

CITY OF SEVEN HILLS COMMUNITY NEWSLETTER WINTER / SPRING 2017

SEVEN HILLS CITY HALL • 7325 SUMMITVIEW DRIVE • SEVEN HILLS, OH 44131
PHONE: 216-524-4421 • WEBSITE: WWW.SEVENHILLSOHIO.ORG



Former Mayor George Chandick

At the dawn of this New Year, Seven Hills grieves the loss of one of its most prominent residents, former Mayor George Chandick. Apart from his service as Mayor and Council President, George was also a member of the Greater Cleveland Sports Hall of Fame and the Seven Hills Hall of Fame.

He had an outstanding 18-year post-college career as a player and player-coach in the Greater Cleveland Basketball League, and spent a lifetime of devotion and service to athletics in the Greater Cleveland area. George began his career as a teacher of elementary physical education for 38 years in the Cleveland Public School System. He has lengthy list of achievements and honors as coach, official, team sponsor and participant, embracing a variety of sports. George devoted his life to the City of Seven Hills and to his beloved family.

He is part of the family tradition that is the foundation of the city he loved. Just like many of our residents, George Chandick has deep roots here over several generations with a heartfelt commitment to our community that is rarely duplicated elsewhere. That tradition and the work of elected officials like George has allowed Seven Hills to flourish as an ideal location to live, raise a family, and to retire.

Our central location in Cuyahoga County provides our city easy access to all the resources and amenities of our region. As a result, Seven Hills is actively participating in the re-vitalization of northeast Ohio, with a resurgence of new construction and new families moving here.

The wide variety of affordable and high-end housing here has made our city an inviting location for a diversity of residents interested in sharing in all that our city offers. We are now looking forward to even more development along Rockside Road this year.

Seven Hills continues to focus on increasing health and wellness for residents and non-residents alike, with an emphasis on our

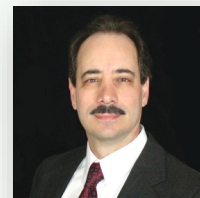
50,000 square foot Recreation Center and Natatorium. With year round special events and an assortment of classes and programs, the Seven Hills Recreation Center has become a centralized focus for the region. The recent collaboration with University Hospitals, which now operates a physical therapy facility within the Recreation Center, has increased the city's ability to provide an even wider variety of quality benefits.

Senior Shuttle Bus Service is now operational with transportation available, Wednesday, Thursday and Friday of each week from 8:30 A.M. until 2:00 P.M. For a \$5 suggested donation (cash or check made out to the Smallwood Senior Center and handed to the driver at pick-up) the bus will provide round-trip service to locations in Parma and Seven Hills, including doctors, dentists, banks, grocery stores, hair salons, the Seven Hills Recreation Center and so forth. Please call **Brenda at (440) 885-8156** at least two weeks in advance to schedule your shuttle bus service.

Thanks to the groundwork laid over the years by leaders like George Chandick, our city services are unparalleled and are delivered at a reasonable cost considering that only a small percentage of our regular property taxes are paid to the city. Our Police Department has regularly earned a number of "Safe City" awards as determined by FBI statistics. The Seven Hills Fire Department has been highly praised in a state performance audit as a model for communities of our size. Our summer Farmers' Market at Hillside and Broadview Roads continues to grow in size and popularity.

We are truly proud of our city and thankful for the leadership of elected officials like George Chandick that helped to create all these developments. On behalf of the City of Seven Hills, we say thank you to George and his family. May He Rest In Peace.

--Mayor Richard Dell'Aquila



*Donations are being accepted in honor of George Chandick made to the **Seven Hills Hall of Fame** at 7777 Summitview Drive Seven Hills OH 44131*

City Directory

Police / Fire Emergency 911

Seven Hills City Hall 216-524-4421

Police NON-Emergency 216-524-3911

Fire NON-Emergency 216-524-3321

Mayor's Office -
Kathy Holland 216-525-6227

Recreation Center -
Front Desk 216-524-6262

Senior & Community Services -
Tony Terry 216-525-6230

Mayor's Court 216-524-4421

Building Department 216-524-4427

Council Clerk -
Carol Sekerak 216-525-6235

Finance Department 216-525-6249

Law Department 216-525-6237

Service Department- 216-525-6225

Engineering Department 216-525-6226



Follow the City of Seven Hills on Facebook!

<https://www.facebook.com/cityofsevenhills>

Seven Hills City Council

Council-At-Large:

Edward S. Bicker
440.561.7696 councilmanbicker@yahoo.com

Thomas A. Kraynak
440.526.7338 tomkraynak@cox.net

Council President Matt Trafis
216.410.4062 matt@trafis.com

Ward Councilmen:

Ward 1 - Tony Biasiotta
216.459.9312 TonyBfor1@gmail.com

Ward 2 / Council President Pro Tem
Timothy Fraundorf
216.339.8845 tim_fraundorf@yahoo.com

Ward 3 - Jim Kukral
216.272.4383 jim@votekukral.com

Ward 4 - Frank J. Petro
440.343.0348 frankp1012@yahoo.com



POLICE - EMERGENCY 9-1-1
NON-EMERGENCY: 216.524.3911

Congratulations to new Police Chief Michael Salloum and Thank You to Police Chief Gary Durkin for his years of dedication and service to our community.

SNOW REMOVAL

Throughout the winter season, it may become very difficult for students who walk to and from school to navigate through high accumulation of snow. If you are a homeowner within close proximity to Hillside Middle School, you are asked to help mitigate this hazard by doing your best to have your sidewalks cleared.

Some children will resort to walking down one of Seven Hills very busy streets because the sidewalks aren't cleared. This is very dangerous. For this reason we are asking all residents to do what they can to ensure the safety of our children.

Please be aware that C.O. 521.06 requires you to remove snow and ice from your side walks and C.O. 311.01 prohibits you from placing snow or ice onto a street or alley or obstructing or covering a fire hydrant. However, it is legal to operate powered snow removal equipment 24 hours a day, 7 days a week. The entire ordinances can be viewed at www.sevenhillsohio.org.

PARKING HOURS

No person, operator or owner shall park or permit a vehicle to remain on the roadway portion of any street or highway in the City between the hours of 3:00 A.M. and 6:00 A.M. C.O. 351.11(a) can be viewed at www.sevenhillsohio.org.

THEFTS FROM VEHICLES

Thefts from unlocked vehicles continue to occur throughout the city. In each one of these cases, the vehicles entered were all unlocked and the thefts were committed overnight. The police department encourages all residents to keep all vehicles that are parked in your driveway locked and remove all valuables (for example, purses, wallets, laptops, GPS units, etc..) each night. Many of these thefts can be prevented by simply removing your valuables and locking your vehicles.

Remember, the people committing these crimes are simply walking through our neighborhoods and going through your vehicles. The police department wants to remind all residents to report any people acting in a suspicious manner immediately by calling our dispatch center at 216-524-3911. If you see anyone committing a criminal act (i.e. going through an unoccupied car in a driveway or on the street) immediately call 911 before taking any other action.

Through cooperation and vigilance, we can continue to keep our neighborhoods safe.



Members of the Seven Hills Police Department continually strive to make the protection of our citizens and their property a top priority. To further this cause, we rely on the people of this great community to be vigilant to the activities within their neighborhoods.

Obviously, this includes keeping an eye out for your neighbors and taking the necessary steps to secure your belongings, i.e., the appropriate use of lighting, locking your car doors / homes, and notifying the Police Department in the event that you observe suspicious activity.

Other tips:

- Make sure all personal and home insurance policies are up-to-date and you have adequate coverage.
- Be alert to changes within your own neighborhood.
- Meet and know your neighbors.
- Report suspicious activity IMMEDIATELY!!

FIRE DEPARTMENT / CERT



As the warmer weather approaches, the Seven Hills Fire Department would like our readers to review the safety of your home. We hope you enjoy our safety tips, and know we are ready to respond to your Fire and Emergency Medical needs. 2016 finished with a call volume of 1,476 vs. 1,381 for 2015. As reported not so long ago, Seven Hills has the oldest population in Cuyahoga County and current trends will increase our call volume well into the future.

Fire Safety & Preparedness Get Out Alive and Survive

By the Ohio Department of Commerce Division of State Fire Marshal

Fire is a hot, fast and deadly element. Having an emergency plan and practicing fire drills are the best defenses in the event of a fire.

If you are caught in a fire situation, practice and remember these fire safety tips so you can "Get Out Alive and Survive."

- Feel the door. If the door is hot, don't open it. Go to a window and call for help. If the doorknob is cool, open cautiously.
- Get out of the building before phoning for help.
- Don't look for other people or pets or try to gather up items. Knock on doors as you leave. Yell "FIRE" as you leave. Do not stop or stray from your exit path as you leave.
- Crawl low to the floor. This smoke can make it impossible to see. Chemicals from smoke can be deadly in seconds. Heat and gases rise. The freshest air is closest to the floor.

- Close the door behind you. You may keep the fire from spreading and you might protect your possessions from fire and smoke damage.
- If you can't get out, get someone's attention. Call the fire department and give them your location. Close and seal your door with clothes or towels to try to keep the smoke out. Hang a sheet from the window, but keep the window closed if smoke is coming in from a lower level. Yell and scream for help.

Before a Fire

- Install smoke detectors on every level of your home and inside each bedroom.
- Test smoke detectors monthly.
- Change the batteries in your smoke detectors twice a year (for example, every December and every June). Mark your calendar to remind yourself.

Make a Fire Escape Plan and Safety Checklist!

CERT Stands for Community emergency Response Team. The membership in Quad City CERT consists of residents from Seven Hills, Independence, Valley View and Brooklyn Heights however we do welcome those from other communities. We are trained and operate under direct supervision of our Fire Departments. We provide continual training for our volunteers and assist during community functions. We are also active on a county-wide basis through Citizen Corp Basic.

Quad City Cert's mission is to provide assistance to our community Fire Departments in times of need. To help them provide the "greatest good for the greatest number of people" in emergency and non-emergency situations. If a disaster happens that overwhelms local response capability, CERT members can apply the training learned in the classroom and during exercises to help give critical support to their family, loved ones, neighbors and associates un their immediate area until help arrives.

CERT Members receive 24 hours of hands-on training - one day per week for 8 weeks. Training is free of charge to anyone 14 years and over (14 - 17 will be required to have a parental consent form signed) - community service hours can be earned.

**Please join your local Community Emergency Response Team!
You can't predict....But you can prepare and be aware!**

Next Training Class Begins Feb. 22, 2017 - Class size is limited!

**Training Topics Include: Introduction / Disaster Awareness • Fire Safety • Team Organization
Disaster Medical Operations (Sessions 1 and 2) • Light Search and Rescue**



SERVICE DEPARTMENT / COMMUNITY SERVICES

Stewart Lovece P.E., P.S – Service Director 216-525-6225

Email: service@sevenhillsoio.org

Emergencies after hours Contact Seven Hills Dispatch at 216-524-3911. Dispatch will contact the Service Department to handle City related issues such as snow removal, sewers backing up, flooding, downed trees and dead animals.

Mailboxes

The Service Department will make repairs to mailboxes that have been directly hit by the snowplows. Typically, damage is a result of the snow hitting the mailbox and not direct contact with the plow. Please check the condition of your mailbox in preparation for winter. Anything loose, broken or rotted mailboxes needs to be replaced.

Snow Removal

One truck is assigned in every ward for snow removal. However, additional trucks may be used depending on the amount of snowfall. Main streets and hills are a priority followed by the side streets and subdivisions. The City typically plows and salts only the intersections, hills and curves as part of our salt sensibility program which has been in effect for years.

Rubbish Pickup

Rubbish should be placed on the tree lawn by 7:00AM on the scheduled day of collection and shall not be placed earlier than 4:00PM on the day prior to the scheduled date of collection.

Water Main Breaks

Should you notice bubbling or streaming water along the roadway or tree lawn, please call the Cleveland Water Department at 216-664-3060 to report the break.

Street Light Outages

To report a street light outage, broken fixture or light flickering please call The Illuminating Company at 1-888-544-4877 or the Service Department at 216-525-6225.

Document Shred Day

The City will have document shredding behind City Hall on April 11th from 1PM to 7PM. InfoShred will be doing on site shredding.

Household Hazardous Waste & Computer Roundup

The City will have a roundup on May 16th from 8AM – 6PM behind City Hall. For information please contact the Service Department at 216-525-6225 or check the Cuyahoga County Solid Waste District Website: www.cuyahogarecycles.org

Holiday Giving

The holiday season has come and gone but many residents of Seven Hills are still filled with Christmas cheer thanks to the generosity of others. Through the Yuletide program, the Community Services Dept. was able to adopt 42 Seven Hills families for Christmas that otherwise would have gone without. The Yuletide program is administered by the cities of Brecksville, Broadview Hts., Independence and Seven Hills where in food and presents are collected and distributed to the qualifying people of those cities. Gifts and donations were delivered to City Hall and distributed to those in need up till Christmas Eve. Please note that the food pantry is utilized year round and that donations are accepted at City Hall.

Senior Transportation

Beep beep. That's the sound of the Seven Hills Senior Bus! Do you need to go grocery shopping, banking or just want to walk around at the recreation center? Thanks to a grant through University Hospitals, Seven Hills has partnered with the City of Parma to provide rides with-in Parma, Parma Hts. and Seven Hills for a suggested donation of \$5 round trip to residents who are 60 and older. For a suggested donation of \$12 round trip you can be taken to dr. appointments at Cleveland Clinic Independence, Southwest General Hospital in Middleburg Hts. and the medical building at Ridge Park Square in Old Brooklyn. To schedule an appointment you must call the transportation department at the Donna Smallwood Center 440-885-8800 and ask for Brenda. The bus will run on Wednesdays, Thursdays and Fridays from 8:30am until 2pm. All payments of either cash or check will be given to the driver.

Home Days

Have you ever been to a Home Days and thought, I wish they had this or that? Now is your opportunity to make it come true. We are looking for hard working dedicated volunteer project managers to help organize and facilitate the 2017 Home Days. Some of the responsibilities would be Food and concession manager, Vendor manager, main tent and stage manager, advertising and PR, Kids activities and more. This committee would meet once a month in February, March, April, May and June and several times in July leading into the event.

If you are interested in joining this committee or just volunteering at some level,

please contact Tony Terry at 216-525-6230 or TTerry@sevenhillsohio.org

Seven Hills Community
Recreation Center
7777 Summitview Drive
Seven Hills, Ohio 44131
216-524-6262



Recreation Center Hours:

Sundays: 12pm - 6pm • Mondays- Fridays: 5:30am - 9pm • Saturdays: 8am - 8pm

(Pool Closes Sat. at 5:45pm beginning November 1st)

**Pool Closes 15-minutes prior to rest of building (Sunday - Friday) .*

THE MISSION OF THE SEVEN HILLS COMMUNITY RECREATION CENTER

The City of Seven Hills Community Recreation Center is dedicated to creating a healthy, fun and educational environment where safety is paramount. Our year-round programming is offered to all ages and skill levels, helping to create exactly what each member or participant needs to achieve his or her personal goals.

We strive to enhance physical, emotional and social development of our Community while providing a safe and healthy atmosphere. - Jen Burger, Recreation Director

TOTALLY TONED PERSONAL TRAINING

TTPT has several packages available to accommodate your specific needs, and rates start as low as \$25 per session! Visit us on the web at www.totallytonedpersonaltraining.com, find us on Facebook, or call 216-548-5383 today to schedule your free 30-minute consultation and workout!

- Cardio - How to use your heart rate to achieve your desired result.
- Nutrition - Which foods will help or hinder your progress and long-term results.
- Weight Training - Gain lean muscle mass helping to burn more calories-even at rest.

Contact Trainer Mike at 216-548-5383 TODAY!



Discover the benefits of a healthy and active lifestyle



ANNUAL MEMBERSHIP INFORMATION

Seven Hills Resident Membership Info - Annual / Upfront Payment

Youth	\$105	A resident 12 years old or younger (must be purchased with Adult Membership).
Teen w Parent	\$160	A resident between the age of 13 and 17 (must be purchased with an Adult).
Teen w/o Parent	\$210	A resident between the ages of 13 and 17.
Adult	\$210	A resident 18 to 61 years old.
Adult Couple	\$345	2 Adults at the same address whose full time residence is in Seven Hills.
Family	\$400	Immediate family household members, up to four people living in Seven Hills (max. 2 adults).
Adtl. Children	\$40	Additional children may be added for \$40 each per year.
Senior	\$100	Resident 62 or over.
Disabled Resident	\$100	Resident that is "Totally Disabled" determined case by case. Must provide State Disability Info.
Resident College	\$100	Resident full time college student with permanent residence in Seven Hills.

Parma Resident Membership Info - Annual / Upfront Payment for NEW Parma Members (No previous Membership)

Youth	\$150	A Parma resident 12 years old or younger (must be purchased with Adult Membership).
Teen w Parent	\$200	A Parma resident between the age of 13 and 17 (must be purchased with an Adult).
Teen w/o Parent	\$275	A Parma resident between the ages of 13 and 17.
Adult	\$275	A Parma resident 18 to 61 years old.
Parma Couple	\$450	2 Adults at the same address whose full time residence is in Parma.
Family	\$525	Immediate family household members, up to four people living in Parma (max. 2 adults).
Adtl. Children	\$50	Additional children may be added for \$50 each per year.
Senior	\$150	Parma Resident 62 or over.
Disabled Resident	\$150	Parma Resident that is "Totally Disabled". Must provide State Disability Info.
Resident College	\$150	Resident full time college student with permanent residence in Parma.

Non-Resident Membership Info - Annual / Upfront Payment

Individual	\$400	One Person living outside of Seven Hills or Parma
Non Resident Couple	\$605	2 Adults outside of Seven Hills or Parma living at the same address
Family	\$675	Immediate family household members, up to four people living outside of Seven Hills or Parma (max. 2 adults).
Adtl. Children	\$105	Additional Children may be added for \$105 each per year.



NEW! United States Military Veteran Membership: Resident: \$100 Non-Resident: \$150
(Proof of Honorary Discharge via DD-214 required)

The above listed memberships are purchased for one full year - one time upfront payment. Monthly payment options are available as well for the duration of one full year. All memberships are non-refundable and non-transferrable.

ROOKIE ATHLETICS



Youth Basketball League

Price: \$70.00 Day and Time: Saturday Mornings

Ages 3-4 - 9-9:45am

Ages 5-6 - Week 1: 11am-12; Game schedules will be passed out.

Weeks 2-6: will have game times between 10am-12pm

Ages 7-8 - Week 1: 12pm-1; Game schedules will be passed out.

Weeks 2-6: will have game times between 12pm-2pm

Winter Session 3: Mar 4th - Apr 8th / Spring Session: Apr 22nd - May 27th

Brief Description: Through specialized skill drills and games, your young athlete will have a great time learning the fundamentals while becoming game ready. Week one will be a skill introduction and review followed by five weeks of games.

Basketball Skills Program

Price: \$45.00 Day and Time: Tuesday or Thursday Evenings

Ages 3-4 Tuesdays 5:30pm-6pm Ages 5-8 Tuesdays 6:15pm-7pm

Ages 9-11 Thursdays 5:30pm-6:15pm Ages 12-14 Thursdays 6:15pm-7pm

Winter Session 3: Feb 28th - Apr 4th (ages 3-5 & 5-8)

Mar 2nd - Apr 6th (ages 9-11 & 12-14)

Spring Session: Apr 18th - May 23rd (ages 3-5 & 5-8)

Apr 20th - May 25th (ages 9-11 & 12-14)

Brief Description: Whether you are looking to learn the fundamentals or gain more experience and knowledge on the court, our skills class is for you! Through skill drills and games see improvement in all areas of basketball.

T-Ball

Price: \$70.00 Day and Time: Sunday Mornings

Ages: 3-4 (T-Ball)

Week 1: 10am-10:45; Game schedules will be passed out.

Weeks 2-6: will have game times beginning 9am or 10am

Winter Session 3: March 5th -April 9th / Spring Session: April 23rd - May 28th

Brief Description: Week 1 will teach the basics of hitting, base running, fielding, and throwing. From there we will continually review the basics while playing a two to three inning game where everybody bats.

Sports of All Sorts

Price: \$45.00

Day and Time: Weds. Evenings

Ages 3-4, 5:30pm-6:15pm

Ages 5-8, 6:15pm-7pm

Winter Session 3:

Mar 1st - Apr 5th

Spring Session:

Apr 19th - May 24th

Sports of All Sorts introduces sports exercise and coordination to young athletes in an exciting environment while promoting social development in a class setting. With a new sport every class, each athlete will have the opportunity to experience what each of the major sports have to offer through fun skill drills and games.

Youth Soccer Skills

Price: \$45.00

Day and Time: Mon. Evenings

Ages 3-4, 5:30pm-6pm

Ages 5-7, 6pm-6:45pm

Winter Session 3: 3/4 - 4/8/17

Spring Session: 4/22-5/27/17

Soccer is vastly known as a great starter sport for children as young as three.

Soccer introduces him/her to team play, along with building coordination and motor skills. Rookie Athletics will begin with teaching the basic skills such as ball control, defense, passing, and finishing through a series of fun skill drills and games that build towards game play!

**Questions about these programs and more?
Email RookieAthletics@gmail.com**

Sunday Fun-Day!

Rookie Dodgeball

After a brief rule review we dive directly into game play in a fast paced, ball-flying, dippin n' dodgin exciting time.

Price: \$45.00

Date and Time: Sunday Mornings

Ages 6-9: 11:15 am - 12 pm

Ages 10-14: 12 pm - 12:45 pm

Winter Session 3: March- April 9th

Spring Session: April 23rd - May 28th

Kickball

Looking to play some Kickball? Come out and kick it with Rookie Athletics! Quick rule review, we pick teams, and we jump right into play. Keeping the game flowing and maximizing playing time!

Price: \$45.00

Date and Time: Sunday Afternoons

Ages 6-9, 12:15pm-1pm

Ages 10-14, 1pm-1:45pm

Winter Session 3: March- April 9th

Spring Session: April 23rd - May 28th

Register Today @ RookieAthletics.org

Sign up for these back to back classes to fill out an action packed Sunday Afternoon!



SPRING BREAK CAMP!

Our Spring Break Camp offers your children the opportunity to get exercise and fresh air during their time off school with our experienced camp staff! Children will enjoy a Spring Break filled with games, activities, arts and crafts, a field trip and so much more! New pricing INCLUDES Before & After Care! Please pack a lunch, a snack and swim gear each day! Contact Jamee Gerrick at 216.524.6262 ext. 408 for more info!

Camp Runs April 17th - 21st, 2017

Get here as early 6:30am and stay until 6pm - with no extra fees!

Full Time Fee (4 or More Days): Members: \$140 Non-Members: \$170

Part Time Fee (3 Days or Less): Members: \$120 Non-Members: \$135

Single Day Drop In Fee (Max 1 Day Per Week): Members: \$30 Non-Members: \$37

Field Trip 4/20/17 - Seven Hills Bowling Lanes (includes lunch and bowling)! \$15

Seven Hills & Parma Transportation Partnership

Need to do your banking, get your hair done, grocery shop?

**Contact Brenda to
schedule a ride!**

440-885-8800





SilverSneakers Fitness Program

The SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Get fit, have fun, make friends!

Individuals 65 & over who have Medicare coverage through their insurance company are eligible to take SilverSneakers' fitness classes for FREE.

Non-SilverSneakers members who are members of the center pay \$4 per class. Punch Cards are available as well to purchase in advance.

Classes are limited to 30 participants - Pick up a monthly schedule at the front desk today!

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SilverSneakers® CardioFit

SilverSneakers CardioFit is an advanced group exercise class designed for active adults who desire a safe and effective low-impact cardiovascular workout. Energizing and easy-to-follow movements promote heart-healthy, total-body conditioning to increase cardiovascular and muscular endurance. In addition, a variety of strength training options are offered to provide a well-rounded workout. Tanya's Tuesday Classes include Zumba Gold and Tone!

SilverSneakers® Yoga

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers® Splash

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Silver&Fit Fitness Program

Silver&Fit is designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit provides eligible members with no-cost or low cost fitness memberships and older adult-oriented group exercise classes, through arrangements with certain health plans. Silver&Fit is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated.

If your health plan offers Silver&Fit and you would like more information about classes, please contact Seven Hills Community Recreation Center at 216-524-6262.

You may also visit www.silverandfit.com



ADULT PROGRAMS

Session Dates:

Winter 2: February 27th - April 8th (Registration Begins 2/1/17)

Spring: April 17th - May 27th (Registration Begins 4/1/17)

Summer 1: June 5th - July 15th (Registration Begins 5/15/17)

ZUMBA WITH CARMEN

Try this super-popular new program! Instructors fuse Latin rhythms and easy-to-follow moves to help create a one-of-a-kind fitness program! Have a blast in this one hour of calorie-burning, body energizing, awe-inspiring movements meant to engage and captivate life! **Instructor: Carmen Quintana**

Days: Thursday Evenings: 7:35pm - 8:35pm with Carmen

Fees: Member Punch Card: \$27 or \$6 Drop In

Non-Member Punch Card: \$37 or \$8 Drop-In



INSANITY WITH LYNN

INSANITY live classes will bring the workout we have all seen on DVD to a live group setting. Using max interval training with explosive cardio and plyometric drills combined with your own power and strength. No weights needed, your own body weight will tone and sculpt your body. All levels welcome!

Instructor: Lynn Johnson

Days: Monday Evenings 7:30pm - 8:00pm

Fees: Member Punch Card: \$27 or \$6 Drop In

Non-Member Punch Card: \$37 or \$8 Drop In



INTERVAL FITNESS TRAINING CLASS WITH TONY TOTH

New to working out? Intimidated by machines and weights and muscle-bound people? Don't know where to start? Then this is the class for you!! NASM Certified Trainer Tony Toth will guide you through your start as you "Create Ur Nu Life". Join this BEGINNER'S class that will work both cardio and muscle toning. Don't delay, space IS limited! In the Aerobics Studio.

Instructor: Tony Toth

Days: Thursdays 5:15pm-6:15pm & Saturdays 8:30am - 9:30am

Fees: Member Punch Card: \$25 or Drop In: \$5 (Cards are good for 8 classes)

Non-Member Punch Card: \$30 or Drop In: \$6

JAZZERCISE

The ORIGINAL Dance Exercise Phenomenon! Each 60-minute class offers a blend of exercise with the fun of dance set to your favorite music - Top 40, Jazz, Country, Funk & Classic! Easy to follow, fun choreography includes a gentle warm-up, a 30-minute aerobic workout, muscle toning and strength segment with weight-band stretching. Pilates, yoga and kickboxing movements are incorporated too. Sessions and Registrations are continuous (does not follow Rec Dates)!

Classes meet in Rec. Center Gathering Rooms!

Instructor: Lois Powers (loispowers@hotmail.com) or 330.468.6637

Days: Mondays & Wednesdays 6:30pm - 7:30pm

Fees: 1 Month: \$37 (EFT) 2 Months: \$82 (At the Door) Drop-In \$12



ADULT PROGRAMS



Session Dates:

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Spring: April 17th - May 27th (Registration Begins 4/1/17)

Summer 1: June 5th - July 15th (Registration Begins 5/15/17)

PILATES SCULPT WITH TANYA

Standing and mat Pilates exercises using light hand weights to totally reshape your body from the inside out. All muscle groups will be lengthened and toned, improving core strength, back health and overall well being. Modifications are taught. Beginners and advanced.

Tuesdays 9:30am - 10:30am

TRIM & TONE WITH TANYA

A unique, head to toe, feel good workout combining cardio moves with resistance training and core work led by an AFAA certified instructor. Every muscle group will be targeted and toned, even some you didn't even know you have! Modifications are taught so every "body" can enjoy this fun and innovative class. **Wednesdays & Fridays 9:30am - 10:30am**

YOGA PILATES FUSION WITH TANYA

Increase your strength and flexibility with a combination of Yoga poses and Pilates exercises. Focusing on breath and movement, you will challenge your upper body, lower body and torso. All Levels Welcome! **Thursdays 9:30am - 10:30am**

ALL OF THE ABOVE CLASSES ARE ELIGIBLE FOR TANYA'S PUNCH CARD:

**Member Card: \$26 (6 Classes) or \$6 Drop In Non-Member Card: \$36 (6 Classes) or \$8 Drop In
Tanya's 12-Class Punch Card - Members: \$50 Non-Members: \$70**

NEW! ONE-ON-ONE WITH TANYA

Specializing in women's health, Tanya will design a workout specific to your needs. She is AFAA certified and holds many certifications in Strength Training, Pilates, Yoga, and Senior Fitness. A mother of three, Tanya could certainly help you bounce back after baby! **Rates: Member: one hour \$35, 1/2 hour \$20 Non-member: one hour \$40, 1/2 hour \$25 One-Hour Small Group Pricing is available as well! Contact Tanya at tanya_verderber@yahoo.com for info!**

PiYo LIVE WITH MELISSA

Introducing PiYo Live! Define yourself and look long and lean with no weights and no jumps. Combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility of yoga. Crank up the music and the fun with this calorie burning workout. All levels welcome.

Days: Wednesday Evenings 7:30-8:30pm and NOW Saturday Mornings 11am - 12noon

Fees: Member Punch Card: \$27 or \$6 drop in Non Member Punch Card: \$37 or \$8 drop in



WERK! WITH MELISSA

WERQ(R) is a fiercely fun dance fitness workout class based on pop, rock, and hip hop music taught by Certified Fitness Professionals. The WERQ warmup previews the dance steps used in class and the WERQ cooldown includes balance and yoga-inspired poses. Get ready to WERQ!

Days: Tuesday Evenings 7:45pm - 8:30pm & Thursday Mornings 10:45am - 11:30am

Fees: Member Punch Card: \$27 or \$6 Drop In, Non-Member Punch Card: \$37 or \$8 Drop In





ADULT PROGRAMS

Session Dates:

Winter 2: February 27th - April 8th (Registration Begins 2/1/17)

Spring: April 17th - May 27th (Registration Begins 4/1/17)

Summer 1: June 5th - July 15th (Registration Begins 5/15/17)

NEW! SENIOR-FIT WITH TANYA

Join us for Senior Focused exercise class twice a week! Tuesdays focus on light weights to help build strength and bone density while Thursdays focus on flexibility, core strength and balance.

Days: Tuesdays & Thursdays - 11:00am - 11:30am in Gym 2.

Fees: Members: \$2 Non-Members: \$3 - Punch Cards Available!

NEW! MORNING YOGA WITH JOANN

Wake up easy and get moving in this All Levels flow class that will guarantee that you are ready to face the day with a smile. Breath and movement merge to stretch the body and awaken the mind in a perfect mix of light workout and deep stretch. A good morning begins a great day!

Days: Mondays - 6:15am - 7:00am in the Aerobics Studio

AND NOW 9:30 - 10:30 Monday Mornings!!

Fees: Member Card: \$26 (6 Classes) or \$6 Drop In Non-Member Card: \$36 (6 Classes) or \$8 Drop In

NEW! SENIOR YOGA WITH JOANN

For Seniors or those who like to keep it basic. Senior Yoga is designed for Seniors looking for a basic and well-rounded yoga program. Students are immersed in the fundamentals of Yoga. You will be instructed and supported in learning the process of proper alignment in the poses, breathing techniques, practice to build confidence in your yoga postures, as well as introductory meditation and relaxation techniques.

Days: Mondays - 8am - 9am in the Aerobics Studio

Fees: Members: \$2 Non-Members: \$3 - Punch Cards Available!

EVENING YOGA WITH SUSAN

This Yoga class is meditation in motion. Through movement, breathing and relaxation, use the mind/body connection to boost your energy, strength, flexibility and ability to manage stress. Punch card is for 6 classes.

Instructor: Susan Laurenzi, MA Ed

Days: Mondays 6:00pm - 7:00pm

Fees: Members: \$40 per Punch Card Non-Members: \$45 Per Punch Card Drop In: \$10

****Punch Cards good for ANY of Susan's Classes!**



NEW!! YOGA FOR A FLATTER BELLY WITH SUSAN

Firm your belly and reduce muffin top. This yoga class is specifically designed to firm and strengthen your mid section and arms. Modifications will be given for the beginner and experienced yoga student. Light weights will be used for some postures. Begins Winter 2 Session!

Instructor: Susan Laurenzi, MA Ed

Days: Wednesdays 6pm - 7pm in the Aerobics Studio

Fees: Members: \$40 per Punch Card Non-Members: \$45 Per Punch Card Drop In: \$10

****Punch Cards good for ANY of Susan's Classes!**

2016 - 2017 BEFORE AND AFTER CARE



KIDS DAYS OFF CAMPS

Need a safe, fun place to leave the kids on their random days off school? The Seven Hills Recreation Center Day Camp Staff offers individual camp dates to help! Bring the kids as early as 6:30am and leave them until 6pm - no extra charges! The day is filled with activities, crafts, swimming and more fun! Please pack a brown bag lunch, a snack and your swim gear! Call for info. Choose from the following

2/20 • 3/24

Members: \$30 each day
Non-Members: \$35 each

**HAVE YOU DOWNLOADED
THE CITY'S APP?
AVAILABLE FOR FREE:
JUST SEARCH CITY OF
SEVEN HILLS**



SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM 2016 - 2017

Our energetic staff is geared up to provide your child with an active, fun and productive alternative to their before or after school hours. These activities will include the following: swimming, arts & crafts, board/card games, various sports and games in the gymnasium, snack time, Yoga Mondays, dedicated time for homework & more!
Open to students in grades K - 6th, so sign up early to avoid being shut out!

Parma Bussing provided for children attending John Muir, Dentzler, Hillside, Green Valley, Pleasant Valley Stem and Saint Columbkille!

Program calendar follows the Parma City Schools schedule.

***PARTICIPANTS MUST REGISTER AND PAY BY THURSDAY OF THE PREVIOUS WEEK TO AVOID BEING CLOSED OUT!**

Rosters are sent on Friday Mornings for busing!

Part-Time (up to 3 days per week):

Before School – Member: \$15 Non-Member: \$20

After School – Member: \$23 Non-Member: \$29

(after school cost covers daily snack tool)

Full Time (at least 4 days per week):

Before School – Member: \$24 Non-Member: \$34

After School – Member: \$37 Non-Member: \$47

(after school cost covers daily snack tool)

**Contact Jamee Gerrick at 216.524.6262 ext. 408 OR
jgerrick@sevenhillsohio.org for more details!**



SPORTS LEAGUES & TEAMS

SPRING 2017 MEN'S 6-on-6 FLAG FOOTBALL – League plays Saturday Mornings on the field adjacent to City Hall. Play will be “minimum contact”. **Registration opens Feb. 10th - (registration deadline is March 5th)- Games begin mid-March.** Game fees are \$25 per game. Please contact Jamee Gerrick at jgerrick@sevenhillsohio.org for more information.
Spring Flag Pricing Per Team: \$225

SEVEN HILLS SPRING SOCCER FEDERATION-

Registration for the Spring 2017 Seven Hills Youth Soccer Program will be going on February 10th - March 11th, 2017 for ages 7 - 15. If you registered in Fall 2016, no need to register for Spring!

For additional league information, please visit the Suburban Recreational Soccer League’s website at www.srslonline.org. **NEW AGE GROUPS! PLEASE VISIT WEBSITE FOR INFO! PARENTS - we are always looking for volunteers to help with coaching and other activities involving the soccer program.** Please designate your interest on your child’s registration form!
Contact Jamee Gerrick at jgerrick@sevenhillsohio.org for more info!

Fees: RESIDENTS: \$40 NON-RESIDENTS: \$50
\$10 Late Fee will apply for those that register after March 11th
Spring Soccer begins 4/8/17



Seven Hills Summer Day Camp
Registration Opens April 1st, 2017

For details and information, contact
Jamee Gerrick at
216.524.6262 ext. 408 or via email at
jgerrick@sevenhillsohio.org



February 8, 2017 | March 8, 2017 | April 12, 2017
BREAKFAST: 8:30 AM
BINGO: 10:30 AM
Seven Hills City Hall Community Room



LEARN TO SWIM AND PRIVATE SWIM LESSONS



SPRING SATURDAYS

10am -12noon

Session Runs 3/25 - 5/20
Registration Runs 3/4 - 3/23

No Class 4/15/17

SPRING EVENINGS

Monday & Wednesday

5:00pm - 7:00pm

Spring Session 1: 3/20 - 4/12
Registration Runs 3/8 - 3/18

Spring Session 2: 4/24 - 5/17
Registration Runs 4/12 - 4/22

Members: \$40
Non-Members: \$50
8 Classes!

*View the NEW Class
Descriptions on next page!*



Starfish
(Water Wigglers)

10:45-11:15



Tadpole
(Preschool 1)

5:00-5:30
5:45-6:15
6:30-7:00

10:00-10:30
11:30-12:00



Frog
-(Preschool 2)

5:45-6:15
6:30-7:00

10:00-10:30
10:45-11:15
11:30-12:00



Turtle
(Level 1)

5:00-5:30
5:45-6:15

10:00-10:30
10:45-11:15



Penguin
(Level 2)

5:00-5:45
6:15-7:00

10:00-10:45
11:15-12:00



Sea Otter
(Level 3)

5:00-5:45
6:15-7:00

10:00-10:45
10:45-11:30



Dolphin
(Level 4, 5, & 6)

5:00-5:45

11:15-12:00



Mer-people (Adult)

12:00-12:30

Private Swim Lessons

Private Lessons for Children or Adults - One-on-one or Small Group Available. Improve Stroke Technique, Basics, Training, etc....

Visit www.fastlaneswimming.net to Register Now!

Contact Mike Gallagher, Aquatics Director at 216.524.6262 ext. 404 or mgallagher@sevenhillsohio.org





POOL PROGRAMS

NEW LEARN TO SWIM GUIDELINES

Starfish (Wigglers): Ages 6 months to 3 years old. Build readiness by emphasizing fun in the water. Parents & children will participate in several guided sessions that help children learn basic water skills & adjust to the water. Most importantly, it's fun for parents & kids! In order for your swimmer to progress to the next level, these tasks must be completed the student must be comfortable in the water & back float with assistance



Tadpole (Pre-School #1): Ages 3-5 years old. The tadpole group lesson is for children that are being introduced to the swimming pool for the first few times. The main focus of this level is to find comfort in the swimming pool. In order for your swimmer to progress to the next level, these tasks must be completed: Independently enters and exits the water; Kicks feet on wall; Blows bubbles; Holds breath when face is underwater; Submerges underwater with assistance; Swims away from wall with assistance; Demonstrates comfort in pool setting; & Understands Pool Safety rules.



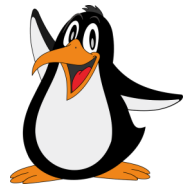
Frog (Preschool #2): 3-5 years old. Group FROG is for the beginner swimmer that is familiar with the water. The swimmer will learn the fundamentals of swimming as well as pool safety. At the completion of level one, the swimmer will be able to achieve the following: Front float with very little or no assistance; Back float with very little or no assistance; Paddles on front & back with assistance; Kicks on front & back with assistance; Holds breath underwater for 3 seconds; Submerges unassisted; 5-yards assisted streamline from wall on front & back; Log rolls assisted; & 5 independent bobs.



Turtle (Level #1): 5 years and up. Group TURTLE is for the swimmer that has completed group FROG or can float unassisted and swim rudimentary freestyle. At the completion of level TURTLE, your swimmer will be able to complete the following: Front & back float unassisted; Freestyle & Backstroke 5-yards assisted; Streamline kick on front & Back unassisted 5-yards; Log rolls unassisted; Assisted rotary breathing; Assisted side-kick; & 10 Independent bobs.



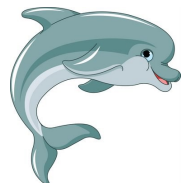
Penguin (Level #2): 5 years and up. Group PENGUIN is for the swimmer that has completed group TURTLE. In Group PENGUIN, swimmers will learn to swim freestyle with rotary breathing, backstroke and will be introduced to dolphin and breaststroke kick: 10-15-yards unassisted freestyle with rotary breathing; 10-15-yards backstroke unassisted; 10-15-yards streamline kick on front & back; Dolphin kicks assisted; Jumps in and swims to the wall unassisted; Introduction to breaststroke kick; & 15 independent bobs.



Sea Otter (Level #3): 5 years and up. SEA OTTER is for the swimmer ready to advance their swimming skills. In the SEA OTTER group, your swimmer will enhance freestyle and backstroke and continue to learn butterfly and breaststroke. In order to advance to the dolphins pre-team group, the following must be completed: 25-yards freestyle & backstroke; 25-yards streamline kick front & back; 10 yards unassisted streamline butterfly kick; Butterfly arms; 5-yards unassisted breaststroke kick; 5-yards butterfly; & Introduction to breaststroke arms.



Dolphin (Level #4-6): 5 years and up. The Dolphin is a pre-team swim group will consist of swimmers that have completed Sea Otter swim lessons and will meet for 45 minutes. The pre-team group is for swimmers looking to strengthen their swimming skills, and learn the fundamentals of swim team. Swimmers entering the pre-team group must be able to complete the following: 25-yards freestyle with rotary breathing; 25-yards backstroke; 5-yards butterfly; & Breaststroke kick.



POOL PROGRAMS



INFANT SWIM RESOURCE

Keep your family safe -
Give your child the competence, confidence and skills of Aquatic Safety with Infant Swimming Resource's Self-Rescue Program. The safest provider of survival swimming lessons for children 6 Months - 6 Years of age.

Adam Hudak

Phone: 216.789.6500

Email:

a.hudak@infantswim.com

Website: ww.isrcleveland.com

Julia Buddie

Phone: 419.376.4636

Email:

j.buddie@infantswim.com

Website: http://isrbuddie.com



Lifeguard / WSI / CPR / First Aid Classes

Certifications will include American Red Cross Lifeguard, First Aid, CPR and AED for the Professional Rescuer OR Water Safety Instructor.

All classes are MANDATORY to be certified! Register Today at www.fastlaneswimming.net

For any Aquatics needs, Certifications, or Classes,
Contact Mike Gallagher, Aquatics Supervisor at
216.524.6262 ext.404 or

mgallagher@sevenhillsohio.org for more info!

Private Swim Instruction / Swim / Stroke Clinics

Register Today at www.fastlaneswimming.net



SEVEN HILLS SEAHAWKS SPRING SWIM TEAM

Members: \$45 / Non-Members: \$65

Session Runs March 20th - May 10th
(Registration Opens March 1st)

Ages 10 & Under Practice Monday / Wednesday 5:00pm - 6:00pm

Ages 11 & Up Practice Monday / Wednesday 6:00pm - 7:00pm

Contact Rach at
Seahawks7Hills@gmail.com
with questions!





WATER AEROBICS & CHILD WATCH

CARDIO & TONING WITH LEIGH:

Change-up your workouts at the Pool! This class is a combination of cardio intervals along with strengthening and toning moves. Great for beginners or those with experience - a fun time for everyone! Taught by certified instructors around the 4-foot depth.

Tuesdays & Thursdays: 6:00pm - 7:00pm Forever and Ever, Per Leigh

LOW IMPACT WATER AEROBICS:

Get a great work-out without the pain! Water Aerobics offers great results while you enjoy the water. Low-Impact, High Intensity! All classes taught by certified instructors - class meets around the 4-foot depth.

Winter & Spring Session: Mondays, Wednesdays & Fridays: 9:00am - 9:45am

ARTHRITIS WATER AEROBICS:

This program is specifically geared towards adults with Arthritis. Participants are provided with gentle aquatic activities with the guidance of a certified Arthritis Foundation Instructor. All exercises are low-impact and done around the 4-foot depth. **NOW a SILVER & FIT PROGRAM - FREE to SILVER & FIT!**

Winter & Spring Session: Mondays, Wednesdays & Fridays: 10am - 10:45am

AQUA BARRE - NEW!!

Aqua Barre is a fitness class that combines all the components of cardio, strength, and flexibility found in a ballet barre class with the benefits and fun of aquatic strength and conditioning. Ballet barre combines principles of Ballet, Yoga, and Pilates, and general calisthenics with a strong emphasis on posture, core strength, and proper technique. Instead of the classic barre and light dumbbells, gravity and buoyancy are both used to provide resistance and toning for the lower body, core, and upper body. No dance experience is necessary, and modifications can be provided to appeal to both beginners and experienced aquatic enthusiasts!

Mondays: 7:45pm - 8:45pm with Katie

All Water Aerobics Classes are offered through our Punch Card System

Punch Cards are good for any 12 water classes. (Cards Expire after 8 Months)

Members: \$37 (Drop In \$5) Non-Members: \$49 (Drop In \$7)

Child Watch Room Available While You Work Out!

Now Located in hallway of Family Changing ~

Monday - Friday: 9:00am - 12:00pm

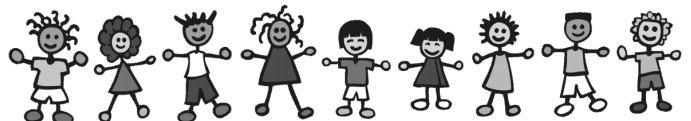
Saturdays: 8:30am - 12:30pm

Monday - Thursday: 5:30pm - 8:30pm

◆ Ages 6 months and older please ◆ 2 Hour stay limit.

◆ For the protection of others, we cannot allow sick children to remain in Child Care Room!

**Payment Options: \$3 per visit per child
or Punch Card: \$30 - good for 10 visits!**



RECREATION CENTER RENTALS



Gathering Rooms are available for Members & Non-Members

All Rental Rates are Per Hour

Room / Rental	Member Rate	Non-Member Rate
Gathering Rooms		
1 Room	\$40	\$65
2 Room	\$70	\$100
3 Room	\$100	\$130
Patio	\$15 Flat Fee	\$35 Flat Fee
Kitchen	\$20 Flat Fee	\$35 Flat Fee
Pool (After Hours)	Call for Pricing!	
Pool Party	\$65	\$95
(Includes Rental of Pool & Room 1)		
Gymnasium		
1 Court	\$60	\$80
2 Courts	\$105	\$140
Aerobic Studio	\$40	\$60

New Pricing In effect as of September 1, 2016

Reservations are not considered final or confirmed until full payment is received and all forms and contracts are completed in full. By signing the contract, the applicant acknowledges that the Renter is responsible for adhering to all rules and regulations.

Credit Card number is required for deposit.

Reservations are not accepted more than 180 days in advance of the event (excluding entire facility rentals) and no less than 14 days before the event, depending on availability. Credit card information serves as security deposit and is due on the date that the application is submitted. Payment is due 30 days prior to rental. Failure to receive payment 30 days prior to event may result in loss of room or charges applied to the credit card provided.

Contact Spencer Abbott at 216.524.6262 ext. 400 for all rentals!

St. Patrick's Day Senior Luncheon

Corned Beef & Cabbage - \$10

**Wednesday, March 15, 2017
11:00 AM - 2:00 PM**

**Seven Hills City Hall
Community Room**



City of Seven Hills, Ohio



**SELL YOUR UNWANTED
GOLD, SILVER, PLATINUM &
DIAMONDS!**



Back by popular demand! Gold & Silver Events will be hosting an event at the Rec Center on Wednesdays, **February 15th and April 5th from 10 am-1 pm.**

Bring your items to get a price on jewelry, diamonds or flatware that you no longer want...

Jewelry: earrings, chains, watches, rings, bracelets, necklaces, broken items **Gold:** coins, nuggets, ingots, dental gold, jewelry **Sterling Silver:** coffee and tea service, flatware, candlesticks, jewelry, silver coins 1964 and earlier. **Diamonds:** any size

February 2017

Seven Hills City Info

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Mon. / Wed/ Learn To Swim Registration Opens for Winter Session 2 (REC / Online)	2	3	4
5	6 6pm Committee Mtgs. 7pm Caucus (CH)	7	8 8am Senior Breakfast 10:30 am BINGO (CH) 8pm - Zoning Board (CH)	9	10	11
12	13 7pm Caucus 7:30pm Council (CH)	14 3pm Mayor's Court (CH)	15 7pm Planning Commission (CH)	16	17	18
19	20 Presidents' Day CH Closed (Rec. open normal hours) NO TRASH DELAY	21 6pm Committee Mtgs. 7pm Caucus (CH)	22	23	24	25
26	27 7pm Caucus 7:30pm Council (CH)	28 10am Senior Advisory Mtg. 3pm Mayor's Court (CH)				

March 2017

Seven Hills City Info

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Saturday Spring Learn To Swim Registration Opens! (REC / Online)
5	6 6pm Committee Mtgs. 7pm Caucus (CH)	7	8 8am Senior Breakfast 10:30 am BINGO (CH)	9	10	11
12	13 7pm Caucus 7:30pm Council (CH)	14 3pm Mayor's Court (CH)	15 10am St. Patrick's Day Senior Luncheon (CH) 7pm Planning Commission (CH)	16	17 Happy St. Patrick's Day	18
19	20 10:30am BINGO (CH) 6pm Committee Mtgs. 7pm Caucus (CH)	21	22 10am Senior Advisory Mtg. (CH)	23	24 Kids Day Off Camp (REC)	25
26	27 7pm Caucus 7:30pm Council (CH)	28 3pm Mayor's Court (CH)	29	30	31	

April 2017

Seven Hills City Info

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 6pm Committee Mtgs. 7pm Caucus (CH)	4	5 8pm - Zoning Board (CH)	6	7	8
9	10 7pm Caucus 7:30pm Council (CH)	11 1pm - 7pm Document Shred (Behind CH) 3pm Mayor's Court (CH)	12 8am Senior Breakfast 10:30 am BINGO (CH) 7pm Planning Commission (CH)	13 Residents' Garage Sale 8am - 6pm (Permits in Bldg. Dept.)	14 Residents' Garage Sale 8am - 6pm (Permits in Bldg. Dept.)	15 Residents' Garage Sale 8am - 6pm (Permits in Bldg. Dept.)
16 Easter Sunday	17 6pm Committee Mtgs. 7pm Caucus (CH) Spring Break Camp (REC)	18 Spring Break Camp (REC)	19 Spring Break Camp (REC)	20 Spring Break Camp (REC)	21 Spring Break Camp (REC)	22
23	24 7pm Caucus 7:30pm Council (CH)	25 10am Senior Advisory Mtg. 3pm Mayor's Court (CH)	26 Spring Break Camp (REC)	27 6pm - 9pm Taste of Seven Hills (REC)	28	29
30						

May 2017

Seven Hills City Info

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6pm Committee Mtgs. 7pm Caucus (CH)	2	3 9am Senior Health Prog. (REC) 8pm - Zoning Board (CH)	4	5	6
7	8 7pm Caucus 7:30pm Council (CH)	9 3pm Mayor's Court (CH)	10 9am Senior Health Prog. (REC) 7pm Planning Commission (CH)	11	12	13
14	15 6pm Committee Mtgs. 7pm Caucus (CH)	16 8am - 6pm Household Hazardous Waste & Computer Round Up (Behind CH)	17 9am Senior Health Prog. (REC)	18 Residents' Garage Sale 8am - 6pm (Permits in Bldg. Dept.)	19 Residents' Garage Sale 8am - 6pm (Permits in Bldg. Dept.)	20 Residents' Garage Sale 8am - 6pm (Permits in Bldg. Dept.)
21	22 7pm Caucus 7:30pm Council (CH)	23 10am Senior Advisory Mtg. 3pm Mayor's Court (CH)	24 9am Senior Health Prog. (REC)	25	26	27
28	29 Memorial Day Parade Begins 10am City Hall Closed Rec Open 5:30am - 12noon	30	31 9am - 12 Noon Senior Health Fair (Rec)			

TRASH DELAYED 1 DAY THIS WEEK DUE TO HOLIDAY!

7th Annual
TASTE of SEVEN HILLS



Thursday, April 27, 2017



6:00pm-9:00pm

*Seven Hills Community Recreation Center
7777 Summitview Dr, Seven Hills*

**20+ LOCAL RESTAURANTS
FOR YOU TO SAMPLE**



\$30 Donation per person

Price includes:

Food, Beer, Wine &



21+Only

Beverages

21+Only

PRE-SALE DISCOUNT OPTION!

Reserve Your Table of 8 before March 31, 2017

for only \$200 - A Savings of \$40!

Call Tony now at 216-525-6230

**SEVEN HILLS NEWSLETTER
DISTRIBUTION LOCATIONS**

Giant Eagle at Midtown, Walgreens on Broadview and Rockside, Dairy Deli on Crossview, Mario's Barber Shop, The Store on Broadview, Demetrio's on Broadview, City Hall, Recreation Center, Giant Eagle on Broadview, Sears Hardware on Broadview, The Laundry Bin and Tony's Family Restaurant on Pleasant Valley Road.

Mayor's Office Hours Monday 5:00-6:00 p.m. Contact Kathy to schedule an appointment with Mayor Dell'Aquila. 216-525-6227. kholland@sevenhillsohio.org