

CITY OF SEVEN HILLS COMMUNITY NEWSLETTER SPRING / SUMMER 2022



Dear Residents,

Welcome to the Spring edition of our quarterly newsletter. As we enter the season that brings fresh hope every year, please continue to keep the brave people of the Ukraine in your thoughts and prayers. Think global and act local! Let our national leadership know how you feel and reach out to any of the 5 nearby Ukrainian churches, or checkout Ukrainian Village in Parma, Ohio on social media for a variety of ways to get involved.

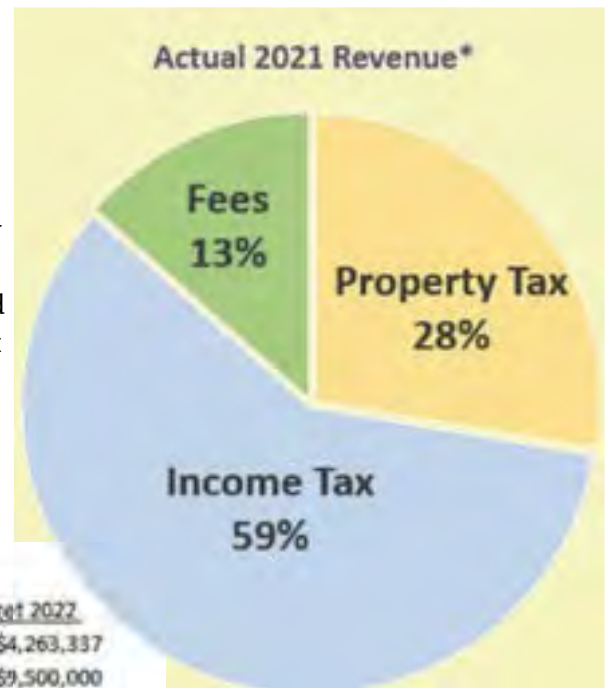
Before we dive into our newsletter I want to address a letter you may have received from a realtor with the same last name as mine. I have no connection with the letter, nor any relationship with whomever sent the letter. Please proceed with the same amount of caution as you would with any other piece of unsolicited mail.

Save the following dates:

- Memorial Day Parade Monday, May 30th, 10am
- Summer Concert Series 6-8pm June 24th, July 1st and 8th, August 5th and 12th
- Seven Hills Home Days July 22nd -July 24th
- Farmers' Market each Thursday 4pm-7pm July 7th – September 29th
- Oktoberfest Saturday October 1st
- 2022 will include a traditional Santa Parade down Broadview Road finishing with a Holiday Celebration at our new Gazebo on Saturday, December 3rd

Finance

Often my staff and I find ourselves answering property tax questions, but rarely does the question of income taxes arise. Seven Hills like all other municipalities derives most of our revenue from income taxes. This often comes as a surprise to many. It is also why economic development amongst cities and states is so hotly contested. In 2021, 59% of our year over year revenue was sourced from income tax. From a straight dollar perspective, our income tax receipts grew over \$800,000 over 2020. This increase was primarily attributed to our new businesses and job growth here in Seven Hills.



General and Non-General Revenue Sources*

	Actual 2019	Actual 2020	Actual 2021	Budget 2022
Property Tax	\$4,117,916	\$4,042,214	\$4,203,447	\$4,263,337
Income Tax	\$8,267,372	\$8,122,869	\$8,933,538	\$9,500,000
Fees	\$2,381,328	\$2,060,112	\$2,045,163	\$1,895,155
	<u>\$14,766,617</u>	<u>\$14,225,196</u>	<u>\$15,182,147</u>	<u>\$15,658,492</u>

*Excludes Other (Bonds, Notes, Leases, Grants Etc)

MAYOR'S MESSAGE (CONT.)

(Continued from Front Page) -

Economic Development

Erie Bank Regional Headquarters and the Dairy Queen Grill N Chill are now open, as well as Boss ChickNBeer (Next to Aldi's). Since our last newsletter, Raising Cane's began a process to remediate a wetland issue on their property. This issue will potentially push their timeline back 4-5 months (potentially moving their open date into 2023).

LSB Seven Hills LLC, the owners of the private property development on Rockside Road west of the Lombardo Extension submitted a pre-application package to City Council and the Planning Commission on February 9, 2022. Their proposal consists of two phases: Phase 1 is the approximate 9 acres fronting Rockside Road. This potential phase would include a Class A office building, some retail and apartments above commercial that would be developed by Industrial Commercial Properties (ICP) <https://icpllc.com/>. Phase 2 would be the development of townhomes and single-family houses on the back portion of the project that runs along Crossview Road. This phase will be developed by a partnership that includes Pulte Homes. The proposal as noted above appears to be consistent with current zoning codes. A formal application with more specific information is anticipated any day now.

Parks

The first steps related to the implementation of our master plan are underway. Over the winter, we replaced the bleachers at Meijer Park.



Old Bleachers



New Bleachers

We recently demolished the old press box to make way for a modern storage and ADA compliant restrooms. The demo was handled by our Service Department saving our city approximately \$26,000 had we outsourced the demolition, and the new structure will utilize the utility tie-ins of the old structure. Both moves (in house demo/ current utility lines) resulted in significant savings to our original plan.

Much, much more is planned for our parks over the next 3 years. I will take a deeper dive into those improvements in the upcoming State of the City Address.

Looking forward to seeing everyone out and about as the weather improves!

Sincerely,

Mayor Tony Biasiotta



Press Box Demo



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

HOW TO AVOID TELEPHONE SCAMS

Your personal information is important! Guard your social security number, your bank account and credit card number, and your driver's license or state identification number. Some criminals trick you on telephone calls to get your personal information. The criminals can then take your information and use your credit cards and bank accounts or open new ones. A real bank or credit card company will never call you and ask for your social security or bank account numbers.



HOW TO AVOID TELEPHONE FRAUD



1. Donate only to recognized charities. Ask the caller to send more information.
2. Reject high pressure sales methods. Ask the caller to send more information.
3. Do not do business with anyone who offers to send a delivery service to collect your donation or payment for something you have not yet ordered or received.
4. Be careful making a donation or buying a service in exchange for the promise of a guaranteed sweepstakes winning.

Be careful of phone calls or email saying that a friend or relative is in a faraway place and needs money to help him. This is a scam. Check with the friend or relative first before sending money.

HOW TO AVOID PRIZE AND SWEEPSTAKES FRAUD

1. If something sounds too good to be true, it probably is!
 2. Do not pay to collect sweepstakes winnings.
 3. Phone numbers can be changed on caller ID so that con artists can trick you about who or where they are.
- Ignore all phone solicitations to play a foreign lottery. Such sales and purchases are against the law.

SOLICITORS

The Seven Hills Police Department would like to remind residents that if you are on the do not knock list and unwanted solicitors are still knocking on your door that you should notify the Police Department immediately.

Although many solicitors register with the City, there are several that do not. We want to hear from our residents when anyone approaches their homes without a solicitor's permit.

ALWAYS, ask to see a solicitor's permit or proper identification. If they refuse or do not show you adequate identification, contact the Seven Hills Police Department at 216-524-3911 with a description and an officer will respond.



SERVICE DEPARTMENT

COMMUNITY SERVICE DIRECTOR JACK JOHNSON

PHONE: 216.525.6225 E-MAIL: JJOHNSON@SEVENHILLSOHIO.ORG



Flooding Emergency— On Weekends and after hours, please call Non-Emergency Dispatch at (216) 524-3911 and they will contact the Service Department to assist in any Flooding Emergency.

Flags - The U.S. flag, our national symbol, should not be placed in the regular rubbish. Flags can be placed in the drop box in the entrance of City Hall during regular business hours from May through June.

Mailboxes— The Service Department will make repairs to mailboxes that have been damaged by 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 snowfall. Call the Service Department to report an issue at **216-525-6225**.

Brush and Branch Collection — Place branches on the tree lawn for the City to chip. No need to bundle or tie. Call the Service Department to schedule at **216-525-6225**.

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 Shredding – The City will have three Document shred dates this year. April 19th, June 14th and August 16th from 1PM-7PM behind City Hall. Documents will be shredded on site. This service is for Seven Hills residents only. No businesses. Residents of Seven Hills may bring their personal records, financial documents, letters, manila folders, ledgers, cancelled checks, old invoices and bills. Staples and paperclips do not need to be removed. No plastic, metal spirals, 3-ring binders, cardboard or magazines.

Household Hazardous Waste & Computer Roundup - Two roundup dates this year are **May 17th** and **September 20th** from 8AM to 6PM behind City Hall. For more information please check the Cuyahoga County Solid Waste District website: www.cuyahogarecycles.org/seven-hills

Tire Roundup – You may drop off your car or light truck tires (20" or less) behind City Hall on **September 20th** from 8AM to 6PM. Scrap tires must be off the rim.

Household Material Accepted - Oil or solvent-based paint, sealers, primers, or coatings (aerosols or liquids) – varnishes, polyurethane, shellacs, paint thinner, mineral spirits, turpentine, pesticides, herbicides, fungicides, caustic household cleaners, automotive fluid, motor oil, car batteries, adhesives, driveway sealer, kerosene, gasoline, lighter fluid, mercury.

Materials Not Accepted - Latex paint, explosives, gun powder, ammunition, flares, medical waste, pharmaceuticals, sharps, radioactive waste, florescent bulbs.

Disposal of Latex Paint - The Cuyahoga County Solid Waste District does not accept latex paint at the HHW roundup. Latex paint is comprised mostly of water and is not a hazardous material. To dispose of latex paint, solidify with sawdust or cat litter and place in your curbside trash. Remove the lid so trash crews know that it is solidified. For more information visit www.cuyahogarecycles.org/seven-hills

Computer Materials Accepted - Computers, printers, cable boxes, calculators, toner, back up batteries, stereo systems, keyboards, mouse, cell phones, fax machines, power supplies, laptops, speakers, telephones network systems, circuit boards, modems, test equipment, cable, wire, hard drives, extension cords, copy machines VHS/DVD players, routers, switches, laptop batteries, LCD monitors, cameras, printer cartridges, typewriters, servers, CDROM/floppy drives, DVR recorder.

Trash Pickup - Schedule a bulk pickup by calling Waste Management at 866-797-9018 or the Service Department at 216-525-6225. Fabric furniture, mattresses and box springs MUST be wrapped in plastic. Carpet should be no longer than 4' bundled and tied.

Delayed Trash Pick-Up Dates:

Memorial Day – May 30th – Pick up delayed one day

Independence Day – July 4th (Monday) Delayed one day

Labor Day – Sept. 5th – Delayed one day

Thanksgiving Day – November 24th – Thursday picked up on Friday

Christmas Day – December 25th - No delay





ENGINEERING & FINANCE DEPARTMENTS

The Engineering Department will be preparing notices over the next 30-60 days to property owners with a Stormwater Control Measure (SCM) located on them informing them of their duties to maintain these facilities. A report prepared by Cuyahoga Soil & Water Conservation District (CSWCD) will be included with the notice indicating deficiencies and long-term maintenance items to consider. This is part of the City's efforts to make sure that these required facilities are operating and managing stormwater as they were intended to do.

The City partners with the Northeast Ohio Regional Sewer District (NEORS) and Cuyahoga Soil & Water Conservation District (CSWCD) to assist with the management of stormwater in our City. There are helpful resources available from each of these groups for residents. Please check the following links for more information:

Northeast Ohio Regional Sewer District
<https://www.neorsd.org/>

Cuyahoga Soil & Water Conservation District
<https://cuyahogawcd.org/>

If you have any questions and/or concerns about any of the above-mentioned projects, feel free to e-mail Mark Schmitzer, P.E., City Engineer at mschmitzer@rlba.com, David Bradt, P.E., Assistant City Engineer at dbradt@rlba.com or, call (216) 525-6258.



Greetings from the Finance Department!

The filing deadline for tax year 2021 municipal income tax returns is Monday, April 18, 2022.

While the Regional Income Tax Agency is offering walk-in assistance this year, there are other easy ways to file your municipal taxes.

- 1) File Online
- 2) File by Mail
- 3) Drop-off Service.

Visit www.RITAOhio.com or call **800.860.7482** for more information.

Sincerely,
City of Seven Hills Finance Department

SAFESITTER

Designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting.

The instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue and CPR!



Tuesday, May 3, 2022
9:00 am - 1:30 pm

Seven Hills Recreation Center
7777 Summitview Drive
Seven Hills, OH 44131

REGISTRATION INFORMATION

Class fee is \$50.

Students should bring a sack lunch.

Both payment and registration must be submitted to enroll your child in the class.

Face masks required for students and instructors.

CALL 216.983.1110

EMAIL Rachel.Farinelli@UHhospitals.org



IN-MEMORIAM

In memory of Seven Hills residents:

Dan Balint
Anthony M. Kozak
Thomas Reeves
Maureen Sedlak

If you wish to honor the memory of a loved one or friend who was a Seven Hills resident, and would like their name noted in the next newsletter, please e-mail Kathy Holland at kholland@sevenhillsohio.org

SEVEN HILLS HISTORICAL SOCIETY

Our purpose is to preserve and promote the unique heritage of the City of Seven Hills. We hope to instill appreciation of past generations as well as provide enjoyment, education and inspiration for current and future generations. This will be accomplished through such activities as research, publications, acquisitions, and conservation of materials, advocacy of historic landmarks and educational opportunities.

Timeline of Development of the City of Seven Hills, Ohio

Election November 8, 1960 the proposed Charter of the Village of Seven Hills failed, but in another election Seven Hills proclaimed a City, Wednesday, January 4, 1961

- 1662 Colony of Connecticut chartered by King Charles
- 1793 Connecticut received a deed from the U. S. Congress
The Western Reserve was divided into Townships.
- 1861 The Schoolhouse was built on Broadview Road
- 1914 The Village of Independence was incorporated
- 1926 June, petitions to create Village of Seven Hills (4.86 sq mi)
- 1927 Schoolhouse built in 1861 becomes the Town Hall
- 1931 A new front was added to the Village Hall
- 1937 Fire house added by the Public Works Administration
Seven Hills Elementary on Hillside
Hillside Junior High built beside it
St Peter's Church is the first church building erected
- 1946 33 acres of land at the end of Mapleview Drive, part of the old golf course was set aside for a park. The Civic Club raised money to buy the land. Civic Club contributed \$1800, the Village contributed \$1,500 still not enough. A bond issue for \$28,000 passed.
- 1953 The Recreation Hall was completed (June)
- 1961 January 4, City of Seven Hills becomes Official.
May 8 Flag of Seven Hills, laurel leaf wreath with a VII in the middle designed by Bonnie Mitisek adopted, resolution signed by Mayor Emil Lingler.
- 1961 Saturday 21, 1961 Commemoration activities were held at Hillside Junior High

The History Society had a November meeting and a Christmas Open House in December. We have canceled January's meeting due to one of our members being in COVID quarantine. We hope to have a meeting in February.

If you have any questions, or would like to request an appointment, contact our President, Kathy Patterson at 216-548-9758 or e-mail kip@toygar.net.

If you are looking for information on cemeteries, please call Judy O'Donnell at 1-440-340-4435.

COUNCIL QUARTERLY



Greetings Seven Hills Residents,

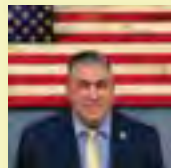
I can't believe how incredibly fast the last two years have gone. Looking back, it seems as if I was just elected to serve on city council (November 2019) and just recently I have started my second term. On December 14, 2021 my fellow council members elected me as the city's Council President. In fulfilling this obligation, I plan to work with council, Mayor Biasiotta and his administration to maintain the city's upward swing.

With that being said, I would like to tell you a little about myself. I grew up in Seven Hills (Ward 1) and have lived here for 32 years and I am a proud graduate of Normandy High School. In addition, I have volunteered my time to coach both youth baseball and basketball in the city's recreation leagues. I have been married to my wife Maureen for nearly 30 years, and together we have three amazing children Chase, Sammy, and Katarina. Furthermore, I have been employed by the United States Post Office for 25 years.

As we move forward into 2022, Seven Hills City Council will focus our attention on the city's budget, infrastructure, parks and recreation projects, as well as sewer maintenance. Moreover, throughout the past two years our administration has been instrumental in receiving numerous grants that have been extremely beneficial to the city and this will continue to be a steadfast goal of this administration moving forward in an effort to further benefit our remarkable city.

As I begin my second term as the Ward 1 councilperson I would like to thank the residents for affording me the opportunity to serve this great city. Please do not hesitate to contact me with any questions or concerns that may arise. You can contact me at (440) 547-6832 or at pkiriazis@sevenhillsohio.org thank you.

Sincerely,
Phillip Kiriazis
City Council President



Ward 1

Council President
Philip Kiriazis
440-547-6832
pkiriazis@sevenhillsohio.org

Ward 3

Thomas J. Snitzky
216-236-6322
tsnitzky@sevenhillsohio.org

Council-At-Large

Patrick Elliott
216-990-8725
pelliott@sevenhillsohio.org

Ward 2

Norman Martin
216-317-4600
nmartin@sevenhillsohio.org

Ward 4

Richard Dell'Aquila
216-548-2890
rdellaquila@sevenhillsohio.org

President Pro Tem

Stacey L. Kelly
216-642-3722
slk7hills@gmail.com

2022 Seven Hills City Council Representatives

John Kulju
216-224-2862
jkulju@sevenhillsohio.org

Hello Seven Hills Residents:

After a long, cold and snowy winter, it is a pleasure to wish everyone a happy spring! As my Grandmother would often say, "The older you get, the faster the time flies". It is hard to believe that we are almost through the first quarter of 2022. With that being said, I would like to encourage all of our residents to attend our Committee/Council Meetings that are open to the public. The meetings are on the 2nd and 4th Tuesday of every month, beginning at 6:00 p.m.. We start the evening with the Committee Meetings, immediately followed by the Council Meeting. The meetings are a great place for our residents to engage with their city government, voice their concerns, share new ideas and be a part of the process. For those of you unable to attend due to prior commitments, all meetings are streamed live and available on YouTube.

Some highlights in Council News:

*On November 16, 2021, Council approved Amended Ordinance 32-2021 by a vote of 5-2, to permit chickens/chicken coops in qualifying residential yards. If interested, please visit our website at: www.sevenhillsohio.org under Section 505.023 of our Codified Ordinances for the application process and permissible uses.

*On January 25, 2022, Council unanimously approved Amended Ordinance 102-2021 to permit alcohol at our park pavilions. Please refer to the city website for the application process, requirements and restrictions.

*On February 8, 2022, Council unanimously approved Ordinance 9-2022 for a pre-fab building containing a four (4) stall ADA accessible restroom for Meijer Park. We are hopeful to have this installed prior to the baseball season but it is uncertain due to the delay of certain materials.

*On February 9, 2020, a joint meeting was held with City Council and the Planning Commission for a Pre-Application Meeting with LSB Seven Hills, LLC to discuss the Rockside Road Mixed Use Development Project.

On the upcoming Council Agenda:

*Council will continue discussions on a proposal to permit the keeping of bees (bee apiary) in qualifying residential yards.

More good things to look forward to in 2022.....

Hullabaloo.** On Saturday, April 23, 2022 from 7:00 pm to 10:00 pm at the Seven Hills Community Room. Take a step back to the 1960's with some fun, food, music and dance contest provided by WIXY1260. The event is \$10.00 and proof of vaccination is required. *This is a non-city event, but open to the public****

***2022 Memorial Day Parade.** On May 30, 2022, time t.b.a., the parade will begin from St. Columbkille Church and make its way south on Broadview Road to Hillside where it will end at City Hall. A ceremony will be held outside City Hall to honor those who have served and continue to serve our Country.

***2022 Home Days!** Council has already began to authorize expenditures for the tent/stage rental as well as band performances by: "1988" and "Eddie and the Edsels". We will also be seeing the return of Dr. Awesome, Inc.. Stay tuned for more announcements.

***The Farmers Market** kicking off in July from 4pm – 7pm at the corner of Broadview Road and Hillside. The Farmers Market is every Thursday thru September 29th. As we get closer to July, visit the city website to check out the food truck schedule that will be participating each week.

***2022 Summer Concert Series.** Stay tuned for the upcoming announcement as to who will be headlining.

I typically try to leave politics out of the newsletter but I think it is fair to mention the growing conflict between Russia and the peaceful people of Ukraine. My prayers for peace and strength go out to the Ukrainian people, both near and far. Whether you are a democrat or republican, I understand that many of us may not agree on a certain political party, but we can all rally in support of democracy and a peaceful society.

If you have any questions, concerns or complaints, please contact me at: 216-642-3722 or e-mail at: slk7hills@gmail.com. If I miss your call, I **WILL** return it. Be sure to leave your name and phone number. Thank you again and God Bless.

Stacey L. Kelly
President of Council Pro Tem
City of Seven Hills, Ohio

A Presentation (as written) Delivered on March 15, 2022 at Seven Hills City Council by Councilman Richard Dell'Aquila, Regarding the Adoption of a Resolution of Support for the People of Ukraine.

The people of Ukraine have always held a strong sense of culture, national identity, and a desire for freedom. The Russian invaders are trying again to destroy that proud culture.

We have all been shocked by the nightly news images of the horrors being inflicted on Ukraine by the invading Russian hordes--burning buildings, wounded and deceased civilians, including women and children, long lines of suffering refugees attempting to flee to safety, a forty-mile long column of military machinery and merciless invaders sent to destroy innocent people.

Innocent, and also unyielding in their desire to remain free, determined to defend their own land despite the odds, never bowing to a foreign invader. One cannot help but to admire these great people and to support their fight for freedom. How Ukrainians have suffered through their history.

Before World War I, Ukraine was controlled by the Russian Empire and the Austro-Hungarian Empire. When the Bolsheviks took over in Russia in 1917, the Red Army created a new Ukrainian government that joined the Soviet Union in 1922. In the 1930's Joseph Stalin suppressed the Ukrainian culture and language, trying to make Ukraine more "Russian." Millions of people died in a preventable famine in those years. In yet another unprovoked attack, Hitler invaded Ukraine in 1941. He also killed millions.

Then in 1991, when the Soviet Union collapsed, Ukraine finally became an independent nation and developed a free market economy. Russia took some Ukrainian land in 2014 by force and now has launched a full scale, unprovoked invasion to completely destroy Ukrainian freedom, the culture and its people.

The images we see each night on television are unbearable. We look into the faces of adults and their children whose lives have been torn apart, as they desperately seek to survive. But we must not turn away, no matter how terrible these images are, because therein lies defeat. Instead, they must be our inspiration and motivation to do something about this brutal slaughter.

We understand that our country cannot enter into the fighting because of the risk of a larger war. But we also have a moral duty to find every other way we can to assist. Each of us can find time or a few dollars to donate for these heroic people. Also, our national leaders must be urged to provide as much material assistance as possible to the Ukrainian defenders. We must adopt new immigration policies for everyone seeking to flee this devastation and who wants to come here.

We are witnessing the worst of humanity, the repeat of a sickening history we all believed had ended in the last century. Nonetheless, we must resist the temptation to turn away in horror from the nightly news. Remain aware, stay involved. Seek out ways to help these heroic people. How can we morally do anything less while these atrocities are being committed against innocent people who only want to live free and build a better life for their families?

Glory to Ukraine! Glory to the heroes!

Hello Ward 3 Families:

As the weather breaks, I look forward to getting out and about catching up with you. Much of Ward 3 runs along Broadview Rd and I want to tell you that our City plans to replace or repair the catch basins along that stretch this year! Further our 2022 road program is scheduled to start in the May/June time frame. This will complete a program that started in 2018. Council has authorized a new road study for later this year in order to rank the streets for the next program that will start in 2023 and continue in odd years going forward. The hope for spring/summer 2022 is to once again be able to visit with each other at our summer civic events. The city is planning for the Memorial Day activities, farmers market, concert series, followed by our long-standing Home Days tradition happening later this summer. Stay healthy and take care of each other.

Tom Snitzky
Ward 3 Councilman

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 216-525-6227
 Recreation Center 216-524-6262
 Senior & Community Services 216-525-6230

Mayor's Court 216-524-4421
 Building Department 216-524-4427
 Council Clerk 216-525-6235
 Finance Department 216-525-6249
 Law Department 216-525-6237
 Service Department- 216-525-6225
 Engineering Department 216-525-6277

City of Seven Hills Residential Lock-Box Program

This is recommended for Senior Citizens & Disabled Residents.

This is a great resource for a resident who is living alone, with no one close by to help them in an emergency.

\$35 each and installed by Seven Hills Fire Department. Contact Tony Terry at 216-525-6230 for more info!

Sharon LaBuda

who you work with matters

Call me for a free market analysis of your home.



Top 5% of Realtors Nationwide

sharonlabuda@howardhanna.com

216.906.9047



Proud Sponsor of Seven Hills Baseball Fields!

COMMUNITY SERVICES

COMMUNITY SERVICE DIRECTOR: TONY TERRY

PHONE: 216.525.6230 E-MAIL: TTERRY@SEVENHILLSOHIO.ORG



The Seven Hills Food Pantry is in need of the following items:

- Kleenex
- Toilet Paper
- Paper towels
- Peanut butter
- Mustard
- Jelly
- Canned beets
- Children's cereal
- Canned fruit
- Ravioli
- Spaghettios
- Spaghetti sauce
- Cake frosting
- Apple sauce
- Spam
- Vienna sausages
- Chili with beans
- Rice
- Noodles
- Dish soap

Meals on Wheels

The City of Seven Hills in cooperation with Coyne Catering offers its residents a home delivered meal service. Contact Tony Terry for more information or if interested in volunteering.

GOLDEN AGERS

The Golden Agers meet twice a month at City Hall in the Community Rooms! The 2nd and 4th Fridays of each month from 9am-3pm.

A Message from Community Service Director Tony Terry:

I hope all of you are happy, healthy, and safe as we begin this Spring season! With Covid-19 beginning to appear in our rearview mirrors we are happy to have opened back up for our senior social programming. Our St. Patrick's Day party was an overwhelming success. We had over 100 residents at City Hall to enjoy a corned beef meal, raffles, and games. If you are comfortable to get out, please consider joining us here for bingo, breakfast, baseball watch parties and more. Social interaction is a very important part of our mental and overall health.

Starting in June, the city will have a slew of outdoor activities such as concerts, Farmer's Market and Home Days. We hope you take advantage of these by bringing your friends and family to enjoy.

Please know that I am here and ready if you have any questions or needs. You can call me at 216-525-6230 or email me at tterry@Sevenhillsohio.org

Stay safe,
Tony

UPCOMING BINGO & BREAKFAST DATES

Breakfast & Bingo

April 13th 8:30am
May 11th 8:30am
June 8th 8:30am
July 13th 8:30am

Bingo

April 4th 10:30am
April 18th 10:30am
May 2nd 10:30am
May 16th 10:30am
June 6th 10:30am
June 20th 10:30am
July 18th 10:30am



Represent Seven Hills in The Mind Challenge for the New Majority!

May 9th - June 17th, 2022

Local municipalities and Senior Centers will each seat a team to compete against other cities in the Northeast Ohio region. Teams are comprised of 4 to 6 players + Alternates. **Anyone over the age of 50 may play.** No Registration Fee or Participation Fee. In March we will meet to form the team placement and play some practice rounds of the Trivia Tournament. Playoff competition against other municipal teams will occur after team formation rounds. All dates and locations for each of the rounds will be announced. Cash prizes (and bragging rights) will be awarded to the municipality. All participants, regardless of team placement will receive a T-Shirt. Let's make Seven Hills A Winner in the 2022 Mind Challenge! If you are interested in being part of the Seven Hills Team - call Tony at 216-525-6230.



FARMERS' MARKET / FIELD & PAVILION RENTALS

The 2022 Seven Hills Farmers Market will open for its eighth season on Thursday, July 7th, 4:00 – 7:00 PM. The Seven Hills Farmers Market (SHFM) is a weekly open-air market featuring local farmers and artisans who offer fresh produce, food items and products. The Market is located at 7221 Broadview Road, Seven Hills, Ohio adjacent to Fire Station #1.

Fresh and local means that the fruits and vegetables available at the SHFM are grown here in Northeast Ohio within a 50-mile radius of the market. Produce has the most nutritional value when it fully ripens and is harvested at its peak. Our produce vendors do just that; delivering produce that was growing in the field in the morning and then pick and delivered to the market in the afternoon. Local food is vital to not only our health, but to our local economy and is an important part of maintaining strong, vibrant communities.

Thank you for supporting local, small businesses at the SHFM; not only our vendors but also the weekly food trucks. There is an impressive line-up for 2022. Expect Thursday visits from Southern Thangs, Boss ChickNBeer, Barrio Tacos, The Cedar Grill, Jackpot Chicken, Parilya Cle, Thyme Traylor, Cheezylicious, Twisted Grill & Grind, CLE Chicken, Zydeco Bistro and Smash Time!

Applications are now being accepted for Seven Hills Farmers Market vendors. The application can be found here:

www.sevenhillsohio.org/en-US/farmers-market.aspx

We are also looking for musical talent for the market. For more information, contact Kathy, 216-525-6227, kholland@sevenhillsohio.org

Happy, Healthy, Homegrown; the Seven Hills Farmers Market, growing community by inspiring healthy, sustainable, abundant living!



We Love Our Parks!

Please remember -
Field & Pavilion Use
is by PERMIT ONLY!

Contact Spencer to utilize any
City of Seven Hills Field/Park Facility
(Baseball diamonds, soccer fields, pavilions, etc.)

216-524-6262
sabbott@sevenhillsohio.org

**2021 SEVEN HILLS
FARMER'S MARKET**

JULY 7TH - SOUTHERN THANGS
JULY 14TH - BOSS CHICKNBEER
JULY 21ST - BARRIO TACOS
JULY 28TH - CEDAR GRILL
AUGUST 4TH - JACKPOT CHICKEN
AUGUST 11TH - PARILYA CLE
AUGUST 18TH - THYME TRAVELER
AUGUST 25TH - CHEEZYLICIOUS
SEPTEMBER 1ST - TWISTED GRILL & GRIND
SEPTEMBER 8TH - CLE CHICKEN
SEPTEMBER 15TH - ZYDECO BISTRO
SEPTEMBER 22ND - BARRIO TACOS
SEPTEMBER 29TH - SMASH TIME

A blue food truck with a white canopy is shown in the bottom right corner of the market schedule.

MEMORIAL WALL / HALL OF FAME



Seven Hills Veterans Memorial Wall

IF YOU ARE INTERESTED IN ADDING YOUR LOVED ONE TO THE WALL,
PLEASE PICK UP AN APPLICATION AT CITY HALL OR
AT WWW.SEVENHILLSOHIO.ORG UNDER "CITY FORMS" - "SENIOR SERVICES"

Veterans Memorial Wall Additions will be acknowledged on Monday, May 30th in honor of Memorial Day. If you or a loved one wishes to be added to the wall, please contact Jennifer Burger at 216.525.6272 or submit an application no later than May 10th.



The Seven Hills Hall of Fame is accepting applications in the category of Athletics. Our Wall of Fame is filled with our impressive Seven Hills Residents in Arts and Humanities as well as Athletics and the applications we have already received are also impressive! We do have talented residents in Seven Hills so we are not surprised! The application can be found on our website and The Seven Hills Recreation Center's website.

We are also continuing our Resident of the Month and what an honor it has been to meet and hear about random acts of kindness, hard work, and volunteerism - let's keep spreading the positivity, it's contagious! Send in to alaina316@yahoo.com nominations for Resident of the Month.

Spring is around the corner- go outside and meet your neighbors, go to our Seven Hills Farmers Market, walk our beautiful pathways and enjoy our beautiful City! Stop by The Seven Hills Recreation Center and learn about The Seven Hills Hall of Fame!

<https://sevenhillshof.wixsite.com/sevenhills>

"Community is much more than belonging to something; its about doing something together that makes belonging matter"

UPCOMING EVENTS

Seven Hills Home Days

July 22nd - 24th

Featuring Elvis, Ace Molar ft. Todd Meanie,
1988 Rocks! and more!

Fireworks Friday & Saturday



2022 SUMMER CONCERT SERIES SCHEDULE

JUNE 24TH - BRIAN PAPESH PARTY BAND

JULY 1ST - TBD

JULY 8TH - THE AIRCHIEFS

AUGUST 5TH - FUNKOLOGY

AUGUST 12TH - FIRESIDE



FRIDAYS 6PM - 8PM

CITY HALL PAVILION

**BRING YOUR OWN CHAIR AND
BE SURE TO CHECK OUT
EACH WEEK'S FOOD TRUCK!**



CITY OF SEVEN HILLS

MEMORIAL DAY

MAY 30, 2022
PARADE BEGINS AT 10:30AM

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at
www.mycommunityonline.com





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www.kulickdental.com

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Chimneys

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COMMUNITY RECREATION CENTER HOURS:

SUNDAYS: 12PM – 6PM • MONDAYS– FRIDAYS: 5:30AM – 9PM •

SATURDAYS: 8AM – 8PM



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

Seven Hills Resident Membership Info - Annual / Upfront Payment

Youth	\$105	A resident 12 or younger (must be purchased with Adult Membership).
Teen w Parent	\$160	A resident between 13-17 (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 in Seven Hills.
Family	\$400	Immediate family household members, up to four people living in Seven Hills (max. 2 adults).
Additional 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	Parma resident 12 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 in Parma.
Family	\$525	Immediate family household members, up to four people living in Parma (max. 2 adults).
Additional 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 with same address
Family	\$675	Immediate family household members, up to four people living outside of Seven Hills or Parma (max. 2 adults).
Additional Children	\$105	Additional Children may be added for \$105 each per year.

The above listed memberships are purchased for one full year - one time upfront payment.

All memberships are non-refundable and non-transferrable.

SEVEN HILLS INDOOR RENTAL INFORMATION

RECREATION CENTER GATHERING ROOMS

POOL PARTIES:

POOL PARTIES INCLUDE USE OF ONE ROOM AND THE POOL FOR UP TO 20 SWIMMERS FOR THE ENTIRE RENTAL. POOL PARTIES CAN BE RENTED IN 2-HOUR INTERVALS ON THURSDAY, AND FRIDAY EVENINGS; SATURDAY AND SUNDAY AFTERNOONS.

MEMBERS: \$130 NON-MEMBERS: \$190

GATHERING ROOM RENTALS:

THE PRICING FOR THE GATHERING ROOMS AT THE RECREATION CENTER ARE DEPENDENT ON MEMBERSHIP AS WELL AS THE NUMBER OF PEOPLE YOU ARE LOOKING TO HOST. THE KITCHEN AND PATIO CAN BE RENTED FOR ADDITIONAL FEES.

MEMBERS:	NON-MEMBERS:
UP TO 50 PEOPLE- \$40/HOUR	UP TO 50 PEOPLE- \$65/HOUR
UP TO 100 PEOPLE- \$70/HOUR	UP TO 100 PEOPLE- \$100/HOUR
UP TO 150 PEOPLE- \$100/HOUR	UP TO 150 PEOPLE- \$130/HOUR

NEW! BASKETBALL PARTIES:

BASKETBALL PARTIES INCLUDE THE USE OF ONE ROOM AND ONE GYMNASIUM FOR UP TO 50 PEOPLE FOR THE ENTIRE RENTAL. BASKETBALL PARTIES CAN BE RENTED IN 2-HOUR INTERVALS ON FRIDAY & SATURDAY EVENINGS THROUGHOUT THE MONTHS OF APRIL THROUGH SEPTEMBER.

MEMBERS: \$160 NON-MEMBERS: \$225

CITY HALL COMMUNITY ROOMS

THE COMMUNITY ROOMS AT CITY HALL ARE AVAILABLE TO RENT TO RESIDENTS OF SEVEN HILLS FOR A FEE OF \$25 PER HOUR. COMMUNITY ROOM RENTALS ARE A MINIMUM OF 4-HOURS AND SECURITY IS REQUIRED FOR ALL EVENTS AT CITY HALL. PAYMENT TO SECURITY IS AN ADDITIONAL \$25 PER HOUR TO BE PAID ON THE DAY OF THE EVENT.

CONTACT & ADDITIONAL INFORMATION

TO BOOK YOUR EVENT PLEASE CONTACT SPENCER ABBOTT.
216-524-6262 EXT. 400 OR [SABBOTT@SEVENHILLSOHIO.ORG](mailto:sabbott@sevenhillsohio.org)

RESERVATIONS ARE NOT CONSIDERED FINAL OR CONFIRMED UNTIL FULL PAYMENT IS RECEIVED.

RESERVATIONS CAN BE MADE NO MORE THAN 180 DAYS IN ADVANCE AND NO LESS THAN 14 DAYS IN ADVANCE FOR THE RECREATION CENTER AND 30 DAYS IN ADVANCE FOR THE CITY HALL COMMUNITY ROOMS.



**CHECK OUT OUR FREE ORIENTATIONS!
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CIRCUIT PROPERLY AND SAFELY!**

TOTALLY TONED PERSONAL TRAINING

IS HEALTH AND FITNESS PART OF YOUR NEW YEAR RESOLUTIONS? TOTALLY TONED PERSONAL TRAINING IS HERE TO HELP! INSTRUCTION, MOTIVATION, AND ACCOUNTABILITY ARE JUST A FEW THINGS TTPT CAN DO FOR YOU! CALL TODAY TO SCHEDULE YOUR FREE 30 MINUTE CONSULTATION! MENTION THIS AD TO SAVE 30\$ ON YOUR FIRST TRAINING PACKAGE!

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SilverSneakers® Classic: Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.



SilverSneakers® Circuit: Standing upper-body strength work alternated with low-impact cardio using a chair for standing support.



SilverSneakers® Yoga: Seated and standing yoga poses to increase flexibility, balance and range of motion.



SilverSneakers Stability®: Standing class designed to decrease the risk of falls with focus on improving balance and lower body strength.



SilverSneakers EnerChi™: Seated or standing tai chi movements in flowing sequence to progress strength, balance and focus.



SilverSneakers® Splash: Shallow-water exercise for all skill levels to increase strength and cardiovascular endurance.



SilverSneakers BOOM™ MIND: The best of yoga and Pilates combined in an intermediate to advanced mind-body mat workout.



SilverSneakers BOOM™ MOVE: Dance-inspired workout to challenge cardio fitness with easy-to-follow movement patterns.



SilverSneakers BOOM™ MUSCLE: Muscle-conditioning blocks and activity-specific intervals to improve cardiovascular health and functional skill.

SEVEN HILLS SUMMER CAMP



REGISTRATION OPENS APRIL 10TH!



CUB CAMP

For ages 3-5 our summer camp will give your cub a chance to make new friends, play games, and take nature hikes! Designed for the young cubs who are potty trained. Camp swims every day!



KODIAK KAMP

Kodiak Kamp is a great way to have fun this summer! Days are filled with activities such as swimming, gym time, outdoor activities, arts & crafts, and more! Weekly field trips are planned for an additional fee. Field trip transportation is provided by Parma City School District.



GRIZZLIES

Grizzlies for ages 11 - 13 is designed to help young people work on their leadership skills, explore and create, navigate new experiences and establish healthy living habits while building positive relationships within the community.

Visit www.sevenhillsohio.org for emergency forms, field trip information, and breakfast registration.

Contact camps@sevenhillsohio.org with any questions!

Dates!

June 6th - August 12th

Weekly Pricing!

Full Time Fees (4-5 Days)

Members: \$160

Non-Members: \$190

Part-Time Fees (1-3 Days)

Members: \$140

Non-Members: \$155

SPOTS ARE
EXTREMELY LIMITED

Registration is due Thursday prior to the week your child will attend. a \$10 late fee will be applied to any registrations made after Thursday.

ADULT PROGRAMS



SESSION DATES – DROP IN TO MOST PROGRAMS AT ANY TIME!

SPRING: APRIL 11TH – MAY 28TH (REGISTRATION BEGINS MARCH 27TH)

SUMMER 1: JUNE 6TH – JULY 16TH (REGISTRATION BEGINS MAY 23RD)

SUMMER 2: JULY 18TH – AUGUST 27TH (REGISTRATION BEGINS JULY 5TH)

ZUMBA WITH NELA

PERFECT FOR EVERYBODY AND EVERY BODY! EACH ZUMBA® CLASS IS DESIGNED TO BRING PEOPLE TOGETHER TO SWEAT IT ON, A TOTAL WORKOUT, COMBINING ALL ELEMENTS OF FITNESS – CARDIO, MUSCLE CONDITIONING, BALANCE AND FLEXIBILITY, BOOSTED ENERGY AND A SERIOUS DOSE OF AWESOME EACH TIME YOU LEAVE CLASS.

INSTRUCTOR: NELA SERRANO

DAYS: WEDNESDAY EVENINGS 6:30PM – 7:30PM

FEES: MEMBER PUNCH CARD: \$27 OR \$6 DROP IN

NON-MEMBER PUNCH CARD: \$37 OR \$8 DROP IN



FIT HAPPENS WITH DEBBIE

JOIN US FOR A LOW IMPACT, FULL BODY WORK OUT COMBINING PILATES, BARRE, AND YOGA USING YOUR OWN BODY WEIGHT, EXERCISE BALLS, AND RESISTANCE BANDS. THIS WORK OUT TARGETS ALL MUSCLES GROUPS TO TONE AND STRENGTHEN YOUR ENTIRE BODY, INCLUDING YOUR ABDOMINALS AND MIDSECTION.

MODIFICATIONS ARE TAUGHT TO MAKE THIS AN EFFECTIVE CLASS FOR BEGINNERS TO ADVANCED FITNESS LEVELS. ENJOY AN UPLIFTING POWER HOUR! NO ONE EVER REGRETS WORKING OUT!

INSTRUCTOR: DEBBIE MAKOWSKI

DAYS: TUESDAY EVENINGS: 6:30PM – 7:30PM

FEES: 6-CLASS PUNCH CARD: \$42 12-CLASS PUNCH CARD: \$82 OR DROP-IN \$40



BEGINNER'S YOGA WITH HEATHER

FOR THOSE THAT WANT TO TRY YOGA FOR THE FIRST TIME OR THOSE THAT NEED A BIT MORE INSTRUCTION & SLOWER PACED CLASS. WE WILL CONNECTOUR BODY, MIND, AND SPIRIT THROUGH BREATH AND MOVEMENT, HELPING TO IMPROVE STRENGTH AND FLEXIBILITY. A GREAT WORKOUT OPTION FOR THOSE JUST STARTING OUT THEIR YOGA JOURNEY!

INSTUCTOR: HEATHER HANCHUK-RYT 200 HOURS / CYT 500

DAYS: MONDAY EVENINGS: 5:30PM – 6:30PM

FEES: 5-CLASS PUNCH CARD: MEMBERS: \$40 NON-MEMBERS: \$45

10-CLASS PUNCH CARD: MEMBERS: \$70 NON-MEMBERS: 80 OR DROP-IN \$40



ALL LEVELS POWER YOGA WITH HEATHER

UPBEAT MUSIC, HIGH ENERGY CLASS! OFFERING HIGHER LEVEL BALANCES, BINDS, AND POSES BUT ALWAYS GIVING MODIFICATIONS FOR THOSE WHO MAY NEED THEM. NO ONE SHOULD BE AFRAID TO TRY THIS CLASS... ALL LEVELS WELCOME!

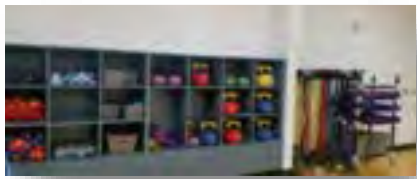
INSTUCTOR: HEATHER HANCHUK-RYT 200 HOURS / CYT 500

DAYS: MONDAY EVENINGS: 7PM – 8PM

FEES: 5-CLASS PUNCH CARD: MEMBERS: \$40 NON-MEMBERS: \$45

10-CLASS PUNCH CARD: MEMBERS: \$70 NON-MEMBERS: 80 OR DROP-IN \$40





ADULT PROGRAMS

SESSION DATES – DROP IN TO MOST PROGRAMS AT ANY TIME!

SPRING: APRIL 11TH – MAY 28TH (REGISTRATION BEGINS MARCH 27TH)

SUMMER 1: JUNE 6TH – JULY 16TH (REGISTRATION BEGINS MAY 23RD)

SUMMER 2: JULY 18TH – AUGUST 27TH (REGISTRATION BEGINS JULY 5TH)

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.

MONDAYS • WEDNESDAYS • FRIDAYS 9:30AM – 10:30AM



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



STRESS RELIEF YOGA

THIS CLASS BEGINS WITH A GENTLE YOGA FLOW TO WARM THE BODY INCLUDING SOME LIGHT CORE WORK TO STRENGTHEN THE ABDOMINALS AND BACK. IT CONTINUES WITH DEEP STRETCHING AND RESTORATIVE YOGA POSES ON THE FLOOR, CONCLUDING WITH A FINAL RELAXATION. THE FOCUS IS ON BREATH AND MINDFULNESS TO STRENGTHEN OUR BODIES WHILE IMPROVING FLEXIBILITY AND BALANCE. YOU WILL LEAVE FEELING REFRESHED AND REJUVENATED. ALL LEVELS AND AGES WILL BENEFIT FROM THIS RESTORATIVE CLASS.

THURSDAYS 9:30AM – 10:30AM



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

MEMBER CARD: \$50 (10 CLASSES) OR \$7 DROP IN NON-MEMBER CARD: \$70 (10 CLASSES) OR \$9 DROP IN

JAZZERCISE

THE ORIGINAL DANCE EXERCISE PHENOMENON—OPEN TO ALL AGES! 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 GYM 1

FEES: 1 MONTH: \$50 DROP-IN \$15 JOIN AT ANY TIME!

DAYS: MONDAY & WEDNESDAY EVENINGS 6:30PM – 7:30PM WITH LOIS POWERS– LOISJAZZERCISE@GMAIL.COM / 330.468.6637

DAYS: TUESDAY & THURSDAY MORNINGS 8:30AM – 9:30AM WITH CAROL MASON

DAYS: MONDAY & WEDNESDAY EVENINGS 5:15PM – 6:15PM WITH CAROL MASON



ADULT LEAGUES / UTILITIES



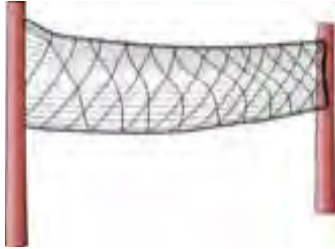
SOFTBALL – LATE SUMMER CO-ED SOFTBALL LEAGUE!

PLAYS FRIDAY NIGHTS AT MEIJER PARK

GET YOUR TEAMS TOGETHER! GAMES BEGIN AUGUST 2022.

CONTACT MICHAEL AT [MKLUBNIK@SEVENHILLSOHIO.ORG](mailto:mklubnik@sevenhillsohio.org) WITH QUESTIONS!

REGISTRATION BEGINS JULY 1ST!



OUTDOOR VOLLEYBALL IS BACK IN SEVEN HILLS!

WEEKLY LEAGUES COMING SOON –

CONTACT JEN AT JBURGER@SEVENHILLSOHIO.ORG TODAY FOR MORE INFO!

ADULT MEN'S HOOPS

MEN'S LEAGUES WILL PLAY THURSDAY NIGHTS AND SUNDAYS. SUNDAYS: BRONZE DIVISION WILL PLAY EARLY TO MID-AFTERNOONS AND SUNDAY SILVER DIVISION WILL PLAY AFTERNOON TO EARLY EVENINGS. GOLD DIVISION WILL PLAY AFTERNOON TO LATE EVENINGS. COMPETITION IS AS FOLLOWS: GOLD IS HIGHLY COMPETITIVE, SILVER IS A FUNDAMENTAL LEVEL OF PLAY WHERE DEFENSE AND SCORING ARE CONCERNED. BRONZE DIVISION IS A RECREATIONAL LEVEL LEAGUE AND IS A GREAT START FOR NEW TEAMS NOT FAMILIAR WITH OUR LEAGUES. THURSDAYS ARE A MIX OF GOLD & SILVER TALENT.

CONTACT PHIL TOMBERLAIN AT ROOKIEATHLETICS@GMAIL.COM FOR MORE INFORMATION REGARDING OUR UPCOMING LEAGUES!

SUMMER SEASON REGISTRATION WILL OPEN IN MAY 2022!



SUNDAY BRONZE CHAMPS!

Utilities Contact Information

Water Department: 216.664.3130
Emergency Only: 216.664.3060

Illuminating Company: 800.589.3101
Emergency Only: 888.544.4877

Dominion East Ohio Gas: 800.362.7557
Emergency Only: 877.542.2630

Cox Communications: 216.676.8100
Emergency Only: 216.535.3351

AT&T: 800.572.4545

Waste Management Refuse: 866.797.9018

**Northeast Ohio Regional
Sewer District:** 216.881.8247

SPRING & SUMMER EVENTS

MAY
IS WATER
SAFETY MONTH
STAY TUNED FOR MORE
INFORMATION & PROGRAMMING

 *Senior Prom*
.....
SEVEN HILLS COMMUNITY
RECREATION CENTER
SENIOR CITIZEN PROM NIGHT
.....
Saturday
May 21, 2022
5 IN THE EVENING
FOR TICKETS, VISIT THE FRONT DESK

OPENING DAY
 **2022** 
SATURDAY, JUNE 4TH
First Pitch at 11AM
CALVIN PARK
FAMILY FRIENDLY SNACKS,
DRINKS, ENTERTAINMENT,
AND MORE!

BEVERLY NATURE
PRESERVE
GRAND OPENING
JULY 8TH AT 2PM
NORTH PARK
 Western Reserve
Land Conservancy



SCAN CODE FOR MORE
INFORMATION & TO REGISTER



FLAG FOOTBALL SKILLS

We play different skill drills and games getting a good fundamental knowledge of the sport while growing ability and building towards game play. Focusing on Running with the ball, Throwing, Catching, Route Running, Defense, & Game Play. 5 class program - \$50

Day and Time: *Friday*

Ages 3-4: 4:30 pm - 5:00 pm

Ages 5-6: 5:15 pm - 6:00 pm

Ages 7-8: 6:15 pm - 7:00 pm

SPRING STARTS APRIL 22ND REGISTRATION NOW OPEN

SUMMER 1 STARTS JUNE 10TH REGISTRATION OPENS 5/5

SUMMER 2 STARTS JULY 28TH REGISTRATION OPENS 7/1



SOCCER SKILLS



Soccer introduces beginners 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!

5 class program - \$50

Day and Time: *Monday*

Ages 3-4: 4:30 pm - 5:00 pm

Ages 5-6: 5:15 pm - 6:00 pm

Ages 7-8: 6:15 pm - 7:00 pm

SPRING STARTS APRIL 18TH REGISTRATION NOW OPEN

SUMMER 1 STARTS JUNE 6TH REGISTRATION OPENS 5/5

SUMMER 2 STARTS JULY 25TH REGISTRATION OPENS 7/1

DODGEBALL

After a brief rule review we dive directly into game play in a fast paced, ball-flying, dippin n' dodgin exciting time. Ages 9&Up

Mondays 7:30pm - 8:30pm 5 class program - \$50

SPRING STARTS APRIL 18TH REGISTRATION NOW OPEN
SUMMER 1 STARTS JUNE 6TH REGISTRATION OPENS 5/5
SUMMER 2 STARTS JULY 25TH REGISTRATION OPENS 7/1



T-Ball League



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 - three inning game where everybody bats. Each class goes for about 45 minutes. Games will start 9am or 10am Saturdays. You will be contacted via email prior to week 1 with exact times. 6 class program. Ages 3&4 - \$75

SPRING STARTS APRIL 23RD REGISTRATION NOW OPEN
SUMMER 1 STARTS JUNE 11TH REGISTRATION OPENS 5/5



Basketball Programs



Basketball Skills

If 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. 5 class program - \$50

Day and Time: *Tuesday*

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

Ages 5-6: 5:15pm - 6pm

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

Grade 3&4: 7:15pm - 8pm

Grade 5&6: 8:15pm - 9pm

SPRING STARTS APRIL 19TH REGISTRATION NOW OPEN

SUMMER 1 STARTS JUNE 7TH REGISTRATION OPENS 5/5

SUMMER 2 STARTS JULY 26TH REGISTRATION OPENS 7/1

PickUp Basketball

Just want to play basketball? Pick up is perfect. 120 minutes of game after game after game. 5 class program. - \$100

Day and Time: *Saturday*

3&4 Grade: 2pm - 4pm

5&6 Grade: 4pm - 6pm

Thursdays

7&8 Grade: 5pm - 7pm

SPRING REGISTRATION NOW OPEN

SUMMER 1 REGISTRATION OPENS 5/5

SUMMER 2 REGISTRATION OPENS 7/1

Basketball League

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. 6 class program.

Games will start between 10am - 2pm Saturdays. A schedule will be emailed after Week 1. - \$75

Week 1 Times:

Ages 5-6: 11am

Ages 7-8: 12pm

SPRING STARTS APRIL 23RD REGISTRATION NOW OPEN

SUMMER 1 STARTS JUNE 11TH REGISTRATION OPENS 5/5

SUMMER 2 STARTS JULY 30TH REGISTRATION OPENS 7/1

Basketball Camp

Rookie Athletic Basketball Camps are four day camps that helps your child to develop key basketball skills & confidence. 90 minutes skills 90 minutes play.

Ages 6-8: July 11th - 14th

Ages 9-12: July 18th - 21st

Ages 12-14: August 15th - 18th

Mon - Thurs 12pm - 3pm

Price: \$100

CAMP REGISTRATION

OPENS 5/5

**SCAN CODE FOR MORE
INFORMATION & TO REGISTER**



2022 Spring/Summer Aquatic Programs

Group Learn-To-Swim

Members: \$50 | Non-Members: \$60

This program is designed for ages 6 months and up.

We offer a variety of different skill levels from pre-school to pre-swim team.

Spring

Mon. PM Only: Apr. 11th to May 16th

Registration Begins March 30th

Wed. PM Only: Apr. 13th to May 18th

Registration Begins April 1st

Sat. AM Only: Apr. 16th to May 21st

Registration Begins April 4th

Summer

Mon. PM Only: June 6th to Aug. 8th

Registration Begins May 18th

(No Class July 4th)

Wed. PM Only: June 8th to July 27th

Registration Begins May 20th

Sat. AM Only: June 11th to July 30th

Registration Begins May 23rd

Mon.-Thu. AM #1: June 20th to 30th

Registration Begins May 18th

Mon.-Thu. AM #2: July 11th to 21st

Registration Begins July 2nd

Mon.-Thu. AM #3 July 25th to August 4th

Registration Begins July 23rd

Groups Days and Times will be Posted
at sevenhillsohio.org.



Register at sevenhillsohio.org.
Contact Mike with questions.
216-524-6262 ext. 404
mgallagher@sevenhillsohio.org

Group Descriptions

- **Starfish:** 6 months to 3 years old. This level builds readiness by emphasizing fun in the water. Parents and children will participate in several guided sessions which help children adjust to the water and learn basic water skills.

- **Tadpole (Pre-School #1):** For ages 2.5 and up, this group is for children who are being introduced to the swimming pool for the first few times. The main focus of this level is to become comfortable in the swimming pool.

- **Frog (Preschool #2):** For ages 3 and up, this group is for the beginner swimmer who is familiar with the water. Swimmers will learn the fundamentals of swimming as well as pool safety.

- **Stingray (Preschool #3):** For ages 3 and up, this group is for swimmers who have either completed group FROG or have recommendation from a teacher to move into this group.

- **Turtle (Level #1):** For ages 4 and up, this group is for the swimmer who has completed group STINGRAY or can float unassisted and swim rudimentary freestyle.

- **Penguin (Level #2):** For ages 4 and up, this group is for the swimmer who has completed group TURTLE. In this group, swimmers will learn to swim freestyle with rotary breathing, backstroke, and will be introduced to dolphin and breaststroke kicks.

- **Sea Otter (Level #3):** For ages 4 and up, this group is for swimmers ready to advance their swimming skills. In this group, swimmers will enhance freestyle and backstroke, and continue to learn butterfly and breaststroke.

- **Dolphin (Level #4 - 6):** For ages 5 and up, this group is a pre-swim team swim for swimmers looking to strengthen their swimming skills and learn the fundamentals of swim team.

Seahawks Recreation Swim Team

This program is designed for swimmers ages 5 and up who have a desire to swim at the competitive level. If your child can swim 25-yards freestyle and 25-yards backstroke non-stop, they can participate in this group (25-yards = One Length of the pool).

Spring Session

Members: \$50 | Non-Members: \$60

Mondays and Wednesdays

April 18th to May 18th

5 pm-6 pm or 6 pm-7 pm

or

Saturdays Only

March 12th to May 18th

10 to 11 am

Summer Competitive Season

Members: \$80 | Non-Members: \$90

June 20th to July 30th

Mondays and Wednesdays

5-6 pm or 6-7 pm

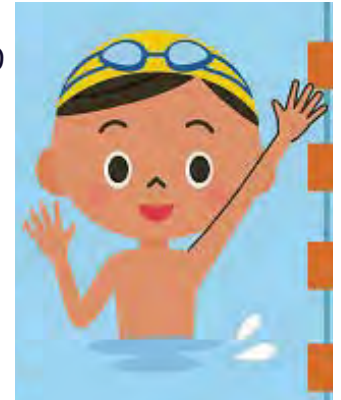
and/or

Tuesdays and Thursdays

10 and Under from 10 to 11 am

11 and Over from 10 to 11:30 am

Location TBD



Competitive Strokes and Turns Clinics

These clinics are for **COMPETITIVE SWIMMERS ONLY**. Each swimmer will receive a video analysis digital file of them swimming above and underwater.

Spring Clinics

Members: \$30 per clinic | Non-Members: \$40 per clinic

May 7th (11 & Over): Back/Free from 10 am to 12 pm

May 21st (11 & Over): Breast/Butterfly from 10 am to 12 pm

Summer Clinic Series

Members: \$40 for all 4 clinics | Non-Members: \$50 for all 4 clinics

June 6th (Free), June 8th (Back), June 13th (Breast), & June 15th (Fly)

10 & Under from 5-6 pm and 11 & Over from 6-7 pm



Private Swimming Lessons

This program offers one-on-one or semi-private (2-3 swimmers of equal ability level) swim lessons for children & adults. The emphasis can be for learning to swim or improving stroke technique. Contact the Aquatics Supervisor for more information.

Future Aquatic Safety Team Program (FAST)

In the **Future Aquatic Safety Team (FAST)** program participants ages 11 to 14 will be taught aquatic lifesaving skills and Adult/Child/Infant CPR/AED skills using the American Red Cross Guidelines. **THIS IS NOT A CERTIFICATION COURSE.**

Members: \$30 per class Non-Members: \$40 per class

April 2nd: Child CPR/First Aid & Lifeguard Skills from 11:30 am to 1:30 pm

June 7th: Infant CPR/First Aid and Lifeguard Skills from 10 to 12 pm

July 5th: Child CPR/First Aid & Lifeguard Skills from 10 to 12 pm



American Red Cross Lifeguard Training Courses

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. **Spring and Summer Classes Available!** Register and learn more at FastLaneSwimming.net.



WATER EXERCISE



HIIT CLASS WITH CHRISTINE

LOOKING FOR A NEW CHALLENGE TO GET STRONGER, LEANER, AND HEALTHIER? JOIN US FOR A 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING PROGRAM TO EASE YOUR JOINT STRESS WHILE MAXIMIZING YOUR MUSCLE OVERLOAD! EQUIPMENT WILL BE USED TO CREATE ADDITIONAL RESISTANCE DEMANDS TO THE MUSCLES HELPING THEM BECOME STRONGER TO SUPPORT JOINT HEALTH, INCREASE RANGE OF MOTION, AND GENERATE CALORIE BURN TO FOSTER A LEANER PHYSIQUE. CLASS WILL BE 30 MINUTES – YOU WON'T NEED MORE THAN THAT! TAUGHT BY SEVEN HILLS ALUMNA CHRISTINE PHILLIPS (MED, E-RYT).

TUESDAYS & THURSDAYS: 8:15AM-8:45AM

CARDIO & TONING AM CLASS WITH CHRISTINE:

PERFECT FOR ALL LEVELS OF AQUATIC EXERCISE EXPERIENCE. WHETHER YOU'RE A BEGINNER OR HAVE YEARS UNDER YOUR FLOATATION BELT, CHRISTINE WILL GUIDE YOU THROUGH YOUR WORKOUT AND PROVIDE INSTRUCTION TO HELP YOU GET THE BEST RESULTS FROM YOUR EFFORT! TAUGHT BY SEVEN HILLS ALUMNA CHRISTINE PHILLIPS (MED, E-RYT)

TUESDAYS & THURSDAYS: 9AM – 9:45AM



CARDIO & TONING WITH KAREN:

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



LOW IMPACT WATER EXERCISE WITH RENEE:

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.

MONDAYS, WEDNESDAYS, & FRIDAYS: 9:00AM – 9:45AM (SPRING – UNTIL 6/17/2022)

MONDAYS, WEDNESDAYS & FRIDAYS: 8:00AM – 8:45 (SUMMER – 6/20/2022 – 8/15/2022)



ARTHRITIS FOUNDATION AQUATIC PROGRAM WITH LEIGH:

THIS PROGRAM IS SPECIFICALLY GEARED TOWARDS ADULTS LIVING 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-FT. DEPTH.

MONDAYS, WEDNESDAYS, & FRIDAYS: 9:00AM – 9:45AM (SPRING – UNTIL 6/17/2022)

MONDAYS, WEDNESDAYS & FRIDAYS: 8:00AM – 8:45 (SUMMER – 6/20/2022 – 8/15/2022)



AQUA BARRE WITH KATIE:

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 (THIS PUNCH CARD ONLY GOOD FOR KATIE'S CLASS)

ALL WATER EXERCISE CLASSES ARE OFFERED THROUGH OUR PUNCH CARD SYSTEM

PUNCH CARDS ARE GOOD FOR 12 WATER CLASSES. (CARDS EXPIRE AFTER 8 MONTHS)

MEMBERS: \$38 NON-MEMBERS: \$50 DROP IN: \$8



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AT 216-525-6227 / KHOLLAND@SEVENHILLSOHIO.ORG



RECREATION CENTER HOLIDAY HOURS:

CLOSED SUNDAY, APRIL 17TH-EASTER
5:30AM-12PM MONDAY, MAY 30TH-MEMORIAL DAY
CLOSED MONDAY, JULY 4TH - INDEPENDENCE DAY

CITY HALL HOLIDAY HOURS:

CLOSED MONDAY, MAY 30TH
CLOSED MONDAY, JULY 4TH

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