Due to the extreme fluidity of the COVID-19 pandemic, our typical brochure will not be produced this Fall. In its place, you will find a series of flyers with program descriptions compiled here. Each individual page will be updated if programs change or need revision, please make note of the date in the bottom right hand corner. We encourage you to glance through the many pages to see all the amazing offerings the Solon Center for the Arts, Grantwood Golf Course, Solon Parks & Recreation and Solon Senior Services are implementing this Fall. We are here to keep you engaged, healthy and connected during the pandemic. Please feel free to reach out to us if you have any questions or concerns.

**CENTER FOR THE ARTS**  
440.337.1400  
Registration begins Monday, August 3 at 12 PM.  
[solonarts.maxgalaxy.net](http://solonarts.maxgalaxy.net)

**GRANTWOOD GOLF COURSE**  
440.248.4646  
Registration is open for all clinics.  
[grantwoodgolf.net](http://grantwoodgolf.net)

**PARKS & RECREATION**  
440.248.5747  
Registration is open. Programs are being added weekly.  
[solonrec.maxgalaxy.net](http://solonrec.maxgalaxy.net)

**SENIOR SERVICES**  
440.349.6363  
Registration is open. Register online or over the phone.  
[solonrec.maxgalaxy.net](http://solonrec.maxgalaxy.net)
# Drawing

**Basic Drawing** AGES 5 - 6, 7 - 9  
**Basic Drawing I** AGES 10 - 13  
**Basic Drawing II** AGES 12 - 15  
**Basic Drawing III** AGES 15 - 18  
**Adv/Teen Drawing** AGES 15 - 18

Drawing classes are offered to enrich student development and improve drawing ability through practice of the many principles of art including line, texture, value, composition, design, light and color. Various mediums such as pencil, pen and ink, charcoal and pastels may be introduced.

## Adult 60+ Pottery

Join this small group Thursday mornings in the SCA art room for a creative and social activity.  
**Time:** 10:30 am - Noon  
**Dates:** 11/5 - 12/17  
**Fee:** $100

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# Class Schedule

## Monday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Dates</th>
<th>Ages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:15 - 11:00AM</td>
<td>VIRTUAL PRE-SCHOOL ART C</td>
<td>10/19 - 11/9</td>
<td>AGES 3 - 5</td>
<td>$40</td>
</tr>
<tr>
<td>5:15 - 6:15PM</td>
<td>LET’S PAINT!</td>
<td>10/19 - 12/14</td>
<td>AGES 8 - 12</td>
<td>$112.50</td>
</tr>
<tr>
<td>5:15 - 6:15PM</td>
<td>BASIC DRAWING</td>
<td>11/2 - 12/14</td>
<td>AGES 7 - 9</td>
<td>$73.50</td>
</tr>
<tr>
<td>6:30 - 7:30PM</td>
<td>BASIC DRAWING I</td>
<td>11/2 - 12/14</td>
<td>AGES 10 - 13</td>
<td>$73.50</td>
</tr>
<tr>
<td>6:30 - 7:30PM</td>
<td>ADV/TEEN DRAWING</td>
<td>11/2 - 12/14</td>
<td>AGES 15 - 18</td>
<td>$73.50</td>
</tr>
<tr>
<td>7:45 - 8:45PM</td>
<td>BASIC DRAWING II</td>
<td>11/2 - 12/14</td>
<td>AGES 12 - 15</td>
<td>$73.50</td>
</tr>
</tbody>
</table>

## Tuesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Dates</th>
<th>Ages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:15 - 6:15PM</td>
<td>KIDS POTTERY SESSION II</td>
<td>10/20 - 12/15</td>
<td>AGES 9 - 12</td>
<td>$105</td>
</tr>
<tr>
<td>6:30 - 7:30PM</td>
<td>SKILL SESSION - Hands &amp; Legs</td>
<td>10/20 - 10/27</td>
<td>AGES 9 - 15</td>
<td>$25</td>
</tr>
<tr>
<td>6:30 - 7:30PM</td>
<td>SKILL SESSION - Face &amp; Eyes</td>
<td>11/3 - 11/10</td>
<td>AGES 9 - 15</td>
<td>$25</td>
</tr>
<tr>
<td>6:30 - 7:30PM</td>
<td>SKILL SESSION - Perspective</td>
<td>11/17 - 11/24</td>
<td>AGES 9 - 15</td>
<td>$25</td>
</tr>
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## Wednesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Dates</th>
<th>Ages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:15 - 6:15PM</td>
<td>KIDS DRAW AND PAINT</td>
<td>10/21 - 12/16</td>
<td>GRADES 1 - 4</td>
<td>$100</td>
</tr>
<tr>
<td>5:15 - 6:15PM</td>
<td>VIRTUAL BASIC DRAWING</td>
<td>11/4 - 12/16</td>
<td>AGES 5 - 6</td>
<td>$70</td>
</tr>
<tr>
<td>6:30 - 7:15PM</td>
<td>VIRTUAL PRE-SCHOOL ART C</td>
<td>10/21 - 11/11</td>
<td>AGES 3 - 5</td>
<td>$40</td>
</tr>
<tr>
<td>6:30 - 7:30PM</td>
<td>BASIC DRAWING III</td>
<td>11/4 - 12/16</td>
<td>AGES 15 - 18</td>
<td>$70</td>
</tr>
</tbody>
</table>

## Thursday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Dates</th>
<th>Ages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:15 - 6:15PM</td>
<td>LET’S SEW!</td>
<td>10/22 - 12/17</td>
<td>AGES 10-14</td>
<td>$100</td>
</tr>
</tbody>
</table>

*NO CLASS 11/26,*

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Check out our **Upcoming Paint Parties And Holiday Craft Nights!**

**Contact Maria Klein, Art Department Coordinator:** 440.337.1402  
mklein@solonohio.org

[Visit us online](http://www.solonarts.maxgalaxy.net)  
*Updated on 10/6/2020*
SOLON CENTER FOR THE ARTS

NEW DANCE CLASSES!

ALL NEW CLASSES STARTING THE WEEK OF NOVEMBER 2

MONDAYS (11/2 - 5/10 - 22 WEEKS)
12:00pm - 12:30pm Intro to Hip Hop (Ages 4 - 6) $132
12:30pm - 1:15pm Creative Movement (Ages 4 - 6) $198
1:15pm - 1:45pm Intro to Movement (Ages 3 - 4) $132
1:45pm - 2:15pm Twirling Tots (Ages 2 - 4) $132
3:00pm - 3:30pm Intro to Movement (Ages 3 - 4) $132
3:30pm - 4:15pm Creative Movement (Ages 4 - 6) $198
7:15pm - 8:00pm Jazz II (Ages 10 - 12) $198
8:00pm - 8:45pm Adult Hip Hop (Ages 18+) $198
*No Class on 12/21, 12/28, 1/18, 2/15, 3/22, 4/5

TUESDAYS (11/3 - 5/11 - 25 WEEKS)
1:00pm - 1:45pm Creative Movement (Ages 4 - 6) $225
1:45pm - 2:15pm Intro to Movement (Ages 3 - 4) $150
3:00pm - 3:45pm Creative Movement (Ages 4 - 6) $225
3:45pm - 4:15pm Intro to Hip Hop (Ages 4 - 6) $150
4:15pm - 5:15pm Dance Combo I (Ages 5 - 7) $300
7:30pm - 8:15pm Musical Theater (Ages 8 - 13) $225
8:15pm - 9:00pm Adult Jazz (Ages 18+) $225
*No Class on 12/22, 12/29, 3/23

WEDNESDAYS (11/4 - 5/12 - 24 WEEKS)
11:00am - 11:45am Adult Ballet (Ages 18+) $216
12:00pm - 12:45pm Adult Tap (Ages 18+) $216
1:30pm - 2:15pm Creative Movement (Ages 4 - 6) $216
5:15pm - 5:45pm Twirling Tots (Ages 2 - 4) $144
5:45pm - 6:15pm Intro to Movement (Ages 3 - 4) $144
6:15pm - 7:00pm Beg. Lyrical/Contemporary (Ages 8 - 10) $216
7:00pm - 7:45pm Acro I (Ages 8+) $216
7:45pm - 8:30pm Modern (Ages 8 - 12) $216
*No Class on 11/25, 12/23, 12/30, 3/24

Register today at solonarts.maxgalaxy.net
SOLON CENTER FOR THE ARTS

NEW DANCE CLASSES!

ALL NEW CLASSES STARTING THE WEEK OF NOVEMBER 2!

**THURSDAYS (11/5 - 5/13 - 23 WEEKS)**
- 10:45am - 11:15am Twirling Tots (Ages 2 - 4) $138
- 1:00pm - 1:45pm Creative Movement (Ages 4 - 6) $207
- 1:45pm - 2:15pm Twirling Tots (Ages 2 - 4) $138
- 5:15pm - 6:00pm Creative Movement (Ages 4 - 6) $207
- 7:00pm - 7:45pm Lyrical/Contemporary II (Ages 10 - 12) $207
- 7:15pm - 8:00pm Jazz/Hip Hop I (Ages 8 - 10) $207
- 7:45pm - 8:30pm Lyrical Contemporary III (Ages 13 - 18) $207
- 8:15pm - 9:00pm Adult Tap (Ages 18+) $207

*No Class on 11/26, 12/10, 12/24, 12/31, 3/25

**FRIDAYS (11/6 - 5/14 - 19 WEEKS)**
- 1:15pm - 1:45pm Twirling Tots (Ages 2 - 4) $114
- 1:45pm - 2:15pm Intro to Movement (Ages 3 - 4) $114
- 2:30pm - 3:00pm Intro to Hip Hop (Ages 4 - 6) $114
- 4:00pm - 4:45pm Creative Movement (Ages 4 - 6) $171
- 4:45pm - 5:45pm Dance Combo I (Ages 5 - 7) $228
- 5:15pm - 6:15pm Beginning Ballet/Jazz (Ages 6 - 8) $228
- 6:15pm - 6:45pm Twirling Tots (Ages 2 - 4) $114
- 5:45pm - 6:45pm Hip Hop & Tumble (Ages 6 - 8) $228

*No Class on 11/13, 11/27, 12/25, 1/1, 2/12, 3/19, 3/26, 4/2, 4/16

**SATURDAYS (11/7 - 5/1 - 20 WEEKS)**
- 9:30am - 10:00am Intro to Movement (Ages 3 - 4) $120
- 11:00am - 11:30am Intro to Hip Hop (Ages 4 - 6) $120

*No Class on 11/28, 12/26, 1/2, 3/20, 3/27, 4/3

Register today at solonarts.maxgalaxy.net
GROUP UKULELE CLASS
GRADES 1 - 4, 5 - 8
Group ukulele lessons are a great way to learn the basics of ukulele. Students will learn musical skills ranging from beginning note reading, rhythms, and sight reading. A Ukulele kit can be purchased online from $25-60.

PRIVATE MUSIC INSTRUCTION
Private lessons offer students one-on-one time to explore an instrument with a professional instructor. SCA instructors are skilled at understanding a student’s individual needs and aspirations.

Piano
Dr. Daniel Barber  age 6
Jan Bis  age 4
Dr. Alexander Kostritsa  age 5

Orchestral Strings
Nataliya Shehluk – Violin, Viola  age 4

Guitar
Tom Poore  age 4

Percussion
James Alexander II  age 10

Woodwinds
Vanessa Majewski – Flute  age 8
Jonathan Griffin – Sax, Clarinet, Jazz Studies  age 10

Voice
Mary Krason Wiker  age 12

VIRTUAL MINI MUSICIANS - Preschool Music
AGES 2 - 5 years

<table>
<thead>
<tr>
<th>SESSION</th>
<th>THEME</th>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Animals!</td>
<td>Thurs</td>
<td>9/10 - 9/24</td>
<td>10:00 - 10:30 am</td>
</tr>
<tr>
<td>Session 2</td>
<td>Storybook Themes!</td>
<td>10/1 - 10/29</td>
<td>10:00 - 10:30 am</td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>Giving Thanks! Thurs</td>
<td>11/5 - 11/19</td>
<td>10:00 - 10:30 am</td>
<td></td>
</tr>
<tr>
<td>Session 4</td>
<td>Holidays! Thurs</td>
<td>12/3 - 12/17</td>
<td>10:00 - 10:30 am</td>
<td></td>
</tr>
</tbody>
</table>

MUSICAL PLAYDATE
AGES Infant – 4 years
Our Family Music class is designed to meet the development needs of infants - 4 year olds through interaction with a parent or caregiver. They will respond when their musical curiosity is stimulated through playing rhythm instruments, finger plays, and singing and dancing to music. This class will help students build coordination, thinking, motor, and social skills all while making friends.

CUSTOM MUSIC CLASSES
MUSIC HISTORY CLASS
Have a particular piece of music or composer you love? We can create a custom class for you!

SIGHT SINGING/EAR TRAINING CLASSES
Learn ways to improve your ear and ways to become better at sight-reading music.

GROUP INSTRUMENTAL LESSONS
Students will learn basic technique, musical skills, and how to play with an ensemble.

GENERAL MUSIC
A beginner class designed to expose students to aspects of music such as melody, harmony, notation and rhythm.
**All classes will begin meeting in person. These classes may move to a virtual format if needed but still meet at the dates and times listed below. Students registering agree to transition to a virtual format if necessary.**

**MONOLOGUE MONDAYS (IN PERSON)**
GRADES 4 AND UP Jensen
Students in this course will learn how to select, beat out, rehearse and perform a monologue. Preparing monologues will help students study and learn about the audition process. A virtual performance of monologues will take place at the end to showcase the students work.
**This class will begin meetings in person. This class may move to a virtual format if needed but still meet at the dates and times listed above. Students registering agree to transition to a virtual format if necessary.**

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>Mon</td>
<td>11/2 - 12/14</td>
<td>6:30 - 7:30 pm</td>
<td>$75</td>
</tr>
</tbody>
</table>

**MUSICAL THEATER TECHNIQUES: BROADWAY THROUGH THE YEARS (IN PERSON)**
GRADES 6 - 8 Belser-McCormick
Day will explore songs, games and more as we play for storytelling in the theater! Students will study the history of musical theater by learning multiple styles and techniques of movement throughout the decades. This will including everything from classical musical theater to contemporary styles as well. Tennis shoes are adequate for this class.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>Thurs</td>
<td>10/29 - 12/17</td>
<td>6:15 - 7:15 pm</td>
<td>$75</td>
</tr>
</tbody>
</table>

*No class Thursday Nov 26 or December 10
Students will study the history of musical theater by learning multiple styles and techniques of movement throughout the decades. This will including everything from classical musical theater to contemporary styles as well. Tennis shoes are adequate for this class.

**APPROACHING IMPROVISATION (IN PERSON)**
GRADES 6 - 8 Chicotel
Improvisation helps students to be more expressive, and to use the body, mind and voice more fully, and best of all it's fun! In this class students will explore the basic tools, rules and philosophy of improvisation. By participating in structured games, exercises and scene work students will enhance effective communication skills, listening skills, self-confidence and spontaneity.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri</td>
<td>10/30 - 12/18</td>
<td>5:00 - 5:30 pm</td>
<td>$50</td>
</tr>
</tbody>
</table>

**LET'S IMPROV! (IN PERSON)**
GRADES 4 - 5 Ellis
Day will explore Viola Spolin's 7 Aspects of Spontaneity to build spontaneity.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weds</td>
<td>11/4 - 12/16</td>
<td>7:30 - 8:30 pm</td>
<td>$65</td>
</tr>
</tbody>
</table>

**THEATER FOR LITTLE FOLKS (VIRTUAL)**
AGES 3 - 5 Ellis
Welcome to our Theater For Little Folks Class for Preschool Students! This half hour weekly class will take place solely over zoom virtually. Join us as we explore the basic fundamentals of theater. We will work with our voices and bodies and imaginations which are the 3 tools needed for storytelling in the theater! Students will explore songs, games and more as we play together in the world of Theater.

**ADVANCED ACTING TECHNIQUES (VIRTUAL) GRADES 5-8 TBD**
Students in this class we will cover the intricacies of script analysis, building a character, movement, improvisation and advanced techniques. The class will focus on the process of creating a believable as students build upon the actor’s primary tools, the body, voice and imagination. In addition, stage directions, ensemble building and performance etiquette will be reviewed.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>Mon</td>
<td>11/2 - 12/14</td>
<td>5:00 - 6:00 pm</td>
<td>$90</td>
</tr>
</tbody>
</table>

**MAD ABOUT MUSICALS! (VIRTUAL)**
GRADE 4 AND UP Jensen
Do you love musical theater? Wanna talk about Musicals all day? Each week this group will pick a different show to talk about. We will look at clips from the shows as well. This class is based like a roundtable and is meant to be a relaxed environment!

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri</td>
<td>10/30 - 12/18</td>
<td>5:00 - 5:30 pm</td>
<td>$50</td>
</tr>
</tbody>
</table>

*No class Friday Nov 27

**LAND OF MAKE BELIEVE CLASS (VIRTUAL)**
GRADES K-3 Jensen
Animals, castles, fairies, princesses, goblins, trolls. These may just be some of the things that you will encounter in this whimsical class. Held virtually over zoom students will learn the basics of theater through these creative outlets and work with the 3 actors tools of voice body imagination to tell stories.

<table>
<thead>
<tr>
<th>DAY</th>
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<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weds</td>
<td>10/21 - 12/16</td>
<td>3:30 - 4:00 pm</td>
<td>$50</td>
</tr>
</tbody>
</table>

*No class 11/25

Contact Katherine Tekesky, Theater Coordinator at ktekesky@solonohio.org  440.337.1401 for more information. Updated 10/6/20
Move & Paint

Ages 8 - 12

6:00 - 8:00 PM

$20 PER CLASS

SATURDAY

OCT. 24

FRIDAY

SEPT. 18

FRIDAY

NOV. 20

REGISTER ONLINE AT SOLONARTS.MAXGALAXY.NET
Join us for one of our Fun Days at SCA! Students will enjoy music from these movie soundtracks, exercise their creative minds through themed crafts, high-energy games and activities. Each day will end with watching the movie to the corresponding day. Don’t miss out on these fun-filled, exciting days! Students should pack a drink, light snack and a lunch.

**Ages 5 - 12  9AM - 4PM**

Friday, September 25
- *Trolls World Tour*

Monday, September 28
- *Scoob!

Friday, October 16
- *The Addams Family*

Friday, November 13
- *Abominable*
Kids Spooktacular Paint Party

Saturday October 17 Noon - 2:00 pm
Ages 9 - 12
Fee: $25
Register online at solonarts.maxgalaxy.net
You’re invited to

SCA’s Halloween Bash

Sat. Oct. 24

The fun begins at 1:00 PM

Games - Prizes - Crafts
Outdoors weather permitting
Limit ten families per half hour time slot

Register today at www.solonarts.maxgalaxy.net

www.solonarts.org 440.337.1400
JOIN LARA FOR THIS TRADITIONAL 21 & OVER
B.Y.O.B. PAINT NIGHT! WE WILL PROVIDE ALL THE
SUPPLIES, YOU SUPPLY THE B.Y.O.B. AND FRIENDS!
MASKS REQUIRED AND SOCIAL DISTANCING WILL
BE PROMOTED. DEPENDING ON THE NUMBER OF
PARTICIPANTS, WE MAY ALSO BE ABLE TO ZOOM AT
THE SAME TIME WITH A VIRTUAL CLASS!
PRE-REGISTRATION REQUIRED. SPACE IS LIMITED
TO 9. FEE: $35 REGISTER ONLINE AT
SOLONARTS.MAXGALAXY.NET
The Grantwood Driving Range is open year round with heated stalls. Purchase ranges balls in the Pro Shop or down at the range.

The Grantwood Pro Shop is open all year to service your golfing needs! We sell a variety of men and women’s golf shoes, appeal, golf bags and more at competitive prices!

Call the Pro Shop for more information during the winter months on Cross Country Skiing group lessons and clinics!

**Children under 12 years old must be accompanied by an adult**

3 Trail types are available from Easy, Moderate and Difficult

![Cross Country Skiing](image)

**CROSS COUNTY SKIING**
at Grantwood Golf Course
38855 Aurora Road, Solon | 440.248.4646

**Trail Fee | $2.00**

**Adult Rental Rates | $10.00 first hour**

**$5.00 extra hour**

**Junior Rental Rates | $7.00 first hour**

**$3.00 extra hour**

FOR MORE INFORMATION, PLEASE CONTACT
Stephanie Koval | skoval@solonohio.org

Updated 7/16/2020
PEE WEE SOCCER
The program will introduce basic soccer skills in a fun-filled environment. Instructors will focus on footwork, dribbling, passing, and teamwork. Questions, call Dennis Weyn 440-567-9893.
AGES | 3-5 Year Olds
TIME | 1 PM - 2 PM

SOCcer FOOT SKILLS CLINIC
The six-week training session will focus on developing soccer skills and techniques. All instruction will be introduced in a fun and positive environment. Please bring a ball to the first class. Questions, call Dennis Weyn 440-567-9893
GRADES | K-6
TIME | 4 PM - 5 PM

DAY | Mondays
FEE | $119 / Session
SESSION 1 | September 14 - October 26
(no 9/28)
SESSION 2 | November 9 - December 14

REGISTER ONLINE
solonrec.maxgalaxy.net

FOR MORE INFORMATION, PLEASE CONTACT
Dylan Fodor | dfodor@solonohio.org

Updated 8/19/20
Solon Ultimate Kids Sport Program
AGES | 3 & 4 (Juniors) and 5 - 7 (Seniors)
Kids have a blast and get a lot of exercise in the Ultimate Kids Sports Program! Participants will learn about and play a wide variety of sports and active games in a fun and safe environment. Each week will feature a different sport with a focus on skill development, including:
- Football – passing, catching and route running
- Soccer – foot skills, passing and trapping
- Baseball – fielding, throwing and catching
- Lacrosse – throwing and catching
And more!

<table>
<thead>
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<th>Location</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>9/12 – 10/24 (no class 9/19)</td>
<td>9am, 10am &amp; 11am</td>
<td>Solon Community Park Diamond #1</td>
<td>$95</td>
</tr>
</tbody>
</table>

Solon Little Hoop Star Basketball Program
AGES | PreK - Kindergarten (must be 4 years old)
Coaches from Jump Start Sports will run this instructional basketball program for children. Players are taught the basic skills of dribbling, passing, shooting, positioning, defense and rebounding while applying these skills to fun, non-competitive games.

SESSION 1 Late Fall

<table>
<thead>
<tr>
<th>Day</th>
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<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>11/7 – 12/19 (no class 11/28)</td>
<td>12:15 PM, 1:15 PM &amp; 2:15 PM</td>
<td>Solon Community Center</td>
<td>$95.00</td>
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SESSION 2 Winter

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>1/16 – 2/20</td>
<td>12:15 PM, 1:15 PM &amp; 2:15 PM</td>
<td>Solon Community Center</td>
<td>$95.00</td>
</tr>
</tbody>
</table>

FOR MORE INFORMATION, PLEASE CONTACT
Rick Hart
RHart@JumpStartSports.com
330-656-0090

Updated 7/16/2020
Little Racquets is a uniquely designed tennis program that assists in the improvement of children's gross and receptive motor skills in a fun teaching and playing environment. Little Racquets emphasizes fun, age-appropriate activities where children develop basic warm-up, motor and racquet skills through drills and games such as:

- Imaginative obstacle courses
- Forehand/backhand exercises with cones
- "High-five" volleys
- Rallies on a shortened court
- Relay races

Saturdays, October 3 - November 7
Solon Community Center Gymnasium

**Boys and Girls ages 3 - 5**
10:00 AM - 10:30 AM
$72.00

**Boys and Girls ages 6 - 8**
10:30 AM - 11:30 AM (Ages 6-8)
$90.00

Limit of 12 students per class.

**REGISTER ONLINE!**
Go to LittleRacquets.com and click on the “Register Now” button by September 30.

FOR MORE INFORMATION, PLEASE CONTACT
Little Racquets Director
Rona Brody | ronab@littleracquets.com

Updated 7/16/2020
IN-PERSON OR VIRTUAL

AGES: 4 - 16

This program is designed to introduce children to the sport of Taekwondo. Taekwondo is defensive martial arts from Korea that focuses on discipline, concentration, respect, balance and coordination. Students should expect to have fun while learning basic kicking and punching techniques, as well as beginning self-defense. This session will run for 6 weeks with students attending 2 beginner classes of their choice per week. All classes will be held at World Champion Taekwondo Solon School OR virtually in your own home, it is your choice. Once registered, if choosing the virtual option, please call World Champion Taekwondo for ZOOM information at 440-498-1456. Instructor Grand Master Ki Moon Kwon, World Champion and U.S. National Team Coach.

Fall Session 1: August 31 - October 3
Fall Session 2: October 5 - November 14
Winter Session 1: January 4 - February 13
Winter Session 2: February 15 - March 27

$99/Session (Includes 2 times per week - 12 classes total)

AGES: 4 - 9
M, W, F 5:00 PM – 5:45 PM
T, Th 6:00 PM – 6:45 PM
Sat 10:00 AM – 10:45 AM

AGES: 10 - 16
T, Th, F 7:00 PM - 7:45 PM
Sat 10:00 AM – 10:45 AM

LOCATION: 31300 Solon Road, Suite 15, Solon, Ohio 44139

*Fee includes free uniform

FOR MORE INFORMATION, PLEASE CONTACT
Dina Snook | dsnook@solonohio.org

REGISTER NOW
http://solonrec.maxgalaxy.net
Registration closes 1 week prior to the start of each session.

Updated 7/16/2020
SKATING LESSONS

PARENT/CHILD
AGES 2 – 5
Time to get the kids moving! This 6-week class is for your little ones, 2-5 years old, where they will learn the basics of skating while getting exercise. A parent or guardian must accompany each child on the rink at each lesson, although the adult does not have to be on skates. If the parent does not choose to skate, please wear tennis shoes onto the rink.

Wednesdays, **1:30 PM – 2:15 PM**

BEGINNER
GRADES K – 5
This class is for all youngsters, Kindergarten through fifth graders, who want to learn how to roller-skate or roller-blade. The Chagrin Valley Roller Rink offers a 6-week program consisting of 5 classes that will teach you the basics. The 6th lesson is a fun time skate and a chance for the students to show to their families and friends what they’ve learned.

Wednesdays, **4:30 PM – 5:15 PM**

**SESSION 1** | September 23 - October 28
**SESSION 2** | November 4 - December 16 (no 11/25)
**SESSION 3** | January 6 - February 10
**SESSION 4** | February 17 - March 24
**SESSION 5** | April 7 - May 12

**FEE** | $55.00 per Session
**LOCATION** | Chagrin Roller Rink

**REGISTER ONLINE AT** [http://solonrec.maxgalaxy.net](http://solonrec.maxgalaxy.net)
(Registration closes one week prior to the start of each session)

**FOR MORE INFORMATION, PLEASE CONTACT**
Chagrin Roller Rink
Allyson | 440.247.4224

*Lessons will be cancelled if Kenston, Solon, Aurora or Orange schools are cancelled due to weather.*
Virtually Enrichment Courses

These classes are taught online. The cost is $25 per student, per class. Once registered, participants will log into ZOOM 15 minutes before the start of class to begin.

Perfectly Polite Dining Etiquette

In this class, children come together to learn about the following life skills: How to set a table, American-style dining, Continental-style dining, posture, dining conversations, and so much more! Participants will need something to practice cutting such as bread, chicken, pizza, or fruit.

AGES: 6 & Up
DATE: Saturday, October 10
TIME: Online Zoom 11:00 AM - 12:00 PM
FEE: $25.00
LOCATION: Your own home
LIMIT: Minimum 4 / Maximum 9

The Money Game

Similar to our in-person course, this is a financial literacy program where children learn how to manage paychecks, state, taxes, everyday expenses and bills, utilities, rent, car expenses, credit cards, life events, record keeping and keeping track of assets. The money game provides an opportunity for participants to learn how to make, manage, and multiply their money wisely, so they can grow up financially free.

AGES: 10 & Up
DATE: Saturday, October 10
TIME: Online Zoom 1:00 PM - 2:30 PM
FEE: $25.00
LOCATION: Your own home
LIMIT: Minimum 4 / Maximum 9

Perfectly Polished Etiquette and Manners Dining Program

Children will learn the following in a fun and interactive way: Setting a table from start to finish, table manners and etiquette, American style of dining, Continental style of dining, proper introductions, posture, the napkin, please and thank you’s, dining conversation, the proper way to utilize utensils, passing the food and complimenting the chef. Fee: $25 per student.

AGES: 8 & Up
DATE: Saturday, December 5
TIME: 11:00 AM - 12:00 PM
FEE: $25.00
LOCATION: Solon Community Center Arts and Crafts Room
LIMIT: Minimum 4 / Maximum 9

The Money Game (Financial Interactive Learning Program)

In this class, students will work for a paycheck, pay their expenses, learn how to save, and learn how to acquire passive income with purchased assets. What sets this class apart is the ability to teach students how to invest and become financially sound! Fee: $25 per student.

AGES: 10 & Up
DATE: Saturday, December 5
TIME: 1 PM - 2:30 PM
FEE: $25.00
LOCATION: Solon Community Center Arts and Crafts Room
LIMIT: Minimum 4 / Maximum 9

REGISTER ONLINE:
http://solonrec.maxgalaxy.net
Registration closes 1 week prior to date.

For more information, please contact
Dina Snook | dsnook@solonohio.org

Updated 7/20/2020
Hey parents, are you looking for something for the kids to do? Solon Recreation is offering an evening for kids to play BINGO with their friends while you get a little bit of free time. We will provide a light snack.

**DATE** | October 23  
**TIME** | 6:30 PM - 8:00 PM  
**LOCATION** | After School Room  
**REGISTRATION** | Registration closes 1 week prior to date  
**FEE** | $8 per child  
**LIMIT** | Minimum 5 / Maximum 9

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Hey kids! How does movie night sound? Come join us for an evening without mom and dad. Kids will watch a kid friendly movie while enjoying a small snack. Movie to be determined.

**DATES** | October 2 ; November 20 ; January 22  
**TIME** | 6:00 PM – 8:00 PM  
**LOCATION** | Meeting Room  
**REGISTRATION** | Registration closes 1 week prior to each date  
**FEE** | $9 per child per movie  
**LIMIT** | Minimum 5 / Maximum 9

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The StoryWalk® Project by Anne Ferguson of Montpelier, VT and developed in collaboration with the Vermont Bicycles & Pedestrian Coalition and the Kellogg Hubbard Library. Thanks to Anne, we are able to share her creative idea with you today. Follow the half-mile loop around the Solon Community Center walking path while enjoying a story with your family. Get some fresh air, read with your children and spend some quality time together. We will change the books throughout the year!

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**FOR MORE INFORMATION, PLEASE CONTACT**

Dina Snook | dsnook@solonohio.org
COMMUNITY CENTER IS OPEN

TUESDAY - FRIDAY | 6 AM - 8 PM
People Who are at Increased Risk for Severe Illness
12 PM - 3:30 PM

SATURDAY & SUNDAY | 8 AM - 6 PM

- Locker Rooms **WILL NOT** be available, please come prepared.
  - Family Locker Rooms will be used for restrooms only.
- **CARDIO** and **SELECTORIZED** fitness equipment is located both in the fitness mezzanine and gymnasium.
- **FREE WEIGHT** equipment is located in both the weight room and lobby.
- Indoor Pool is available for **LAP SWIM** and **WATER WALKING** only on a reservation basis. Reservations are available online.

**CLOSED FOR THANKSGIVING ... November 26 & 27**

Solon
Ohio

SOLON RECREATION DEPARTMENT
440.248.5747
### FITNESS CLASSES

**Fall 2020**

Class are Limited

Reservations for SPINNING are required!

<table>
<thead>
<tr>
<th>Day</th>
<th>Class</th>
<th>Instructor(s)</th>
<th>Time</th>
<th>Location</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>POWER PUMP</td>
<td>Sarah Krakowski</td>
<td>8 AM - 9:15 AM</td>
<td>SCC Gymnasium</td>
<td>75 Minutes</td>
</tr>
<tr>
<td></td>
<td>POWER SCULPT</td>
<td>Krista Whipple</td>
<td>6:15 PM - 7:15 PM</td>
<td>SCC Gymnasium</td>
<td>60 Minutes</td>
</tr>
<tr>
<td>Wednesday</td>
<td>BOOT CAMP</td>
<td>Lena Ray</td>
<td>7 AM - 8 AM</td>
<td>SCC Gymnasium</td>
<td>60 Minutes</td>
</tr>
<tr>
<td></td>
<td>SPINNING</td>
<td>Sarah Polito</td>
<td>6:30 PM - 7:30 PM</td>
<td>SCC Aerobics Room</td>
<td>60 Minutes</td>
</tr>
<tr>
<td>Thursday</td>
<td>ZUMBA</td>
<td>Lena Ray</td>
<td>8:30 AM - 9:15 AM</td>
<td>SCC Gymnasium</td>
<td>45 Minutes</td>
</tr>
<tr>
<td>Friday</td>
<td>FITNESS FUSION</td>
<td>Sarah Krakowski</td>
<td>8 AM - 9 AM</td>
<td>SCC Gymnasium</td>
<td>60 Minutes</td>
</tr>
<tr>
<td></td>
<td>YOGA (BASIC OR GENTLE)</td>
<td>Vishali Gupta</td>
<td>11 AM - 12 PM</td>
<td>SCC Youth Lounge</td>
<td>60 Minutes</td>
</tr>
<tr>
<td>Sunday</td>
<td>SPINNING</td>
<td>Katie Pollock</td>
<td>10 AM - 11 AM</td>
<td>SCC Aerobics Room</td>
<td>60 Minutes</td>
</tr>
</tbody>
</table>

**Jeff Luca • Program Supervisor**

jluca@solonohio.org | 440-337.1429
We will be re-opening the Aerobics classes with social Distancing guidelines. We are limiting the classes to 8 participants per class. Some of our classes will be held outside (weather permitting). Please call the SCC at 440-248-5747 to find out what classes are available.

FITNESS ROOM ORIENTATION CLASS
Need help learning how to use the fitness equipment? Sign up for the FREE class offered to give patrons ages 14 and up a basic introduction to the cardio and strength training equipment. The fitness staff will instruct you on exercise guidelines, proper technique and set up of machines and basic equipment function.

YOUTH FITNESS CERTIFICATION CLASS
This FREE 90-minute class is designed to teach kids ages 11 - 13 to use the fitness room equipment safely and properly. Exercise guidelines appropriate for this age group are also discussed. Certification must be completed prior to using any equipment in the fitness room and must be accompanied by an adult at all times. Certificates are issued upon completion. Please check the Fitness Desk for dates and times.

ASK THE TRAINER
Have a question about your fitness or nutrition goals? Ask your friendly Wellness Services Staff! Free assessments for blood pressure, body composition, and flexibility are also offered. Stop by the Fitness desk for available times.

PERSONAL TRAINING
Certified trainers will design a fitness program specific to your goals and needs. Whether just starting out or ready to take your program to a higher level, personal training will help you achieve optimal health and performance.

FITNESS ASSESSMENT
This comprehensive assessment will evaluate cardiovascular endurance, blood pressure, body composition and posture. Your fitness report will determine your baseline fitness and health status.

BODY COMPOSITION
Assessments for weight, height, circumference and skinfolds will be taken to determine your body mass index, waist to hip ratio and body fat percentage. Your report will provide recommendations and health risk appraisal information.

NUTRITIONAL CONSULTATION
Our registered dietitian will help you establish healthy eating patterns, nutritional assessments, calculation of calories, personalized nutritional plans portion control, label reading and other helpful strategies. Use a session to meet at the grocery store for hands on guidance of healthy food selections. Nutritional counseling will give you the tools for a healthier lifestyle.

METABOLIC TESTING
Have your resting metabolic rate (RMR) accurately measured using the Medgem indirect calorimeter analyzer and learn how to determine your caloric input.

Aerobics Classes
Updated 7/17/20
**WELLNESS SERVICES PRICE LIST**

<table>
<thead>
<tr>
<th>PERSONAL TRAINING</th>
<th>INDIVIDUAL</th>
<th>COUPLE(2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Session</td>
<td>$45</td>
<td>$35 ea.</td>
</tr>
<tr>
<td>5 Session Pkg.</td>
<td>$210</td>
<td>$160 ea.</td>
</tr>
<tr>
<td>10 Session Pkg.</td>
<td>$390</td>
<td>$290 ea</td>
</tr>
<tr>
<td>20 Session Pkg.</td>
<td>$680</td>
<td>$480 ea.</td>
</tr>
<tr>
<td>*Packages include a FREE Fitness Assessment</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Fitness Assessment**  $45  
* Free with the purchase of any Personal Training Package (not included in the price of a single session)

**Body Composition Assessment**  $20

**Nutrition Consultation**
- Single Session  $45
- 3 Session Package  $130
- 5 Session Package  $210
*Packages include a FREE Medgem Metabolic Test

**Medgem Metabolic Test**  $45  
* Free with the purchase of any Nutritional Consultation Package (not included in the price of a single session)

**Combination Packages – Train and Trim**
- Basic Package  $255
- 3 Personal Training Packages
- 3 Nutritional Consultations
*Includes FREE Fitness Assessment and Medgem Metabolic Test

**Ultimate Package**  $395
- 5 Personal Training Sessions
- 5 Nutritional Consultations
*Includes FREE Fitness Assessment and Medgem Metabolic Test

**Ultimate Assessment**  $85
- Fitness Assessment and Medgem Metabolic Test

For more information on any of these fitness programs or to make an appointment, call the Fitness coordinator, 440-248-5747 ext. 2125. All appointments require a minimum of 24-hour notice for cancellation. Gift Certificates are available.
The gift of life. Come and assist Northeast Ohio medical centers by donating blood. Individuals ages 18 and older can donate blood once every 56 days. One pint of blood can help up to three individuals.

To register for the blood drive, please call the American Red Cross at 1-800-733-2767 or log onto: www.redcrossblood.org

Blood Drives will be located in the Solon Community Center and/or Solon Senior Center Community Rooms.

Updated 7/16/2020
AGES | 15 AND UP

Want to visit a forest up close and personal. Bring your packed lunch including a beverage and when you arrive we will picnic! Afterwards, we will take a short .4 mile walk through a brilliant yellowish-orange and red beech-maple forest to a small overlook where you’ll get an overhead view of the Chagrin River through the trees. Please meet in the Forest Picnic Area. Social distancing will be practiced at all times.

LOCATION | North Chagrin Reservation, A.B. Williams Beech-Maple Forest Overlook Trail

REGISTRATION | Online at solonrec.maxgalaxy.net through 10/9

LIMIT | Maximum 8

DIRECTIONS | From I-271
Take the Wilson Mills Road exit east to SOM Center Road/Route 91 and turn left. Follow Route 91 and turn right on Sunset Lane. Turn right on Buttermilk Falls Parkway. The trail is located east of the Forest Picnic Area. Follow the signs to the overlook shelter.
HOCUS POCUS MOVIE SHOWING
AGES 12 AND OVER
Join us for a movie night in! Enjoy this Halloween classic with friends. Bring your own food and drink. Face coverings are required and social distancing will be practiced.

DATE | Friday, October 23
TIME | 6:30 PM - 8:30 PM
FEE | $5
LOCATION | Solon Community Center Meeting Room
REGISTRATION | Now through October 16 at solonrec.maxgalaxy.net
LIMIT | 10 Participants

SOCcer
AGES 12 AND OVER
Join Empower Sports as they return for a second soccer season. Players are invited to join on the field for fun soccer skills competitions and games.

This year will have several adaptations to accommodate CDC safety guidelines. Players will be required to wear a mask, and soccer activities will be organized to ensure distancing between players. Equipment will be sanitized before, during and after every practice.

We are offering two time slots with a maximum of ten players per group.

DATES | Mondays, September 14 - October 12
TIME | Group 1: 4 PM - 5 PM or Group 2: 5:15 PM - 6:15 PM
FEE | $30
LOCATION | Solon Community Park, field TBD
REGISTRATION | Register online at www.empowersports.org
LIMIT | 10 Participants per group

WORLD OF BOOKS
AGES 16 AND UP
Reading together is a wonderful way of staying connected, socializing and having great discussions. Join Dr. Lisa Audet in reading and connecting through the World of Books Club. At this time, we meet via zoom and groups are small so that everyone can participate. An email with a ZOOM invite will be sent to each registered attendee.

Sessions:
6A | Sep 21 - Oct 26 | 3:30 PM - 4:15 PM  7A | Nov 2 - Dec 7 | 3:30 PM - 4:15 PM
6B | Sep 21 - Oct 26 | 4:30 PM - 5:15 PM  7B | Nov 2 - Dec 7 | 4:30 PM - 5:15 PM
6C | Sep 21 - Oct 26 | 5:30 PM - 6:15 PM  7C | Nov 2 - Dec 7 | 5:30 PM - 6:15 PM

DAYS | Mondays
FEES | $110
LOCATION | Zoom (virtual)
REGISTRATION | Now though Sept 18 (Session 6) and Oct 30 (Session 7) at solonrec.maxgalaxy.net
LIMIT | 4 Participants per session

FOR MORE INFORMATION, PLEASE CONTACT
Jillian Babej | jbabej@solonohio.org
LAP SWIM and WATER WALKING

Reservations Now Available Online
solonrec.maxgalaxy.net

Reservations are on the hour and last 45 minutes. The last 15 minutes of each hour are for disinfection and safe entry & exit of the pool.

Reservations are available online up to 2 weeks in advance.

1 Person per lane • 2 People in the current stream
Lap Lane #1 is closest to the wall.

Patrons are encouraged to come prepared to swim and exit in their swim attire.

WATER EXERCISE

The Solon Recreation Department will continue to offer classes at both the Solon Community Center Indoor Pool and the Solon Municipal Pool through September 27. The schedule will change once the Municipal Pool closes on September 27. Classes are open to Solon Community Center Members that have purchased a water exercise pass or for Silver Sneaker Members.

Wednesday & Friday • 10 AM - 10:45 AM • Community Center Pool
Thursday • 9:30 AM - 10:15 AM • Municipal Pool
Sunday • 12 PM - 12:45 PM • Municipal Pool

FOR MORE INFORMATION, PLEASE CONTACT
Jim Sordi | ajsordi@solonohio.org

Updated 7/31/2020
SOLON SENIOR CENTER UPDATE

As this issue is being prepared, the Solon Senior Center remains closed to the public. Governor DeWine has recently announced Ohio senior centers may begin reopening later in September. The Solon Senior Center is working to finalize a reopen plan that will provide a safe environment for members to access services and programming at the Solon Senior Center.

Once the SSC reopen plan is finalized, the details will be communicated to members. We encourage you to verify your contact information by calling the SSC. You can also stay up-to-date with Solon Senior Center updates by visiting our website and Facebook page.

When the SSC reopens to the public, there will be changes to programming and services as we operate in the “new normal”. These changes will be enacted to ensure the health and safety of our staff and members. Through your cooperation, we can maintain a safe and engaging environment at the SSC. For more information about new participation guidelines at the Solon Senior Center, please see page 19.

We are excited to begin welcoming all our members and community partners back! We understand the past few months have been difficult, but necessary. While some changes will be made to how we come together, the SSC remains focused on keeping you engaged and connected. Stay tuned for updates, and we look forward to seeing you back at the SSC soon!

The Solon Senior Center has recently began utilizing MaxGalaxy for program registration. This is the same platform used by the Recreation Department and the Center for the Arts. You can now register for any SSC, or Community Life program in one place, as well as use your credit card to complete your transaction.

View current class schedules and register for activities by visiting solonrec.maxgalaxy.net.

UPCOMING COMMUNITY EVENTS

The Venner Clarinet Quartet at the SCA
No Charge (Register at solonarts.maxgalaxy.net)
Solon Center for the Arts at 10:00 am
Friday, Sept 4th

Shakespeare in the Park: Twelfth Night
No Charge
Solon Community Park at 7:00 pm
Friday, Sept 4th & Sunday, Sept 6th
FROM THE DIRECTOR

“If you’re not IN the parade, you WATCH the parade. That’s life.”

~Mike Ditka, Chicago Bears

If you review my past fall newsletter articles I often speak of the excitement of the return of football. As I write this, if and how teams will compete this fall is uncertain, but we can still reflect on football. As Mike Ditka said, and a lesson many older adults are addressing through the pandemic, “if you’re not in the parade, you watch the parade.” Never has it been more clear that staying current and learning are vital to being a participant or engaged, which research shows brings happiness.

Thus far, many of you have learned and challenged yourselves to join the team through our live and recorded virtual programming. Results from our recent survey of virtual participants, reiterates just how important participation is, regardless of platform, to improve quality of life.

I would like to thank those members who have begun registering for both in-person and virtual activities online through our new platform MaxGalaxy. Transitioning to this platform now teams the SSC with the Recreation Department and the Solon Center for the Arts in creating a centralized location for activity sign-ups.

You can join the team too, but you will have to get in the game and be a player in a fitness or art class, a party, or receive a food distribution. This new registration platform will allow you to register for any Solon Senior Center activity, including the Senior Produce Market, online! Even better, you can also pay for your registration on-line.

If you have not yet tried the online registration, we are here to help you learn. Whether it is how to participate, sign-up or complete your transaction, just give us a call and we will coach you, so you can get in the game. But registering online is not the only way to get in the game, as you can always register for any activity by calling the Solon Senior Center.

A key component in becoming a winning team is the playbook. So far, as people age, they have had to write their own playbook, learning as they go. Luckily for you, the National Council on Aging has designed a playbook on aging, which you can obtain just by participating in the Aging Mastery Program, a new offering this fall. This program will be offered virtually and covers many important aspects of aging. After completing this program, you will have earned your Masters in Aging, along with some incentives on the way. This program is open to all and more details are included in this newsletter.

Teams can’t win if the players do not know what they should do. The quarterback can hand off the ball, but the team can’t gain yards if the running back doesn’t know what route to take. The SSC and the Cleveland Clinic Center for Geriatric Medicine teamed up to develop the winning plays to contribute to the health of older adults. Our new partnership is called Together for Successful Aging, and has set a goal to assist you in accessing and receiving the care you need. You can strengthen our playbook by sharing your information with us. See inside for more details.

In closing, I must recognize the stressors COVID-19 places on all. Remember support through the SSC is just a call away. Do not hesitate to reach out if you or someone you know is in need, physically, mentally, or financially. While we continue offering activities virtually and outdoors, as well as providing Community Supportive Living programs, know that we are following recommendations and mandates from the experts. We are planning to keep our team safe and healthy when we are able to return to play in our indoor stadium.

Live Well...Jill

---

2020 SENIOR WELLNESS EXPO

Open to all older adults. The Health and Wellness Fair will be formatted to meet current COVID-19 guidelines and will include:

- Flu Shots
- Chili Cook-Off
- Health Screenings
- Giveaways
- Health Information

MORE INFORMATION AVAILABLE ONLINE OR BY CALLING THE SOLON SENIOR CENTER ON SEPTEMBER 9TH
“Be kinder than necessary for everyone you meet is fighting some kind of battle.”

~J.M. Barrie

These are the words I live by. Kindness is the key, especially now when may be feeling a bit isolated and/or disconnected. As we continue to navigate through the new normal, we need to help one another move with purpose during these uncertain days. I know that I am speaking to the choir when I say reach out to one another. As we may not be able to meet face to face you can make a telephone call, send a text, an email or get more personal by sending a letter or a card. It does not take a lot to make an impact and the effects are far reaching. It’s the small gestures in everyday life that helps us feel loved!

We may not be back to business as usual, but the SSC continues to offer you opportunities to learn and grow through virtual and in-person offerings. I’m excited to mention a few of them to you, but please read through this newsletter to see everything available to you.

Support groups provide safe spaces where people can share personal stories, express emotions, feel connected, and can be heard in an atmosphere of acceptance, understanding, and encouragement. The SSC offers several support groups, which are open to anyone!

**Calm Within the Chaos** - If you are uncertain about the times we are living in, this group for you. Join us every Thursday at 10:30 am.

**Grief Support** - If you have lost a loved one and just want to talk to somebody that may understand what you are going through, this group is here for you. Join us the first Thursday of every month at 12:30 pm.

**Alzheimer’s Caregivers Support** - This group supports one another through sharing experiences of caring for someone affected by memory loss.

All support groups are offered through Zoom or by telephone. Contact the SSC for more details.

While your birth certificate may say “72” you have the power to feel whatever age you want! The SSC is excited to begin offering a way to master the aging process with an innovative approach to help individuals successfully navigate this phase of life. The Aging Mastery Program is designed to inform, encourage, and support you to take steps to improve your life and engage in your community. This new program will be offered virtually as well as by telephone. Register online or by phone, and begin mastering how you will age.

Another new program designed with you in mind is Together for Successful Aging. This program offers a way to help facilitate improved communication between physicians and their patients. You will have the very unique opportunity to participate in discussions with medical professionals on relevant topics and ask question on a regular basis. Together for Successful Aging begins September 16, 2020 and is offered both virtually and by telephone.

Finally, it may not feel like it, but it’s that time of year again. Medicare open enrollment is upon us and will begin on Thursday, October 15, 2020 for coverage effective in 2021. I encourage everyone to take a look at their medical and prescription drug plan to make sure it is meeting your current needs. Throughout the open enrollment period, you will have the opportunity to hear about changes to the plans and I will also be available virtually or on the telephone for individual counseling during this time. The last day to make changes for 2021 will be Monday, December 7, 2020.

Stay Well... Yvette

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2020 General Election

November 3, 2020

Contact the Cuyahoga County Board of Elections or visit https://boe.cuyahogacounty.us/ for more information about the 2020 General Election, such as:

- Voting Location
- Voter Registration
- Vote-by-Mail
- Voter Deadlines
- And more
Community Support Programs

Senior Rubbish Collection Program
The City of Solon Senior Rubbish Collection Program is designed to provide curbside collection service of rubbish and recyclables to physically challenged seniors, 60 years of age or older, who meet the program criteria.

For more information or to receive an application please contact the Solon Senior Center.

Senior Snow Removal Program
Let’s hope for the best, but prepare for the worst! You can get prepared for the coming snow by getting your snowblower serviced or making arrangements for snow plow service. For those residents who qualify, the City of Solon offers snow plow service at no charge!

Senior Snow Removal Program Qualifications:
Must be a Solon resident and reside in Solon for the majority of the winter.
Must be 65 years of age or older or permanently disabled as defined by Social Security Administration.
No able-bodied individuals living at the residence.
A total gross household income must be no more than $40,000/year.
Prior year participants will have applications mailed out September 18th. Applications will be available at the SSC beginning September 25th.
Applicants can mail their completed application and copies of supporting documents to:
Solon Senior Center
3500 Portz Parkway
Solon, OH 44139

Applications received via mail will be processed and the applicant will be notified of status by phone.
Applications will be processed in-person at the SSC on Mondays and Tuesdays from 9 am -12 pm beginning October 5th by appointment only. Appointments can be made by calling the Solon Senior Center.
Deadline to submit your application is Friday, November 13th. Proof of income is required for all members of the household.
For more information, or to request an application, please contact the Solon Senior Center.

Transportation Services
Serving City of Solon residents who are at least 60 years of age as well as adults with disabilities. Transportation services are available for medical appointments, routine errands, recreation, religious and social events. Please contact the SSC to schedule a transportation consultation to register and get to your destination!

In-Town Transportation Service
Operated by the Department of Senior Services, in-transportation is provided at no charge to eligible residents. Reservations can be made by contacting the SSC. Trips are provided Monday through Friday from 9:00 am - 3:30 pm. Call to schedule a ride today!
To ensure proper sanitation between trips in-town transportation rides will be scheduled every 30 minutes beginning at 9:00 am - 12:00 pm and 1:00 pm - 3:30 pm. Please make note of the reservation time change before calling to schedule a trip.

Cost: Hours of Operation:
No Charge Monday - Friday
9:00 am - 3:30 pm

Out-Of-Town Transportation
Senior Transportation Connection
Trips are provided through Senior Transportation Connection, after registering through the SSC. Reservations can be made by calling 216-265-1489. Three business days of advance notice required.

Cost: Hours of Operation:
$4.00 one-way* Monday - Friday
$8.00 round-trip* 8:00 am - 4:00 pm
*Payment due at the time of ride

Uber Health
The Solon Senior Center offers out-of-town transportation utilizing the Uber Health Network. Trips are provided to locations throughout Northeast Ohio for those that qualify.
Uber Health out-of-town transportation reservations are made through the SSC, and rides are provided by Uber drivers.

Cost: Hours of Operation:
$4.00 one-way* Monday - Friday
$8.00 round-trip* 8:00 am - 4:00 pm
*Payment invoiced monthly by the City of Solon
Nutritional Services

Nutritional support services are generously supported by:

Rotary Club of Solon
Greater Cleveland Food Bank

Solon Mobile Pantry

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<tr>
<td>TUE</td>
<td>09/15, 10/22</td>
<td>5:00 pm - 6:00 pm</td>
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LOCATION
The Church of the Resurrection
32001 Cannon Road, Solon, OH

Monthly food distribution open to all households with income of 200% of poverty level or lower.

Senior Produce Market

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<tr>
<td>TUE</td>
<td>09/22, 10/27</td>
<td>Begins at 2:00 pm</td>
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A monthly distribution of fresh produce at the SSC. This event is open to all seniors. Distribution contains fresh vegetables and fruit. **Pre-registration will be required for the Senior Produce Market. You can register online or by calling the SSC.**

*The SSC Parking Lot will close at 1:30 pm for the Senior Produce Market on the scheduled days.*

Grocery Delivery

The SSC is now offering grocery ordering and delivery through Market District. Place your grocery order through the SSC and our volunteers will shop and deliver your order to your doorstep.

Orders require 3 business days of notice, and can be placed Monday-Friday. Shopping and delivery service offered Monday-Wednesday. For more information contact the SSC.

For more information about the CARE Program, please contact the Solon Senior Center.

IN-PERSON & VIRTUAL ACTIVITY REGISTRATION

The Solon Senior Center offers various types of virtual and in-person programming to keep members engaged and connected. Select virtual programs can be accessed online or by dial-in, be reference the class description for more information. SSC members may register for any virtual and/or in-person activity.

Due to social distancing guidelines, in-person activities will have reduced class sizes. If an in-person activity is at capacity when you register, you will be added to a wait-list. If another participant cancels, the SSC will contact you about the opening.

To register for a virtual or in-person activity please visit the solonrec.maxgalaxy.net. If you are unable to register online, or have any difficulties, please contact the Solon Senior Center at 440-349-6363.

Solon Senior Center Refund Policy

If an activity is cancelled by the Solon Senior Center, which had a registration fee, you will receive a credit voucher for the activity’s registration fee. There are no cash refunds.

Should you, as a member cancel a registered activity that has a registration fee, no less than 7 days prior to the scheduled activity date, you will receive a full credit voucher for the registration fee, only if there is a waiting list and the SSC is able to fill your place at the activity.

If you cancel less than 7 days prior to a registered activity and/or your place in the activity cannot be filled by a waiting list, there will be no credit issued. Credit vouchers may be issued, depending on the circumstance, at the discretion of the Director of Senior Services.

If a trip is sponsored by a tour group and the tour group cancels, your refund will come directly from the tour group or the City of Solon.
Virtual Support Groups

Support groups offered by the SSC are open to anyone. Register to participate online or by calling the SSC. For more information regarding a support group please call 440-349-6363.

Alzheimer's Support Group

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<td>9/9, 10/14</td>
<td>1:00 pm - 2:00 pm</td>
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Support series for caregivers of those affected by memory loss. Please contact the SSC for dial-in access information.

Calm Within The Chaos

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<td>THU</td>
<td>9/3 - 10/29</td>
<td>10:30 am - 11:30 am</td>
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A weekly group, where members will have the opportunity to share their concerns about what’s going on in the world, the COVID-19 crisis, and how their lives are being impacted. Participate through the Zoom app or dial-in by telephone.

Grief Support Group

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<td>12:30 pm - 1:30 pm</td>
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The grief support group is designed to guide you through grief and guide you towards healing and hope for the future. Supported by:

Virtual Fitness Classes

Fitness classes are offered virtually through YouTube Live. Virtual fitness classes are offered at no charge. Registration is required for each class. September registration opens 8/24 and October registration opens 9/28. Register online at solonrec.maxgalaxy.net or by calling the SSC. For more information call 440-349-6363.

Arthritis Exercise

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<td>WED</td>
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A gentle but challenging class focused on joint mobility and strengthening exercises to improve daily function. Exercise with or without weights.

Boom Muscle & Mind

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Boom Muscle and Mind is a unique blend of cardio and strength based exercises. Boom Muscle offers an action-packed workout with moves inspired by your favorite sports like golf and tennis. Boom Mind is a fusion of yoga and Pilates that focuses on stretching and core strength. Improve your flexibility and balance in a class that’s good for your body and mind.

Cardio Circuit

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<td>FRI</td>
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Cardio exercises are highlighted in this class and an upper-body strength workout using hand weights.

Cardio Drumming

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<td>11:00 am - 11:45 am</td>
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<tr>
<td>FRI</td>
<td>9/4 - 10/30</td>
<td>9:00 am - 9:45 am</td>
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Cardio can be fun! This class turns a fitness ball into a drum and you will burn calories. Be creative at home using wooden spoons or anything that you can drum on to “bang the beat”. Come join the fun.

Cardio Intervals

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<td>MON</td>
<td>9/14 - 10/26</td>
<td>8:45 am - 9:30 am</td>
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Join Janet Kennedy for this great cardio & strengthening class. Use your own hand weights and band. No chairs are used in this class. If you would like to purchase a fitness kit for this class please call the SSC for more information.

Flex Chair Meditation & Yoga

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Gentle seated and standing stretches. The varied postures are designed to increase flexibility, balance and range of motion, while establishing mindful awareness of body and breathing. Class is suitable for every fitness level!
**Fresh Air & Fitness**

**DAY** | **DATE** | **TIME**
--- | --- | ---
WED | 9/2 - 10/28 | 12:00 pm - 1:00 pm

Did you know fresh air can be good for your health and boost your immune system? Enjoy this gentle outdoor chair based fitness class which will incorporate an active warm-up, stretching & strengthening exercise to promote flexibility and stronger muscles.

**Functionally Fit**

**DAY** | **DATE** | **TIME**
--- | --- | ---
TUE | 9/1 - 10/27 | 8:30 am - 9:15 am

Being “FUNctionally-Fit” is how you can live that BEST life. This type of training will build strength, muscular endurance, flexibility, and heart-lung capacity from the ground-up.

You will need to bring your own mat for floor work.

**Gentle Yoga**

**DAY** | **DATE** | **TIME**
--- | --- | ---
FRI | 9/11, 9/25 | 10:00 am - 11:00 am
FRI | 10/9, 10/23 | 10:00 am - 11:00 am

Increase flexibility, reduce stiffness, and improve balance. Class includes Pilates and mat work.

**Silver Sneakers© Cardio Fit**

**DAY** | **DATE** | **TIME**
--- | --- | ---
WED | 9/2 - 10/28 | 9:00 am - 9:45 am

A low-impact cardio workout with easy-to-follow, energizing movements used to promote a healthy heart. Includes exercises to promote muscle endurance and strength.

**Silver Sneakers© Classic**

**DAY** | **DATE** | **TIME**
--- | --- | ---
TUE | 9/1 - 10/27 | 1:30 pm - 2:30 pm
WED | 9/9, 9/23 | 10:00 am - 11:00 am
WED | 10/7, 10/21 | 10:00 am - 11:00 am

This class improves overall strength and flexibility using light weights, bands and balls.

---

**Group Fitness Programming**

**Sponsored by: Avenue at Macedonia**

**Tai Chi**

**DAY** | **DATE** | **TIME**
--- | --- | ---
MON | 9/14 - 10/26 | 10:00 am - 11:00 am
THU | 9/3 - 10/29 | 10:00 am - 11:00 am

A series of gentle movements done in a slow, focused manner to help reduce stress, increase flexibility & improve balance.

**Urban Line Dancing**

**THU | 9/3 - 10/29 | TBD**

Learn some new moves from the comfort of your own home! Electric slide, cha-cha slide, and wobble our way to staying fit!

**Yoga Flow**

**DAY** | **DATE** | **TIME**
--- | --- | ---
FRI | 9/4, 9/18 | 10:00 am - 11:00 am
FRI | 10/2, 10/16, 10/30 | 10:00 am - 11:00 am

Experience yoga for the adult regardless of physical limitations. Learn breathing techniques, as well as standing & chair yoga poses to refresh your mind, body, spirit and improve balance.

**Zumba Gold**

**DAY** | **DATE** | **TIME**
--- | --- | ---
TUE | 9/1 - 10/27 | 10:45 am - 11:45 am

An easy-to-follow program that lets you move to the beat at your own speed. You will enjoy this invigorating dance fitness class.

---

**Non-Discrimination Notice.** The City of Solon is an Equal Opportunity Employer and does not discriminate on the basis of race, color, national origin, gender, religion, age, sexual orientation, disability or military/veteran status in employment or provision of services. For information regarding the City’s compliance with the Americans With Disabilities Act of 1990, please call Sarah Kostura, ADA Coordinator, at Voice/(440) 337-1377; TTY/(440) 248-1176; or Human Resources at (440) 337-1362.
Virtual Art & Activities

Register for a virtual activity online by visiting solonrec.maxgalaxy.net or by calling the Solon Senior Center. Virtual activities are offered at no charge, unless a fee is listed. For more information regarding an activity please call 440-349-6363.

**Acting Basics for the Theater**

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*Registration: 8/28 - 9/10*

Discover your talents for the theater! This virtual class is designed for beginning actors. We will discuss the 3 actor’s tools of voice, body and imagination and how we use them to tell stories. No experience? No problem—we will begin with some basic theater exercises to connect you to emotions and characters.

**Act II Singer Rehearsal**

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No previous vocal experience needed to participate in our group! Weekly rehearsals broadcast through Zoom, but participants can join by dial-in as well. Supported by:

**Card Making**

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*Registration: 8/22 - 9/15*

Handcrafted cards add a personal touch. Join Maria from the SCA, via Zoom, to create 4 of your own personalized special occasion cards to share with family and friends, while interacting with other members. Supply kits for this class will be prepared and delivered through the Solon Senior Center.

**Coffee with Mayor Kraus**

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<td>12:00 pm</td>
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*Registration: 8/14 - 9/21 10:00 am*

Join Mayor Kraus for a virtual discussion about The City of Solon. Participants can view or listen to the event through Zoom or by telephone.

If you have a question(s) for Mayor Kraus please call the Solon Senior Center prior to the broadcast so your question can be answered during the event. Questions can also be submitted in the Zoom room chat.

**Book Discussion**

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*Registration: 8/3 - 9/22 9:00 am*

The Dutch House
By Ann Patchett

Set over the course of five decades, The Dutch House is a dark fairy tale about two smart people who cannot overcome their past. When at last they are forced to confront the people who left them behind, the relationship between brother and sister is finally tested.

Join us on the Zoom platform (or call in) as we discuss one of the best books of the year! Copies of the book are now available at the Solon Library.

**Brainercise**

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*Registration: 9/1 - 9/15 9:00 am*

TUE 10/20 10:00 am - 11:00 am

*Registration: 9/1 - 10/20 9:00 am*

Non-computerized brainteasers, games and puzzles designed to exercise your brain. Broadcasted through Zoom and by dial-in. Supported by:

**Arden Courts Memory Care Community**
DrumFit

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<td>MON</td>
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**Registration:** 8/31 - 9/28 10:00 am

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<td>11:30 am - 12:30 pm</td>
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**Registration:** 9/28 - 10/26 10:00 am

Please join us for this Special Fitness Event, sponsored by Gardens at Liberty Park! Alyssa McWilliams, certified DrumFit Instructor, will lead you through an interactive, high-energy workout that combines cardio, muscle conditioning, balance and flexibility with all of the fun of drumming. Supported by:

Family Feud

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**Registration:** 8/24 - 9/17 12:00 pm

Are you ready to play the Feud? We will divide into teams and see what “the survey says”. Join us on Zoom for an hour of laughter and friendship.

Healthy Cooking Classes

**Fall Grilled Salads**

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<td>FRI</td>
<td>9/25</td>
<td>1:00 pm - 2:30 pm</td>
<td>$6</td>
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**Registration:** 8/25 - 9/18

Judith will be demonstrating, through Zoom, how to use your grill to make some terrific salads. Enjoy sampling & recipes of the items that she will be demonstrating. Salad kits will be delivered to your home prior to the class. Then follow along through a Zoom meeting.

HAUNTED CLEVELAND

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<td>10/13</td>
<td>2:00 pm - 3:00 pm</td>
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**Registration:** 9/1 - 10/9

Do you know where ghosts hang out in Cleveland???? Join Beth Richards, guide for Haunted Cleveland Ghost Tours for a virtual look at where the dearly departed haunt the Forest City. Hear the “Erie” tales of famous landmarks and the spirits that inhabit them. Guaranteed to be a ghoulishly good time!

Ideas Worth Sharing

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**Registration:** 8/17 - 9/24 12:00 pm

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**Registration:** 9/1 - 10/15 12:00 pm

Join Jill and find your potential, learn something new and explore the possible. Together you will view a few TED Talk videos and discuss the ideas and concepts. Use this time to also explore your questions about Solon Senior Center happenings.

Recorded Classes and Events

Missed a virtual class or activity? No problem, you can find recordings of previous classes and events on the Active Adults & Senior Services web page at [www.solonohio.org](http://www.solonohio.org).

Use these videos to participate in a fitness class from the comfort of your own home or view a class before participating for the first time!
### Paint & Pastries

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**Registration: 8/15 - 9/8**

Join Lara from SCA and create a canvas of a beautiful autumn barn scene. Paint and interact with others from the SSC. Supply kits for this class will be prepared and delivered through the Solon Senior Center.

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**Registration: 9/13 - 10/6**

Join Lara from SCA and fill your canvas with festive and decorative pumpkin. Paint and interact with others from the SSC. Supply kits for this class will be prepared and delivered through the Solon Senior Center.

### Together for Successful Aging

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**Registration: 8/10 - 9/28**

Join us for one of our brief small group discussions, together with Dr. Hashmi, Chair of Geriatric Innovation at Cleveland Clinic, to explore your experiences in seeking and receiving medical care regardless of which health care system.

Dial-in from home using your telephone or utilize a device to video chat. Once you have registered you will receive the phone number and/or video access information.

### Rezoning Hawthorne Golf Estates

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**Registration: 9/1 - 9/30 11:00 am**

Join in for this virtual community forum and learn more about the proposed new empty nesters neighborhood that will permanently protect the 149-acre for Hawthorne golf course.

### The Price is Right

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<td>3:00 pm - 4:00 pm</td>
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**Registration: 9/1 - 10/1 12:00 pm**

Bring something from your house that is “new” or that you know the price of. You will show the group the item. Participants will type a private chat in Zoom with what they think the price was. The owner will read the prices out loud and share what the actual price was. Closest to the actual price wins!

### Zoom Videoconferencing Classes

#### Zoom Basics

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**Registration: 8/3 - 9/10 12:00 pm**

Join Lisa via a zoom meeting and learn all the basics of zoom. If you don’t have a computer, phone in and learn how you can participate.

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**Registration: 9/1 - 10/15 12:00 pm**

#### Advanced Zoom

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**Registration: 8/24 - 9/24 12:00 pm**

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<td>10/29</td>
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**Registration: 9/1 - 10/29 12:00 pm**

This class is for participants who have been on Zoom before. Receive step-by-step instructions for scheduling your own meetings so that you can contact your families and friends. You will need a device with internet access.

---

**Visual Arts & Mental Fitness Programming supported by:**

[Image: Solon Pointe Logo]
The Aging Mastery Program (AMP) is a fun and engaging education and behavior change incentive program for aging well.

The AMP core curriculum covers 10 topics. The classroom experience is a mix of didactic and interactive learning with an emphasis on peer-to-peer interaction. When they graduate from AMP, participants have set goals for positive actions in many aspects of their lives such as exercise, nutrition, finances, advance care planning, community engagement, and healthy relationships.

**Aging Mastery Program Session Topics**

**Navigating Longer Lives: The Basics of Aging Mastery** – Introduction to the program and its philosophy with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial well-being, social connectedness, and overall quality of life.

**Exercise and You** – Discussion of the importance of exercising both the mind and the body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility, and balance into daily routines.

**Sleep** – Overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep.

**Healthy Eating and Hydration** – Review of nutrition as it relates to aging with a focus on strategies for incorporating healthy eating and hydration into daily routines.

**Financial Fitness** – Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and families.

**Advance Planning** – Guidance around key steps needed to manage health care, financial, and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions.

**Healthy Relationships** – Exploration of the benefits of being socially active, as well as the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age.

**Medication Management** – Best practices on how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.

**Falls Prevention** – Overview of the importance of falls prevention among older adults along with strategies to prevent falling.

**Community Engagement** – Introduction to the value of continuing contribution and small acts of kindness with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities.

The Aging Mastery Program will be offered in 2 sessions. Each session will meet weekly, and cover a specific topic. Register for one of the sessions below online or by calling the SSC.

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<th>Session 2</th>
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<td><strong>DAY</strong></td>
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Learn more about the Aging Mastery Program online by visiting [www.ncoa.org](http://www.ncoa.org) or by calling the Solon Senior Center.

Aging Mastery at the Solon Senior Center supported by:
All in-person activities require prior registration to participate. To register for an in-person activity visit solonrec.maxgalaxy.net or contact the SSC.

In-person fitness classes are offered at $3 per class. The SSC & SCC accept Silver Sneakers®, Silver & Fit and Optum Fitness Advantage for all group fitness classes! A benefit provided by certain Medicare insurance plans includes no-charge health memberships.

Members with these plans may participate at no charge in all SSC group fitness classes, as well as utilize the SCC. Those members without a plan can purchase a fitness card from the SSC Welcome Center to participate in SSC fitness classes.

Registration for September in-person group fitness classes opens on 8/24. Registration October in-person group fitness classes opens 9/28.

**Fitness Card Options:**
- 12 Classes - $25.00
- 30 Days - $12.00
- 90 Days - $34.00
- 1 Year - $120.00

**SSC Fitness cards are only valid for SSC Group Fitness Classes, and do not include access to the SCC facility.**

### Cardio Circuit

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Cardio exercises are highlighted in this class and an upper-body strength workout using hand weights.

### Cardio Drumming

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<td>FRI</td>
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Cardio can be fun! This class turns a fitness ball into a drum and you will burn calories. Be creative at home use wooden spoons and anything that you can drum on to “bang the beat”. Come join the fun.

### Cardio Intervals

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Join Janet Kennedy for this great cardio & strengthening class. Use your own hand weights and band. No chairs are used in this class. If you would like to purchase a fitness kit for this class please call the SSC for more information.

### Arthritis Exercise

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A gentle but challenging class focused on joint mobility and strengthening exercises to improve daily function. Exercise with or without weights.

### BOOM Muscle & Mind

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BooM Muscle and Mind is a unique blend of cardio and strength based exercises. BooM Muscle offers an action-packed workout with moves inspired by your favorite sports like golf and tennis. BooM Mind is a fusion of yoga and Pilates that focuses on stretching and core strength. Improve your flexibility and balance in a class that’s good for your body and mind.

### Flex Chair Meditation & Yoga

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Gentle seated and standing stretches. The varied postures are designed to increase flexibility, balance and range of motion, while establishing mindful awareness of body and breathing. Class is suitable for every fitness level!

### Fresh Air & Fitness

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Did you know fresh air can be good for your health and boost your immune system? Enjoy this gentle outdoor chair based fitness class which will incorporate an active warm-up, stretching & strengthening exercise to promote flexibility and stronger muscles.
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Functionally Fit

Being “FUNctionally-Fit” is how you can live that BEST life. This type of training will build strength, muscular endurance, flexibility, and heart-lung capacity from the ground-up. You will need to bring your own mat for floor work.

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Group Walking

Join DJ for a relaxing stroll through Community Park. We will maintain our distance, but will also interact together while enjoying the morning.

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Hike & Stretch

Hike and stretch through the metroparks at Henry Rock Church. Finish the hike with core strengthening exercises to improve balance. Once a month, Mayor Kraus joins the group.

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Line Dancing

Glide, slide, and step your way to fitness. This cardio activity does not require experience or a partner. Class held outdoors near the SCC pool.

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Silver Sneakers® Cardio Fit

A low-impact cardio workout with easy-to-follow, energizing movements used to promote a healthy heart. Includes exercises to promote muscle endurance and strength.

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Silver Sneakers® Classic

This class improves overall strength and flexibility using light weights, bands and balls.

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THU 9/3 - 10/29 10:00 am - 11:00 am

Tai Chi

A series of gentle movements done in a slow, focused manner to help reduce stress, increase flexibility & improve balance.

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Urban Line Dancing

Fitness is fun. Come electric slide, cha-cha slide, and wobble our way to staying fit!

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Wine, Chocolate & Yoga Stretch

Practice Yoga stretching on our beautiful patio while sipping wine (BYOB) and enjoying gourmet dark chocolates provided by the instructor.

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Yoga Flow

Experience yoga for the adult regardless of physical limitations. Learn breathing techniques, as well as standing & chair yoga poses to refresh your mind, body, spirit and improve balance.

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Yoga Stretch & Walking

Bring your smile and good vibes for this class as we stroll through the Solon Community Park. Linda Solomon will be your guide and ensures you will feel relaxed and recharged for the rest of the day.

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Zumba Gold

An easy-to-follow program that lets you move to the beat at your own speed. You will enjoy this invigorating dance fitness class.

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Pickleball

Pickleball is one of the fastest growing sports in North America! A bit of tennis, racquetball, badminton and ping-pong this paddle sport can be enjoyed by anyone, no matter what your skill level!

Registration for pickleball activities opens one week prior to the session.

Pickleball at the SSC supported by:

OUTDOOR PICKLEBALL ACTIVITIES

Outdoor pickleball is played on the outdoor pickleball courts located on the Solon Community Park Tennis Courts. Walk-on play is welcome, but registered players will be granted priority.

Courts #1 & #2 Rotational Play (All Levels)

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Due to social distancing guidelines, pickleball will be offered in one hour sessions, and limited to (20) participants for each session. Participants must bring their own pickleballs, with their name clearly marked, face mask (recommended when not on the court), and chair if desired.

Courts #3 & #4 Reserved Play (All Levels)

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Due to social distancing guidelines, Reserved courts are now available and limited to (20) participants for each session. Reservation may be made by one player for the entire court, but a list of all players coming during that reservation time must be provided to monitor upon arrival.

Participants must bring their own pickleballs, with their name clearly marked, face mask (recommended when not on the court), and chair if desired.

Pickleball with Mayor Kraus

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Registration: 8/31 - 9/22 8:00 am

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<td>9:30 am - 11:30 am</td>
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Registration: 9/28 - 10/15 8:00 am

Mayor Kraus will be joining us in the Pickleball fun today! You don’t want to miss it!

INDOOR PICKLEBALL ACTIVITIES

Indoor pickleball is played in the Solon Community Center gym. Walk-on play is welcome, but registered players will be granted priority.

Indoor Pickleball (All Levels)

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All levels of players are welcome during this session time.

Indoor Pickleball (Advanced Players)

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<tr>
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This Indoor Pickleball session time is reserved for advanced players.

Pickleball Instruction

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Want to add “game” to your game? Learn Pickleball through basic drills for beginners and intermediate players. You will gain an understanding of the skills, rules and game play strategies required to enjoy the fastest growing sport in North America.
**In-Person Activities**

### Dance Fever

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**Registration: 9/1 - 9/25 4:00 pm**

Dancing is a whole-body workout that’s actually fun. It’s good for your heart, it makes you stronger, and it can help with balance and coordination. Join our amazing team of dance fitness instructors as they lead you through various dance formats! Location TBD.

### DrumFit

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**Registration: 8/31 - 9/27 10:00 am**

MON 10/26 11:30 am - 12:30 pm

**Registration: 9/28 - 10/25 10:00 am**

Join us for this Special Fitness Event, sponsored by The Gardens at Liberty Park! Alyssa McWilliams, certified DrumFit Instructor, will lead you through an interactive, high-energy workout that combines cardio, muscle conditioning, balance and flexibility with all of the fun of drumming! Supported by:

![The Gardens at Liberty Park](image)

### Fall Container Gardening Demo

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<td>1:00 pm - 2:30 pm</td>
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**Registration: 8/7 - 9/7**

Judith Eugene from The Loving Hands Group will be on the SSC Patio demonstrating how to make a fall container using seasonal flowers. Learn the techniques and then go home to recreate on for your patio or front porch. Supported by:

![Homewatch Caregivers](image)

### Frightfully Fun Fitness Class

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**Registration: 9/28 - 10/27 10:15 am**

Come join us for a Frightfully Fun Fitness Class, to celebrate the Halloween Season! Class will include Cardiovascular, strength, balance, & flexibility exercises with a Halloween theme twist! Location TBD. Costumes, or Halloween Colors are required!

### Healthy Cooking Classes

#### Fall Grilled Salads

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**Registration: 8/25 - 9/18**

Judith will be on the SSC Patio demonstrating how to use your grill to make some terrific salads. Enjoy sampling & recipes of the items that she will be demonstrating.

### Halloween Cookie Decorating

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<td>1:00 pm - 2:30 pm</td>
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**Registration: 9/21 - 10/14**

Halloween is right around the corner and who doesn’t enjoy cookies! Join Judith and decorate your own cookies to take home with you.

### Hike & Stretch with Mayor Kraus

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<td>9:30 am - 11:00 am</td>
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**Registration: 8/24 - 9/15 4:00 pm**

WED 10/21 9:30 am - 11:00 am

**Registration: 9/28 - 10/20 4:00 pm**

Hike and stretch through the metroparks at Henry Rock Church with Mayor Kraus. Finish the hike with core strengthening exercises to improve balance.

### Outdoor Open Cornhole Play

<table>
<thead>
<tr>
<th>DAY</th>
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<tbody>
<tr>
<td>WED</td>
<td>9/23</td>
<td>10:00 am - 12:00 pm</td>
</tr>
</tbody>
</table>

**Registration: 8/31 - 9/23 10:00 am**

WED 9/30 10:00 am - 12:00 pm

**Registration: 8/31 - 9/30 10:00 am**

WED 10/7 10:00 am - 12:00 pm

**Registration: 9/14 - 10/7 10:00 am**

WED 10/14 10:00 am - 12:00 pm

**Registration: 9/14 - 10/14 10:00 am**

Cornhole is a fun outdoor lawn game that can be played by people of all ages and skill levels. Cornhole can be played as singles or doubles and the only equipment required is two boards, eight bags, some open space and a few people ready for some fun! Location to be determined.
IN-PERSON PROGRAMMING

Paint & Pastries

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
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<th>FEE</th>
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<tbody>
<tr>
<td>TUE</td>
<td>9/15</td>
<td>9:30 am - 12:00 pm</td>
<td>$15</td>
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</table>

Registration: 8/15 - 9/8

Join Lara from SCA and create a canvas of a beautiful autumn barn scene. Paint together with others on the SSC Patio.

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<tr>
<th>DAY</th>
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<tbody>
<tr>
<td>WED</td>
<td>10/13</td>
<td>9:30 am - 12:00 pm</td>
<td>$15</td>
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</table>

Registration: 9/13 - 10/6

Join Lara from SCA and fill your canvas with festive and decorative pumpkin. Paint together with others on the SSC Patio.

Parking Lot Bingo

<table>
<thead>
<tr>
<th>DAY</th>
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<tbody>
<tr>
<td>FRI</td>
<td>9/18</td>
<td>12:00 pm - 1:30 pm</td>
<td>$3</td>
</tr>
</tbody>
</table>

Registration: 8/26 - 9/16

Supported by: Progressive

<table>
<thead>
<tr>
<th>DAY</th>
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<tbody>
<tr>
<td>FRI</td>
<td>10/9</td>
<td>12:00 pm - 1:30 pm</td>
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</table>

Registration: 9/9 - 10/2

Supported by: Rose

SSC Drive-In Luncheon

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<tr>
<th>DAY</th>
<th>DATE</th>
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<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>MON</td>
<td>9/14</td>
<td>12:00 pm - 1:30 pm</td>
<td>$10</td>
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</tbody>
</table>

Registration: 8/14 - 9/7

Join in the fun at the SSC parking lot party. Bring a chair and sit by your car and enjoy the entertainment while the SSC carhops deliver your boxed lunch to you. Supported by:

SSC Drive-In Halloween Luncheon

<table>
<thead>
<tr>
<th>DAY</th>
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<tbody>
<tr>
<td>FRI</td>
<td>10/30</td>
<td>12:00 pm - 1:30 pm</td>
<td>$10</td>
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</table>

Registration: 9/1 - 10/23

Join the fun as we celebrate Halloween with this drive-in luncheon. Park in the SSC parking lot and pull out a chair or sit in your car while the SSC carhops deliver your boxed luncheon. Enjoy the entertainment while sitting back and relaxing. Come dressed in your costume and don’t forget a mask! Supported by:

SSC Patio Conversation

<table>
<thead>
<tr>
<th>DAY</th>
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<tbody>
<tr>
<td>MON</td>
<td>Varies</td>
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</table>

Enjoy the fresh air on the Senior Center patio while you converse with other members, enjoy a book, or just relax before or after an activity. Please bring your own coffee and snacks.

View the patio schedule and reserve your spot on the SSC patio online, or by calling the SSC. Social distancing guidelines must be followed at all times.

Talkin’ Sports with Nick Camino

<table>
<thead>
<tr>
<th>DAY</th>
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<th>TIME</th>
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<tbody>
<tr>
<td>WED</td>
<td>9/23</td>
<td>9:00 am - 12:00 pm</td>
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</table>

Registration: 9/1 - 9/18

Need a dose of “live” sports? WKYC Sportscaster, Nick Camino, stops by the patio to talk about all of your favorite teams. Get Nick’s take on what the future holds for fans, players and sportscasters in a virtual world.

“Brush up” on your pumpkin painting/carving skills! Join us for pumpkin decorating on the SSC patio, or pickup supplies and use your own creativity. All supplies provided... even the pumpkin!

Supported by:

THE CAMPUS OF AnnaMaria AURORA
## SSC September Activity Calendar

I = In-Person Activity  
V = Virtual Activity

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<td></td>
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<td>9/1</td>
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<td>9/3</td>
<td>9/4</td>
<td>9/5</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>10:00 Arthritis Exercise I V</td>
<td>12:30 Grief Support V</td>
<td>10:00 Yoga Flow I V</td>
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<td></td>
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<td></td>
<td></td>
<td>12:30 Pickleball Instruction I</td>
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<tr>
<td>9/6</td>
<td>9/7</td>
<td>9/8</td>
<td>9/9</td>
<td>9/10</td>
<td>9/11</td>
<td>9/12</td>
</tr>
<tr>
<td></td>
<td>Happy Labor Day! Solon Senior Center Closed</td>
<td></td>
<td>10:00 Silver Sneakers Classic I V</td>
<td>3:00 Zoom Basics V</td>
<td>10:00 Gentle Yoga V</td>
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<tr>
<td>9/13</td>
<td>9/14</td>
<td>9/15</td>
<td>9/16</td>
<td>9/17</td>
<td>9/18</td>
<td>9/19</td>
</tr>
<tr>
<td></td>
<td>12:00 SSC Drive-In Luncheon I</td>
<td>9:30 Paint &amp; Pastries I V</td>
<td>9:30 Hike &amp; Stretch w/ Mayor Kraus I</td>
<td>3:00 Family Feud V</td>
<td>10:00 Yoga Flow I V</td>
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<td></td>
<td>12:00 Coffee w/ Mayor Kraus V</td>
<td>9:30 Pickleball w/ Mayor Kraus I</td>
<td>9:00 Talking Sports w/ Nick Camino</td>
<td>2:00 Ideas Worth Sharing V</td>
<td>10:00 Gentle Yoga V</td>
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<tr>
<td>9/27</td>
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<tr>
<td></td>
<td>11:00 DrumFit I V</td>
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<td>10:00 Arthritis Exercise I V</td>
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<td>9:00 Cardio Drummimg I V</td>
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### Regular Weekly Programs

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>8:45 Cardio Intervals I V</td>
<td>8:30 Pickleball I</td>
<td>8:30 Cardio Fit I V</td>
<td>8:30 Pickleball I</td>
<td>9:00 Cardio Drummimg I V</td>
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<tr>
<td>9:00 Group Walking I</td>
<td>8:30 Functionally-Fit I V</td>
<td>9:30 Hike &amp; Stretch I</td>
<td>9:00 BOOM Muscle &amp; Mind I V</td>
<td>11:15 Cardio Circuit I V</td>
</tr>
<tr>
<td>10:00 Line Dancing I</td>
<td>9:30 Flex Chair Yoga I V</td>
<td>10:30 Cardio Drummimg I V</td>
<td>10:30 Yoga Stretch/Walk I</td>
<td></td>
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<tr>
<td>10:00 Tai Chi I V</td>
<td>10:45 Zumba Gold I V</td>
<td>12:00 Fresh Air &amp; Fitness I V</td>
<td>10:30 Calm Within The Chaos V</td>
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<td></td>
<td>12:00 Act II Singers I V</td>
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<td>10:30 Pickleball I</td>
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<td></td>
<td>1:30 Silver Sneakers Classic I V</td>
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<td>12:00 Urban Line Dancing I V</td>
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</table>
## SSC October Activity Calendar

I = In-Person Activity  
V = Virtual Activity

<table>
<thead>
<tr>
<th>Sunday</th>
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</table>
|        |        |         |           | 12:30 Grief Support V  
3:00 Price is Right V |        |          |
| 10/4   | 10/5   | 10/6    | 10/7      | 10/8     | 10/9   | 10/10    |
|        |        | 10/11   | 12:30 Pumpkin Decorating I |        |        |          |
|        | 10/12  | 10/13   | 10/14     | 10/15    | 10/16  | 10/17    |
|        |        | 9:30 Paint & Pastries I V  
2:00 Speaker I | 10:00 Arthritis Exercise I V  
10:00 Cornhole I  
10:30 Aging Mastery(4) V | 9:30 Pickleball w/ Mayor Kraus I  
2:00 Ideas Worth Sharing V  
3:00 Zoom Basics V | 9:30 Pickleball Instruction I  
10:00 Yoga Flow I V  
3:00 Wine, Choc. & Yoga I |
| 10/18  | 10/19  | 10/20   | 10/21     | 10/22    | 10/23  | 10/24    |
|        |        | 9:30 Card Making I V  
10:00 Brainercise V | 9:30 Hike & Stretch w/ Mayor Kraus I  
10:00 Silver Sneakers Classic I V  
10:30 Aging Mastery(6) V | 9:30 Pickleball Instruction I  
10:00 Gentle Yoga V |        |          |
| 10/25  | 10/26  | 10/27   | 10/28     | 10/29    | 10/30  | 10/31    |
|        |        | 11:00 DrumFit I V | 10:00 Arthritis Exercise I V  
12:00 Frightfully Fun Fitness I  
12:00 Together for Successful Aging V | 3:00 Advanced Zoom V |        |          |
|        |        | 2:30 Senior Produce Market I |        |          |        |          |

## Regular Weekly Programs

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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</thead>
</table>
| 8:45 Cardio Intervals I V  
9:00 Group Walking I  
10:00 Line Dancing I  
10:00 Tai Chi I V | 8:30 Functionally-Fit I V  
9:30 Flex Chair Yoga I V  
10:30 Pickleball I  
10:45 Zumba Gold I V  
12:00 Act II Singers V  
12:30 Pickleball I  
1:30 Silver Sneakers Classic I V | 9:15 Cardio Fit I V  
9:30 Hike & Stretch I  
11:00 Cardio Drumming IV  
12:00 Fresh Air & Fitness IV | 9:00 BOOM Muscle & Mind I V  
9:00 Yoga Stretch/Walk I  
10:30 Calm Within The Chaos | 9:00 Cardio Drumming I V  
10:30 Pickleball I  
11:15 Cardio Circuit I V  
12:30 Pickleball I |
In-Person Participation Guidelines

In-person programming will be offered with limited capacity and based on recommendations from local, state and federal public health organizations, as well as Federal, State of Ohio and local mandates.

Adherence to new procedures are required for all to minimize transmission of the COVID-19 virus. For the health, safety and wellbeing of all, new requirements for participants include the following:

1. **Follow proper hand hygiene.** Hand sanitizer will be available during each activity. Hand washing or use of hand sanitizer is required before and after utilization of any equipment. Equipment will be sanitized after each class utilizing disinfecting wipes or solution.

2. **Follow proper respiratory etiquette including covering mouth and nose when sneezing or coughing.**

3. **Wear masks at all times except for the reasons specified in the Governor’s order.** This includes exemptions for medical reasons, communicating with people who are hearing impaired and when able to maintain social distance outdoors.

4. **Ensure social distancing is maintained and/or abide by assigned participation location.** To insure social distancing, registration will be available on-line or by telephone by every activity. Walk-ins will be accepted only if capacity allows.

5. **Food and drink will only be provided in individually wrapped or boxed portions and beverages in individual sealed containers.**

6. **Prior to participation, participants must complete a COVID-19 Participation Release & Waiver form.**

7. **Screening will be required prior to each class and participation will not be allowed if the answer is affirmative for any of the following questions:**
   - Have you had direct contact with a person who is confirmed or suspected to have COVID-19 in the past 14 days?
   - Do you have a temperature greater than 100 degrees?
   - Are you experiencing chills?
   - Are you experiencing a cough, shortness of breath or difficulty breathing?
   - Are you experiencing muscle pain?
   - Do you have a sore throat?
   - Are you experiencing a loss of taste or smell?
   - Are you experiencing any abnormal gastrointestinal symptoms (nausea, vomiting or diarrhea)?

8. **Understanding and recognition that changes may occur including class delays due to new cleaning protocols and social distancing protocols.**

Participants who do not follow these procedures will be reminded of proper procedure adherence at the time procedure is not being adhered to. Continued non-adherence will be reported to the Director of Senior Services and future activity participation may be affected.

Register to Participate!

You can register for all in-person and virtual activities online by visiting solonrec.maxgalaxy.net.

If you do not have an account, you can click “Create an Account” to create your online account and then begin registering for activities.

If you have an existing account, but do not remember your password, click “Login” and select “Forgot Password?”. Enter your email address and a link will be sent to you to reset your password.

As always, you can contact the Solon Senior Center to register for any activity over the phone or if you need any assistance.
Due to COVID-19, occupancy limits may be lowered and rentals may be limited.

Solon Community Center offers a wide range of rental opportunities. From large weddings & birthdays to small meetings and everything in between. Rentals are available in the Banquet Rooms, Meeting Rooms, Gymnasium, Park Pavilions and more.

Host your next family gathering, birthday party, shower, wedding or more in the newly renovated clubhouse banquet room. This room fits up to 120 people for large events. An outdoor Pavilion that overlooks the golf course is also available.

Specialty rentals are available at Solon Center for the arts. SCA Theater can host your next meeting or dance recital. Rentals are also available in the Music Rooms, Gallery and Dance Studios.

Contact us now for pricing and availability.