

Mayfield Village

Parks and Recreation

WINTER
2010-11



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



Bruce G. Rinker, Mayor
William Buckholtz, Council President

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

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

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

Photo courtesy of Don Iannone, Visual Advantage Photography.

IMPORTANT REMINDERS

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

Mayfield Village Parks & Recreation Number:
(440) 461-5163

Weather Cancellation/Activities Number:
(440) 954-4114

REGISTRATION HOURS AT CIVIC CENTER

For all programs except where noted:
Monday – Friday, 8:30 a.m. – 4:30 p.m.

The Civic Center will be closed on:
Thanksgiving: November 25 and 26
Holiday Break: December 23, 24 and 31

Special Events and Activities

Mayfield Village Parks and Recreation Department, Mayfield Township Historical Society and Mayfield Village Garden Club will offer a variety of Special Events and Activities throughout the Winter. Listed in calendar order are traditional favorites plus new ones. We look forward to seeing you at these Winter events.

Mayfield Village Garden Club

The Mayfield Village Garden Club meets the fourth Wednesday of every month (unless otherwise noted) at 7:30 p.m. at the Mayfield Village Community Room, 6621 Wilson Mills Road (unless otherwise noted). The winter meeting dates are listed below:

- November 17:** (third Wednesday of the month)
“Myths and Herbs for Autumnal Equinox”
presented by Vernie Hill
- January 26:** (1:00 p.m. at the Civic Center) “Designing Cards for all Occasions” presented by Michelle Vecchione. It’s a make and take workshop.
- February 23:** (1:00 p.m. at the Civic Center) “Cooking from the Garden or with Herbs” presented by Judith Strauss, a Mayfield City Adult Education Instructor
- March 23:** “Bugs in your Perennials” by Charles Behnke, Horticultural Extension Educator, retired from OSU

The Garden Club also hosts enjoyable and interesting Out-to-Lunch programs for members and guests. For more information about our Out-to-Lunch dates or anything related to the Garden Club, please contact Club President Helen Keating at (440) 833-0275. **For more information about the Garden Club, check out our page at www.mayfieldvillage.com and click on “Associations and Organizations.”**

MISTLETOE MARKET

Saturday, December 4, 9:00 a.m. - 4:00 p.m. – The Mayfield Village Garden Club will sponsor a new and **LARGER craft show in its NEW venue, the Village Civic Center, 6622 Wilson Mills Road.** The show provides an opportunity to purchase holiday gifts from 40 exclusive artisans who craft handmade items including, but not limited to: wood creations, alpaca items, soap, photographic art, knit items, painted glass and many unique children's gifts. The club will also sell holiday wreaths, arrangements and tasty baked goods. *Proceeds from the Mistletoe Market benefit the Mayfield Village Horticultural Students’ Scholarship Program.* **ONE-STOP SHOPPING WITH GIFTS FOR THE ENTIRE FAMILY!** We hope to see you there. Free cookies provided. Admission is \$2.00.

Menorah Lighting Ceremony

- When:** Wednesday, December 1
Time: 7:00 p.m. - 8:00 p.m.
Where: Mayfield Village Gazebo and then to the Community Room
- Details:** Please join us as we light the First Hanukkah candle. We will gather near the Menorah at 7:00 p.m., snow or shine! Refreshments will be at the Community Room after the Menorah Lighting. Please bring canned goods to the Police Department for our food drive.

Historical Society

Meetings are at 7:30 p.m. at the Mayfield Village Community Room unless otherwise noted.

November 10: Charlene Baker presents “What would we do without buttons?”. History of the buttons brought by the immigrants and those used in the military. Pie Night: bring your favorite dish to share. Turkey Raffle Drawing.

OLD FASHION HOLIDAY BUFFET

- Date:** Wednesday, December 8
Time: 6:00 p.m.
Location: Mayfield Village Community Room
Details: Mayfield Township Historical Society, Mayfield Village Garden Club and South Euclid Historical Society. Members bring your favorite dish to share. For additional information contact Al Muhle at 461-0055.

Annual Santa Ride & Party

- Date:** Saturday, December 4
Time: 10:30 a.m. - 1:30 p.m. - Santa rides through the Village distributing popcorn balls.
1:30-3:00 p.m. - Party at Mayfield Village Community Room
Cost: For Mayfield Village Residents - free of charge
Details: At the party children will have pictures taken with Santa and gifts distributed by his elves. Refreshments will be available. Children can participate in making a winter craft.



Annual Christmas Tree Lighting Ceremony

- Date:** Sunday, December 5
Time: 7:00 p.m.
Location: Mayfield Village Gazebo
Cost: Free
Details: Open to all. Come celebrate the holiday season with Santa Claus and listen to holiday music. Refreshments of coffee, hot chocolate and donuts will be available. Santa’s annual popcorn ball distribution to children will also take place and of course, our tree lighting ceremony with Mayor Rinker. Please bring your canned goods and drop off at the Police Department for our food drive.

Introduction to Fly Fishing

Who: Children 10 years and older – adults
When: Tuesday, December 7
Time: 7:00 – 9:00 p.m.
Where: Mayfield Village Civic Center

Min./Max.: 4/25

Cost: \$17

Details: Learn why fly fishing is one of the fastest growing outdoor sports in the world. Find out why young, old and mid-life folks get hooked for life by this exciting pursuit. We will cover equipment, where to fish, techniques, and the joys of making your own deceivers (flies) to catch simple fish. Come find out what you are missing.
Registration Deadline: Friday, December 3.



The Art of Deception

A Family of Fly Tying Classes for Beginners



LET'S GET STARTED: Nymphs, The Beginning:

Who: Children 10 years to adult, **under 18 must be accompanied by an adult**
When: Tuesday, December 14, Thursday, December 16 and Tuesday, December 21

Time: 6:30 – 9:30 p.m.

Where: Mayfield Village Civic Center

Min/Max: 4/8

Cost: \$52 per participant and a \$10 material fee payable to instructor at first class. **Students will need to bring additional supplies. A list will be available upon registration.**

Instructor: George Vosmik, a leading Fly Fishing expert with over 21 years experience

Details: Learn to tie your own flies. Students will create over a dozen nymphs during the 3 classes. You will be able to catch fish on your own creations from these classes, or you may wish to look at them and participate in a Renaissance art -The Art of Deception – for your own pleasure. Come tie and decide how you'll use the deceivers you produce.
Registration Deadline: Thursday, December 9.



The Art of Deception

NEW

The New Wet Flies–Building New Skills

Who: Children 10 years to adult, under 18 years must be accompanied by an adult
When: Tuesday, January 4, Thursday, January 6, Tuesday, January 11
Time: 6:30 – 9:30 p.m.
Where: Mayfield Village Civic Center
Min./Max.: 4/8
Cost: \$52 plus \$10 material fee payable to George Vosmik on the first day

Details: Learn to tie the “living, moving” New Wet Flies, including natural, flymphs and fuzzy nymphs, not the stiff, whirling classic wet flies. They catch all the picky trout, panfish and bass when the “Drys” are refused! Classes of three hours each make up the course in which streamers are also created to imitate baitfish. **Registration Deadline:** Thursday, December 30.

Classic Dry Flies: The Finale

NEW

Who: Children 10 years to adult, under 18 years must be accompanied by an adult
When: Thursday, January 13, Tuesday, January 18, Wednesday, January 19 and Thursday, January 20
Time: 6:30 – 9:30 p.m.
Where: Mayfield Village Civic Center
Min./Max.: 4/8
Cost: \$60 plus \$15 material fee payable to George Vosmik on the first day

Details: Classic dry flies as tied by the different “schools”: The Catskills School, the Michigan School and the Rockies School. Completes the skills learned in the Nymphs and Wet Flies Courses and prepares you to tie virtually any fly you may wish to tie. This “ending” course will be the BEGINNING of a fascinating LIFETIME of practicing a useful art. **Registration Deadline:** Friday, January 7.

Singing Angels

“Helping Hands & Singing Hearts Concert”

Date: Saturday, December 18

Time: 7:00 p.m.

Location: Mayfield Village Civic Center - Reserve Hall

Cost: Mayfield Village Residents: \$11 adult, \$9 child/senior, Non Mayfield Village Residents: \$12 adult, \$10 child/senior

Details: Come hear the world renowned Singing Angels. Tickets are on sale beginning November 8 at the Mayfield Village Civic Center (during office hours) until December 17. Tickets can be purchased (if still available) on the night of the concert starting at 6:00 p.m. in the ticket office by Reserve Hall (cash and checks only). Doors open for the concert with first come first serve seating at 6:35 p.m. Please bring a canned food/non perishable food item for the annual food drive.

American Red Cross Community Blood Drives

Location: Mayfield Village Community Room
Time: 2:00 – 7:00 p.m.
Dates: Fridays, January 7, March 4, May 6
Eligibility to be a Donor: In general, you are eligible to be a donor if you:

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

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

Mayfield **NEW** Communities Adult Night Out Winter Ski and Snowboarding at Alpine Valley

Who: Adults 18 and Over
When: Saturdays, January 8 – February 5, 5:00 – 9:00 p.m.
Cost: No Rental-\$158 or Rental \$195
Details: If you've always wanted to ski or snowboard, now is your chance to learn or improve while taking advantage of special group rates designed for participants registering through the Mayfield Village Recreation Department. From beginner to expert, there is a lesson designed for you! The program includes five lessons, lift tickets, and the opportunity to continue skiing or snowboarding every Saturday evening for the rest of the season. After hitting the slopes, relax with friends in the Alpine Valley lodge. What a great way to meet new people or spend time with your spouse! Meet at Alpine Valley. **Registration Deadline: Wednesday, December 15**

Dance and More with Dick Blake

Back by Popular Demand: Parent and Child Etiquette

Who: For Boys and Girls 1st – 4th and 5th - 8th grade
Dates: Sundays, February 13 and 20
Time: 5:15 p.m. - 6:00 p.m. (1st - 4th grade),
6:15 p.m. - 7:00 p.m. (5th - 8th grade) **NEW**
Location: Mayfield Village Civic Center
Cost: \$45 parent/child (if more than one child per family, first child is \$45 and additional are \$35)
Details: This course has been one of Mr. Blake's most requested classes for years. Mrs. Blake, a retired elementary teacher, now joins him. Children learn the social skills and table manners that not only teach them to act like young ladies and gentlemen but also help them to be successful throughout their lives and future careers. Parents get to share the experience and maybe learn a little something, too!
Registration Deadline: Tuesday, Feb. 8



Dance Like the Stars in a Dick Blake Ballroom Dance Class

Who: Adult Couples (partners only)
Dates: Sundays, February 27 – March 20
Time: 6:00 p.m. – 7:00 p.m.
Location: Mayfield Village Civic Center
Cost: \$75 per couple
Details: Dance with the pro who has taught the pros...celebrity dance master, Dick Blake! Learn the basic dances needed for any social occasion: swing, jitterbug, foxtrot and salsa. Be the star of the party! Get fit, stay healthy and have fun! **Registration Deadline: Tues., Feb 22.**



Special Events and Activities (continued)

2010 ANNUAL HOLIDAY COLLECTION



New Mittens, Scarves, Hats... for the Mitten Tree located in the Civic Center. Please come in and decorate the tree with your items to help keep kids and adults warm this winter. Donations will go to the Rosemary Center in Cleveland.



Canned goods & non-perishable food items will also be collected at the Civic Center and Police Department.

These items will be brought to one of the local hunger centers to help make the holidays happier for those in need.



****Whatever you can do to help local individuals is greatly appreciated.****
Thank you in advance for your generosity.

Back by Popular Demand! Scrapbooking Crop-a-thon

- Who:** 21 and up
When: Saturday, February 19- Sunday, February 20
Time: 9:00 a.m.- 1:00 a.m. – Saturday
10:00 a.m.- 5:00 p.m.–Sunday
Where: Mayfield Village Community Room
Cost: \$35 – includes snacks, beverages, and lunch/dinner on Saturday
Details: Pack your supplies and join in for hours of cropping. Encourage your scrapbooking friends to join you for a weekend of fun. For your convenience, **Cranberry Cat and Lily Pad Pages will be on site!! Limited seating, so register early. Registration begins Wednesday, January 5.**

Adaptive Recreation

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

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

The programs listed below are not only for persons with disabilities, they are for everyone. The success of these programs depends upon participants of all abilities. Teen and adult volunteers are encouraged to help out with the following programs.

Game Nights at Mayfield Middle School

- Who:** All ages
When: Fridays, November 5, December 3, January 14, February 18, March 11, April 15
Time: 6:00 – 8:00 p.m.
Where: Mayfield Middle School Cafeteria/Gym
Cost: \$8.00/participant per date pre registered or \$9.00/participant per date at the door \$5.00 per parent/caregiver if eating with the participants, must register in advance

Details: Come join a fun night and hang out with friends. Participants can play a variety of board games, play volleyball, bowling, basketball, ping pong, learn organized dances and enjoy pizza, chips and pop. **Pre-Registration Deadlines: The Wednesday before each event date.**

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.

Holiday Party, Gift Exchange – Potluck Dinner

- Who:** Teen to Adults
When: Friday, December 10
Time: 6:00 – 9:00 p.m.
Location: Beachwood Community Center, 25325 Fairmount Blvd.
Cost: \$4.00 (paid at the door)
Details: Please bring a main course, appetizer or dessert. Also, please bring a gift that is worth \$5 for our gift exchange. This gift should be appropriate for a girl or boy. Please RSVP to Judi Greenspan at 216-932-1989 or email jgreenspan@keenepromotions.com. **Sponsored by High Five Club, Think Computer Foundation & Beachwood Recreation.**

Adaptive Recreation (continued)

Basketball Clinics

Who: 16 year olds and up
Date/Time: Sunday, January 9, 1:00 – 2:00 p.m. (Notre Dame)
Sunday, February 6, 1:00 – 2:00 p.m. (John Carroll)
Wednesday, March 9, 6:00 – 7:00 p.m. (Ursuline)
Cost: \$5 per date
Details: Join Varsity Basketball Coaches, Mike Moran (John Carroll), Kevin Bille (Notre Dame), Nelson Schorr (Ursuline), and their varsity players, and learn the fundamentals of basketball through exercises that are meant to be fun and skill building that include passing, shooting and dribbling. **Registration Deadlines: Wednesdays, January 5, February 2 and March 2.**

Fitness to Wellness to FUN!

Who: 13 years and up
When: **Session 1:** Mondays, Jan. 10 – Feb. 14 and/or Wednesdays, Jan. 12 – Feb. 16
Session 2: Mondays, Feb. 21 – March 28 and/or Wednesdays, Feb. 23 – March 30
Time: 6:30 – 7:30 p.m.
Cost: \$48 for either day per session or \$86.40 for both days per session (a 10 % savings)
Min./Max.: 10/16 participants
Location: Health 360, 700 Beta Dr., Mayfield Village, 44143
Details: Join us for this energetic, fast paced stimulating hour designed to get you up and moving while having fun. The class will include a combination of obstacle courses, strength training, agility drills, endurance training, motor skill reaction drills, and developmental exercises. Participants will enjoy a great workout in a great atmosphere. Wear athletic shoes and clothing that is easy to move in. **Reg. Deadline: Thursdays January 6 & February 17. NOTE: Parent or caregiver can pay \$12 per month to use facility when class is held (Monday or Wednesday from 6:30 – 7:30 p.m.). If interested, see front desk at Health 360.**

Yoga Reach

Who: Teens to Young Adults, Adults
When: **Session 1-**Tuesdays, January 11 -February 22 (except Feb. 15)
Session 2-Tuesdays, March 1 – April 5
Time: 5:00 – 6:00 p.m. Teens to Young Adults and 6:05 – 7:05 p.m. for Adults
Where: Mayfield Village Civic Center
Cost: \$55/participant/session or \$5 off if registering for both sessions.
Instructor: Char Grossman, M.A., NCSP, CYT, RYT-500, Therapeutic Yoga Specialist and School Psychologist
Details: A therapeutic, educational program provides an integrated system of yoga poses designed to promote the individual's unification of mind and body. This program benefits those with and without special needs. Students develop strength, flexibility, breath awareness, balance, stress management techniques, concentration skills, self-esteem and a healthy inner self. Wear comfortable clothes and bring a mat. **Reg. Deadline: Jan. 7 & Feb. 25.**

Indoor Water Exercise

Who: Ages 10 and up
When: **Session 1:** Thursdays, January 13 – February 17
Cost: \$39 resident/\$43 non resident (6 dates)
Session 2: Thursdays, February 24 - March 24
Cost: \$32.50 resident/\$36.50 non resident (5 dates)
Where: Mayfield High School Indoor Pool
Time: 6:30 – 7:30 p.m.
Instructor: Kate Sullivan
Details: This is an opportunity for special needs participants to experience success, increase comfort level, exercise and have fun in an aquatic environment. **Registration closes once 10 people sign up.**

Everybody Dance Now

Who: 8-22 year olds
Dates: **Session 1 –** Fridays, January 14 - 28
Session 2 – Fridays, February 4 - 18
Session 3 – Fridays, February 25 – March 11
Session 4– Fridays, March 18 – April 1
Time: 5:00 – 6:00 p.m.
Cost: \$50/session or \$18/class
Min/Max: 3/10
Location: School of Verlezza Dance, First Unitarian Church of Cleveland (21600 Shaker Blvd. Shaker Heights, 44122)
Details: As Artistic Directors of VERLEZZA DANCE, Sabatino Verlezza and Barbara Allegra Verlezza have been working in an integrative setting for many years. They developed an inclusive and programmatically accessible method of teaching dance to people of all abilities and levels. This particular approach has been used in movement classes and workshops for very diverse groups: ages (children through older adults), career focus (dance enthusiasts through professional dancers), 'sit-down' and 'stand-up' dancers (wheelchair users and non-wheelchair users) and those with varying sensory, physical, learning, and/or developmental disabilities. The class structure will include a 15 minute circle warm up, followed by simple patterns moving across the floor, improvisation, rehearsing a dance and a warm down. Students should wear appropriate comfortable clothing for a movement class. On April 1, parents will see an "informal showing" of what students have learned throughout the winter sessions. **Registration Deadline: Fridays, Jan. 7, 28 and Feb. 18 and Mar. 11.**

Rhythmic Arts Project

Who: 6 yr olds to Young Adults
When: **Session 1-**Thursdays, January 20 – February 10
Session 2- Thursdays, February 17 – March 10
Session 3- Thursdays, March 17 – April 14
Time: 6:00 – 6:45 p.m.
Cost: \$42 per session
Min/Max: 3/10
Where: Mayfield Village Civic Center
Details: Experience empowerment. Christopher Stolle will integrate drums and percussion instruments as creative learning tools to address life skills and enhance the mind, body, and spirit. **Registration Deadline: Thursdays, Jan. 13, Feb. 10 and March 10.**

Adaptive Recreation (continued)

Pizza Bowl

Who: Teens to Adults
Dates: Friday, January 28 and March 25,
Sunday, January 30 and March 27
Time: 7:00 p.m. - 9:00 p.m. (Fridays),
1:30 p.m. - 3:30 p.m. (Sundays) **NEW**
Location: Roseland Lanes (26383 Broadway Ave, in
Oakwood, 2 mi. east of I-271 & Broadway)
Cost: \$11.50 per bowler per date (includes shoes, bowling,
cheese pizza, pop and Dixie cup ice cream) \$ 5 per
parent/caregiver if eating with the participants,
must register in advance

Registration Deadline: January 26 and March 23.

Wii/Cornhole Night

When: Friday, February 4
Time: 6:00 – 8:00 p.m.
Location: Ross DeJohn Community Center (6306
Marsol Rd. Mayfield Heights)
Cost: \$7.00 per participant and \$5.00 per parent/caregiver if
eating (No registration at the door!)
Details: Enjoy Wii, Cornhole, board games, and dinner with
your friends. Dinner will be sub sandwiches, chips and pop or
water. Choices of subs: Ham, Turkey, Italian and Veggie.
Registration Deadline: Wed., Feb. 2

Super Bowl Party

Who: Teens –Adults
Date: Sunday, February 6
Time: 5:30 – 9:30 p.m.
Location: Beachwood Community Center, 25325 Fairmount Blvd.
Cost: \$5.00 per participant (pay at the door)
Details: Come watch the game with family and friends.
Pizza and pop will be available. Please bring an appetizer or
dessert to share. **No chips or dip please! You must RSVP by
Thursday, January 27 to Judi Greenspan 216-932-1989 or
jgreenspan@keenepromotions.com. Sponsored by High Five
Club, Think Computer Foundation & Beachwood Recreation.**

Valentine's Day Dance

Who: 18 and Over
Date: Saturday, February 12
Time: 7:00-9:00 p.m.
Cost: \$5-Pre-registration only
Location: Freeway Lanes of Wickliffe (28801 Euclid Avenue)
Details: Join us for a Valentine's Day themed dance.
Celebrate the holiday with us! A DJ will be on hand with karaoke
available. Beverages and hot foods will be served. **Registration
Deadline: Monday, January 3. For more information contact
LEAP at 216-696-2716 Register directly with LEAP.**

Basic Self Defense and Awareness

Who: Ages 13 and over
When: Tuesday, February 15
Time: 6:30 p.m. - 8:00 p.m.
Where: Mayfield Village Civic Center
Limit: 10 participants
Fee: \$15.00
Details: Students will learn proper stances, evasive movements
and breaking out of grabs and holds. Learn to be aware of your
surroundings and how to react to common street situations. The class
will increase your sense of confidence, coordination and flexibility.
Instructors: Dan Means and Lynn Forbes. **Reg. Deadline: Feb. 9**

Basic Home Safety – **NEW** The Do's and Don'ts

Who: 15 years and older
Date/Time: Wednesdays, February 16 & 23, 6:30 – 7:30 p.m.
Where: CEVEC Home (6532 White Road, Mayfield Village)
Cost: \$15
Max.: 6 participants
Details: Join instructor Jennifer Rose and learn about basic
home safety, and what to do to keep yourself safe at home.
Participants will learn about safety practices both in and out of the
house. Participants will be involved in hands on demonstrations of
how to identify basic home safety concerns, and what action steps can
be taken to correct the concerns. Emphasis will be placed on kitchen
safety, electrical safety, outdoor safety, and performing safe simple
home repairs. **Registration Deadline: Friday, February 11.**

Get Active with Games **NEW**

Who: 13 years and up
When: Friday, February 25
Time: 7:00 – 9:00 p.m.
Cost: \$8.00 per participant in advance (no registration at the door)
\$5.00 per parent/caregiver if eating with the participants,
must register in advance
Location: One Wellness (34490 Melinz Pkwy, Eastlake. Corner of
Rt. 2 & SOM Center, just past the Radisson)
Minimum # of Participants Needed: 60
Details: This fun-filled evening will include a combination of
turf Nerf Tag, Inflatables, Ball Games, and Motor Skill
Developmental Games. Enjoy pizza, chips and pop! Wear athletic
shoes and clothing that is easy to move in. Attendees will
participate in a combination of the following: Nerf: Dart Attack,
Dishonorable, Shield Breaker, Witch Doctor, Capture the Flag,
Central Flag and Body Snatcher Inflatables: Racing Wall Climber
and Slide and Basketball Jump House and Slide. Plus Beanbag
Scavenger Hunt, Target Practice, Cones and Ladders and Obstacle
Course. **Registration Deadline: February 18.**

Adaptive Recreation (continued)

Design IT My Way **NEW**

Who: Teens to Young Adults
Date: Tuesdays, February 22 – March 15
Time: 6:00 – 7:00 p.m.
Location: Ross DeJohn Community Center
(6306 Marsol Rd., Mayfield Heights)
Cost: \$80.00 plus \$20.00 supply fee payable to instructor on first day of session
Limit: Minimum 4 / Maximum 8
Details: Participants will explore their creative and fashionable side by learning to use the Felting machine, embroider artwork, and appliqué techniques. Join us for some stylish, educational fun and Design IT your way! Model your creations at the End of school Fashion Show! No experience necessary. **Reg. Deadline: Feb. 16.** Visit www.DesignITSchoolofStyle.com

Night Out at the Movies

Who: 18 and Over
Date: Friday, March 4
Time: 7:00-9:00 p.m.
Location: Beachwood Community Center, 25325 Fairmount
Cost: \$5 each date, pay at the door. Cost includes admission, popcorn and beverage each date.
Details: Come watch movies on the big screen! Cost includes admission, popcorn and beverage. For more information contact Beachwood at 216-292-1970. **Sponsored by LEAP and Beachwood Recreation.**

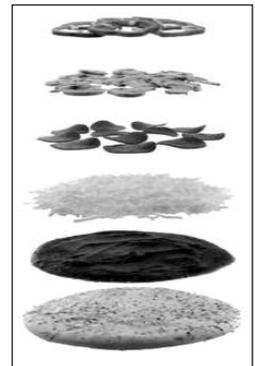
Making Pizza in the **NEW** Village at Pizza Roma



Who: Teens – 24 year olds or 25 years and older
Location: Pizza Roma (785 SOM Center Rd)
Dates/Times: Sunday, March 6,
1:00 – 1:45 p.m. Teens – 24 year old,
2:00 – 2:45 p.m. 25 years and older
Sunday, March 13,
1:00 – 1:45 p.m. 25 years and older
2:00 – 2:45 p.m. Teens – 24 year old

Cost: \$12
Min./Max.: 8/12

Details: Have you ever wondered how pizza is made by the professionals? Well here is your chance to learn. Grace Van Ness of Pizza Roma will help you roll the dough, add the sauce and toppings, and then bake it in the oven. While the pie is baking, participant can decorate their pizza box. Participants can dine in or take the masterpiece home to share. **Registration Deadline: Wednesday, March 2 and 9.**



Solon Blue Ribbon Programs

Please call 440-248-5747 ext. 2114 for more information. Registration Information for all Solon Blue Ribbon Programs: Register at the Solon Community Center, 35000 Portz Pkwy., Solon, Ohio from 8:00 a.m. to 7:00 p.m. Or mail in the registration form (www.solonrec.org, click the Blue Ribbon tab, print the registration form and follow the instructions provided). Please allow enough time prior to event for mail in registration.

KARAOKE AND DANCE NIGHT 2011

Come and sing, dance, eat and be merry. DJ Kimba will be serving up the best music Jams on this side of Solon. Pasta and refreshments will be served.

Ages: 12 and over
Date: Friday, January 21
Time: 7:00 p.m. - 9:30 p.m.
Location: SCC Banquet Room
Fee: \$7.00
Registration: Now through January 19
Limit: 40

FUN FEST 2011

When something is so spectacularly fun and successful it must be continued!! So YES, it is the exciting time again for the 8th annual FUN FEST-IVAL for individuals with special needs, their families and caregivers. Join us at the St. Patrick's Day themed Solon Community Center for a little bit of Irish, and games, air bouncers, bingo, D.J. dancing, information center, food, drink and the other special attractions of the evening. Remember to wear green!

Ages: Special needs individuals, their families and caregivers of all ages.
Date: Saturday, March 5
Time: 6:30 p.m. - 9:00 p.m.
Location: Solon Community Center
Fee: \$3.00 advance \$5.00 day of event
Registration: Now through March 5
Limit: None

Excursions

Cuyahoga Valley Scenic Railroad

THE HOLIDAY TRAIN

Dates: Saturday, December 11 or Sunday, December 12

Times: Departs at 10:00 a.m. (Boarding begins at 9:30 a.m.), Returns at 4:30 p.m.

Cost: \$24 Adults, \$14 Children (3 – 12 yrs), 2 and Under Free

Details: The Holiday Train will depart from the Rockside Station in Independence and travel down to the Akron Northside Station. During the trip, Mr. Jingeling will be going through the cars telling a story and passing out paper keys. When you arrive in Akron you will be taken over to Canal Place. There will be an ice skating rink, stores and restaurants; don't forget extra money for whatever activity you choose to do. The train will depart from Akron at 3:00 p.m and on your way back to the Rockside Station Santa Claus will be on the train and pass out candy canes to the children. The train ride is approximately 2 hours and 40 minutes total. Seating is first come first serve on assigned coach. **Registration Deadline: Friday, December 3.**

NEW

One Day Charter Bus Trips

- All times for trips will be confirmed with an itinerary one week before the trip. **All times listed are approximate.** If you do not receive the itinerary in the mail, contact Mayfield Village Parks and Recreation at 461-5163.

- All trips leave from the Mayfield Village Civic Center unless otherwise noted.

- All trips include transportation aboard a charter bus

CHRISTMAS AT TARA

Date: Saturday, November 27

Time: 8:00 a.m. – 9:00 p.m.

Cost: \$82 per person includes Tara, The Buhl Manison, Grove City Outlet Mall and lunch.

Details: Both the magnificent recreation of the famous plantation in "Gone with the Wind" and her sister property, the Buhl Mansion, will be beautifully decorated for Christmas. After touring them, and eating lunch at Tara, we will have an opportunity to shop at the Grove City Outlet Mall, either for gifts to give or gifts for yourself!

CHRISTMAS WITH THE CLEVELAND POPS

Date: Sunday, November 28

Time: 12 Noon – 6:30 p.m.

Cost: \$103 per person includes Palace Theatre main floor seating, 3:00 p.m. performance and lunch.

Details: A perfect outing for the entire family, the Cleveland Pops celebrate the sounds of the holiday season as they perform traditional favorites and audience sing-alongs. The Baldwin-Wallace Men's Chorus and Big Screen scenes from beloved Hollywood film classics will accompany them. In addition, Santa Claus will make a visit...

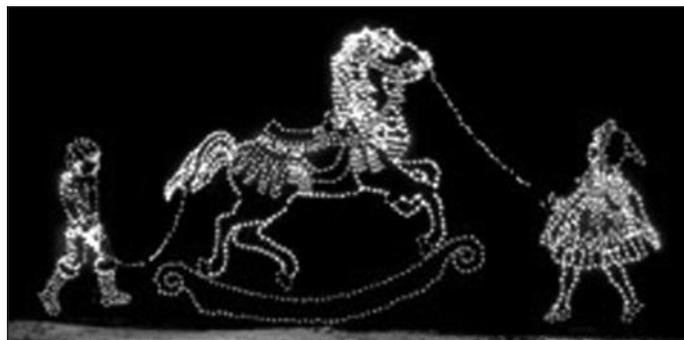
OGLEBAY'S FESTIVAL OF LIGHTS (WHEELING, WV)

Date: Saturday, December 4

Time: 9:30 a.m. – 10:30 p.m.

Cost: \$104 per person includes Winter Festival admission, Holiday Laser Show, Colonial Oglebay's Mansion Museum, Tour of the Lights and dinner

Details: Every year the Winter Festival of Lights glows with millions of lights on more than 300 acres, which we cover on a six-mile drive. It's one of the nation's largest light shows. Since every year several new displays are added, and some are retired, the Festival remains new and exciting, year after year.



GLITTER AND GARLAND (MANSFIELD, OH)

Date: Tuesday, December 7

Time: 7:30 a.m. – 7:30 p.m.

Cost: \$82 per person includes Oak Hill Cottage, Malabar Farm, Christmas Wonderland and lunch

Details: Everything in Mansfield will be decorated for the holidays, as you will see during our stops at the 1847 Oak Hill Cottage, the Eatmoor Bundt Company, Malabar Farm, and the Possum Run Greenhouse. These will be followed by a tour of the Christmas Wonderland lighting display, where more than 400,000 colorful lights blanket 33 winter acres.

One Day Charter Bus Trips (continued)

RIVERSIDE CHRISTMAS (CAMBRIDGE SPRINGS, PA)

Date: Friday, December 10
Time: 4:00 p.m. – 12 Midnight
Cost: \$87 per person includes Riverside Inn, 6:30 p.m. performance and dinner

Details: Join us for the world premier of the musical The Tablecloth, which promises to tell a delightful Christmas story. When a winter storm damages the ceiling of a church, the pastor purchases an ivory and gold tablecloth to cover the damage. No one imagined it would hold the power to create a true Christmas miracle.

CELEBRATION OF LIGHTS (PITTSBURGH, PA)

Date: Sunday, December 12
Time: 12:15 – 9:30 p.m.
Cost: \$88 per person includes Hartwood Acres Celebration of Lights, Phipps Conservatory Holiday Display and dinner

Details: For almost 20 years Hartwood Acres has glowed in December as more than two million points of light create holiday-themed displays from three to 45 feet in height. More than 400 figures line three miles of roadway, all supported by ten generators. A fun excursion for the entire family!

CHRISTMAS CONCERT AT SEVERANCE HALL

Date: Saturday, December 18
Time: 1:30 - 7:30 p.m.
Cost: \$129 per person includes Severance Hall main floor seating for 3:00 p.m. performance and dinner.

Details: The Cleveland Orchestra, the Cleveland Orchestra Chorus, and the Norton Memorial Organ join together to perform traditional Christmas favorites in this annual celebration.

Rivers Casino Pittsburgh

NEW

Date: Wednesday, February 16
Time: 9:00 a.m. – 6:00 p.m. (approx.) (depart/return to the Mayfield Village Civic Center)
Cost: \$28 includes transportation and voucher (\$15 coin/\$5 food)

Details: Join us to escape your winter doldrums and have fun with Las Vegas style gambling. Must be 21 years and older to participate. Join your chaperone Janice as she entertains you with bingo on your short 1 1/2 hour trip to Rivers Casino.
Registration Deadline: February 9.

12th Annual Ski Trips for Families, Adults and Teens

General Information:

- Trips are a cooperative effort by Mayfield Village Recreation Dept., Mayfield Community Ed. and surrounding communities.
- Each participant is responsible for their own food costs
- For more information or questions or to register with a specific department: Mayfield Village Rec., 461-5163 , Mayfield Community Ed., 995-7600.

Transportation Details:

- Charter bus will leave Mayfield High School main parking lot (6116 Wilson Mills Road) directly behind the Mayfield Regional Library
- 6:30 a.m. and returns at 7:30 p.m. (approx.)
- To avoid lost or stolen items, participant should mark equipment
- Helmets are required for anyone using the Terrain Park
- Transportation costs included in prices.



HOLIMONT SKI RESORT

Monday, January 17, 2011 (Martin Luther King Day)	Before Jan. 11	After Jan. 11
Just Lift Ticket.	\$85	\$90
Lift Ticket & Ski or Snow Board Rental (adult)	\$113	\$118
Lift Ticket & Ski or Snow Board Rental (youth 12 & under)	\$107	\$112
Non skier (transportation only)	\$45	\$45

HOLIMONT SKI RESORT

Monday, February 21, 2011 (President's Day)	Before Feb. 7	After Feb. 7
Just Lift Ticket.	\$85	\$90
Lift Ticket & Ski or Snow Board Rental (adult)	\$113	\$118
Lift Ticket & Ski or Snow Board Rental (youth 12 & under)	\$107	\$112
Non skier (transportation only)	\$45	\$45

Youth and Teen Sports & Activities

12th Annual

Youth Winter Break Camp

Mayfield Community Education, Mayfield Village and Mayfield Heights Recreation Departments are teaming up to offer six winter break days during the holiday break at Mayfield High School for grades K – 6. The camp will have the use of the gym and pool for games and swimming and a couple of field trips to fun activities. Qualified and experienced supervision. Before camp care is available from 8:00 – 9:00 a.m. for \$7 per child/day and after camp care until 5:30 p.m. for \$10/child/day.

Dates: Monday - Wednesday, December 20 – 22
and Monday – Wednesday, December 27 – 29

Location: Mayfield High School

Look for flyers in November for more details.

Mayfield Village Players (Basketball)

Who: 3 - 5 year olds

When: Wednesdays, January 5-February 9

Time: 7:00 – 7:45 p.m.

Location: Center School Gym

Cost: \$ 40 if basketball and shirt needed (this is new shirt, not the one from previous year)
\$30 if just shirt needed (has basketball from previous year)

Limit: 24 participants

Details: This program replaces the former Start Smart Basketball program. Join us for six sessions of basketball where 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 and closes once 24 participants sign up.**



Horseback Riding for Youth and Adults

Who: 6 year olds - adults

When: Beginner I, Wednesdays, January 19 – March 9
Beginner I, Thursdays, January 20 – March 10
Beginner II, Mondays, January 24 – March 14

Time: 3:30 – 4:30 p.m. and 7:00 p.m. on Wednesday only.

Location: Maypine Equestrian Center (32700 White Road)

Cost: \$245 school district residents,
\$249 non school district residents

Limit: 6 riders per day.

Details: Mayfield Village and Maypine are again offering Beginners I and II riding programs. Beginner I will teach how to walk and trot. Beginner II will work on solidifying position and control at both the walk and the trot and introduce the canter. Participants will need to wear shoes with a small heel, long pants and long hair must be tied back. Helmets provided. Maypine provides an indoor arena for riders and observation area for parents. Check out their website at www.maypinefarm.com.

Registration Deadline: Wednesday, January 12.

Horseback Riding for Adults Only

Adult Only Classes are also being offered on Tuesdays and Thursdays (beginning January 18 & 20) at 11:00 a.m. or Sundays (beginning January 16) at 1:45 p.m. Each class will be one hour long and will teach the basics of walking, trotting and safety around horses. The cost \$245 school district residents, \$249 non school district residents for the 8 week program.

Design It for Mayfield Middle Schools

NEW

Who: 6th and 7th graders

Date: Saturdays, January 29 – February 12 **OR**
Wednesdays, February 23 – March 16

Time: Saturdays, 11:00 a.m. – 12:15 p.m.
Wednesdays, 6:30 – 7:45 p.m.

Cost: \$80.00 (plus \$20.00 supply fee payable to instructor on first day of session)

Limit: Minimum 4 / Maximum 8

Location: Wednesdays at Ross DeJohn Community Center (Mayfield Heights)
Saturdays at Mayfield Village Civic Center

Details: Love Fashion? Born with Style and want to express it? Then this class is for you! Come learn to create stylish fashionable accessories to complete any wardrobe. Students will learn to dye, sew, rip, stitch and embroider. Projects include: Rosette Tees, Patchwork Jeans, Headbands, Necklaces and more! Model your creations at the End of school Fashion Show! No experience necessary. Additional supplies may be required. **Registration Deadline:** Fri., January 21 and Wed., Feb. 16 (**Note:** **If we get enough interest a second session will be offered.**)

Gilmour Academy Learn-to-Skate Program

We offer one of the finest Learn-to-Skate programs available in this area. It's the very best way to have fun learning to ice skate in a safe environment. Our instructors teach simple, easy-to-learn moves using the U.S. Figure Skating Basic Skills Program. Skaters of all ages and skill levels are welcome. Our After School Skating Program offers local students a fun activity combined with the convenience of transportation to the arena. An additional fee of \$12.00 per 8 week session is charged for pick up service. The cost for an eight-week session is \$110.00. Fees include admission to the arena, instruction from our professional staff, skates, and membership to U.S. Figure Skating. Each class is 60 minutes and includes a 40 minute group instruction and 20 minutes of free skate. **PREREGISTRATION IS REQUIRED TO ENSURE ADEQUATE STAFFING.** Contact Alease Cameratta at (440) 449-7487 for more information.

WEEKEND AND SPECIAL EVENT SKATING AT GILMOUR ACADEMY IS OPEN TO THE COMMUNITY

Enjoy a family friendly atmosphere during our Saturday 11:30 AM – 1 PM and Sunday 3 PM – 4:30 PM skate sessions for the young and young at heart. Parties and special events can be planned during any of these sessions. Call Josette at (440) 449-7546 to book your party or private rental.

LEARN TO PLAY HOCKEY AND HOUSE LEAGUE

Gilmour Academy 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. (We offer a low cost equipment rental program.) 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. The program runs through February 26, 2011. Kids can start the program anytime. Call Mike McNeill at (440) 449-7490 for more information

For more information on any of these programs visit our website at www.gilmorarena.com or find us on facebook.

Indoor Floor Hockey

For Students: 1st and 2nd grade league
3rd, 4th and 5th grade league
Orientation Date: Saturday, January 29th
League Play: Saturday, February 5 - March 19
Time: 1st and 2nd grade mornings
3rd, 4th and 5th grade afternoons
Cost: \$56

Details: Mayfield Area Recreation Council, Inc. (MARC) will again be offering Indoor Floor Hockey. A special walk-in registration will be held on Thursday, January 20th, 6-7 p.m. in the Mayfield Middle School Cafeteria. On Saturday, January 29th a player orientation will be held to meet your coach and teammates, review rules and receive your league schedule. Call 461-7344 for more information.

Design IT Club **NEW** for Elementary Schools

Ages: 3rd - 5th graders
When: Saturdays, January 29- February 12 **OR**
Wednesdays, February 23 – March 16
Time: Saturdays, 9:30 – 10:45 a.m.
Wednesdays, 5:00 – 6:15 p.m.
Fee: \$80.00 (plus \$20.00 supply fee payable to instructor on first day of session)
Location: **Wednesdays** at Ross DeJohn Community Center (Mayfield Heights), **Saturdays** at Mayfield Village Civic Center
Limit: Minimum 4 / Maximum 8
Details for Session 1: Passion 4 Fashion: Calling all future Fashion designers! This class is for the girl who loves to be funky fashionable and fun! Students will learn the complete design process from initial concept, to sketching to construction. They will explore embroidery, handwork, Machine sewing, dyeing techniques and more! Model your creations at the End of School Fashion Show! No experience necessary. **Registration Deadline: Friday, Jan. 21 (for Sat. class), Feb. 16 (for Wed. class)**
Details for Session 2: Craving some more Fashion Design? Continue to explore the world of design! Students will be taught how to study fashion trends, interpret sewing patterns and sew their own garments. Model your creations at the End of school Fashion Show! No experience necessary.
Note: this session will only be offered if there is enough interest.

Making Pizza In the Village At Pizza Roma



Who: 3 year olds – 5th graders with parent
Dates/Time: Sundays, 1:00 – 1:45 p.m. or 2:00 – 2:45 p.m.
3 - 4 year olds, January 30
K – 2nd graders, February 13
3rd – 4th graders, February 20
5th graders, February 27
Location: Pizza Roma (785 SOM Center Road)
Cost: \$12
Min./Max.: 8/12
Details: Have you ever wondered how pizza is made by the professionals? Well here is your chance to learn. Grace Van Ness of Pizza Roma will help you roll the dough, add the sauce and toppings, and then bake it in the oven. While the pie is baking, children can decorate their pizza box. Participants can dine in or take the masterpiece home to share with the family. **Brothers and sisters in different grades will be accommodated into the same day/timeslot for your convenience. Registration Deadline: The Wednesday before each date.**

Parent/Child **NEW** Skiing & Snowboarding at Alpine Valley

Who: For Children Ages 6 to 8 year olds. (ages 4 & 5 may participate if parent takes the lesson with the child)
When: Saturdays January, 22 and 29, 12:30 -5:00 p.m.
Cost: No Rental: \$56/per parent or child
 Ski Rental: \$72/per parent or child
 Snowboard Rental: \$86/per parent or child
Both parent and child must register.

Details: Join us for parent/child skiing and snowboarding, including lessons. This 2-week introduction to skiing and snowboarding is for children ages 6 to 8 year olds and a parent or guardian. Includes a one-hour lesson each week with three hours of open ski time afterward. Meet in the main lodge at 12:30 p.m. Children must be accompanied by a parent or guardian at all times.
Registration Deadline: January 14.

Youth Dodgeball Open Gym

Who: 5th - 8th graders
When: Sundays, January 9 - February 27 (except 2/6)
Time: 5:30 -6:15 p.m.
Where: Mayfield Middle School Gym
Cost: \$40/participant
Call Mayfield Heights Recreation for more information at 440-442-2626, ext. 267.

Wildcat Sampler

Who: 6th - 8th graders
Date: Friday, March 4
Time: 7:00 p.m. - 10:00 p.m.
Where: Mayfield Middle School
Cost: \$8.00 - pre reg. or \$10 - at door
Details: If you liked Wildcat Teen Halloween this past fall, this event will be very similar! There will be a DJ/karaoke, all of your favorite inflatables, volleyball, prize raffle and more. Pizza, pop and chips will be available for an additional cost.

SPRING/SUMMER PREVIEW 2011

Applications for Summer Camp counselors, CIT's, lifeguards, WSI's and other pool positions will be available at the Civic Center on Monday, November 22.

MARK YOUR CALENDAR!

Village residents will be able to reserve Parkview Pool for private use beginning January 3 - February 1. After February 1, pool rentals are open to school district residents and continues for Village residents.

Parkview Pool will be in its 12th season beginning Friday, June 10, 12 Noon. Registration for **Village residents** will be held at Parkview Pool beginning **Wednesday, June 1** and will open to school district residents on **Monday, June 6**. Learn-to-Swim classes will begin June 20.

Sports 'n More camp for students entering 1st-6th grade in the Fall will begin on June 13.

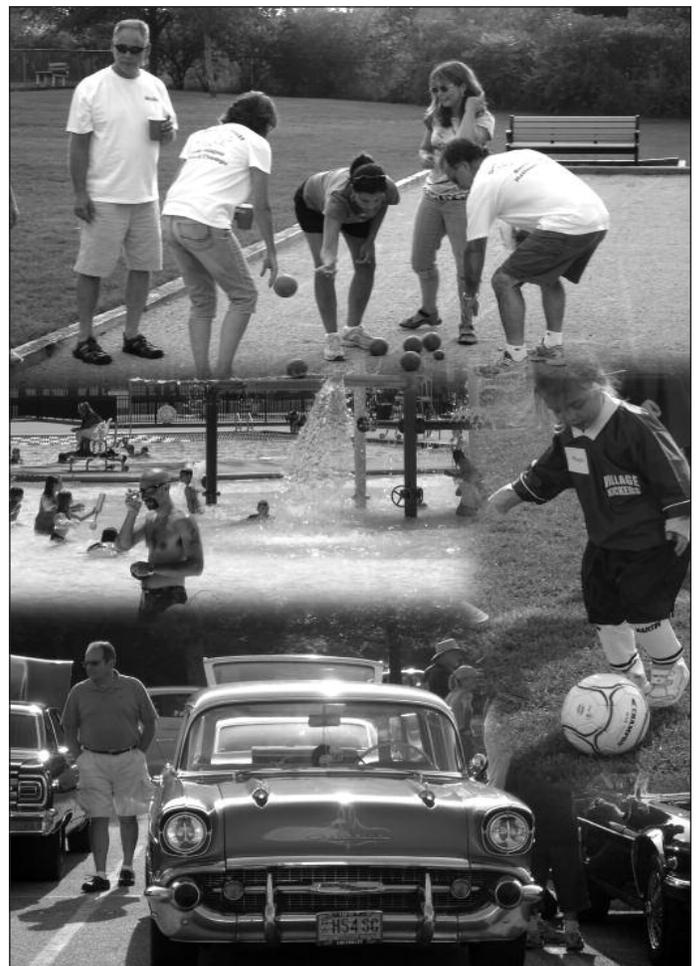
Teen Adventure Camp for students going into 7th & 8th grade in the Fall will begin on June 13.

Junior Camp for 4 year olds to students entering 3rd grade in the Fall will begin June 21 at Center School.

The Summer Sizzler Swim Meet will be on Sunday, July 17.

A variety of youth softball programs will be offered ranging from 3 year olds to 18 year olds. Information will be mailed to past participants and flyers will be delivered to the schools.

**22nd Annual Debbie Hudacko Memorial
2 and 5 Mile Runs and
2 Mile Walk is Sunday, July 10**



Progressive Fitness Center

Progressive Fitness Center for Mayfield Village Residents 16 years and Older

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

When renewing a membership, it must be done in person at the Civic Center. A family member may now renew for another family member-the person purchasing the renewal must show a photo ID. All memberships are subject to the approval of Progressive.

Progressive Fitness Center offers

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

Group Fitness Classes

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

Fitness Program

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

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



Becoming a Member

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

Membership Fees

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

Facility Hours

Monday - Thursday	6:00 a.m. - 8:30 p.m.*
*Unstaffed from	8:00 p.m. - 8:30 p.m.
Friday	6:00 a.m. - 8:00 p.m.
Saturday	7:00 a.m. - 2:00 p.m.*
Sunday	7:00 a.m. - 2:00 p.m.*
*Unstaffed	

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

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

Student Break Membership

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

Progressive Personal Training

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

30 minute session-\$16

45 minute session-\$24

60 minute session-\$32

Pilates is \$50/hour and \$35/45 minutes

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

Senior Programs

Coordinated by the Human Services Department

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

Annual Holiday Party & Luncheon



When: Saturday, December 11
Time: 1-4 p.m. (Doors open at 12:30)
Where: Mayfield Village Community Room
Cost: Free—but reservations are required by Wed., Dec. 1
Details: For Mayfield Village residents only who are 60 or more years of age. Join us for hors d'oeuvres, lunch, entertainment, and door prizes. Call the Human Services Dept. at (440) 919-2332 by December 1 with your name(s), address, and phone number.



Tai Chi Fan

When: Wednesdays at 1 p.m.
Where: Mayfield Village Community Room
What: Tai Chi Fan for Health and Balance focuses on the principles of correct posture and balance found in Tai Chi. Participants build strength, flexibility, and balance—vital components in reducing falls.
Instructor: Arline Bogner, Certified in Qi Gong for Health
Cost: \$40 for 6 week session or \$10 for occasional drop-ins. Additional nominal fee for fan.

PLEASE NOTE
WEATHER CANCELLATION POLICY
All activities, classes, and programs scheduled by the Human Services Department will be canceled in the event that Mayfield Schools are closed due to inclement weather.

Bereavement Support Group

When: Dates and time to be determined
Where: Mayfield Village Community Room
Details: Kim Loss of Crossroads Hospice helps persons work through the grief connected with losses through death, job loss, divorce, moves, and other life-changing challenges. Contact our office to learn more or to register.

Senior Speaker Series

Our Senior Speaker Series, informational programs open to all adults ages 50 and over, continues with programs at various times to enlighten, stimulate, and entertain participants.

These free programs are held in the Mayfield Village Community Room and usually last approximately one hour. Refreshments are served.

Wednesday, November 17 - 1:00 p.m.

Focus on Israel presented by the Council of Jewish Women. A non-religious, non-political, informative program about this Middle Eastern democracy. Reservations are required by Monday, November 15.

Thursday, November 18 - 10:30 a.m.

High Blood Pressure Facts and Controls presented by Nicole Evanchuck of Senior Independence. Reservations are required by Monday, November 15.

Thursday, December 16 - 10:00 a.m.

Medicare Updates presented by Diane Jones of Aetna Insurance. Reservations are required by Monday, December 13.

Friday, January 21 - 12:00-2:00 p.m.

Retirement Today, a seminar for persons who are retired or are contemplating retirement, presented by Michael Douglas, a licensed Financial Services professional, of New York Life Securities. Since lunch is included, reservations for the January 21 program are required by Monday, January 17.

Computer Classes

Mayfield Village Human Services Department is offering computer training classes taught by Tech Wise instructors. The classes are designed especially for older adults, ages 55 plus. Classes are held Tuesday mornings from 9:30 to 11:30 a.m. at the Mayfield Village Community Room, 6621 Wilson Mills Road. For more information and course descriptions, call Mayfield Village Human Services: 440.919.2332.

Create Your Own Greeting Cards



When: 1st Thursday of each month
Time: 9 a.m.-12 noon
Details: Michelle will instruct participants in creating ten greeting cards with beautiful embellishments, some seasonal and some with all purpose themes.
Cost: \$15
Deadline to Register: The Monday before the class you wish to attend.
Class Maximum: 25 students.



Ongoing Activities

Every Monday:

Games & Puzzles in the Community Room, 1-4 p.m. Play games such as Mah Jong, Progressive Rummy, or Scrabble, etc. Light refreshments. No charge.

Every Tuesday & Thursday:

Cards in the Community Room, 1-4 p.m. Cost: 50¢. Bridge, pinochle, and hand and foot are currently being played. No cards: Tuesday, 11/2 and Thursday, 11/25.

Every Wednesday:

Do you have a penchant for sewing or quilting? Stop in to see what the **ABC Village Quilters** are making. This hard-working group meets every Wednesday from 10:30 a.m. to 1:00 p.m. at the Mayfield Village Community Room. Donations of cotton combination material are always welcome. Quilts are donated to various charitable organizations. Questions: Call MV Human Services Department at 440.919.2332.

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

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

Classes in Cooperation with Mayfield Community Education

Mayfield Village Human Services Department offers a variety of Exercise, Fitness, and Line Dancing courses in cooperation with Mayfield Community Education. Contact MV Human Services for more information on these and other courses in which you might be interested. The Mayfield City Schools Community Education and Recreation publication is available online at mayfieldschools.org.

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

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

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

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

Mail: Contact us for a registration form. Mail registration form with your check payable to Mayfield Village to MV Human Services Department, 6621 Wilson Mills Road, Mayfield Village, Ohio, 44143.

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