

WILLOUGHBY PARKS AND RECREATION

WWW.WILLOUGHBYOHIO.COM | 440-953-4200





Online Registration

Register for programs at willoughbyohio.activityreg.com

Walk-in Registration

7:30 am - 4:30 pm Monday through Friday Registrations are accepted at Willoughby City Hall.

Phone-in Registration

7:30 am - 4:30 pm Monday through Friday Have your Discover, Visa or Mastercard number, expiration date and V-Code ready. 440-953-4200

REFUNDS & PROCEDURES

- Partial refunds after 1st class.

- No refunds after the 2nd class.
- All refunds under \$10 will be credited to account.
- \$5 processing fee for ALL refunds and transfers.
 - No registration is accepted by the instructor.
 - All fees must be paid at time of registration.
 - There will be a \$35 fee for returned checks.
 - Classes may be cancelled or combined.
- No confirmation reminder is sent for any class.
 - Missed classes are not refundable.

City of Willoughby Important Numbers

Emergency - 911

Police Dept. Non - Emergency: 440-953-4212 Fire Dept. Non - Emergency: 440-953-4343 Parks and Recreation: 440-953-4200 Senior Center: 440-951-2832 Lost Nation Golf Course: 440-953-4280 City Hall: 440-951-2800 Service Department: 440-953-4111 Building Department: 440-953-4118



Willoughby City Hall 1 Public Sq. Willoughby, Oh 44094 440-951-2800

Parks & Recreation 440-953-4200

<u>Special assistance</u> If you need special accommodations for any activity or trip, please notify the Parks & Recreation Dept. at the time of registration.

Low Income Fee Waiver We feel that every child should have the opportunity to enjoy a recreational experience, even if money is a major concern! Therefore, the City has established a Children's Scholarship Account. In hardship cases, please make a confidential contact with the Parks & Recreation Staff. Depending on the size of your family and income, you may qualify to receive up to a 50% discount. Please be prepared to provide proof of residency within Willoughby City limits and income verification. Photo waiver The City of Willoughby Parks and Recreation Department reserves the right to photograph facilities, activities, and program participants for potential future use. All photos will remain the property of Willoughby Parks & Recreation and may be used for publicity or promotion purposes only.

The term **"non-resident"** used throughout this brochure refers to those who live outside Willoughby city limits. Non-residents are charged an additional fee to offset administrative expenses. Willoughby city limits are not the same as the school district or post office boundaries.

Registration for 2024 Sessions Opens January 1st 2024

PRESCHOOL AGE PROGRAMS Mrs. Johnson's Classes! Fe Fi Fo (age2) Steps 2 Success (ages 3-4) Get Ready. Get Set (Age 5)

Willoughby Parks & Recreation| 440.953.4200 willoughbyohio.activityreg.com

Preschool Aged Programs with Mrs. Johnson *Programs are held in the David E Anderson Senior Center*

Fe Fi Fo Fun

Age: 2 yrs with Caregiver

Has the independence stage arrived for your little one? Have fun by spending a morning out with other children as they socialize, explore music, books, finger plays, crafts, a snack and much more. It will give Mom, Dad, Grandparent or Caregiver a chance to meet other parents while your child meets new playmates. *Due to the large number of students and adults in this class, only younger siblings in infant seats will be able to attend, as long as you are able to interact with your child that is registered in the class. Please dress your children in play clothes – we may be using paint that does not come out of clothing. This class is held at the David E Anderson Willoughby Senior Center, 36939 Ridge Rd. Class is held on Wednesdays.

Session Dates:

01/10 - 02/14 09:30—10:30 am OR 11:00-12:00 pm 02/21 - 04/03 09:30—10:30 am OR 11:00-12:00 pm 04/10 - 05/22 09:30—10:30 am OR 11:00-12:00 pm*

Registration Fee: \$91 / \$81 Willoughby Resident *7wk session: \$104.50 / \$94.50 Willoughby Resident



Steps to Success—2 Day

Ages 3 - 4 years old

The curriculum is designed so children learn skills which will enable them to be successful in school and equally important successful in life! We will focus on problem solving, having empathy for others, such as being a good friend, and making good choices. Other skills we will work on include letters, numbers, counting, large and small motor development, a these skills are introduced in fun ways. Lots of

social skills will be incorporated throughout the day. We will be creative through lots of art mediums as we will use paint, markers, glue, scissors and get messy!! Lots of singing and rhyming will be introduced too. We are and ALWAYS have been PLAY based because that is how children LEARN! Parents or caregivers are required to help in the classroom 2 times during a six week session. Also, on your helper day we ask that you bring a snack and juice for the class to share. Let your child choose the snack and they will be excited to share it with their classmates. We encourage them to do as much as they can for themselves as they master their independence.

Class is held on Tuesdays and Thursdays 8:45 am-11:15 am.

Session Dates: 01/04/2024 to 02/08/2024 02/13/2024 to 03/21/2024 04/04/2024 to 05/18/2024 *

Registration Fee: \$216 / \$206 Willoughby Resident * 7wk session: \$250/ \$240 Willoughby Resident

Get Ready Get Set for Kindergarten - Two Day

This is a Pre-K class that focuses on Kindergarten readiness skills. This class has an age requirement of 5 by August 1st, 2024. This class is kept small to address the many areas of the curriculum. We will also focus on problem solving, having empathy for others, making good choices and being an ethical little human being, by doing the right thing. The first word they will write is their name and that is always exciting. We will work on our letters and most importantly, the letter sounds. We will also count all sorts of things. We will be writing in our fine motor journals to focus on pre-writing skills and develop a love of writing which encourages a love of reading. Speaking of reading, each student will receive a poem of the month which they will learn to "read" (memorize) and will be awarded a reading certificate. This class is also PLAY based, so we will learn while having FUN!! Parents or caregivers are required to help in the classroom 2 times during each session depending on the class size. Please bring a snack and juice to share on your day.

Class is held on Tuesdays and Thursdays 12:15-3:15 pm.

Session Dates:

01/04/2024 to 02/08/2024

02/13/2024 to 03/21/2024

04/04/2024 to 05/18/2024 *

Registration Fee: \$275 / \$265 Willoughby Resident * 7wk session: \$319/ \$309 Willoughby Resident



ALL GIRLS

Willoughby Clinic

11 November 2023 | 9am-10:30am







David E Anderson Willoughby Senior Center 36939 Ridge Rd, Willoughby, OH 44094

Cleveland Cavaliers

23-24 Clinic Season

Cavs Academy

Let Em Know

Inspire Through Play

Open to ages 8-14 | To Register Visit: cavsyouth.com/clinics



THE JR CAVS PROGRAM REPRESENTS A UNITED COMMUNITY OF DEDICATED TEAMS, COACHES, PARENTS, AND PLAYERS WHO SHARE A COMMON GOAL – SUPPORTING THE POSITIVE BENEFITS ATTAINED THROUGH THE GAME OF BASKETBALL.

BY PARTNERING WITH VARIOUS YOUTH PROGRAMS, THE CAVALIERS HAVE HELPED TO PROVIDE KIDS OF ALL AGES AND SKILL LEVELS THE OPPORTUNITY TO LEARN WHAT IT TAKES TO WIN BOTH ON AND OFF THE COURT.

WILLOUGHBY YOUTH BASKETBALL | JUNIOR CAVS LEAGUE

Willoughby is again proud to partner with the Cleveland Cavaliers and Junior Cavs Youth Basketball League. Through our partnership with the Cavs each participant will receive a Junior Cavs branded reversible jersey, 2 Cavaliers ticket/voucher, and access to instructional videos on cavs.com

We are also excited to partner with the Willoughby South High School Boys and Girls Basketball Programs to provide additional resources and opportunities.



Practices and games will be held on the city's court in the Union Village Field House.



Participants will enter through the David E Anderson Willoughby Senior Center.

WILLOUGHBY YOUTH BASKETBALL | JUNIOR CAVS LEAGUES

SESSION 1 | Fall / Winter October – December 2023

Registration Deadline: 10/4/2023

DIVISION 1 | GRADES 1-2 DIVISION 2 | GRADES 3-4 (BOYS) This is a Co-Ed instructional league for participants enrolled in 1st For participants enrolled in 3rd and 4th grade during the 2023-24 and 2nd grade during the 2023-24 school year. school year. Preseason Clinics Saturday 09/30 & 10/7 - Preseason Clinics: Saturday, 09/30 & 10/7 Team Practices: Saturdays: 10/14, 21. Practices will move to a tbd - Team practices start 10/14 week day based on volunteer coach and gym availability. - Practices / Games on Saturdays 09/30 - 12/16 No games Sat. 11/25 Games to start 10/28 and run through 12/16. No games Sat. 11/25 We plan to have 8 teams of 6 participants. Game play will be 4 on 4 format with lower baskets (9 ft). Registration Fee: \$100 / \$90 Willoughby Resident Practices and games will be held on Saturdays. **Registration Fee: \$85 / \$75 Willoughby Resident** Willoughby Youth Basketball will host another 1st-2nd grade league January through March of 2024. Registration for this league will not open until 01/01/2024. **GOLD/WHITE FRONT GOLD/WHITE BACK** WHITE/GOLD FRONT WHITE/GOLD BACK WHITE/GOLD SIDE SESSION 2 |Winter January—March 2024 **Registration Deadline: December 23rd** DIVISION 3 | GRADES 5-6 (BOYS) **GIRLS BASKETBALL | GRADES 2-4** & DIVISION 4 | GRADES 7-8 (BOYS) Registration Opens Oct. 1 | Registration Deadline: 12/23 Preseason Clinic: Saturday, 01/13 Registration Opens Oct. 1 | Registration Deadline: 12/23 Team Practices start Saturday 01/20 Practices / Games on Saturdays 01/20 - 03/16/2024 Preseason Clinic: Saturday, 01/06 **Registration Fee: \$95 / \$85 Willoughby Resident** Team Practices start Saturday 01/13 Practices / Games on Saturdays 01/13 - 03/16 These programs will primarily use the city's court in the Union Additional practices may be added | days/times tbd Village Field House (Court4). We ask that participants and family members enter through the David E Anderson

Willoughby Senior Center 36939 Ridge Rd

Registration Fee: \$105 / \$95 Willoughby Resident















The Rebel Wrestling Club (RWC) is a NEW youth wrestling program in Willoughby directed by Willoughby South High school Coach, Ray Canale. We are excited to add several alumni to our 2023-24 staff!

The program and instruction provided is designed both new and experienced youth wrestlers. No previous wrestling experience is required. Youth Wrestling is a sport designed for boys and girls grade K-6th (6 to 12 years old). This wrestling program focuses on folk style wrestling like seen in high school and college competitions. Wrestling is a sport that will help develop agility, coordination, flexibility, balance, self-esteem, self-discipline, and a strong work ethic. All children will face opponents who are similar in size as they are. Rebel Wrestling Club will aim to build a program that incorporates Willoughby's youth, middle and high school wrestling programs.

Ages- Grade K - 6th (roughly 6-12 y/o) Start date: Tuesday, 11/02/2023

Practices are Tuesday and Thursday, 6-7:30 pm in the South High School Wrestling room. First practice will be Thursday 11/02/2023 and go through February. You will enter through the Willoughby Middle School entrance (5000 Shankland Blvd.)

Competitions are on Sundays from 9 am-12 pm at various locations in the area.

Participants responsible to provide: Shoe, headgear, Mouthguard (if needed)

Registration Fee: \$105

WILLOUGHBY PARKS & RECREATION TENNIS LESSONS

Indoor lessons will be held on the City's court in the Union Village Field House

Register Online at willoughbyohio.activityreg.com

Tennis lessons are a great place to start or brush up on the basics. Participants will improve hand-eye coordination and agility, perform racquet handlings skills, and become familiar with the tennis court. Instructors zero in on building the foundation and cultivating a love of the game through basic strokes and fun games associated with tennis. Instructor: Mike Miheli USTA and SafeSport Certified

Lessons will be held indoors on the City's court in the Union Village Field House; participants should enter through the David E Anderson Willoughby Senior Center 36939 Ridge Rd. Wlby, Oh 44094

Please note that the lessons are done in the field house. Net height and court lines may be slightly different than the official outdoor courts.

1/09-2/06 Tuesdays 7:00-7:30pm | Ages 6-8 | \$55 / \$50 Willoughby Resident

1/09-2/06 Tuesdays 7:30-8:15pm | Ages 9-15 | \$80/ \$75 Willoughby Resident

2/13-3/05 Tuesdays 7:00-7:30pm | Ages 6-8 | \$55 / \$50 Willoughby Resident

2/13-3/05 Tuesdays 7:30-8:15pm | Ages 9-15 | \$80/ \$75 Willoughby Resident

Willoughby Parks and Recreation 440-953-4200

Register at willoughbyohio.activityreg.com





"The educational journey should be hands-on, creative, and fun!"

The founder of Dibbs On It Creative Learning, **Kelly Dibble Kerner**, has a degree in K-12 education and extensive experience in curriculum development. She has taught in a variety of settings including public and private school, adult education, homeschool, and private tutoring. She is an advocate of hands-on learning, and has developed a unique line of workshops and resources that bring creative education to life!

Reach out to <u>dibbsonit@gmail.com</u> with questions, ideas, or custom requests. And, check out our hands-on educational series including: <u>Creative Reading & Writing</u>, <u>'STEM in Nature'</u>, <u>Spanish</u>, and <u>Creative Mindfulness!</u>



@dibbs.on.it

- 2023 Workshop Reviews -

"Such an awesome creative program run by creative women! The kids had an absolute blast and we got an awesome piece of art to take home! thank you so much." - Anja, parent

"Both of my daughters enjoyed the program and made art that was unique & expressed themselves as artists and individuals!" - Erin, parent

> "My kids loved the workshop. They could have stayed longer!" - Katie, parent

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Upcoming 2024 Classes TBD

American Red Cross Lifeguard Class

Get Certified NOW in Lifeguard/First Aid/CPR/AED for Lifeguards





Important Info:

- Must be 15 years old by the end of the class
- Must pass a swimming prerequisite skills test, which
- 1. swimming front crawl & breast stroke 300 yards includes without stopping
 - 2. tread water for 2 minutes without use of arms
 - 3. a timed brick recovery from 8' to 10' of water
 - 4. exit the pool without using a ladder
- Class held at Willoughby Senior Center, 36939 Ridge Rd.
- To become certified, candidates must pass written and practical exams.
- 8 hours of online learning must be completed prior to the first day of class.

Wed., Thurs., Fri., Dec. 27-29, 2023 8:00 am to 3:00 pm Daily Class Fee: \$225 * All refunds are subject to a \$25 processing fee. No refunds after the first day of class. To register, visit: willoughbyohio.activityreg.com or call: (440) 953-4200 Lifeguard Manuals: are not provided. You can download a PDF manual at: https://www.redcross.org/content/dam/ redcross/training-services/no-index/ LG PM digital.pdf

Or, if you wish to purchase a text book visit: https://www.redcross.org/store/books-anddvds/lifeguarding-and-learn-to-swim

*Ask how employees of Willoughby pools can get their class fee back!

Register NOW,

Limited spots available!

DOG TRAINING CLASS

Did you just get a new puppy, rescue an older dog, or just want to reteach your furry friend some basic manners? Then bring them to school and get started off on the right paw to a well-behaved four-legged member of the family! We are offering a 6-week Basic Obedience Course taught by David Sacks, Owner of D.A.S. Dog Training. David will teach you to work with your dog to learn: Sit, Down, Stay, Come, Loose Leash Manners, Leave it, Drop it, Off (jumping on people or furniture), and Place.

David has been working with dogs on his own, in shelters & with various rescue groups for 30 plus years. David is certified as a Dog Trainer through Animal Behavior College and Certified in Pet First Aid & CPR through The American Red Cross. Please note, No Dogs are allowed at the first class. Please bring a copy of your current vaccination records. Ages: Dogs 6 months and up

> Upcoming Sessions Wednesdays 6:00—7:00 pm November 1—December 6 December 20, 2023—January 24, 2024 February 7—March 13 2024





Worried about leaving your 11, 12, or 13 year old child home alone for a couple of hours? Concerned about leaving younger siblings with their older brother or sister? Want to prepare your child for babysitting? Young teens will be trained in first aid, indoor and outdoor safety, and how to handle household emergencies so they are adequately prepared to stay home alone or watch younger siblings. Safe Sitters[®] is a nationally recognized, medically accurate program, taught by certified Safe Sitter instructors, and recognized for excellence by the American Academy of Pediatrics. Safe Sitter graduates show

increased self-esteem, confidence, compassion, and responsibility. Participants should bring a packed lunch or snack with a beverage. Class is intended for ages: 11-16

Upcoming Classes:

Saturday, September 30th 9am—2:30 pm Saturday, November 4th 9am—2:30 pm Saturday, December 9th 9am—2:30 pm

Thursday, December 28th 9am-2:30 pm

Class Fee: \$72 / \$67 Willoughby Resident

Program will be held in the David E Anderson Sr Center 36939 Ridge Rd.

Willoughby Parks and Recreation 440-953-4200 Register at willoughbyohio.activityreg.com

Cooking Classes for Adults & Kids

Programs are held in the David E Anderson Senior Center

Cooking Classes with LaDonna Oltmann

Do you enjoy cooking? Have you ever considered eating plant-based? Are you plant-based and looking to learn some cooking basics?

Well then, these classes are what you are looking. Classes are open to ages 8 +

La Donna Oltmanns from Let's Cook will be bringing in her mobile cooking kitchens to teach hands on classes. During these classes chef's will roll up their sleeves and cook their own healthy plant-based meals using simple, easily available ingredients. All participants should wear close toed shoes and have any long hair pulled back. Chefs should also bring a container to take leftovers home in. Please keep in mind that the classes may contain allergens, if you have a concern, please reach out to LaDonna at youcancookpolants.com

Saturday, September 9th- Ratatouille

Fall is on the horizon and gardens are brimming with vegetables. Sometimes we have so many people giving us vegetables we aren't sure what to do with them. Well, In this hands-on class we will be using eggplant, zucchini, tomato onions and peppers to create the classic low carb, low calorie, French vegetable dish Ratatouille. The best part about this ratatouille is that it can be served hot or cold and your leftovers can be frozen for later. Make sure to bring a large container for leftovers.

Saturday, October 7th—Cuban Picadillo

Picadillo is a dish that offers an explosion of flavor and textures that can be found in many Latin American countries. In this class, as the chef you will prepare a plant based version of this classic Cuban comfort food that will include lentils, tomatoes, potatoes and olives just to name a few ingredients. Be sure to bring a large container for your leftovers.

Saturday, November 4th—White Bean Peanut Stew

For this class we are going to take our taste buds on a little trip to Gambia as chef's learn to prepare this traditional Gambian comfort dish. Packed with hearty ingredients like white beans, sweet potato and kale, this dish could easily become one of your new favorites. Make sure to bring a large container for your leftovers. *Allergen warning: this class does contain peanuts.

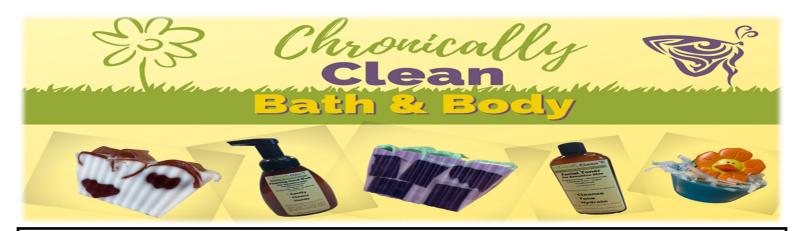
Saturday, December 2nd—Mushroom Bourguignon

Looking for a new holiday staple to add to your table? This flavorful, rich dish is just what you are looking for to add a little something to your holiday dining. In class chef's will learn to prepare this dish using mushrooms, vegetables, red wine and aromatics to create a mouthwatering dinner or side dish. Make sure to bring a large container for your leftovers.

Registration Fee: \$35 / \$30 Willoughby Resident

Classes are held on Saturdays 10am—2pm in the David E Anderson Senior Center 36939 Ridge Rd.





Join Joanna Orgovan of Chronically Clean Bath & Body for a Make and Take Workshop. All products are phthalate free using the highest quality essential oils. No artificial colorants, paraben, sulfates, detergents or harsh chemicals are used. Fragrance free products are available for extra sensitive skin. Have Questions? Email chronicallycleanbathandbody@gmail.com

Wednesday, September 13th— Make & Take Perfume

Are you tired of the unnecessary chemicals in store bought perfume? No worries!! You can make high end perfume with just a handful of ingredients. You will use only organic and natural ingredients to mix and make your own personal scent. Do you know someone who has everything? Go ahead and design an original fragrance for your bestie or significant other for the holidays. Ages tweens and adult Make 2 perfume bottles that are 2 ounces each of high-end perfume. / Pick your fragrances. / Use organic perfume base.

Wednesday, September 27th—Scented Nail Polish

Treat yourself and your best friend a to a fun and unique nail polish crafting experience! Join us for an evening of combining colors and scents, where you and your bestie will create two unique scented nail polishes. Together, you'll paint and decorate your fingers, pick your perfect color and fragrance, then use simple stirring techniques to craft alluring polishes. All ingredients are 15-FREE, detergent, dye and phthalate/paraben free!

Wednesday, October 11th—Make & Take Halloween Duckies

Kids love duckies! What's better than just a duckie? Duckie soap!! Children love choosing from a variety of spooky Halloween duckies and mixing up soapy concoctions. It's a great way for children to learn science and stay clean at the same time! Ages 5+

Wednesday, October 25th—Make & Take Halloween Soap

Make and take Halloween soaps (choose from witch's hats, Frankenstein, pumpkins, jack o' lanterns, spiders, etc.) Spooky Halloween soaps are perfect for all ages! They also make a great gift when you don't want to give candy. Go ahead and dazzle your friends when they see the spooky soap baubles. Ages 5+

Wednesday, November 8th—Make & Take Fall Guest Soaps

If you love decorating for Thanksgiving, here is your chance to make your own personal guest soaps for your visitors. They will be enthralled with your handmade creations! They'll be so impressed; they will think they were store bought. Scents include Cinnamon, Orange, Clove, and Pumkin Spice which are fan favorites. Ages 5+

Wednesday, November 22nd—Make & Take Fall Body Butter

Do you know somebody that has ultra dry skin? Have you tried all of the store bought brands and it hasn't helped? Here is a chance to make personalized body butter from scratch from simple ingredients that moisturize and nourish skin. We use all natural ingredients with a mixture that consists of nourishing shea butter, sweet almond oil and jojoba oil.

Classes are held in the David E Anderson Senior Center 36939 Ridge Rd.

Class Fee: \$35 / \$30 Willoughby Resident

Willoughby Parks and Recreation 440-953-4200 Register at willoughbyohio.activityreg.com



Halloween Craft

Enjoy the night and come paint a Halloween creature from a fire log. Two options to choose from, Pumpkin or Frankenstein. The base coat will be on your log, and you will touch it up and create the face; instruction provided by former Art Teacher Tiffany Rossi. The finished product will have a handle for easy transport.

> Tuesday, October 17th 6:30—8:00 pm David E Anderson Senior Center | Art Room Class Fee \$28 / Resident Discount \$25



Holiday Wreath Workshop

Learn to make your own holiday wreath! This class is for everyone, so grab your friends and join us for a night out! Instruction will be provided; each wreath will look fairly different due to the fresh evergreens and embellishments/festive décor that you pick... Let your imagination run wild!

The class is held at the Willoughby Senior Center on Thursday, December 7, from 7:00-9:00 pm. Registration is required. Registration Fee: \$45 / \$42 Willoughby Resident

All supplies provided, please bring your own pruners to class.

Bus Trips With Parks & Recreation

Sunday, September 24th—Barberton Mum Fest!

The Mum Fest is a fun event with mum gardens galore, food vendors, hand-made crafts, and a wonderful water ski show! We will hava a late lunch on your own at one of Barberton's famous chicken places. Bus will pick up and return to the: Upper Parking Lot of the Willoughby Senior Center. Depart 10am, Return 4:30pm.

Registration Fee: \$20 / \$16 Willoughby Resident



Saturday, November 18th — Winery Turkey Trot

Join us as we prepare for the holiday season on Grand River Valley's Annual Turkey Trot Wine Tour. We will spend the afternoon sampling fine wines paired with traditional Thanksgiving Feast appetizers. Selecting a holiday wine will be much easier after this trip! Ages 21 and over.

Registration Fee: \$55 / \$50 Willoughby Resident





Saturday, December 2nd—Parade & Festival in Lebanon, Ohio

Love Horses? Then enjoy the 34th Annual Horse-Drawn Carriage Parade & Festival in Lebanon Ohio. You will not belive how manay carriges you will see. Lunch will be on your own with the festival vendors and Dinner will be on your own at the Famous Schmidts Sausage House in German Village in Columbus. Bus Leaves and Returns to the David E. Anderson Senior Center 36939 Ridge Rd. Willoughby, OH. 44094 Bus Departs: 7:30 A.M. Bus Returns: 7:30 P.M

Registration Fee: \$55 / \$50 Willoughby Resident



Saturday, December 9th—Hartville Market

Enjoy Christmas Shopping at the Hartville Market, then have a wonderful lunch on your own at the Hartville Kitchen. Sat. Dec. 9, 2023 Bus Departs: 10:00 A.M. Bus Returns: 4:30 P.M. Bus will pick up and return to the: Upper Parking Lot of the Willoughby Senior Center

Registration Fee: \$20 / \$16 Willoughby Resident

Tetsudokan Jujitsu - Adults and Teens

Learn the ORIGINAL techniques of Japanese Jujitsu. Not watered down and limited by sport rules as in MMA Jujitsu, these techniques are highly effective self-defense for men, women, teens. Strengthen your mind, body and spirit. Gain confidence, make new friends and improve balance, cardio, flexibility, strength, and agility. Go your own pace. Train as they train in the birthplace of Jujitsu. Come to Japan, in Willoughby! NO uniform required, Beginners always welcome in our friendly and supportive group

Benefits of Tetsudōkan Jujitsu Training - It's FUN. You'll improve your balance, posture, cardio, flexibility. You'll have improved strength and agility. More confidence and less stress are also experienced.
Tone up and lose weight. You'll be more alert and aware of your surroundings. You'll even be better looking . . . maybe. And Self-Defense and New Friends. Beat the rush. Sign up now.

When registering you can register for 1 day (Tuesday only, or Thursday only. OR there is a discounted Tuesday & Thursday registration.

> Upcoming Sessions 08/29—10/24, 7:00—8:15 pm 11/04—01/11, 7:00—8:15 pm

Registration Fee: Tuesdays & Thursdays—\$178 / \$168 Willoughby Resident 1-Day offering \$115 / \$105 Willoughby Resident





Self Defense For Kids with North Coast Aikikai

This is a beginners Self-Defense class that uses the Japanese Martial Art known as Aikido. This course is designed to introduce the basics of self-protection, self-control, physical coordination, and techniques to both defend and avoid confrontation due to an attack or bulling. In addition, the student will be taught etiquette and discipline in a traditional dojo atmosphere. Aikido practice helps foster skills that are needed to avoid conflict and resolve differences in a peaceful manner.

Class will include exploring the world of the Japanese culture by experiencing it thorough activates such as Japanese writing, speaking and Japanese art of self-defense known as Aikido that includes, warm up games and exercises that builds strength, flexibility, and endurance.

This program will not only provide exposure through participation activities but will also pique the curiosity of the students to understand the wonderful differences of the nature of other cultures and how to better appreciate them. It will also provide a forum for the student to express their views, ask questions and learn skills, attitudes and behaviors that go along with the Japanese lifestyle.

Requirements: no prior experience. (Class activity booklet provided) Dress: casual gym clothes, bring water bottle

Instructors and assistants are from North Coast Aikikai

10/16-12/04 Mondays 6:30-7:30 pm

Registration Fee: \$95 / \$90 Willoughby Resident

Pickleball Court Rental

Pickleball is a fast-growing sport that combines the elements of badminton, tennis, and table tennis. It is a great way to stay active and enjoy a competitive game with friends.

It's also great for your hand eye coordination. Whether you're playing competitively or just for fun, pickleball can provide hours of entertainment.

So, grab your paddle and get ready to play!

Parks and Recreation will offer pickleball court rentals throughout the fall and winter months on the city's court in the Union Village Field House.

Rental Fee: \$23 per hour resident / \$25 non-resident There are 3 pickleball courts available on court 4. This fee is per court. *Availability varies.*



holiday fun in willoughpy!

HOLIDAY LIGHTING CEREMONY DOWNTOWN WILLOLGHBY November 30th | 7 pm

> HOLIDAY AUCTION HOSTED BY LIONS CLUB CITY HALL LOWER LEVEL November 30th | 5 pm - 10 pm

SPAGHETTI DINNER HOSTED BY KAWANSIS WILLOLGHBY UNITED METHODIST CHURCH November 30th | 7 pm

SANTA MAILBOX ERIE STREET/E SPAULDING IN DTW Nov 30th - Dec 22nd

DTW HOLIDAY STROLL KICK OFF YOUR HOLIDAY SHOPPING December 1st | 4pm - 8 pm

December 2nd | 10 am - 5 pm

XMAS COOKIE DECORATING* WILLOLGHBY SENIOR CENTER December 1st | 5:45 pm - 7:30 pm

MIRACLE ON ERIE ST 5K* JOG INTO THE HOLIDAYS IN DTW HOSTED BY ERIE ST. MIRACLES December 2nd | 11 am

WINTER MARKET FORMER CITIZEN'S BANK BLDG December 2nd | 10 am 4 pm

SANTA HOUSE WES POINT PARK IN DTW SATURDAYS & SUNDAYS Dec 2nd - 23rd | 2 pm - 5 pm

NORTH POLE CALLING* SIGN UP TO RECEIVE A CALL FROM THE NORTH POLE! December 4th | 5:30 pm - 7:30 pm

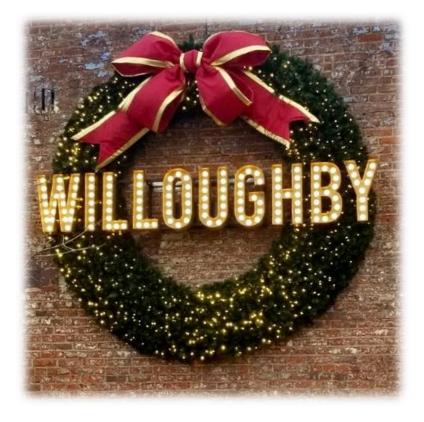
HANUKKAH CELEBRATION WILLOLGHBY LIBRARY December 2nd | 11:30 am

HOLIDAY CRAFT FAIR WILLOUGHBY SENIOR CENTER December 3rd | 9 am - 2 pm

BREAKFAST WITH SANTA* WILLOUGHBY SENIOR CENTER December 9th | 9 am KWANZAA CELEBRATION WILLOLGHBY LIBRARY December 2nd | 1 pm

DONUTS WITH SANTA HOSTED BY WILLOUGHBY JUNIOR WOMEN'S CLUB WILLOUGHBY SENIOR CENTER December 3rd | 9 am - 2 pm

*registration required. visit willoughbyohio.com for more information.



Downtown Willoughby Tree Lighting Thursday, November 30th





HOLIDAY FAMILY COOKIE DECORATING

Join us for a fun filled evening of cookie decorating for the holidays!

Each family will receive 1 dozen premade cookies with supplies to decorate and to take home.

Also included is a pizza dinner. Family up to 4.

Friday, December 1 | 5:45-7:30 pm

Program Fee: \$35 / \$30 Willoughby Resident Additional family members are \$5 each per person and will receive 4 cookies

What a great way to celebrate the holidays!

Held in the David E Anderson Senior Center





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Santa

Saturday, December 9th | 9:00am-10:30am

Breakfast includes pancakes, sausage, fruit, juice, coffee.

Registration Fee: \$12 per person non-resident or \$10 per person for a resident. \$5 kids under 2.

ALL individuals attending the breakfast are required to register!

Jerrys Photography will be joining us to capture your family picture with Santa.

Registration includes a digital photograph that will be emailed to you.

You will also have the option to purchase additional photographs through Jerrys Photography.

David E Anderson Senior Center 36939 Ridge Rd.







The Holiday Craft Fair will be on December 3, 2023 from 9:00 am - 2:00 pm at the David E. Anderson Senior Center We are looking for homemade crafts, antique items, vintage items, and more. You must be pre-registered to be a vendor.

If you are interested in participating in this sale, please contact Willoughby Parks & Recreation Call 440-953-4200 or email jbanker@willoughbyohio.com for any questions.



Senior Center

Spotlight



DAVID E. ANDERSON SENIOR CENTER

SEPTEMBER / OCTOBER 2023

36939 Ridge Rd Willoughby, OH 44094 Phone: (440) 951-2832 www.willoughbyohio.com



Senior Center &

September 2 & 4 and October 7 & 9

FALL HOURS

Monday~Thursday 8:00 am to 8:00 pm The Fitness Center, Library & the Track will be open during our evening hours.

Friday Saturday

8:00 am to 4:30 pm 8:00 am to 12:00 pm

FRONT DESK HOURS Monday ~ Friday 8:00 am to 4:15 pm

YEARLY CENTER MEMBERSHIP Residents: \$12 /Non-Residents \$18

Birthday Bash Mixer Friday, September 15 1:00 pm Rooms 3-6 \$5/\$3 Wlby. Resident Join us as we celebrate everyone's birthday! We will have games, prizes, favors and of course, cake. We will be assigning tables as you arrive at the party. Please register for this fun afternoon by September 10.

70's Disco Halloween Party Rms 3-6 Tues, October 31 11:30 am \$17/\$15 Wlby. Resident Doors open at 11:30. Lunch at noon. Get ready for this groovy, disco themed Halloween Party. Bust out those bellbottom jeans and get ready to move. Appetizers include mini quiche, pigs in a blanket, & Grape Jelly BBO meatballs. Beef Stroganoff over egg noodles for lunch. Dessert will be a piece of pie. We will recognize the best dressed overall. Who will dress as a disco zombie? Register for the party & your table by Oct 13.

Important! Registration Policy Registration dates for current newsletter trips, activities and special events: (unless otherwise noted)

Sunday, August 27 at 8:00 am Online registration at home Monday, August 28 at 8:00 am In-person registration Monday, August 28 at 10:00 am Phone registration

November/December newsletter registration will begin online Sunday, October 22

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Morning Yoga 8:30 Basketball 9:00 Guitar 9:00 Pound 9:00 Goldenotes 10:00 Walk /Rosie 10:00 Walk /Rosie 10:00 Mah Jong Begin 10:15 FYT Tappers 10:45 Pickleball-Adv. 12:30 Hand & Foot 12:15 Pickleball-Adv. 12:15 Pickleball-Int. 3:15 Pickleball-Inter. 5:30 Square Dancing	8:00 Adv. Pickleball 9:30 CIRCL Mobility 10:00 Cornhole 10:00 Chair Yoga 10:15 Pound Unplugged 11:30 Zumba Gold 12:00 Bridge 1:00 Knit/Crochet 1 & 3 Tuesdays 1:00 Table Tennis 1:00 Piliates 1:00 Dominoes 4:00 Yoga 6:00 Music	8:00 Morning Yoga 8:15 Men's Meeting 8:30 Basketball 9:00 Tai Chi 10:00 Walk / Rosie 10:45 Pickleball-Adv. 11:00 Rummikub 11:00 Lively Ladies 12:00 Violin 12:15 Pickleball-B 1:00 Art Afternoon 1:00 Begin Mahjong 1:45 Pickleball-Int. 2:00 Ballet for Balance 3:15 Barre Fitness 3:15 Pickleball-Begin	8:00 Adv. Pickleball 9:30 Watercolor 3 10:00 Cornhole 10:00 Chair Yoga 10:00 Beginners Line Dance 11:00 Seasoned Line Dance 11:30 Watercolor Studio 12:30 Pinochle 12:30 Duplicate Bridge 1:00 Table Tennis 3:00 Stretch & Flow 6:30 Music	8:15 Sr. Bootcamp 8:30 Basketball 9:00 Quilting 9:00 Massage Appts. 10:00 Dulcimers 10:00 Walk /Rosie 10:45 Pickleball-Adv. 12:30 Hand & Foot 12:15 Pickleball-B 1:45 Pickleball-I 3:15 Pickleball-Inter Saturday 8:15 Senior Bootcamp

MISSION STATEMENT

"We are a group of caring people, providing a variety of informational, cultural and leisure activities in a positive and helpful atmosphere for those individuals 55 and over."

REFERENCE PHONE NUMBERS

Parks and Recreation 953-4200 Wlby Police (Non-Emergency) 951-1234 Fire Dept. (non-emergency) 953-4343 Willoughby City Hall 951-2800 Willoughby Service Dept. 953-4111 Golf Course 953-4280 LC General Health District 350-2543 Lake County Council on Aging 205-8111 Laketran 942-1300 Social Security 1-800-772-1213 Veterans Concerns 350-2567 Medicare 1-800-687-8877 AARP 1-888-687-8877 Ohio Benefit Bank: (440) 350-2056 www.ohiobenefits.org



September 10



WE ARE FUNDED:		
All programs and activities		
1 0		
are provided by the City of		
- · ·		
Willoughby with some		
General and General Alter Tester		
funding from the Lake		
County Senior Citizen's		
County Senior Citizen's		
Services Levy.		
Services Dery.		

David E. Anderson Willoughby Senior Center Staff

Amy Cesa, Center Manager Jayme Jirousek, Program Coordinator Becky Sutton, Program Coordinator Mark Fleischer, Program Coordinator Jayne Ragheb, Office Staff Breda Spellacy, Office Staff

> Bob Fiala, Mayor Judean Keller, Director of Parks & Recreation

LAKE COUNTY, OHIO

Emergency Notification Self-Registration Portal

Lake County Ohio's Wireless Emergency Notification System (WENS) helps keep residents informed during emergencies and other events in our County.

This system provides subscribers the option to receive notifications via text, email, and/or voice, related to weather events, emergencies, road closures, and more. Lake County residents can also sign up to receive community specific alerts. Sign up takes less than 60 seconds and can help keep you and your family safe during an emergency.

Users are advised that this system is made available to Lake County residents and businesses as a supplement, and not a replacement for, existing public safety warning and information notification systems such as television and radio.

Visit https://entry.inspironlogistics.com/lake_oh/wens.cfm to register your phone number.

Lake County's WENS is managed by Inspiron Logistics. If you have questions regarding this system, please contact the Lake County Emergency Management Agency at ema@lakecountyohio.gov or (440) 350-5499.

Free Detector and Lock Box Program

Lives are saved by working smoke and carbon monoxide alarms. The WFD offers installation and batteries to keep these detectors working. We also provide residential lock boxes to those who may need us to gain access in the event of an emergency. Alarms and lock boxes are available through our Fire Prevention Bureau (440-953-4344). These programs are funded by donations from our local businesses, civic groups, and residents and we are thankful to everyone who keeps this program active.

Refuse collection with Republic Services

Ask Aly for the correct delays

Thanksgiving and Christmas



Know any students (or adults!) who like to have fun while volunteering? We have some exciting opportunities coming up.

> DTW Tree Lighting: Thursday, Nov. 30th Holiday Family Cookie Decorating: Friday, Dec. 1st Holiday Craft Fair: Sunday, Dec. 3rd Breakfast With Santa: Saturday, Dec. 9th

440-953-4200 | Visit willoughbyohio.activityreg.com

Select Volunteer Opportunities 2023