookies will be served.

Come see Wildcat Sport & Fitness after their first year of success after opening in September of 2013. Seniors will have tours of the facility and see the new treadmills, bikes and ellipticals. Demonstrations of activities will be offered; come to watch or participate in pickle ball, beach volleyball, or the walking club on the indoor track. Blood pressure checks will be offered and instructors will be available to help on balance and exercise geared towards adults over 60. **Reservations required by September 9** to Mayfield Heights Recreation Department or Mayfield Village Senior Services. Tours (maximum 50 people per tour) and lunch will occur in 30 minute increments starting at 11:00 a.m. with the last tour starting at 12:30 p.m. Seniors will park on the East side of Mayfield High School and enter the main entrance of Wildcat Sport & Fitness, door #18. Look for flyers at your center.

Village of Gates Mills & Gates Mills Library

Art Receptions

The Friends of The Gates Mills Branch Library features an artist in the Gates Mills Branch Library every two months. The shows run for approximately six weeks during library hours. A free artist reception with light refreshments will be held on Sundays from 2:00 PM - 4:00 PM (see date below). Come meet the artists and discuss their work with them. **For more information contact the branch library (440-423-4808).**

Katherine Malmquist: Needle Arts (September – October) September 7th
Kerry Cumpstone: Mixed Media (November – December) November 2nd

Book Discussions

Tuesday Book Discussions

Join us for a book discussion 7:00 PM – 8:00 PM at the Gates Mills Branch Library on the second Tuesday of each month. Everyone is welcomed to attend the discussion. Call the branch library for more information (440-423-4808).

Ender's Game by Orson Scott Card. September 9

Monuments Men by Robert Edsel. October 21

Invention of Wings by Sue Monk Kidd. November 18

The Rosie Project by Graeme Simsion. December 16

Wednesday Night Book Discussion

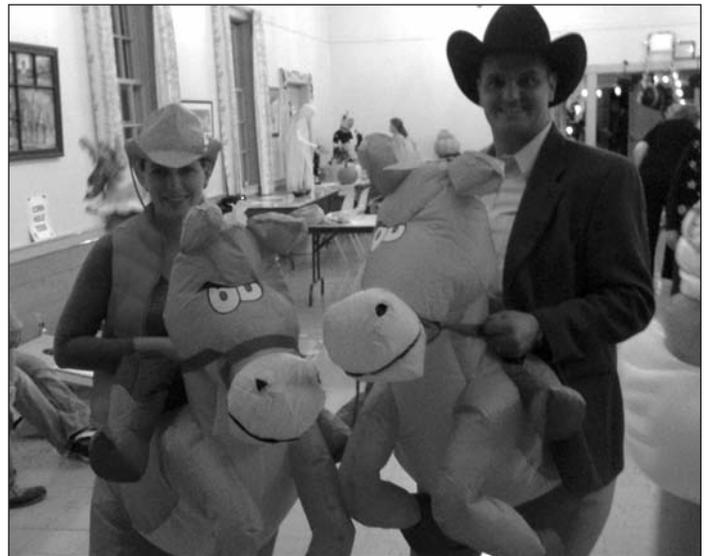
Join us for a book discussion 7:30 PM – 8:30 PM at the Gates Mills Branch Library on the second Wednesday of each month. Everyone is welcomed to attend the discussion. Call the branch library for more information (440-423-4808).

The Rosie Project by Graeme Simsion. September 10

Remarkable Creatures by Tracy Chevelier. October 8

Dearie: The Remarkable Life of Julia Child by Bob Spitz. November 12

I Capture the Castle by Dodie Smith. December 10



Friends Book Sales

The Friends of the Gates Mills Branch Library book sale will be September 12-16 and November 7-10. A special Gates Mills Friends member's preview sale for Sponsor and Life Members will be held on Friday @ 4:00 PM - 5:30 PM. If you are not a member you may join that night. Saturday and Sunday are community days during library hours. Bag Sale days are Mondays @ 9:30 AM - 6:30 PM. Call the Branch Library for more information (440-423-4808)

Adult Programs

Registration requested for these free programs (440-423-4808).

Best of Broadway

Saturday, September 13 @ 2:00 PM - 3:00 PM

Come to the Gates Mills Branch Library to enjoy a fun, interactive, vocal entertainment program with Judy Crawford as she performs the best of Broadway music including songs from the Sound of Music, South Pacific, and many more!

Cleveland Orchestra Community Concert Preview

Tuesday, September 16 @ 7:00 PM – 8:00 PM

Join us at the Gates Mills Branch Library as Cleveland Orchestra's Dr. Rose Breckinridge previews the 2014-15 Severance Hall Season with a focus on the opening concert of October 4 & 5 featuring Beethoven's beloved "Pastoral" Symphony No. 6 plus colorful works by Ravel.

Cleveland Plain Dealer E-Edition Workshop

Tuesday October 14 @ 10:00 AM - 11:00 AM

Learn how to use the new Cleveland Plain Dealer e-edition at the Gates Mills Branch Library. The e-edition is a digital replica of The Plain Dealer delivered to your tablet, smart-phone and computer. The e-edition will let you view all the text, photos and advertisements exactly how they are printed in the Plain Dealer.

Meditation for the Aging Mind

Wednesday, October 15 @ 2:00 PM - 3:00 PM

Join us at the Gates Mills Branch Library for a demonstration on how to meditate. Jennifer Nance, certified dementia care professional, will explain how meditation can help retain memory and reverse memory loss.



Entrepreneur Workshop

Wednesday, October 15 @ 6:30 PM - 8:30 PM

Have you been considering whether or not your good idea could be turned into a business? Do you think about what it would take to get a business started? In this workshop at the Gates Mills Branch Library you will be given an opportunity to assess your potential for being self-employed. You will also be introduced to some resources for starting your own business.

The Golden Age of Shopping

Saturday, November 29 @ 2:00 PM - 3:30 PM

Which was more glamorous-riding the elevator (with an operator!) or your first few tries on the escalator? Remember with us Halle Brothers, May Co., Higbee's and the Sterling Linder Christmas Tree! From trucks that delivered your purchases the next day, to dining in tea rooms, shopping downtown was definitely a dressy affair. Delight in this look back at the height of downtown elegance and elaborate holiday displays at the Gates Mills Branch Library.

YOUTH PROGRAMS

The Wonders of Science

Friday, October 17 @ 2:00 PM - 3:00 PM

Join us at the Gates Mills Branch Library for a one hour hands-on science program for ages 6-14. Dr. U. R. Awesome presents "The Wonders of Science" Show-- a hands-on, minds on program of scientific experiments. Kids will learn and have fun with experiments in polymers, CO₂, inertia, plus many more. Come on in and experiment with us!

The Sweet Side of Chemistry

Sunday, October 19 @ 2:00 PM - 3:00 PM

Children in grades K-5 are welcomed to join us at the Gates Mills Branch Library for fun, hands on activities that let you get close to the action! Be prepared to get in and get messy. Led by volunteers from the American Chemical Society. We invite families to stay and participate.

Sound Science

Tuesday, November 4 @ 6:00 PM - 7:00 PM

Children in grades K-5 will take a musical journey through the science of sound at the Gates Mills Branch Library. Using everyday materials, Hal Walker guides you in shaping sound and experiencing how sound travels. Learn basic scientific concepts and discover how to make music out of just about anything.

Scratch Video Game Creation

Thursday, December 11 @ 6:30 PM - 8:30 PM

Interested in making video games? In this Gates Mills Branch Library hands-on workshop, teens in grades 6-12 will learn how to make a basic interactive game using Scratch online software. Bring your creativity and imagination!

Storytimes

(March, April, June, July with no storytime May and August)

Family Storytime Wednesdays @ 10:00 AM – 10:30 AM
Come to the Gates Mills Branch Library for a program of rhymes, songs, fingerplays and stories for children not yet in Kindergarten. Registration is not necessary -- just come on in. Call the branch library for more information (440-423-4808).

Baby & Me / Toddler Storytime Thursdays @ 10:00 AM – 10:30 AM

Come to the Gates Mills Branch Library for a program of rhymes, songs, fingerplays, and books for babies from birth through 35 months old and their caregivers. Registration is not necessary—just come on in. Call the branch library for more information (440-423-4808).



The Gates Mills Players will be presenting "Once Upon a Mattress" at The Gates Mills Community House, 1460 Chagrin River Road, Gates Mills, OH, on November 14, 15, 16, & 21, 22, of 2014. For further information on this exciting musical go to our webpage: www.gatesmillsplayers.com.

City of Highland Heights



Children's Halloween Party

Saturday, October 11, @ 6:30 – 9:00 p.m.

At Highland Hts. Community Park Barn Pavilion
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 prior to the event.



Flu Shot Clinic

Monday, October 6 and November 10 @ 10:00 a.m. – 1:00 p.m.

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

Holiday Lighting and Children's Holiday Party

Saturday, December 6 @ 6:30-8:30 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 prior to the event.



City of Mayfield Heights

SPECIAL EVENTS

NEW: Half Way to St. Patrick's Day

Wednesday, September 17th

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.

City Clambake

Saturday, October 11 @ 6:00-11:00

At DeJohn Community Center, Cost is \$30.00 per person, \$25 without clams and \$7 for additional clams. Enjoy our annual city clambake; where there will be loads of fun, great food and prizes. Must be 21 or older to attend. Look for more details as the date comes up at www.mayfield-heights.org, Time Warner channel 20, AT&T U-Verse channel 99, Facebook and Twitter.

NEOEA Day Family Movie

Alexander and the Terrible, Horrible, No Good, Very Bad Day
At Atlas Cinemas Eastgate 10.

Cost: \$5.00 Prepayment is required by October 3.

Movie time is approx. 12:00p.m., October 17

Min: 50. This movie stars Steve Carell, Jennifer Garner and follows the exploits of 11-year-old Alexander as he experiences the most terrible and horrible day of his young life.

Halloween Bash

Saturday, October 25, 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 22.



6th Annual Craft Show

Sunday, November 2 @ 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.

Santa Breakfast

Saturday, December 13, 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 10.



Taste of Italy Dinner

Saturday, February 14, 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, our Time Warner channel 20, AT&T U-verse channel 99, Facebook and Twitter.



TRIPS

NEW: Afternoon of Food and Art

Friday September 5th

Leave Mayfield Heights at 11:00 AM
Lunch at SOHO Kitchen & Bar at 11:30 AM
Art Museum at approximately 2:00 PM
Back to Mayfield Heights at approximately 4:30 PM
'Art enables us to find ourselves & lose our selves at the same time.' – Thomas Merton

Find yourself at the Cleveland Museum of Art. Lose yourself in the beauty that it beholds. Join us for lunch at the up and coming SOHO – short for southern hospitality – Kitchen & Bar. The trip starts out at northeast Ohio's first modern eatery to focus on the flavors, ingredients, and recipes of the American south at 11:30. From there the trip will continue to the Cleveland Museum of Art; where you can walk around and survey some great works of art, featuring a program led by the Cleveland Museum of Art: The Conservation in focus: Caravaggio's Crucifixion of Saint Andrew. This piece will be conserved in full view of patrons to the museum. Audiences will be able to witness the skill, planning, research and technical analysis that go in to a major conservation project.

Cost - \$15 – Includes transportation to SOHO and the Cleveland Museum of Art. Lunch will be on your own.
Max – 25 participants

NEW: Take Me Out to the Ballgame

Thursday, September 11, Leaves @ 11:00 a.m.

Cost - \$25

Join us for a fun day as the Tribe takes on the Minnesota Twins. We will ride to the game on the Fan Express Bus from DeJohn Community Center to the gate between the Q and Progressive Field. Our seats are located in section 125, lower reserved right field. Enjoy the game with a food voucher that consists of a hot dog, drink and a snack. After the game we will be picked up and return to Mayfield Heights on the Fan Express Bus.

Presque Isle Casino

Wednesday, September 17

@ 9:00 a.m. - 6:00 p.m. (approx.)

A fantastic day that knows no season, these casino trips offer casino gambling that includes table games and slots. You must be 21 years of age or older to attend. Limit of 52 passengers. We depart from and return to City Park gazebo parking lot on Marsol Road. Cost is \$30 and includes transportation and an undetermined voucher amount.

NEW: A Two Cleveland Landmark Afternoon

Friday October 10th

Leave Mayfield Heights at 11:00 AM
Tour of Christmas Story House at 11:45 AM
West Side Market at approximately 12:30 PM
Back to Mayfield Heights at approximately 3:00 PM
I triple dog dare you not to come on this trip!
Spend the afternoon in two historic Cleveland landmarks – The Christmas Story House and the West Side Market. The trip starts out at the Christmas Story House, where you will get a tour and be able to sight see and take pictures. Make sure to bring your bunny suit.

The trip will continue at the West Side Market. Lunch will be on your own, as you can walk around, shop, and take in all the sights and smells of Cleveland's oldest publicly owned market.
Cost - \$25 – Includes transportation to Christmas Story House, admission to the Christmas Story House and transportation to the West Side Market. Lunch will be on your own.
Max – 25 participants

YOUTH SPORTS/PROGRAMS

Mini Cats Football



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 23 – September 20

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.

LBJ Basketball

See page 7 in the Wildcat Sport & Fitness section for more details.



1st & 10 Flag Football

The City of Mayfield Heights Parks and Recreation is proud to bring back our popular flag football league, 1st and 10 Flag Football. This league is for children in grades K & 1 and 2 & 3. This season we will be trying to get our 4th - 6th grade off and running. Each child will learn the basics of flag football, formations, plays, flag pulling and more.

Each session will consist of skills and drills, agility, teaching aspects of the game, followed by a non-competitive game. Parents are encouraged to volunteer to coach. All coaches will be provided with practice plans, drills and other aides to help instruct the children. Below is our schedule for the season:

Wednesday September 3rd - Start to pass out uniforms at the Recreation Department in City Hall. Teams will practice without uniforms for the first two weeks.

K & 1: 11:00—11:55 a.m. (unless otherwise noted)

2 & 3: 12:00—12:55 p.m. (unless otherwise noted)

4-6: 1:00—1:55 p.m. (unless otherwise noted)

Cost - \$65 per child

REGISTRATION BEGINS: August 1 for Mayfield School District Residents & August 15 for Non Residents—SPOTS ARE VERY LIMITED.



Progressive Arts Alliance



Progressive Arts Alliance

'The world is but a canvas to the imagination'

This quote reflects the fact that with a little leap of imagination, you can go to places that never were, do things that were never done, and bring your dreams closer to reality. Unfortunately, imagination without the right tool is limited, only to remain its creator's fantasy. Whether it is the right brush while you paint, or the right software while editing videos, you need the right tools to do the right thing.

NEW: Green Screen Animation

This 2 week class held at the Ross DeJohn Community Center will be taught by educators from the Progressive Arts Alliance. Students in kindergarten and first grade will engage in art making and photography in this dynamic arts and technology workshop. After making their original visual art creation using a variety of art materials, students will learn about green screen photography by taking photos that will allow them to superimpose themselves in their art work. This program is limited to 25 participants.

For children in Kindergarten and First Grade

2 Saturday Afternoons—November 8 & November 15, 11:00 a.m. - 12:00 p.m.

Cost is \$30 per person

MAX 25 participants



NEW: Stop Motion Animation

This 2 week class held at the Ross DeJohn Community center will be taught by educators from the Progressive Arts Alliance. Students in kindergarten and first grade will engage in art making and photography in this dynamic arts and technology workshop. After making their original visual art creation using a variety of art materials, students will learn about green screen photography by taking photos that will allow them to superimpose themselves in their art work. This program is limited to 25 participants.

For children in Third through Fifth Grade

3 Saturday Afternoons—February 7, February 14 & February 21, 1:00 - 2:00 p.m.

Cost is \$45 per person

MAX 25 participants

SENIOR ACTIVITIES

Adult Afternoon Out Luncheons at DeJohn Community Center

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.

“Finger Lickin’ Good”

September 9, 2014

Menu is the ultimate in southern comfort consisting of Southern Fried Chicken, coleslaw, baked beans, Corn on Cob, dessert & coffee. Entertainment: Lenny Russo Band

October Fest

October 14, 2014

Menu is sure to please the German in you with Brat & Sauerkraut, spatzel, glazed carrots, dessert, coffee & option of beer. Entertainment: Sam Fosh

Fall Fest

November 11, 2014

Menu includes all the traditions we have come to love with roasted Turkey, mashed potatoes, stuffing, green bean casserole, dessert & coffee. Entertainment: Billy Kaye

Holiday Fest

December 9, 2014

Menu of hearty Lasagna, Salad, Italian bread with butter, dessert & Coffee
Entertainment: TBA



“Soup”er Bowl

Tuesday, January 13, 2015

Menu is gourmet Grilled Cheese sandwiches with a choice of homemade soup TBD, pickle, dessert and coffee. Entertainment TBD

Black Tie Optional

Tuesday, February 10, 2015

Menu includes Marinara sauce that blends delightfully with sausage and peppers mix with ziti pasta, salad, garlic bread, dessert and coffee. Entertainment TBD

St. Patrick’s Day

Tuesday, March 10, 2015

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

ADULT SPORTS

Fall Adult Bocce – Mens & COED League

COED: Tuesday Nights, beginning Sept. 2

Mens: Thursday Nights, beginning August 28

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 call 440-442-2627.**

Fall Softball –COED League

Dates and times TBD

At Mayfield City Park. Cost is \$325 per team. For more information contact Mark at 440-781-1322.



ADULT PROGRAMS

NEW: Movie Matinée

Join us at Atlas Cinemas Eastgate 10 for an entertaining movie and small popcorn. Prepayment is required at the recreation department. Movie time is approx. 12:00p.m., Cost is \$5.00

September 12: This is Where I Leave You (R): Jason Bateman, Tina Fey
When their father passes away, four grown siblings, bruised and banged up by their respective adult lives, are forced to return to their childhood home and live under the same roof together for a week, along with their over-sharing mother and an assortment of spouses, exes and might-have-beens. Confronting their history and the frayed states of their relationships among the people who know and love them best, they ultimately reconnect in hysterical and emotionally affecting ways amid the chaos, humor, heartache and redemption that only families can provide driving us insane even as they remind us of our truest, and often best, selves.

October 17: The Best of Me (not yet rated): Michelle Monaghan, James Marsden, Liana Liberato, Jon Tenney

Based on the bestselling novel by acclaimed author Nicholas Sparks, tells the story of Dawson and Amanda, two former high school sweethearts who find themselves reunited after 20 years apart, when they return to their small town for the funeral of a beloved friend. Their bittersweet reunion reignites the love they've never forgotten, but soon they discover the forces that drove them apart twenty years ago live on, posing even more serious threats today. Spanning decades, this epic love story captures the enduring power of our first true love, and the wrenching choices we face when confronted with elusive second chances.

November 21: McFarland (not yet rated): Kevin Costner, Maria Bello
In the 1980's a track coach in a small California town transforms a team of athletes into championship contenders.

NEW: Birding

Wednesday, September 3 & 10, 7:00 -8:00 p.m.

Ross DeJohn Community Center

Saturday, September 13, 7:30 – 9:30 a.m.

North Chagrin Reservation, \$25

Ever wanted to know what that orange and brown bird is in the yard or why some birds fly south for the winter and others tuck right in year round. Now is your chance to find out. Join Rich Banish for some exciting birding and learn why this is one of the fastest growing hobbies. Rich will host two classroom session followed by a field trip. Please bring a field guide book and binoculars if you have one.

NEW: Photobook Making

Mondays, September 8, 15, 22, 29, 7:00 – 8:30 p.m.

Ross DeJohn Community Center, \$40

Do you take a lot of pictures and wish you could make them into a beautiful book but don't have the time or creativity for traditional scrapbooking? Then come join Samantha Engoglia to learn how to use "Shutterfly" to make a studio quality photo book to treasure for generations. Please bring a lap top (iPad will not work) with photo files or your bring your camera and learn how to transfer and you will learn how to navigate shutterfly.com to create a treasure of your family, favorite vacation, a wedding or whatever you want to capture of your memories.

ADULT FITNESS

Yoga

Fall 1	8/21-9/18	TH	5:45 p.m.	\$36
Fall 2	9/25 – 10/30	TH	5:45 p.m.	\$36
Winter 1	11/6 – 12/18 (no class 11/27)	TH	5:45 p.m.	\$36
Winter 2	1/8 – 2/12	TH	5:45 p.m.	\$36
Spring 1	2/19 – 3/26	TH	5:45 p.m.	\$36

At DeJohn Community Center. For adults (18+). Sessions are 6 week class. 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

Fall 1	8/25- 10/20	M/W	5:45 p.m.	\$36/\$65
Fall	10/22 – 12/17 (no class 11/3)	M/W	5:45 p.m.	\$36/\$65
Winter 1	1/5 – 2/11	M/W	5:45 p.m.	\$36/\$65
Winter 2	2/23 – 4/1	M/W	5:45 p.m.	\$36/\$65

At DeJohn Community Center. For adults (18+). Sessions are for 6 weeks. 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

Contact for information: Jean Britton 440-442-7526

Meetings held at the Mayfield Village Community Room at 7:00 p.m.:
September 24

Dr. Wildweed of the Metro Parks. Historical botanical trip.

October 22

Doctor's Black Bag, Home Remedies and Folklore

November 19

Magic of Gingerbread by Evelyn Nightindale

Meetings held at Civic Center begin at 1:00 p.m. (unless noted):
December 10

12:30 p.m.-catered lunch (salad, main entrée, desserts, beverages). Special guest Santa. Your check is your reservation.

January 28, 2015

History of Valentines by Summit County Historical Society

February 25

Gardening for Pollinators, Denise Ellsworth, Department Entomology/Extension.

March 25

Cleveland Lakefront Natural Reserves, Linda Sternheimer, Cleveland Port Authority

Mayfield Women's Club

The Mayfield Women's Club is dedicated to Services for the Community. Meetings are held at the Mayfield Village Community Center the third Monday of each month at 7:00 p.m. For information contact: Barb Schafer, 440-720-0272 or Mary Ann Proctor, 216-731-3110.

American Red Cross Blood Drives

Fridays, September 5 & November 7, 1:00 – 7:00 p.m.

Community Room Visit redcross.org for 2015 blood drive dates and more information on donor eligibility or call 1-800-GIVE-LIFE.

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

October 12 – 19

At the Mayfield Regional Library. The Mayfield Art Show is free and open to the public. Entries are open to all adult artists. Entry blanks will be available at the city halls of the Mayfield School District communities, the library or call Kathy Maxwell at 951-4088. The entry date is Friday, October 10, 3:00 – 5:00 p.m. at the new library.

Mayfield Township Historical Society

All meetings/programs are held in the Mayfield Village Community Room at 7:00 p.m. unless otherwise noted. For more information call 461-0055 or email: mayfieldtownshiphistoricsociety@yahoo.com

September 10-Ice Cream Social, 6:30 – 8:00 p.m.

at Wiley Park. Tour the Bennett-Van Curen Historical House. Cost \$3.00. Ice Cream, Homemade Cookies, Tour of the Museum. Quilt "JOYFUL FLIGHT" (66"x99") will be raffled. Tickets available 3/\$5.00 or \$2.00 each

October 8-Mayfield Village Community Room, 7:00 p.m.

'FAMOUS PEOPLE' presented by photo journalist RALPH TAR-SITANO. Refreshments! GUESTS ARE WELCOME.

November 12 -Mayfield Village Community Room 7:00 p.m.

'BLACK MEMORABILIA' presented by JOAN GOTTSCHLING. ANNUAL HOLIDAY RAFFLE. Restaurants from the area donate the door prizes. Tickets \$5.00 for 6 or \$1.00 each. PIE NIGHT BRING YOUR FAVORITE. BRING A PIE TO SHARE and bring a friend.

December 10-ANNUAL HOLIDAY LUNCH

at the Mayfield Village Civic Center. Join the Mayfield Township Historical Society, Mayfield Village Garden Club, and South Euclid Historical Society for a catered lunch at 12:30 p.m. Social time, lunch, and dessert. Your check will be your reservation.

January 2015 -No meeting this month.

Membership Month. Inviting all residents to join the Mayfield Township Historical Society. Individual Membership \$10.00 or Family Membership \$20.00. Additional information and membership form call 440-461-0055

February, March, April, and May Meetings will have informative speakers. Details will follow in the Voice of the Village Publication or call 440-461-0055.

Tour the Mayfield Village Wetlands

Fall Foliage Stroll at the Wetlands

Saturday October 11, 10:00 – 11:00 a.m.

The brilliant colors of autumn are the trade-off for the months of winter gray. Join a wetlands volunteer for a gentle, guided walk on a 1 mile crushed gravel loop trail around the 26 acre wetland located behind Parkview Pool.

Welcome Winter at the Wetlands

Saturday December 13, 10:00 – 11:00 a.m.

Who knows what winter will look like this year, rain, snow, sleet, bitter cold or mild breezes? The colder temperatures will cause visible changes in the wetland. Join a wetlands volunteer for a gentle walk around the 26 acre wetland habitat. The crushed, gravel path will not be plowed so plan your footwear according to the conditions of the day (or hour!) **Call 461-2211 to RSVP for the events.**

Youth Halloween Party

Saturday, October 18, 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.



2014 – 2015 Winter Special Events

Tree Lighting

Sun., December 7, 7:00 p.m. Civic Center lawn

*Santa Ride

Sat., December 13, 10:00 a.m. – 1:30 p.m.

Mayfield Village neighborhoods (look for schedule in VOV and at mayfieldvillage.com)



*Childrens Christmas Party

Sat., December 13, 1:30 – 3:00 p.m. Community Room



*indicates for Mayfield Village residents/grandchildren of residents

Menorah Lighting

Tues., December 16, 7:00 – 8:00 p.m.

Gazebo lawn/Community Room

Singing Angels Concert

Sat., December 13, 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.

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

ADULT SPORTS AND ACTIVITIES

Adult Fall Softball At Parkview Softball Fields

Packets were mailed in early July to all team managers from previous fall seasons. For more information, registration packets, or to be added to the mailing list call 461-5163.

COED 18 YEARS AND OVER

Monday and Wednesday nights beginning Monday, August 25 through late October, 6:30 p.m. – 9:30 p.m.

Entry fee is \$350/School District Team and \$400/Non-School District Team. Plus official, scorekeeper & forfeit fees.

MEN'S 18 YEARS AND OVER

Tuesday and Thursday nights beginning Tuesday, August 26 through late October, 6:30 p.m. – 9:30 p.m.

Entry fee is \$430/School District Team and \$480/Non School District Team. Plus official, scorekeeper & forfeit fees.

Adult Fall Coed Soccer at Parkview Soccer Fields

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



Fly Fishing at Deep Spring Trout Club

When: Saturday, September 20, 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 16.**

Adult Basketball at Wildcat Sport & Fitness

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. 2, 9:30 a.m. – 12 noon. Entry fee is \$380/ School District Teams and \$400/Non-School District Teams. Plus official fees.

Metal Jewelry Making

Mondays, September 22- November 10, 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 17.**

Women's Self Defense

Thursday, October 23, 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 17.**

Scrapbooking Crop-a-thon

Saturday, October 25, 9:00 a.m. -1:00 a.m.,
– Sunday, October 26, 10:00 a.m. - 5:00 p.m.
Saturday, January 24, 9:00 a.m. -1:00 a.m.,
– Sunday, January 25, 10:00 a.m. - 5:00 p.m.

At Mayfield Village Community Room. For 21 years and older. Cost is \$40.00 – includes lunch & dinner on Saturday, beverages and snacks. **Limited seating, so register early. Registration begins September 23 & December 16.**



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.

Casino Trips

PRESQUE ISLE DOWNS, ERIE PA

Wednesday, September 17, 9:00 a.m.- 6:00 p.m., - Mayfield Heights City Park.

Wednesday, February 11, 9:00 a.m. – 6:00 p.m., - Mayfield Village Civic Center

\$30 each trip includes \$30 coin/\$5 food voucher. Must be 21 years and older, photo id required. Bring your Presque Isle Player Club Card for discounts if you have one.

Bus Trips

TUSCANY IN OHIO – THE GERVASI VINEYARDS

Thursday, September 18, 8:30 a.m. – 6:30 p.m.

Cost is \$92/person and includes tour, wine tasting, lunch and London chocolates. Gervasi's grapes are hand-selected, crushed, fermented and bottled right there.

MAGIC OF NYC

Wednesday, October 1 – Saturday, October 4, 11:00 a.m. – 10:00 p.m.

Cost is \$907/person/twin or \$1,245/single and includes 3 nights lodging, one night at Country Cupboard in Lewisburg, PA, 2 nights at centrally located hotel in Times Square, luggage handling, taxes; 3 meals – 1 deluxe continental breakfast & 2 dinners; ticket to Rocky; Top of the Rock; Circle Line Ferry to Liberty & Ellis Island/Ellis Island tour; City touring by bus; and Ground Zero & St. Paul's Chapel.

OHIO RIVER CRUISING

Saturday, October 4, 7:30 a.m. – 8:30 p.m.

Cost is \$99/person and includes 4 plus hour cruise and lunch. Take a cruise on the Ohio River. Enjoy the Captain's lunch while cruising to Willow Island Lock & Dam.

A TASTE OF OHIO CITY

Saturday, November 1, 8:00 a.m. – 6:00 p.m.

Cost is \$75/person and includes transportation, Campbell's popcorn, Cleveland Tea Revival, Sweet Moses Ice Cream, West Side Market, Spice Shop, Great Lakes Brewery Company, and lunch.

THE 25TH ANNUAL MEDIEVAL FEST AT THE RIVERSIDE INN – CAMBRIDGE SPRING, PA

Sunday, November 2, 11:30 a.m. – 8:00 p.m.

Cost is \$87/person and includes transportation, excellent food and entertainment.

IKEA SHOPPING AND RIVERS CASINO

Friday, November 7, 9:00 a.m. – 9:30 p.m.

Cost is \$44/person and includes \$15 slots and \$5 food voucher. Join us as we head to Pittsburgh for shopping excursion to the famous IKEA store before trying our luck at Rivers Casino. **Bus departs from/returns to Pepper Pike Learning Center. Must be 21 years or older. Registration Deadline: October 17.**

CHRISTMAS COOKIE SAMPLER – HOLMES COUNTY, OH

Monday, December 8, 8:30 a.m. – 7:00 p.m.

Cost is \$99/person and includes transportation, cookie tour and lunch. Drawing from "Festive Favorites," a baking book published in Holmes County, a dozen hostelrys will turn into bake shops. A variety of music, entertainment and food demonstrations will be held at the shops.

CHRISTMAS SEASON IN CHICAGO, IL

Friday, December 12 – Sunday, December 14, 7:30 a.m. – 9:30 p.m.

Cost is \$449/person/twin and \$686/single and includes 2 nights lodging in downtown, luggage handling, taxes & tips; 4 meals (2 breakfast/2 dinners), admissions at dinner theatre.

CHRISTMAS CONCERT AT SEVERANCE HALL

Saturday, December 13, 1:30 p.m. – 8:30 p.m.

Cost is \$135/person and includes main floor seating for 2:30 p.m. performance and dinner.

15th Annual Ski Trip for Families, Adults and Teens

General Information:

- Each participant is responsible for their own food costs
- Charter bus will leave Mayfield High School main parking lot. at 6:30 a.m. and returns at 7:30 p.m. (approx).
- Transportation costs will be included.
- Helmets are required for Terrain Park
- To avoid lost or stolen items, mark your personal equipment.

Holimont Ski Resort

- Monday, February 16 (President's Days). Early bird rate until January 30.
- Prices for packages to be determined.
- No refunds after January 30.
- **Look for flyers in September with prices.**

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, www.leapinfo.org, www.solonrec.org and www.orangerec.com.**

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

Goodtime III

Saturday, September 13, Noon – 2:00 p.m.

For all ages. \$9 for 5 – 12 year old, \$15 for 13 year old through senior citizen. Transportation on your own. Food items can be purchased on board, no outside food allowed. **Registration Deadline: September 10.**

Pizza Bowl

Fridays, 7:00 - 9:00 p.m.: September 19, October 17, November 7, January 23, February 13, March 13, April 10, May 8
At Roseland Lanes (26382 Broadway Avenue, Oakwood Village). For 13 years and older. Cost is \$13 per bowler per date (includes shoes, bowling, cheese pizza, pop and Dixie cup ice cream). **Registration Deadline: one week before the program.**

Game Nights

Fridays, 6:00 – 8:00 p.m.: September 26, October 10, November 14, December 12, January 16, February 20, March 20, April 17,

At Mayfield Middle School. Cost is \$8.00/participant per date pre-registered or \$9.00/participant per date at the door. Participants can play a variety of board games, volleyball, basketball, learn organized dances and enjoy pizza and pop. **Pre-Registration Deadline: The Wednesday before each date.**

YogaReach

Tuesdays, 4:45 – 5:45 p.m.

Fall Session 1: September 16 - October 21

Fall Session 2: October 28 – December 2

Winter Session 1: January 6 – February 24 (except Jan. 20 & Feb. 17)

Winter Session 2: March 3 – April 7

At Mayfield Village Civic Center. For Teens – Adults. Cost is \$64/participant per session or \$5 off if registering for two sessions at once (\$123), YogaReach is a therapeutic, educational yoga program that provides an integrated system of adaptive yoga, breath work, mindfulness exercises and relaxation techniques for people of all ages and abilities. Join the fun. Teens to young adults and parents are welcome. Students experience and expand socially with life long friendships. Classes taught by YogaReach Team Members. (www.yoga-reach.org).

Registration Deadline: Friday before each session begins.

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.

Fall Hike, Fire Building, & S'mores

Saturday, October 18, 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. 5/25.** At Nature Education Building, North Chagrin Reservation. 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. **Registration Deadline: October 10.**

Making Pizza at Pizza Roma

Saturdays, November 1 and February 28: 1:00 – 1:45 p.m. or 2:00 – 2:45 p.m.

For 13 years and older. 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.**

Performances at Playhouse Square

Call 440-461-5163 for a detailed flyer.

Pippin-Sunday, February 15, 1:00 p.m. A young prince on a death-defying journey to find meaning in his existence

Dirty Dancing-Sunday, March 22, 1:00 p.m., Heart pounding music, sexy dancing with all the hit songs from the movie.

Additional Programs

Call 440-461-5163 for a detailed flyer.

Fitness to Wellness to Fun: Begins Monday, September 8

Walking Club with LEAP: Begins Monday, September 8

Music Drum & Movement: Begins Thursday, September 11

Dance Jam: Begins Thursday, September 11

Indoor Water Exercise: Thursdays, October 2

Everybody Dance Now: Fridays, date to be determine

Basketball Clinics: Sunday, Oct. 19, Nov. 2, Dec. 14, Jan. 18, Feb. 1

LEAP's Halloween Party: Friday, October 31

Cavs Game: one day event, date to be determined

YOUTH AND TEEN SPORTS & ACTIVITIES

See Wildcat Sport & Fitness under Youth Sports for:
Mayfield Basketball Association (MBA) page 7, Little
Tykes page 5, Players Basketball page 6.

For Youth Fly Fishing at Deep Spring Trout Club see page 21.

Village Kickers Soccer

Saturdays, August 16 – September 27
(except 8/30 and 9/20), 9:30 – 10:15 a.m.

At 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 who have equipment. Limit is 30 participants. This program will focus on the basic skills of kicking, dribbling, trapping and throw-ins. Parents will work with child doing various exercises/drills.



Mini Cats Football

Saturdays, August 23– September 20
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. 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.

Mayfield Soccer Club

Saturdays beginning in September

Boys & Girls in K-8th grade. Cost is \$60 all participants, \$40 each additional child, \$15 current travel players.
*Coaches are needed! Coach's child plays for free!! **Walk-in Registration: At the Mayfield Village Civic Center (Civic Hall): Saturday, August 30, 9:00 a.m. - Noon, Wednesday, September 3, 6:00 – 8:00 p.m., Saturday, September 6, 9:00 a.m. - Noon.** 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 Saturday afternoon. **Registration Deadline: September 17, late fees apply if space is still available after deadline.** Visit mayfieldsoccer.com for more information or contact Michael Horvat at mhorvat-photography@att.net.

Running Wildcats Youth Running Club

Mondays & Wednesdays, Sept. 3 – Oct. 22 (except Sept 24 and week of Oct. 6), 5:45 – 6:45 p.m.

For 2nd – 6th Graders in the Mayfield School District. At Parkview Pool Picnic Shelter. Cost is \$65 - includes t-shirt for each participant. The coach is 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 28.**

Start Smart Golf

Thursdays, September 4 – October 2 (except Sept. 25), 6:00 – 6:45 p.m.

For 5 – 7 year olds. At Manakiki Golf Course. Cost is \$35-new Start Smart Golf participants who need a t-shirt (or returning participants who need replacement t-shirt), \$30-returning Start Smart Golf participants who don't need a t-shirt. Limit is 18 participants. Parent and child will work together with Jen Irwin, Ursuline College Head Women's Golf Coach and Ursuline College Women's Team and alumnae in activities while having fun learning about putting, chipping and pitching. For this program, participants share provided equipment (unless they have their own) each week and will receive their own t-shirt.



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Chess increases:
✓ Logic and Imagination
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✓ Thinking and Creativity
✓ Speed and Clarity of Mind
✓ Raises IQ

NFL – Pepsi Punt, Pass, and Kick Competition

Saturday, September 13 at 12:00 Noon

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, 2014. 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.

12th Annual Mayfield Volleyball Association (MVA)

Sundays, September 14 – 28, 12:30 – 2:00 p.m.

For 4th through 6th grade girls. Cost is \$40 SDR or \$45 NSDR. Mayfield's Varsity Head Coaches, Rosella and Greg Glodkowski, and players, will work with participants on basic skill, rules, and teamwork. Each player will receive a shirt. **Registration Deadline is September 11.**



Making Pizza At Pizza Roma

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

3 - 4 year olds, November 15 and January 24

K – 5 graders, November 22 and January 31

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.**

Young Rembrandts Drawing Classes

All classes held at the Mayfield Village Civic Center. All registration deadlines are one week before class begins.

LEARN TO DRAW AMAZING THINGS

Saturdays, September 20 – November 1 (no class 10/4), 1:00-2:00 p.m.

For 6 - 12 year olds. Cost is \$75. Our elementary learners are at the crucial time of development when they decide whether they're good at something or not. This decision will affect not only the rest of their academic career, but their lifetime learning as well. The Young Rembrandts elementary program provides the tools this age-group needs to succeed at drawing - a teaching tool from which the majority of learners prefer and ALL learners benefit! Our program works because it's not only hands-on and visual...it's simply fun. Add to this our innovative guided instruction, topics that kids love and relate to, and instructors that know how to reach this group; we take kids from thinking they're not 'artists' to knowing they can achieve this, and everything else, they put their minds to.

DRAW AMAZING THINGS WITH YOUNG REMBRANDTS ON YOUR DAY OFF OF SCHOOL!

October 17, November 4, November 26, January 19, January 26, February 16, April 6, 10:00 - 11:30 a.m.

For 6 – 12 years. Cost is \$15 per date. Looking for a fantastic activity for your children on their days off from school? Young Rembrandts will take them on a drawing adventure and take their doodles to confidence-boosting achievements. During our classes, we use an innovative step-by-step approach on drawing topics your kids can relate to and learn from. Watch your child reach a new level of potential with this engaging, award-winning program. Young Rembrandts is a different kind of learning and a powerful kind of fun! Each date will have a different theme. A detailed flyer will be available.

WINTER DRAWING CAMP: CHRISTMAS ART WORKSHOP December 22, 23, 26, 29, 30, 10:00 – 11:30 a.m.

For K – 6th grade. Cost is \$75. This workshop is all about Christmas! We will draw many drawings all related to Christmas including: an angel, a Santa, a shepherd, the Three Kings and more. We will also do some cartooning on a variety of Christmas themed characters and scenes. Then, on the final day, we will complete one large Nativity scene incorporating all the elements we have learned.

SPRING BREAK DRAWING CAMP: PASTEL DRAWING WORKSHOP-ANIMALS OF AFRICA

March 30- April 2, 10:00 – 11:30 a.m.

For K – 6th grade. Cost is \$70. This spring our Young Rembrandts' students will find themselves captivated by exotic African beasts. Our "Animals of Africa" Pastel Drawing Workshop offers a challenging discovering in our drawing techniques. Our students will learn about some of Africa's most majestic animals as they illustrate them using pastel chalks. An antelope showcased within a mélange of patterns, a stylized zebra with a creative color palette and a regal lion are a few of the beasts to be explored this summer! No experience is necessary. Please wear an old shirt or smock to each day of class.

Communities in Motion

In the Mayfield Village Community Room. There is a \$5.00 discount for siblings registering at same time or a \$5.00 discount if a participant is signing up for multiple sessions at same time. The registration deadline is one week before the session begins. Signing up after the deadline will incur a \$5.00 late fee.



MOVE AND GROOVE WITH ME

Mondays, 10:00- 10:30 a.m./Mayfield Village Community Room

Session 1: Sept. 8– Sept. 29

Session 2: Oct. 13 – Nov. 3

Session 3: Nov. 17 – Dec. 8

Session 4: Jan. 12 – Feb. 9

Session 5: Feb. 23 – March 16

Saturdays, 9:00- 9:30 a.m./Beachwood Community Center

Session 1: Sept. 13– Oct. 4

Session 2: Oct. 18 – Nov. 8

Session 3: Nov. 22 – Dec. 20

Session 4: Jan. 17 – Feb. 7

Session 5: Feb. 28 – March 21

For 1 – 3 year olds with parent. Price is \$34. 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.

BITTY BALLET

Mondays, 10:30 - 11:00 a.m. at Mayfield Village Community Room

Session 1: Sept. 8– Sept. 29

Session 2: Oct. 13 – Nov. 3

Session 3: Nov. 17 – Dec. 8

Session 4: Jan. 12 – Feb. 9

Session 5: Feb. 23 – March 16

For 2 – 3 year olds. Price is \$34. 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 – 11:45 a.m. at Mayfield Village Community Room

Session 1: Sept. 8– Sept. 29

Session 2: Oct. 13 – Nov. 3

Session 3: Nov. 17 – Dec. 8

Session 4: Jan. 12 – Feb. 9

Session 5: Feb. 23 – March 16

For 3 – 5 year olds. Price is \$44. 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.

PRINCESS BALLET

Saturdays, 9:30 – 10:00 a.m. at Beachwood Community Center

Session 1: Sept. 13– Oct. 11 (No class Oct. 4)

Session 2: Oct. 18 – Nov. 8

Session 3: Nov. 22 – Dec. 20 (No class Nov. 29)

Session 4: Jan. 17 – Feb. 7

Session 5: Feb. 28 – March 21

For 3 ½ – 5 year olds. Price is \$34. 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.

JUST TUMBLE

Saturdays, 10:00 – 10:45 a.m. at Beachwood Community Center

Session 1: Sept. 13– Oct. 11 (No class Oct. 4)

Session 2: Oct. 18 – Nov. 8

Session 3: Nov. 22 – Dec. 20 (No class Nov. 29)

Session 4: Jan. 17 – Feb. 7

Session 5: Feb. 28 – March 21

For 5 – 9 year olds. Price is \$44. 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.**

See Wildcat Sport & Fitness page 5 for K-3rd grade Thursday night classes from Communities in Motion.

PROGRESSIVE FITNESS CENTER

Progressive Fitness Center for Mayfield Village Residents Only

- 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

- 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

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

- 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

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

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

Fall & Winter College Student Membership

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

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

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

Community Partnership on Aging Lunch 'N' Movie at Civic Center/Reserve Hall Theatre

Each month an upscale lunch prepared by Community Partnership on Aging staff and volunteers, followed by a movie! Fall/Winter movie titles and menu to be announced for the following dates: **Wed., Sept. 10, Wed., Oct. 8, Wed., Nov. 12, Wed., Dec. 3.** Contact us for 2015 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: Tuesday, Aug. 19, 10 a.m.-12:00 noon

Tuesday Classes: Sept. 2-30 (no class 9/16), Oct. 7-28, Nov. 4-25, Jan. 6-27, Feb. 3-24, *March 3-24 (*tentative)

Thursday Classes: Sept. 4-Oct. 2 (no class 9/18), Oct. 9-30, Nov. 6-Dec. 4, (no class 11/27), Jan. 8-29, Feb. 5-26, March 5-26 (tentative) 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. **For the September, October, and November classes, registration begins on August 18 for Mayfield School District Residents and for all others August 19. For the January, February, and March classes, registration for Mayfield School District Residents begins on December 8 and for all others December 9.**

• Mayfield Village Senior Services Student Watercolor Exhibit at Mayfield Village Civic Center, 6622 Wilson Mills Road, November 4-December 31, 8:30 a.m.-4:30 p.m. (440-919-2332)

Holiday Party for Mayfield Village Residents

Friday Dec. 12, 12 - 3 p.m.

Doors open at 11:30 a.m. at Mayfield Village Community Room. For Mayfield Village Residents ages 60+. RSVP by Wed. Dec. 3. Free 440-919-2332.

Out to Lunch

Wed., Sept. 24, 11:30 a.m.

At Mario Fazio's, 34400 Chardon Road, (near Rt. 6 & 91) Willoughby Hills. Meet at Mario Fazio's and enjoy lunch with old and new friends. (Lunch is on your own.) **Deadline to Register: Wed., Sept. 17.**

Tai Chi Workout for Fitness and Balance for 50+ Class Dates

Sessions fun concurrently. Contact us for dates. At Mayfield Village Community Room. **Cost per 6-week session/\$30, Occasional drop-in, \$8 per session.** Instructor is Arline Bogner, Certified to teach Tai Chi for Arthritis. Learn simple techniques that will improve your balance and give you new strength and vitality.

Bereavement Support Group

August 11-November 24 (No class 8/18, 9/1, 9/15, 10/20, 11/3, 11/17), February 2-May 11 (No class 2/16, 3/16, 4/20, 5/4)

At Mayfield Village Community Room. Cost is free. Ten-week commitment to attend and complete assignments. 10-week bereavement support group in conjunction with Crossroads Hospice. **Call 440-919-2332 for more info or to register.**

Trips

Progressive Wine Tour, Wed., Oct. 22, 2014 - \$79

First Ladies Museum/Lunch, Wed., Nov. 19 - \$53

Stan Hywet Hall Christmas Tour, Wed., Dec. 3 - \$33

Irving Berlin's White Christmas, Thurs., Dec. 4 - \$74

Natural History Museum/Lunch, Wed., Jan. 21, 2015 - \$57

Miss Molly's Tea Room-"An Affair to Remember" Wed., Apr. 15, 2015 - \$39.

Contact us for more information about these trips. Deadline to register 35 days before trip.

Foot Clinic

***Fridays: September 12, *October 10, December 5, December 12, January 9, February 20, March 13, April 10.**

At M.V. Community Room. Cost is \$20 (Medicare generally covers cost for diabetics). Your doctor is Dr. Kelly R. Whaley, Diabetic and Geriatric Specialist practicing for 15 years in Northeast Ohio. *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.

(*During the foot clinic on Oct. 10, we will offer Healthy Hands, a special program with free hand massages and paraffin dips).

"An Introduction to Holistic Health Care"

Fri., Sept. 19—1 p.m. at Mayfield Village Community Room

Free. Judith Eugene from the Loving Hands Group will talk about the health benefits of yoga, Tai Chi, massage, Reiki and the Meditation for all ages. Free demos of Gentle Yoga and Tai Chi. **Registration is required by September 17.** 440-919-2332 or 216-650-4029.

Knitting & Crocheting Class

Fridays Oct. 3-Nov. 14, 10:00 a.m.-12:00 p.m.

At Mayfield Village Community Room. Cost is \$48/6-week session. Learn to knit and crochet, or let instructor Jan Perna assist you with your special project or help you hone your skills.

Lunch and Learn: "How to Get a Good Night's Sleep"

Fri., Nov. 21, 12:00 noon

At Mayfield Village Civic Center. Enjoy a free lunch and special program sponsored by University Hospitals Ahuja Medical Center. You must R.S.V.P. by calling 440-919-2332 no later than Friday, November 7.

Mayfield High School invites senior citizens to a free luncheon and open house

Senior adults (ages 60+) in the Mayfield City School District, residing in Gates Mills, Highland Hts., Mayfield Hts., and Mayfield Village, are invited to attend the annual "Senior Citizen Sampler", a free event to be held at Mayfield High School on Thursday, October 16th from 10:30 a.m. to 1:00 p.m. The students will treat you to a sampling of the school, including lunch, tours of the building and classrooms, performances by the Jazz Band, choir and drama club, dessert reception and a raffle of the students' original artworks. Reservations are required due to limited space. Call 440-995-7796.

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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