



### NOTICE

Streetsboro City Hall, along with Streetsboro Parks and Recreation and the Streetsboro Senior Center are temporarily relocated.

Streetsboro City Hall

Physical Address: 555 Frost Road

Streetsboro, OH 44241

Mailing Address: 9184 St. Rt. 43

Streetsboro, OH 44241

Streetsboro Parks & Recreation & Senior Center

Physical Address: 9307 St. Rt. 43

Streetsboro, OH 44241

Mailing Address: 9184 St. Rt. 43

Streetsboro, OH 44241

Program Registration: IN PERSON: 9307 St. Rt. 43 BY MAIL: 9184 St. Rt. 43 Streetsboro, OH 44241

**ONLINE:** www.cityofstreetsboro.com

**Mission Statement:** The City of Streetsboro Parks & Recreation Department is dedicated towards a standard of excellence while meeting the recreation needs of its community through quality services, innovative programs and recreational facilities to ensure the opportunity for high quality leisure experiences for generations to come.

**Photo Release:** Photographs taken at any program or facility of SPRD can and may be used for promotional purposes.

**Registration Reminder:** SPRD can not take payment over the phone or hold a registration space without payment. Registration is available online at www.cityofstreetsboro.com, in person or by mail.

In Person: SPRD office is located at 9307 State Route 43, Streetsboro.

**By Mail:** Completed registration forms can be mailed with full payment, check or money order, to 9184 State Route 43, Streetsboro, OH 44241. Make checks payable to: The City of Streetsboro.

**Online:** You can register online at www.cityofstreetsboro.com (for select programs). An additional \$1 convenience fee will be added.

**Drop Box:** SPRD offers a drop box outside the office door that is available anytime the building is open. All program payments and registrations can be dropped off if the staff is not available.

Cancellations: SPRD reserves the right to cancel any class or program that does not meet the minimum required participants. If your class is cancelled, we will notify you by phone. You may transfer to another class or program, receive a credit for a later class or program, or receive a refund. Program dates and times are subject to change on short notice.

Refund Policy: Refunds will be granted if request is made 5 working days in advance of the first program date. A \$5 administrative fee will be withheld. Refunds will not be granted once a program begins. Acceptable exceptions are an injury that prohibits participant's involvement or a doctor's statement of participant's inability to participate. Please allow 3-4 weeks for refund by mail. Refunds or credits will be given for classes cancelled by SPRD.

**Deadline Policy/Fee:** If a program is registered for after the noted deadline, SPRD reserves the right to add a fee. If there are not enough participants registered by the noted program deadline, SPRD reserves the right to cancel the program. Please contact SPRD for applicable fee amounts.

**Errors and Mistakes:** Although our staff works hard to ensure each program guide is free from mistakes, there are moments when errors in dates, times, rates or registration information occurs. We will do everything possible to make corrections, and we thank you for your understanding when these situations arise.

### Parks and Recreation Staff

Streetsboro Parks & Recreation (SPRD) • 9307 St. Rt. 43 Streetsboro, OH 44241 • Phone: (330) 626-3802 www.cityofstreetsboro.com • Fax: (234) 834-8030

Greg Mytinger, Director - Ext. 4144 gmytinger@cityofstreetsboro.com

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Tressie Gardner, Senior Clerk Ext. 4146

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January 2020 through March 2020

Join in! See schedule on website

**Health & Fitness Challenge** 

BEGINNERS INTERMEDIATE ADVANCED



### How to register:

in person, or online at www.cityofstreetsboro.com

### How to "get moving":

engage in a minimum of 25 minutes of physical activity, or attend a health and wellness class offered by Streetsboro Parks and Recreation.

LOG YOUR ACTIVITY! AND RECEIVE PRIZES!

FREE Classes & Events!

WWW.CITYOFSTREETSBORO.COM

# **Event Space For Rent**

Streetsboro Parks & Rec Offices 9307 St. Rt. 43 Streetsboro, OH 44241 (330) 626-3802

This location is home to the Streetsboro Parks and Recreation Offices. The city has transformed the back area of this building to accommodate various programs, fitness classes and indoor rentable space. This space is perfect to plan your next party, or social gathering. The room can be reserved by Streetsboro residents up to six months in advance (providing a minimum of a two week rental notice) and up to three months in advance for non residents. Please visit www.cityofstreetsboro.com for pricing and availability.







### Studio & Kitchenette

The Studio is approximately 900 sq. ft. with a max capacity of 35-40 people. The kitchenette area is approximately 600 sq. ft. and holds approximately 20-25 people. The rooms are connected by a spacious hallway that offers a great transition for food preparation and setup. The kitchenette area is equipped with a residential refrigerator, microwave and sink. We offer folding chairs and 5' diameter round tables upon request. See website for more details.



### North Pavilion - 8980 Kirby Ln.

- Located near playgrounds
- Capacity of 60-75 people
- Ten 6' picnic tables
- 2 charcoal grills
- Adjacent to restrooms, playground and skate park
- Electricity



### South Pavilion - 8980 Kirby Ln.

- Located near baseball fields 8 & 9
- Capacity of 45-55 people
- Nine 6' picnic tables
- Paved walking path
- Restrooms, playground and skate park near by
- Electricity

# YOUTH SPORTS 3



Kick Start Sports is a program designed for 3 & 4 year olds, focusing on the basic motor skills necessary to play in organized sports while giving them the opportunity to work one-on-one with their parent.

### Kick Start Basketball 3 - 4 Yrs.

Kick Start Basketball - Teaches children the basic motor skills necessary to play basketball; dribbling, passing, shooting, etc. Min. 8 / Max. 15

DATE(S)	DAY	TIME	FEE	LOCATION	REG. DEADLINE
November 5 - December 3	Tuesdays	6:15pm - 7:00pm	\$25R / \$30NR	Streetsboro Elementary School	October 11

### Streetsboro Youth Basketball League

This program is designed to teach the fundamentals of basketball, with a focus on fun and understanding the game. Each divisions' practices and games will focus on skill development (dribbling, passing, shooting, defense) and having fun. Divisions 2 and 3 provide more structure and emphasis on teamwork and an introduction of set "plays." Divisions are co-ed, with age appropriate rules, emphasizing fair play, and based on the school grade the child is currently enrolled. All skill levels are welcome!

#### Parent Volunteer Coaches Needed!

### **Division 1** K - 1st Grade

DATE(S)	DAY	TIME(S)	FEE	LOCATION	REG. DEADLINE	EARLY REG. DISC. FOR \$10 OFF
Jan. 11 - Mar. 7	Saturdays	Mornings	\$65R / \$73NR	Streetsboro Elementary School 8955 Kirby Ln.	November 15	November 1

### **Division 2** 2nd - 3rd Grade

DATE(S)	DAY	TIME(S)	FEE	LOCATION	REG. DEADLINE	EARLY REG. DISC. FOR \$10 OFF
Dec. 10 - Mar. 5	One week night & Saturdays	Evenings	\$65R / \$73NR	Streetsboro Elementary School 8955 Kirby Ln.	November 8	October 25

### **Division 3** 4th - 5th Grade

DATE(S)	DAY	TIME(S)	FEE	LOCATION	REG. DEADLINE	EARLY REG. DISC. FOR \$10 OFF
Nov. 4 - Feb. 12	Week nights	Evenings	\$65R / \$73NR	Streetsboro Elementary School 8955 Kirby Ln.	October 11	September 27

### Streetsboro Youth Sports Philosophy & Mission

The sports mission of the Streetsboro Parks & Recreation Department is to offer participants the opportunity to play in youth sports programs and provide a positive athletic experience by fulfilling needs for physical activity, social interaction, fun, and skill development. We are dedicated to the Player Rating System and making teams as BALANCED as possible. Our youth sports teams are formed using a random draft process based on age, grade and experience. A child moving up must have played at least one year in the league they wish to move up from. It never hurts to ask ... special requests, including roster placement and level advancement, will be taken into consideration, but are not guaranteed, since this would take away from the purpose of the drafting system. Thanks for your support.

### Parent Volunteer Coaches Needed!

Streetsboro Parks & Recreation has multiple volunteer opportunities for community members. We are always in search of volunteer coaches, referees, and scorekeepers for youth sports. Volunteers assist us in providing a safe, healthy and positive environment for our youth sports and enrichment programs. We provide all of our volunteers with proper training, such as the NAYS Volunteer Coach and Officials Training Membership Programs. Opportunities are available for parents, students and community members throughout the year. Make a positive impact in the community, contact us today!



### Snapology: Alternative Energy 2nd - 8th Grade

Ever wonder how energy is developed from the sun, wind, and water? Come build a solar-powered car, a windmill and a water-mill using LEGO® bricks. Students will learn about a variety of alternative energy technologies including solar, wind, and water power. Students will compare the efficiency of these technologies to manual power and observe the power these sources provide. Specialized energy display LEGO® bricks allow students to quantifiably compare energy sources. Min. 8 / Max. 16



DATE(S)	DAY	TIME	FEE	LOCATION	REG. DEADLINE
September 16 - October 7	Mondays	3:30pm - 4:45pm	\$80 per student	Streetsboro Elementary School 8955 Kirby Ln.	September 13

### Twinkle Toes 3 - 5 Yrs.

This is a fun introduction to movement. Children will work on coordination, musicality and listening skills. Please wear clothes that are easy to move in, as well as socks or closed toe shoes. Dancers will perform during the last class. Min. 8 / Max. 15



DATE(S)	DAY	TIME	FEE	LOCATION	REG. DEADLINE
October 8 - October 29	Tuesdays	5:15pm - 5:45pm	\$25R / \$30NR	9307 St. Rt. 43	October 4

### Jazz & Hip Hop Dance 6 - 9 Yrs.

This program is an introduction to hip hop and jazz dance. Dancers will learn fun and quick moving dance routines utilizing hip hop and jazz combinations. Please wear clothes that are easy to move in, as well as socks or closed toe shoes. Students will perform during the last class.

Min. 8 / Max. 15



DATE(S)	DAY	TIME	FEE	LOCATION	REG. DEADLINE
October 8 - October 29	Tuesdays	5:45pm - 6:15pm	\$25R / \$30NR	9307 St. Rt. 43	October 4

### Science of Slime K - 8th Grade

Allow your child to cultivate their love of science through hands-on experimentation with non-toxic chemistry! In this workshop, students will learn the basic science behind their favorite slimy polymer and how the magic is all in the ingredients. This is not your average slime workshop; your child will walk away from the Snapology Science Lab with clear knowledge about the chemistry behind slime and clean hands! \*Kids should pack a snack Min. 8 / Max. 16



DATE(S)	DAY	TIME	FEE	LOCATION	REG. DEADLINE
October 26	Saturday	10:00am - 12:00pm	\$20	9307 St. Rt. 43	October 18

### Snapology: Frozen & Pokemaina K - 8th Grade

This is a combination class where children can select either theme to learn and play with at each class.

**Frozen Description:** Do you want to build a snowman with Elsa and Anna?! Design your own Ice Castle, create your own snowman, like Olaf, and love is an open door is only a snowflake away. Have a blast as you create your own kingdom of Arrendale using LEGO® bricks. For the first time in forever you will be building with LEGO® bricks and Frozen all in one world!

**Pokemania Description:** Come join Snapology for Pokemania! Students will build and explore the world of Pokemon as they create their own gyms, battles and even their very own generation of Pokemon. Children will also learn about real world science as they learn about the habitats of the Pokemon. Your child will have a blast becoming the best Pokemon trainer ever! Min. 8 / Max. 20





### **Hunter Safety Education Course All Ages**

The Ohio Division of Natural Resources offers this is hybrid course to prepare new and seasoned hunters for the upcoming hunting seasons. Participants must first complete the Home-Study online portion of the course, prior to attending the 1 day portion of the program. *To register: visit https://oh-web.s3licensing.com/Event/Index. Use Event Pass Code 1000036654. Lunch will be provided.* Min. 8 / Max. 30



DATE(S)	DAY	TIME	FEE	LOCATION	REG. DEADLINE
September 7	Saturday	8:00am - 6:00pm	FREE	9307 St. Rt. 43	September 4

### **Stormtrooper Training** 5 - 12 Yrs.

The galaxy is looking for new recruits to help crush the Resistance! Cadets have the opportunity to serve in areas of regional law enforcement, marksmanship, counter intelligence, communications and more! Training includes fun games, activities, food, and a special visitor from The Dark Side. See the Galaxy and Join the First Order today! (participants are encouraged bring Nerf® guns and darts, and dress in star wars costumes and apparel). Min. 8 / Max. 15



DATE(S)	DAY	TIME	FEE	LOCATION	REG. DEADLINE
November 16	Saturday	12:00pm - 2:00pm	\$25R / \$30NR	9307 St. Rt. 43	November 1

### **Kuk Sool Won 5 + Yrs.**

\*new session begins the first class of every month\* \*\*Free 2-week Trial last two weeks of the month\*\*

Kuk Sool Won of Streetsboro teaches the traditional values of martial arts with an upbeat, enthusiastic modern approach. Kuk Sool Won combines

kicking, punching, throwing, falling, joint-locking, pressure points, meditation and weapon techniques into a beautiful and dynamic style that emphasizes speed and fluidity. It's sure to meet your physical and mental goals on an individualized basis. The instructors will familiarize you with some basic martial arts techniques to help you understand the benefits of the training. Participants are encouraged to wear loose fitting clothing (long sleeves may be desirable) and bring a water bottle. All other equipment will be provided. Pre-registration and payment are a must! Instructor: Bob Williams, 5th Degree Black Belt in Kuk Sool Won



DAY(S)	AGE	TIME(S)	FEE	LOCATION
Tuesdays & Thursdays	5 - 15	6:15pm - 7:00pm	\$75 per session	9307 St. Rt. 43
Tuesdays & Thursdays	15 + (adult)	7:00pm - 8:00pm		
Saturdays	15 + (adult)	7:30am - 9:30am		
Saturdays	5 - 15	9:30am - 10:15am		



### Rooted in Love Paintings

Halloween Paint Party 16 + Yrs.

Scare up some friends and have a ghostly time creating your own spooktacular painting! Each participant will take a stab at

creating their own boo-tiful masterpiece, receiving step by step instructions. Min. 12 / Max. 20



DATE(S)	DAY	TIME	FEE	LOCATION	REG. DEADLINE
October 5	Saturday	2:00pm	\$20R / \$25NR	9307 St. Rt. 43	September 27



### Want to Advertise in the Program Guide?

Streetsboro Parks & Recreation Department offers advertising space to businesses in the department's program guide. 5,500 program guides are printed and mailed to Streetsboro households three times per year. Advertisement space is limited and will be offered on a first come first paid basis. The Streetsboro Parks & Recreation department offers 7 different size ads for your business to choose from. For more information or questions please contact 330-626-3802.

- Business Card: \$100.00 (4 available per program guide)
- Quarter Page: \$225.00 (2 available per program guide)
- Half Page: \$300.00 (2 available per program guide)
- Tab: \$50.00 (6 available per program guide)
- Streamer: \$175.00 (2 available per program guide)
- Full Page: \$400.00 (2 available per program guide)
- Back Cover, Half Page: \$800.00 (1 available per program





### **Z**umba 18+

The fusion of hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do. The routine features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Min. 6 / Max. 15

\*\*NEW\*\* PUNCH CARDS! Can't make it to an entire session? Try out a nunch card option. Each punch card

Each punch card allows you to attend 5 classes in a 8-week period.					
DATE(S)	DAY	TIME(S)	FEE	LOCATION	REG. DEADLINE
August 7 - August 28	Wednesdays	6:30pm - 7:30pm	\$30R / \$35NR	9307 St. Rt. 43	August 3
September 4 - September 25	Wednesdays	6:30pm - 7:30pm	\$30R / \$35NR	9307 St. Rt. 43	August 31
October 2 - October 23	Wednesdays	6:30pm - 7:30pm	\$30R / \$35NR	9307 St. Rt. 43	September 27
October 30 - November 20	Wednesdays	6:30pm - 7:30pm	\$30R / \$35NR	9307 St. Rt. 43	October 25

9307 St. Rt. 43

\$30R / \$35NR

### **Yoga** 18 +

November 27 - December 18

Clear you mind and regain your focus as we take you through vinyasa yoga! Build strength, endurance and flexibility, while allowing your body to de-stress. This practice will focus on moving with your breath and flowing from one pose to the next. Min. 5 / Max. 10

6:30pm - 7:30pm



November 22

DATE(S)	DAY	TIME(S)	FEE	LOCATION	REG. DEADLINE
August 20 - September 24	Tuesdays	6:30pm - 7:30pm	\$30R / \$35NR	9307 St. Rt. 43	August 16
October 1 - November 5	Tuesdays	6:30pm - 7:30pm	\$30R / \$35NR	9307 St. Rt. 43	September 27
November 12 - December 17	Tuesdays	6:30pm - 7:30pm	\$30R / \$35NR	9307 St. Rt. 43	November 8

### **Residential Lock Box Program**

Wednesday

What is a residential lock box program?

For a small fee, residents can purchase a small, over the door "LOK BOX®" for their home that is only accessible by the Police or Fire Department during an emergency. We've partnered with Roper Lock Box in Hudson, Ohio to keep costs minimal for this program that is geared towards residents with medical needs or physical limitations that could prevent them from unlocking their front door during an emergency.

#### Why would I want this?

During an emergency, if your doors are locked, precious time is wasted forcing doors open. Your door key is placed inside this box for use by the Police and Fire Departments, but only during an emergency.

#### Is it secure?

Only on-duty Police Officers and Fire Fighters/EMS will have access to the specialty key needed to access your lock box. The location of the box at your home is immediately available to emergency dispatchers who will securely relay the information to emergency responders.

### Is this program available to anyone?

The residential lock box program is geared toward residents with medical issues, limited mobility, and other needs, however any Streetsboro resident may participate. These lock boxes can only be placed at residences within our response area and will not be accessible to another emergency agency outside of Streetsboro. The residential lock box is NOT available to businesses. Visit www.cityofstreetsboro.com, or contact the Fire Department at 330-626-4664.



Streetsboro PD is currently using Nixle to keep citizens informed of situations in the city such as road closures, missing children and other situations. In order to sign up for Nixle, visit their website at www.Nixle.com. Or, text 44241 to 888777 and sign up for

real time alerts from our police department.

Sign up: text 44241 to 888777

or

www.nixle.com



## SPECIAL EVENTS

October 24

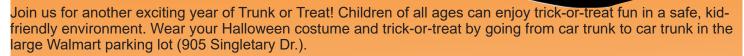
Trunk or Treat

**TIME:** 6:00 - 8:00PM

**LOCATION:** Streetsboro Walmart (905 Singletary Road)

**FREE EVENT** 

A bloody good ex-FEAR-ience for the whole family!



If you or your organization would like to participate by decorating a car and handing out treats, contact the Streetsboro Parks & Recreation Department at 330-626-3802. Organization registration deadline is Friday, October 11.



### October 27

### Trick or Treat Trot

Race Time: 9:00am (Race Day registration begins at 7:30am)

Fee: \$20 Pre-registration and \$30 Race Day

(guaranteed a t-shirt if registered by Oct. 11)

**Location**: Planet Fitness 1543 Streetsboro Rd. (see website for new route)

**Registration**: online at www.cityofstreetsboro.com or Parks & Rec. Office

Early Packet Pickup: Pre-registered runners can pick up their packets

Friday, Oct. 25, 8:30am-5:00pm

Awards will be given to the top overall Male and Female 1 mile and 5K participants and 1st and 2nd place in the following age categories: 14-under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+.







### SPECIAL EVENTS

### Letters to Santa

Santa has a mailbox at the Streetsboro Parks & Recreation office to gather all of his letters to be sent directly to him at the North Pole. All good little boys and girls are encouraged to place their letters in the mailbox located in the parking lot of the Parks & Recreation offices (9307 St. Rt. 43). Please include a self-addressed stamped envelope to ensure you receive a letter back from Santa!

Drop off dates are from November 25th - December 13th

Letters must be received no later than December 13 to make their long
journey to the North Pole and back!



Holiday Lighting

Please join the City of Streetsboro for the Annual Holiday Lighting Ceremony

Holiday Lighting Ceremony • 6:15pm • Town Square

Thursday, December 5th

The festivities kick off at 6:15pm when the Fire Department transports Santa Claus, with a police escort, to town square in the annual Holiday Lighting.

### Santa is Coming to Town Taturday, December 14th

### NO GIFTS WILL BE ACCEPTED AFTER

4:30pm on Friday, November 22nd!
A lot of preparation goes into this program, your cooperation is greatly appreciated.

Don't miss this special opportunity to have Santa Claus deliver a gift to your child!! Santa and his helpers will ride through your neighborhood on a fire truck delivering special gifts to Streetsboro boys and girls on Saturday, Dec. 14th. Please visit the Parks & Rec office, or website for a rules and registration form.



All gifts must fit within one 11"x16"x4" drawstring bag. (Ex: If you wish for Santa to deliver 1 or 5 gifts to your home, one / ALL gift(s) must fit in one bag! Bags will be available for pickup in the Parks & Rec Office beginning October 14.

Gift Drop Off: The week of November 18 from 9:00am - 4:30pm

Extended Gift Drop Off: Tuesday, November 19 from 9:00am - 8:00pm

## SPECIAL EVENTS

# Enchanted Forest Father Daughter Dance

Ages: 3 - 12 YRS.

Date: Friday, February 28

Time: 5:30pm - 8:00pm (doors open at 5:30pm for pictures, appx. 6:30pm dinner and 7:00pm dancing)

Location: St. Joan of Arc

Fee: \$50R / \$55NR (\$15 per additional daughter)

Theme: Enchanted Forest (dress is semi - formal)

Registration Opens December 2nd

Deadline: February 7 (unless max participation is reached prior to deadline)

The fairies have gathered for some woodland fun. It's going to be enchanting, and we hope you can come! Enjoy an magical evening, filled with wonder, dance, food and more!

Min. 30 couples / Max. 120 couples.

### Irailbiazing

The Streetsboro Parks and Recreation Department, with the help of local Boy Scouts, will begin work on recreational trails in Thomas Heritage Park.

Volunteers are needed to help clear sections of wooded trails. If you or your volunteer group is interested in lending a hand please contact the Parks and Recreation Department.

Trails are anticipated to open late spring of 2020.





The purpose of the Senior Center is to provide health services, education, information, referral services, counseling and social services, volunteer opportunities and recreational opportunities to the active older adults of Streetsboro.

### Senior Center Staff

Dawn Ruffo, Coordinator: Ext. 4109 / druffo@cityofstreetsboro.com

Tressie Gardner, Clerk: Ext. 4109

Grea Mytinger, Director: Ext. 4144 / gmytinger@cityofstreetsboro.com

9307 St. Rt. 43 • Streetsboro, OH • 44241

Phone: 330-626-2398 • www.citvofstreetsboro.com • Fax: 234-284-8330

### **Parties and Events**

### **Birthday Luncheon (Aug.)**

Date: Wednesday, August 21

Time: 12:00pm Cost: Free

Location: Streetsboro Senior Center

Sponsored by: HUMANA

### **New Years Eve Party**

Date: Friday, January 3 Time: 11:00am

Cost: \$1.00

Location: Streetsboro Senior Center



### **NEOMED Halloween Party**

Date: Tuesday, October 22 Time: 5:00om - 7:30pm Free

Location: NEOMED

Please wear Halloween costume! Dinner will be provided, along with

transportation and pumpkin carving.

### **Valentines Day Party**

Date: Friday, February 14 Time: 11:00am

Cost: \$1.00

Location: Streetsboro Senior Center



### Halloween Party

Date: Thursday, October 31

Time: 1:00pm Cost: \$1.00

Location: Streetsboro Senior Center

### St. Partick's Day Party

Date: Friday, March 20 Time: 11:00am

Cost: \$1.00

Location: Streetsboro Senior Center



### Thanksgiving Party

Date: Friday, November 22

Time: 1:00pm Cost: \$1.00

Location: Streetsboro Senior Center

### Earth Day Luncheon

Date: Wednesday, April 22

Time: 11:00am Cost: \$1.00

Location: Streetsboro Senior Center



### Birthday Luncheon (Sept., Oct., Nov., Dec.)

Date: Wednesday, December 18

Time: 12:00pm Cost: Free

Location: Streetsboro Senior Center

### Birthday Luncheon (Jan., Feb., Mar., Apr.)

Date: Wednesday, April 29

Time: 12:00pm Cost: Free

Location: Streetsboro Senior Center



### Christmas Party

Date: Friday, December 20

Time: 11:00am Cost: \$1.00

Location: Streetsboro Senior Center



### Cinco De Mayo Party & Bingo

Date: Tuesday, May 5 Time: 12:00pm

Cost: Free

Location: Streetsboro Senior Center





### How to Prevent Hospitalization

Date: Wednesday, August 14

Time: 11:00am Cost: Free

Location: Streetsboro Senior Center

Speaker - Home Instead

Informative, quick information for seniors to keep them in their home and

healthy.

### **DNA Testing**

Date: Friday, August 16 Time: 9:00am - 2:30pm

Cost: Free

Location: Streetsboro Senior Center

Speaker - Home Instead

Discover the future of personalized medicine. Two DNA tests could

change your life.

Test #1 - Drug Effectiveness Test - called Pharmacogentics, the FDA writes "it can play an important role in identifying responders and non responders to medications, avoiding adverse events, and optimizing drug dosages"

Test # 2 - Hereditary Cancer Test - highly recommended by the American

Association of Breast Care Surgeons.

Learn the answers to 3 important questions: Are you getting the Right Drugs in the Right Dosages?

Are you at risk for Adverse Drug Reactions? Are you at risk for Hereditary Cancer?

Tests are non-invasive and covered by Medicare, TriCare, and most

commercial insurances.

### How to Stay Healthy this Summer

Date: Wednesday, August 28

Time: 11:30am Cost: Free

**Location**: Streetsboro Senior Center *Speaker - Cerena from Woodlands* 

Lunch n Learn about keeping yourself safe through the warm summer

months.

### Medicare Rights - Series I

Date: Wednesday, September 18

Time: 11:00am Cost: Free

Location: Streetsboro Senior Center

Speaker - Chris Boring

Mr. Boring will discuss the different enrollment periods for Medicare, Medicare Advantage plans, prescription drug plans and special election

periods.

### Medical Mutual Speaker

Date: Monday, September 30 Date: Monday, October 28 Time: 10:30am - 12:30pm

Cost: Free

### Medicare Rights - Series II

Date: Wednesday, October 9

Time: 11:00am Cost: Free

Location: Streetsboro Senior Center

Speaker - Chris Boring

Mr. Boring will discuss Medicare changes for 2020 including Medicare supplements, RX coverage, and Medicare Advantage plans. Many

positive changes are coming!

### **Benefits Bingo**

Date: Friday, November 1

Time: 11:00am Cost: Free

Location: Streetsboro Senior Center Speaker - United Healthcare

United Healthcare will be at the Streetsboro Senior Center to discuss and assist with your healthcare questions. To make this Q & A more fun, United Healthcare has planned a game of Bingo for participating seniors.



### Santa to a Senior

Date: Wednesday, November 20

Time: 11:00am Cost: Free

**Location:** Streetsboro Senior Center *Speaker - Paula Baughman, Home Instead* 



Santa is coming to town - for seniors! Home Instead Senior Care is inviting you to join them as they discuss how you can help provide JOY for someone who might be alone during the holidays.

### **Christmas Crafts**

Date: Friday, December 6

Time: 11:00am Cost: Free

**Location**: Streetsboro Senior Center **Speaker - United Healthcare** 

United Healthcare is excited for the opportunity to create a Christmas craft with the Streetsboro Seniors and chat about the options United

Healthcare has to offer.

### Mind Challenge Trivia

Streetsboro Senior Center is looking for teams of 6 for Mind Challenge Trivia!

Trivia will begin on Wednesday, January 15th at 1:00pm!

Please contact the Streetsboro Senior Center today to be placed on a team.

If your team is selected to represent your city you will move on to the finals and compete against surrounding cities.

This is a new and fun program that encourages social gathering and friendly competition amongst other seniors.

Call today for more information 330-626-2398

### **Trips** 18 +

### Breakfast & Beckwith Orchard

Date: Friday, August 9

Time: 9:00am

Cost: \$5.00 / cost of breakfast and shopping is on own.

**Location**: Streetsboro Senior Center

The bus will depart from the Streetsboro Senior Center at 9:00am. Breakfast will be at the Twinsburg Cracker Barrel. Following breakfast the Streetsboro Seniors will head to Beckwith's Orchard where peaches, nectarines, corn, and tomatoes will be in season, Min. 8 / Max. 11



### Breakfast & Beckwith Orchard

Date: Friday, September 27

Time: 9:00am

Cost: \$5.00 / cost of breakfast and shopping is on own.

Location: Streetsboro Senior Center

The bus will depart from the Streetsboro Senior Center at 9:00am. Breakfast will be at the Jim's Open Kitchen. Following breakfast the Streetsboro Seniors will head to Beckwith's Orchard where apples and apple cider will be in season. Min. 8 / Max. 11



### Hartville Kitchen & Flea Market

Date: Friday, October 11

Time: 10:00am

Cost: \$5.00 / cost of lunch and shopping is on own.

Location: Streetsboro Senior Center

We will enjoy an afternoon at the Heartville flea market. Our first stop will be at the Heartville kitchen where we will have lunch then head off to the flea market to shop til' we drop! Min. 8 / Max. 11

### Senior Pancake **Breakfasts**

Date: Monday, August 12 Time: 10:00am Cost: \$2.00

Location: Streetsboro Senior Center

Date: Monday, October 21 Time: 10:00am Cost: \$2.00

Location: Streetsboro Senior Center

Date: Monday, December 16 Time: 10:00am Cost: \$2.00 Location: Streetsboro Senior Center

Date: Monday, February 10 Time: 10:00am Cost: \$2.00 Location: Streetsboro Senior Center

Date: Monday, April 27 Time: 10:00am Cost: \$2.00 Location: Streetsboro Senior Center



### **Senior Sociality**

Join us for a night of dinner, dancing, music and fun for couples, singles and friends!

**Location: Streetsboro Senior Center** 

Date: Friday, November 22 Theme: Gobble & Wabble

Time: 6:00pm - 8:00pm (doors open at 5:30) Cost: \$8.00 per person - pre registration required.

Price includes entree, salad and dessert.

Min. 10 / Max. 30

**Deadline: November 15** 

Date: Friday, February 14 Theme: Happy Hearts

Time: 6:00pm - 8:00pm (doors open at 5:30)

Cost: \$10.00 per person - pre registration required.

Price includes entree, salad and dessert.

Min. 10 / Max. 30 Deadline: February 7

Date: Friday, May 22

Theme: Don't worry, Bee Happy

Time: 6:00pm - 8:00pm (doors open at 5:30)

Cost: \$10.00 per person - pre registration required.

Price includes entree, salad and dessert.

Min. 10 / Max. 30 Deadline: May 15



### **AARP Taxes**

To schedule an appointment please call AARP at 330-297-4636 or dial \*211

# Streetsboro Senior Center is now offering SilverSneakers Flex



Classes held at the Streetsboro Senior Center 9307 St. Rt. 43, Streetsboro, OH 44241

### **Senior Fitness**

### Silver Sneakers Senior Yoga

Dates: Session 1: August 6 - August 27

Session 2: September 3 - September 24 Session 3: October 1 - October 22 Session 4: November 5 - November 26

Session 5: December 3 - December 24

Day: Tuesdays & Thursdays Time: 9:30am - 10:15am

Cost: \$25R / \$35NR per session Drop In: \$7.00

Location: Streetsboro Senior Center

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can 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. This class is suitable for

nearly every fitness level. Min. 8 / Max. 10

### Tai Chi

Dates: Session 1: September 9 - September 30

Session 2: October 7 - October 28 Session 3: November 4 - November 25 Session 4: December 2 - December 23

Day: Mondays

Time: 11:00am - 11:30am Cost: \$25R / \$35NR per session

Drop In: \$7.00

Location: Streetsboro Senior Center

Tai Chi is a 4 week long motivating class for active seniors! This low impact and safe class benefits memory, focus, balance, strength, and mobility. Tai Chi is an evidence based exercise for fall prevention that is fun and easy. Participants may choose to be seated

or standing while participating. Min. 8 / Max. 10



Day: Wednesdays

Time: 9:30am - 10:00am / Beginners

10:00am - 11:00am / Beginner and improved

11:00am - 11:30am / Intermediate

Cost: Free

**Location**: Streetsboro Senior Center

Join our active group of line dancers on Wednesdays in the Streetsboro Senior Center's large multipurpose room. Learn and explore different genres of music, line dances to specific songs

and how to burn up the dance floor.



### What is SilverSneakers:

SilverSneakers® is a comprehensive program that improves overall well-being, strength and social aspects. SilverSneakers is designed for all levels and abilities, this program is generally provided by your health plan at *no additional cost*. SilverSneakers provides access to fitness equipment, group exercise classes, social networking, online education and a sense of community. SilverSneakers is a fitness program for seniors that is included with many

Medicare Advantage plans. SilverSneakers offers millions of people on Medicare access to FREE fitness programs to help achieve your overall fitness goals.





### **Bingo**

### Streetsboro Senior Center

9307 St. Rt. 43, Streetsboro 1st & 3rd Tuesday of the month

Tuesday, August 6	1:00pm	\$.25 per game
Tuesday, August 20	1:00pm	\$.25 per game
Tuesday, September 3	1:00pm	\$.25 per game
Tuesday, September 17	1:00pm	\$.25 per game
Tuesday, October 1	1:00pm	\$.25 per game
Tuesday, October 15	1:00pm	\$.25 per game
Tuesday, November 5	1:00pm	\$.25 per game
Tuesday, November 19	1:00pm	\$.25 per game
Tuesday, December 3	1:00pm	\$.25 per game
Tuesday, December 17	1:00pm	\$.25 per game
Tuesday, January 7	1:00pm	\$.25 per game
Tuesday, January 21	1:00pm	\$.25 per game
Tuesday, February 4	1:00pm	\$.25 per game
Tuesday, February 18	1:00pm	\$.25 per game
Tuesday, March 3	1:00pm	\$.25 per game
Tuesday, March 17	1:00pm	\$.25 per game
Tuesday, April 7	1:00pm	\$.25 per game
Tuesday, April 21	1:00pm	\$.25 per game

### Streetsboro Senior Center

9307 St. Rt. 43, Streetsboro 2nd Tuesday of the month

Tuesday, November 12	1:00pm	Free Event
Tuesday, December 10	1:00pm	Free Event
Tuesday, January 14	1:00pm	Free Event
Tuesday, February 11	1:00pm	Free Event
Tuesday, March 10	1:00pm	Free Event
Tuesday, April 14	1:00pm	Free Event

<b>Longmeadow</b> 565 Bryn Mawr St., Ravenna 3rd Tuesday of the month					
Tuesday, November 19	2:00pm	Free Event			
Tuesday, December 17	2:00pm	Free Event			
Tuesday, January 21	2:00pm	Free Event			
Tuesday, February 18	2:00pm	Free Event			
Tuesday, March 17	2:00pm	Free Event			
Tuesday, April 21	2:00pm	Free Event			

### Kent Healthcare

290 Fairchild Ave., Kent Last Tuesday of the month

Tuesday, November 26	11:00am	Free Event
Tuesday, December 31	11:00am	Free Event
Tuesday, January 28	11:00am	Free Event
Tuesday, February 25	11:00am	Free Event
Tuesday, March 31	11:00am	Free Event
Tuesday, April 28	11:00am	Free Event

### **Community Lunch & Bingo**

Thursday, August 8
Thursday, October 10
Time: Breakfast will start at 12:00pm
Bingo will follow at 1:00pm

Location: 9307 St. Rt. 43
Cost: \$0.25 per game
Sponsors: Aurora and Woodlands

### Heritage of Hudson

1212 Barlow Rd., Hudson Last Friday of the month

### **Arbor at Streetsboro**

645 Maplewood Dr., Streetsboro Every Friday at 2:00pm

### Avenue at Macedonia

730 Valley View Road, Macedonia 1st Thursday of the month at 2:00pm

#### Avenue at Aurora

425 S. Chillicothe Road, Aurora 2nd Wednesday of the month at 2:00pm

### **Blood Pressure Checks**

The American Heart Association recommends home monitoring for all people with high blood pressure to help the healthcare provider determine if treatments are working.

To ensure blood pressure checks are being done and being done accurately the Streetsboro Senior Center will be offering weekly BP checks along with overall wellbeing checks.



Every 3rd Tuesday of the month 12:30pm at the Senior Center Sponsored by: University Hospital Free Event!

### On the Grill

Once a month Streetsboro Senior Center prepares lunch for a minimal cost to help raise donations for supplies for the center. Please sign up in advance and beverages can be purchased for \$0.50.

Date: Friday, August 23 Time: 11:00am Cost: \$3.00

Location: Streetsboro Senior

Center

Date: Friday, September 13

Time: 11:00am Cost: \$3.00

Location: Streetsboro Senior

Center

Date: Friday, October 18

Time: 11:00am Cost: \$3.00

Location: Streetsboro Senior

Center

Date: Friday, November 15

Time: 11:00am Cost: \$3.00

Location: Streetsboro Senior

Center

Date: Friday, December 13

Time: 11:00am Cost: \$3.00

Location: Streetsboro Senior

Center

Date: Friday, January 17

Time: 11:00am Cost: \$3.00

Location: Streetsboro Senior

Center

Date: Friday, February 28

Time: 11:00am Cost: \$3.00

Location: Streetsboro Senior

Center



### **Daily Activities**

#### **Card Games**

Join our avid group of card players for some pick up games of Pay Me and Pinochle or Scrabble. Books, Magazines, Movies, Puzzles are all available for the seniors to enjoy.



### Meetings

If you have an interest in being a part of something that will benefit your peers - please consider being a part of the Senior Committees. This will allow you to give your valuable opinion on things that matter to you and your community. Please contact the Senior Center for more information.

Foundation Meetings 3rd Wednesday of every month 11;30am Welcome & Travel Meeting Friday Evenings 5:00pm Gateway Group 3rd Wednesday of every month 1:00pm



### ADD Life Line Screening

Saturday, December 7 8:00am - 4:00pm

Location: Streetsboro Senior Center 9307 ST. RT. 43

To schedule an appointments please call 800-718-0961.



Date: Friday, October 25
Time: 10:00pm
Location: Streetsboro Senior Center

Melanie from the American Red Cross will be at the Streetsboro Senior Center to discuss / learn about the different volunteer opportunities available with the American Red Cross.

### **Everyday Divinity Foot Care** (Foot & Nail Care)

Jenifer Vanek / RN, BSN, CFCN will be at the Senior Center every 1st Thursday of the month from 9:00am - 2:00pm to provide a fast and convenient location for toenail trimming and foot care needs.

These services are by appointment only.

To schedule an appointment please contact Jenifer at 216-956-0293.

Individual Foot Care Sessions are \$30.00 Check or Cash only.

Thursday, November 7 from 9:00am - 2:00pm
Thursday, December 5 from 9:00am - 2:00pm
Friday, January 2 from 9:00am - 2:00pm
Thursday, February 6 from 9:00am - 2:00pm
Thursday, March 5 from 9:00am - 2:00pm
Thursday, April 2 from 9:00am - 2:00pm



### CITY PARK, 8980 Kirby Lane

City Park serves the residents of Streetsboro as a true "Community Park." Conveniently located within the Streetsboro City School's campus, City Park is enjoyed year round for a variety of recreational activities and events.

Facilities: 9 baseball / softball diamonds, numerous multi-use fields,

1 basketball court, 2 tennis courts, 2 restroom facilities, concessions area,

2 pavilions, skate park, playground, swings, walking trails and open space

Size: 116 acres



Wilcox Memorial Park is located north of U.S. Route 303 and west of Route 43. The park consists of playgrounds for children ages 2-5 and 5-12. Parents and guardians can relax on benches while their children play! Numerous natural resources are present on the site including floodplain and wet-land areas, tributary of Tinkers Creek and upland hillsides.

Facilities: Playground, parking lot and open lawn

Size: 22 acres



This beautiful 108-acre park is located on U.S. Route 303 and west of Route 43. The focal point of this park is a fully developed dog park with areas for "large" and "small" dogs. Owners can let their pets off leash while relaxing on a bench inside the play area. Other park amenities include a fishing deck, fishing pond, walking paths and gravel parking area. Stop by and enjoy our newest park.

Facilities: Dog Park, fishing deck, fishing pond, walking paths and gravel

parking lot **Size:** 108 Acres

### **PAVILION RENTAL INFORMATION**

Any person or organization wanting to reserve the pavilion at City Park shall obtain a permit from the Parks & Recreation Department. The fee for the use of the pavilion by a Streetsboro resident, business or organization located within the City is \$30 per rental, up to one day. The fee for the use of the pavilion by a non-resident, business or organization not located within the City is \$50 per rental, up to one day.

Please follow the guidelines listed below when confirming a rental:

- All rental fees are due at the time of the reservation
- Rentals will be granted on a first come, first serve basis
- Residents of Streetsboro may make pavilion rentals up to 1 year in advance
- Non-residents may make pavilion rentals 6 months in advance
- A \$25 additional cleaning fee may be assessed if the facility is not found in a clean condition

#### Pets

All pets must be on a leash at all times when on City property (with exception of the Dog Park). Pets and owners may be asked to leave and not return at the discretion of the Parks & Recreation staff at any time.

#### **Smoking Policy**

Fans/spectators are reminded that there is no smoking permitted within 100' of any City-owned playing field or event. (C.O.S. 2014-108)

Streetsboro Parks & Recreation • 9307 State Route 43 • Streetsboro, OH 44241

Hours: Monday - Friday 8:00am - 4:30pm • Phone: (330) 626-3802 • www.cityofstreetsboro.com • Fax: (234) 284-8330









### \*\*\*ECRWSS\*\*\* LOCAL POSTAL CUSTOMER



Follow us on Facebook @ Streetsboro Parks & Recreation



Sign up for our E-Newsletter a weekly e-mail that will offer new programs, special events, deadline reminders and much much more! This link is available at www.cityofstreetsboro.com.



**Online Registration** You can now register for programs online! It's safe, convenient and easy. Visit our website at: www.cityofstreetsboro.com. If you need help, feel free to call our staff at 330-626-3802.



Share your talents teach a class! Do you have a special skill or hobby that you are willing to share? Instructors are always needed to teach new classes/programs for the Streetsboro Parks and Recreation Department. Creativity is always encouraged and commitment is flexible. Examples include: exercises classes, youth classes, and sports.



**Registration Reminder** Streetsboro Parks and Recreation cannot take payments over the phone. Registration is available online at www.cityofstreetsboro.com or in-person. Completed registration forms with full payment, check/money order can be mailed to our office.