A Message From the Mayor:
It’s hard to believe that I have served as Mayor for almost four years as of this coming December 10th. Thank you to each and every resident for allowing me this honor. It has been a challenging period but also productive, rebuilding city finances and infrastructure. I will continue to focus on positive momentum and I am very optimistic about the future of Seven Hills.

When I first came into office, we were implementing a plan of debt restructuring and other cost reduction measures. This was due to the fact that overall revenues were down about 35% and our costs were continuing to climb. We dramatically cut our annual operating budget and preserved essential services for our residents. Due to cuts in state funding, there is still more effort needed in the coming years to complete the job.

For several years, the city deposited money into the Bond Retirement Fund that would otherwise have gone into the General Fund, for a total of around $1.6 million at the end of 2014. It was from that fund that about $700,000 in debt payments were made in 2015. This allowed the city to preserve around $3.9 million in our General Fund in 2015, tripling our cash reserves and protecting General Fund money for other important uses like street repairs and other services for the residents.

Business investment is important because about 60% of all city revenues are derived from income taxes. Only about 12% of your regular property taxes go to the city, and the rest goes to other governmental entities. In the past several months, we have brought in more businesses to the city like Anthem and a large architectural firm, along with some others that will help with the expenses we know are coming.

The Recreation Center has been the greatest challenge of my first term. It is our greatest amenity and our largest financial issue. Although it has been a wonderful addition to the city, it also represents about a $20 million total cost, as found by a recent Finance Department study. Annual operating deficit was almost $400,000 when I took office and it has been cut to around $45,000 in 2014. Due to prudent management by our Recreation Director, Jen Burger, we are on track for another good financial year.

We are very optimistic now about the viability and financial future of our Recreation Center. The addition of University Hospitals there has allowed us to partner with a large and highly regarded health care organization while at the same time, providing physical therapy services for patients right here in Seven Hills. I am very excited about the opportunity to expand that relationship into other areas like wellness services.
Our popular summer, pre-school and teen camps grew considerably this summer, along with the Seahawks swim team. This year the Basketball Federation will combine with the Recreation Center for Youth Basketball and Director Burger is working with the Cleveland Cavaliers to become part of their community networking. Wellness and nutrition programs are being expanded. The Farmers’ Market has received an overwhelming response and there are some exciting new programs coming this fall.

Let’s not forget our great employees who made all this possible. The city is understaffed due to finances. Many are doing multiple functions not part of their regular job descriptions. For example, our Building Commissioner is also our IT person, the Director of Senior and Community Services is many times the face of the city in performing outreach and helping with community events, as does my Executive Assistant and our Recreation Director, who also updates the city website. None of the improvements of the past years would have been possible without them and all our other employees. Thank you to all of you.

We may be hearing soon about potential Rockside Road development on acreage adjacent to Independence. The ideas being discussed include some commercial structures combined with owner-occupied residences. As part of that, we have begun conversations with Independence to coordinate infrastructure, utilities and traffic patterns in that area, including along Lombardo Center.

The new Biltmore Nursing Home will be finished and opening soon. Property tax dollars from that site have been instrumental in repaving streets in the area and restoring a traffic light. The city will also soon be receiving income tax revenue there as well.

Regionalization has been a hot topic in the past few years and Seven Hills has been a leader in this area. We have been very active in finding ways to combine efforts with other communities to find more economical ways to accomplish common goals, to provide services, or solve mutual problems by entering working agreements with other governmental entities. For example, we are now talking with the cities around us and the state about the growing deer population.

Sharing the expenses this way allows smaller communities like ours to retain our separate identity and preserve a local voice for our residents in decision making. We can provide a greater level of resources than would be possible on our own. Moving forward and keeping our “Eye on the Ball” in the coming years will allow us the meet the challenges ahead and promote a positive image for Seven Hills that will attract new investment and younger working families.

Again, it has been an honor to serve as our mayor. This is in large part due to the many residents who love and take pride in their city, residents who have committed themselves to making Seven Hills work in a positive way. I thank you all for the opportunity to get to know and work with the wonderful residents of Seven Hills.

--Mayor Richard Dell’Aquila
City of Seven Hills Residential Lock-Box Program

This is recommended for Senior Citizens & Disabled Residents.

The resident may be unable to open the door for EMS/Fire in the event of an emergency. We adopted a program that other cities already use, the affordable Roper Lock Box. When you or the victim dial 911, most times you or a victim can’t unlock the door or open it for EMS/Fire. Our only way of getting into the resident's home is to break a window or the door causing hundreds of dollars in damage.

This is a great resource for a resident who is living alone, with no one close by to help them in an emergency. We will even install the Lock box at no charge for residents.

- $35 each and installed by Seven Hills Fire Department
- Keys not duplicated and will only be on securely locked fire vehicles
- Seven Hills Fire Department will keep a database and the dispatch will know who has them and their location

Contact Tony at 216-525-6230 for more info!

CHRISTOPHER R. RYBA, DDS
General Dentistry

7393 Broadview Rd, Ste E
Seven Hills, OH 44131
www.rybadds.com
(216)524-2499

Senior Snowplow Program

Winter is just around the corner and once again the Senior Snowplow Program is being organized to offer a discount to the seniors and handicapped of Seven Hills.

If you are a returning customer, your previous driver will be contacting you with this year’s contract. Please follow up directly with them to ensure that you will retain service for this season. NEW customers can call Tony Terry at 216-525-6230 to be assigned a driver.

Full terms of the program can be found at www.sevenhillsohio.org—Departments—Senior and Health Services—Seven Hills Human Services—Snow Plow programs.

Prices have not changed this year and two choices remain: $14.00 per plow or $240.00 for the season. Inform your contractor of which program you prefer. Payment will go directly to your contractor. Possible price variations may occur for unusually large or a-typical driveways at the discretion of the independent contractor.

RETAIN YOUR CONTRACTORS CONTACT INFORMATION. The contracts for snowplowing are between the resident and the contractor. If you have questions about your service, please first contact your driver. If you cannot get your questions resolved, feel free to call Tony Terry at City Hall for assistance. 216-525-6230
This is the last newsletter before the end of this Council’s term. It has been my honor, privilege and pleasure to serve the residents of Ward 4. It has also been my pleasure to serve as Council President for the last year. Seven Hills politics can be challenging at times, however Council has worked to overcome those challenges. One thing that I am very proud of is that Council voted to fund modest road programs for the last two years. This year, work is starting during September, Calvin Drive and Cherrywood Lane will be resurfaced, and Forest Overlook will be resurfaced between Karen and Donna Rae. There will also be major maintenance done to 14 other streets in the city. Separate from this program our service department will continue to fill potholes and perform crack sealing throughout the city. Even though the city has serious financial issues, we cannot continue to let our infrastructure deteriorate. As a resident and soon to be ex-council member, I hope to see Council continue to work together for the betterment of the city.

This is an election year for Council, Mayor and Law Director. Please inform yourselves of the issues facing the city and how the candidates propose to resolve those issues. Most of all, make sure you vote, at this level of democracy, one vote can make a difference.

Michele Ernst
Council President
Councilwoman Ward 4
Subject: AARP TaxAide - Tax Scams

"A nationwide scam targeting taxpayers continues to grow. In a new effort to take money from unsuspecting victims, fraudsters are sending out phony tax bills on what purports to be official IRS letterhead. They are also sending out e-mails from false websites that contain 'IRS' in the Web address. In addition, scammers claiming to be IRS employees continue to call taxpayers, telling them they owe taxes, and must pay up fast. Keep your guard up and don't fall victim to any of these scams."

The Kiplinger Tax Letter, 8/28/15

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E-Mail Can Save Thousands of Dollar$

If you wish to be added to the City's email list for updates, please send your email address to, Tony Terry, Director of Senior and Community Services at tterry@sevenhillsonho.org.

Please be aware that your email address becomes a public record once it is obtained by the City. We understand the expectation you place in the city to use your email address only to receive email from the city. However, if and when a request is made for the email address list, the city has no choice but must legally abide by this request.

Please contact Tony Terry 216-525-6230 if you have any questions.

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Seven Hills VFW Post 7609

Seven Hills VFW Post 7609 would like to invite you to join them the 3rd Monday of each month at 6:30pm at Seven Hills City Hall located at 7325 Summitview Drive In Seven Hills. For more information, please call Nada Fleming, Vice Commander of the Post at 216-642-0234
When You Go Away

- Make sure light bulbs will last while away. Change them if necessary.
- Make arrangements to have your mail / newspapers collected.
- Leave contact information with a neighbor.
- Unplug all unnecessary appliances such as televisions, stereos, computers.
- Mow your lawn just before leaving. Make arrangements to have it mowed during extended absence.
- In the winter, make arrangements to have someone shovel sidewalks if it snows.
- At a minimum, have a neighbor walk from the street to your door several times. Maintain lived-in appearance
- If you use an answering machine, turn off the ringer on the phone. If you don’t have an answering machine, unplug or turn off ringers on all phones. No RING, RING, RING. Leave a radio on within the residence

Obstacles to Personal Safety

Attitude of Complacency:

It can’t happen to me  •  Nothing like this happens in my neighborhood  •  If it’s going to happen, it’s going to happen.

A criminal attack against you or your family can take place anywhere, as can fire or other disaster. YOU CAN influence what happens to you by assuming more responsibility for your own security.

Steps to Prevention

Is your address clearly visible from the street during the day & night? Necessary for Emergency Response Personnel.

Remove hiding places: Shrubs and/or bushes cut to the lower edge of windows. • Trees cut 6 to 7 feet above ground.

Is the property well maintained? Does it appear that you care what happens here?

Lighting: Interior and Exterior - Continuous -vs- motion sensor • Out of reach from the ground • Timers while away

Get rid of “Hidden” keys • Better left with a trusted neighbor • Sealed envelope

Secured openings (windows & doors)

  Able to open only a specific amount • Equipped with quality locks • Lock doors while you are home

  Alarms with alarm signs clearly visible • Pets: BEWARE OF DOG (Even if you don’t have one)

  Corded Phone - Cordless won’t work in a power outage

  Vary daily routines • Know where family members are at all times.

Know your neighbors. Develop a rapport with them and offer to keep an eye on each other’s property.

Retrieve each others mail. • Allow them to use your driveway while you’re away.

Report Suspicious Behavior Immediately to your local police. Detail as much information as possible.

Be the best witness possible • Don’t take action on your own!
THE MISSION OF THE
SEVEN HILLS COMMUNITY RECREATION CENTER

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

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

Upcoming Specials:

Holiday Discount Season: November 15th - December 31st

Black Friday Deal - Stop in November 27th for a Special Membership Deal!

12 Days of Fitness December 7th - December 18th
A Different Deal Each Day!

Recreation Center Hours:
Sundays: 12pm - 6pm
Mondays - Fridays: 5:30am - 9pm
Saturdays: 8am - 8pm
*Pool Closes 15-minutes prior to rest of building.

RECREATION CENTER INFO:
Main Number: 216.524.6262

Recreation Director
Jennifer Burger ext. 401
Assistant Director / Adult Leagues
Ursula Drinko ext. 402
Rentals / Front Desk Manager
Donna Camarati ext. 400
Before / After Care and Day Camp
JoAnn Rencz ext. 408
Aquatics ext. 404

Updates, Sales and Events Can be found at
http://www.sevenhillsohio.org/departments/recreation.aspx
### ANNUAL MEMBERSHIP INFORMATION

#### Seven Hills Resident Membership Info - Annual / Upfront Payment

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

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

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

#### Non-Resident Membership Info - Annual / Upfront Payment

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>Membership Duration</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$400</td>
<td>One Person living outside of Seven Hills or Parma</td>
</tr>
<tr>
<td>Non Resident Couple</td>
<td>$605</td>
<td>2 Adults outside of Seven Hills or Parma living at the same address</td>
</tr>
<tr>
<td>Family</td>
<td>$675</td>
<td>Immediate family household members, up to four people living outside of Seven Hills or Parma (max. 2 adults).</td>
</tr>
<tr>
<td>Adtl. Children</td>
<td>$105</td>
<td>Additional Children may be added for $105 each per year.</td>
</tr>
</tbody>
</table>

The above listed memberships are purchased for one full year - one time upfront payment. Monthly payment options are available as well for the duration of one full year. All memberships are non-refundable and non-transferrable.
Totally Toned has several training packages available to accommodate your specific needs, and rates start as low as $25 per session! Visit us on the web at www.totallytonedpersonaltraining.com, find us on Facebook, or call 216-548-5383 today to schedule your free 30-minute consultation and workout!

• **Cardio** - How to use your heart rate to achieve your desired result.

• **Nutrition** - Which foods will help or hinder your progress and long-term results.

• **Weight Training** - Gain lean muscle mass helping to burn more calories-even at rest.

Contact Trainer Mike at 216-548-5383 TODAY!

---

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- Disease Management
  - Pregnancy & Lactation
- Fitness and Training
- Infancy & Childhood

Appointments held at the Seven Hills Recreation Center
440-590-1833 or Kerryfairchild.diet@gmail.com

Kerry is a registered, licensed dietitian & has been practicing nutrition counseling since 1998.

**Kerry offers flexible scheduling Monday - Saturday. Call or email if you have any questions!**
SilverSneakers Fitness Program

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

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

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

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

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

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

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

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

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

Session Dates:
Fall 1: September 14th - October 24th (Registration Begins 8/24)
Fall 2: November 2nd - December 12th  (Registration Begins 10/19)
Winter 1: January 4th - February 13th (Registration Begins 12/20)

ZUMBA WITH CARMEN
Try this super-popular new program! Instructors fuse Latin rhythms and easy-to-follow moves to help create a one-of-a-kind fitness program! Have a blast in this one hour of calorie-burning, body energizing, awe-inspiring movements meant to engage and captivate life! Instructor: Carmen Quintana
Days: Thursday Evenings: 7:35pm - 8:35pm with Carmen
Fees: Member Punch Card: $27 or $6 Drop In
      Non-Member Punch Card: $37 or $8 Drop-In

INSANITY WITH LYNN
INSANITY live classes will bring the workout we have all seen on DVD to a live group setting. Using max interval training with explosive cardio and plyometric drills combined with your own power and strength. No weights needed, your own body weight will tone and sculpt your body. All levels welcome!
Instructor: Lynn Johnson
Days: Monday Evenings 7:15pm - 8:00pm
Fees: Member Punch Card: $27 or $6 Drop In
      Non-Member Punch Card: $37 or $8 Drop In

INTERVAL FITNESS TRAINING CLASS WITH TONY TOTH
New to working out? Intimidated by machines and weights and muscle-bound people? Don't know where to start? Then this is the class for you!! NASM Certified Trainer Tony Toth will guide you through your start as you "Create Ur Nu Life". Join this BEGINNER'S class that will work both cardio and muscle toning. Don't delay, space IS limited! Offered Fall 2 and Winter Sessions. In the Aerobics Studio.
Instructor: Tony Toth
Days: Tuesdays & Thursdays 5:15pm-6:15pm & Saturdays 8:30am – 9:30am
Fees: Member Punch Card: $25 or Drop In: $5 (Cards are good for 8 classes)
      Non-Member Punch Card: $30 or Drop In: $6

JAZZERCISE
The ORIGINAL Dance Exercise Phenomenon! Each 60-minute class offers a blend of exercise with the fun of dance set to your favorite music - Top 40, Jazz, Country, Funk & Classic! Easy to follow, fun choreography includes a gentle warm-up, a 30-minute aerobic workout, muscle toning and strength segment with weight-band stretching. Pilates, yoga and kickboxing movements are Incorporated too. Sessions and Registrations are continuous!
Classes meet in Rec. Center Gathering Rooms! Instructor: Lois Powers (loispowers@hotmail.com) or 330.468.6637
Days: Mondays & Wednesdays 6:30pm - 7:30pm
Fees: 1 Month: $37 (EFT)
      2 Months: $82 (At the Door) Drop In $12
Session Dates:
Fall 1: September 14th - October 24th (Registration Begins 8/24)
Fall 2: November 2nd - December 12th (Registration Begins 10/19)
Winter 1: January 4th - February 13th (Registration Begins 12/20)

PILATES SCULPT WITH TANYA
Standing and mat Pilates exercises using light hand weights to totally reshape your body from the inside out. All muscle groups will be lengthened and toned, improving core strength, back health and overall well being. Modifications are taught. Beginners and advanced.
Tuesdays 9:30am - 10:30am

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

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

ALL OF THE ABOVE CLASSES ARE ELIGIBLE FOR TANYA’S PUNCH CARD:
Member Card: $26 (6 Classes) or $6 Drop In  Non-Member Card: $36 (6 Classes) or $8 Drop In
Tanya’s 12-Class Punch Card - Members: $50  Non-Members: $70

GOLF SWING WITH PHIL PALMER
Prepare for next season with some expert training! Learn and improve upon the fundamentals of your golf swing as you work closely with a certified teaching professional! Bring a 7 or 8 Iron to class and wear tennis shoes - all other indoor supplies - including State-of-the-Art Training Aides are provided! Offered WINTER and SPRING Sessions.
Saturday Mornings - 8:30am - 9:30am in the Gym.
Members: $62  Non-Members: $72

EVENING YOGA
This Yoga class is meditation in motion. Through movement, breathing and relaxation, use the mind/body connection to boost your energy, strength, flexibility and ability to manage stress. Punch card is for six classes.
Instructor: Susan Laurenzi, MA Ed
Days: Mondays 6:00pm - 7:00pm
Fees: Members: $40 Per Punch Card  Non-Members: $45 Per Punch Card  Drop-In: $10

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

Days: Wednesday Evenings: 7:30-8:30pm
Fees: Member Punch Card: $27 or $6 drop in
     Non Member Punch Card: $37 or $8 drop in
CHRISTMAS BREAK CAMP!

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

Camp Runs December 21, 22, 23, 28, 29 & 30 2015.
Get here as early 6:30am and stay until 6pm - with no extra fees!

Full Time Fee (4 or More Days):
Members: $135 Non-Members: $165
Part Time Fee (3 Days or Less):
Members: $115 Non-Members: $130
Single Day Drop In Fee (Max 1 Day):
Members: $30 Non-Members: $37

Field Trip 12/30/2015- Valley View Cinemark! $15

ROOKIE ATHLETICS

SPORTS OF ALL SORTS: Ages 3-4: Wednesdays 6pm – 6:45pm
Program runs Nov. 4th - Dec. 16th (No Class 11/25)
Students will learn a new sport each week!
$45 per session. Program held in Rec. Center Gym

DODGEBALL: Ages 6- 9 years play Sundays: 11:15am - 12:00noon
Ages 10-14 years play Sundays: 12:00 Noon - 12:45pm.
Program Runs Nov. 8th - Dec. 20th (No Class 12/6)
$45 per session / Program held in Rec. Center Gym

ROOKIE HOOPS & CHEER: Ages 3-4, 5-6 & 7/8
Saturdays Beginning @ 9am Game Times Rotate through early afternoon
Program Runs Nov. 7th - 12/19
$70 per session / Program held in Rec. Center Gym 1

For more information on programs visit RookieAthletics.org
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356 West Aurora Road
Sagamore Hills, Ohio
Phone: 330-467-4500

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*First Three Months

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www.altenheim.com

A Not for Profit Community providing care to seniors since 1892.
- Independent Living
- Assisted Living
- Skilled Nursing Care
- Rehabilitation Services
- Palliative and Hospice Care
- Memory Support Care
- Outpatient Therapy
- Home Health Care
2015 - 2016
BEFORE AND AFTER CARE

KIDS DAYS OFF CAMPS
Need a safe, fun place to leave the kids on their random days off school? The Seven Hills Recreation Center Day Camp Staff offers individual camp dates to help! Bring the kids as early as 6:30am and leave them until 6pm - no extra charges! The day is filled with activities, crafts, swimming and more fun! Please pack a brown bag lunch, a snack and your swim gear! Call for info. Choose from the following
10/16 • 11/3 • 1/15 • 1/18 • 2/15 • 3/15 • 3/24

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

SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM - 2015 - 2016
Our energetic staff is geared up to provide your child with an active, fun and productive alternative to their before or after school hours. These activities will include the following: swimming, arts & crafts, board/card games, various sports and games in the gymnasium, snack time, dedicated time for homework and much more. Open to students in grades K – 6th, so sign up early to avoid being shut out.

Parma Bussing provided for children attending John Muir, Denzioler, Hillside, Green Valley, Pleasant Valley Stem and St. Columbille!

Weekly Registration begins August 10th! Program calendar follows the Parma City schools schedule.

*Participants must register by Thursday of the previous week to avoid being closed out! Rosters are sent on Friday mornings for busing!

<table>
<thead>
<tr>
<th>Part-Time (up to 3 days per week):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before School – Member: $12  Non-Member: $18</td>
</tr>
<tr>
<td>After School – Member: $21  Non-Member: $27</td>
</tr>
</tbody>
</table>

(after school cost covers daily snack tool)

<table>
<thead>
<tr>
<th>Full Time (at least 4 days per week):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before School – Member: $20  Non-Member: $30</td>
</tr>
<tr>
<td>After School – Member: $35  Non-Member: $45</td>
</tr>
</tbody>
</table>

(after school cost covers daily snack tool)

Contact JoAnn Rencz at 216.524.6262 ext. 408 OR jrencz@sevenhillsohio.org for more details!

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

[Android App on Google Play]
[Available on the App Store]
WATER AEROBICS & CHILD WATCH

CARDIO & TONING WITH LEIGH:
Change-up your workouts at the Pool! This class is a combination of cardio intervals along with strengthening and toning moves. Great for beginners or those with experience - a fun time for everyone! Taught by certified instructors around the 4-foot depth.
Tuesdays & Thursdays: 6:00pm - 7:00pm Forever and Ever, Per Leigh

LOW IMPACT WATER AEROBICS:
Get a great work-out without the pain! Water Aerobics offers great results while you enjoy the water. Low-Impact, High Intensity! All classes taught by certified instructors - class meets around the 4-foot depth.
Mondays, Wednesdays & Fridays: 9:00am - 9:45am with Renee

ARTHITIS WATER AEROBICS:
This program is specifically geared towards adults with Arthritis. Participants are provided with gentle aquatic activities with the guidance of a certified Arthritis Foundation Instructor. All exercises are low-impact and done around the 4-foot depth. NOW a SILVER and FIT PROGRAM - FREE to SILVER and FIT!
Mondays, Wednesdays & Fridays: 10am - 10:45am with Leigh

All Water Aerobics Classes are offered through our Punch Card System
Punch Cards are good for any 12 water classes. (Cards Expire after 8 Months)
Members: $37 (Drop In $5)    Non-Members: $49 (Drop In $7)

Fall Session
September 8th - December 31st

Winter Session
January 4th - April 1st

Child Watch
Now Located in hallway of Family Changing—NEW ROOM!! ~
Monday - Friday: 9:00am - 12:00pm
Saturdays: 8:30am - 12:30pm
Monday - Thursday: 5:30pm - 8:30pm
♦ Ages 6 months and older please ♦ 2 Hour stay limit.
♦ For the protection of others, we cannot allow sick children to remain in Child Care Room
FALL & WINTER POOL PROGRAMS

LEARN TO SWIM GUIDELINES

Water Wigglers: Build readiness by emphasizing fun in the water. Parents & children will participate in several guided sessions that help children learn basic water skills & adjust to the water. Most importantly, it's fun for parents & kids!

Preschool 1: Helps children adjust safely to the water at their own pace -- Working on going under water, blowing bubbles, floating & kicking.

Preschool 2: Students will work on becoming more independent in the water -- Floating on their own, swimming on their own & much more!

Level 1: Students will work on being more comfortable in the water & learn to enjoy it safely while working on independent floating & kicking, underwater exploration, swimming pool safety & more!

Level 2: Students will work on front glides, back glides, front crawl with breathing, back crawl & much more!

Level 3: Students will work on front crawl with rhythmic breathing, back crawl, elementary backstroke & much more!

Level 4: Students will work on refining their current strokes along with learning the breaststroke & sidestroke, while building their endurance. New skills will include butterfly, turns, survival swimming & much more!

Level 5: Skills refined include front crawl, back crawl, elementary backstroke, breaststroke, side stroke, turns & endurance. New skills include surface dives, back skull, & much more!

Level 6: New skills include 500 meter continuous swim, understanding basic water rescue, personal rescue techniques, pool safety, personal fitness skills, etc….. Course choices include Fitness Swim and Personal Water Safety

Members: $35   Non-Members: $45
*View the New Class Descriptions to the left or online*

FALL 2 EVENINGS
Monday & Wednesday
5:00pm - 7:00pm
Session Runs 10/19 - 11/12
Registration Opens 10/8

WINTER 1 EVENINGS
Monday & Wednesday
5:00pm - 7:00pm
Session Runs 1/11 - 2/3
Registration Opens 12/10

FALL 2 MORNINGS:
Tuesday & Thursday
10am -12noon
Session Runs 10/20 - 11/13
Registration Opens 10/9

WINTER SATURDAYS:
10am -12noon
Session Runs 1/16 - 3/5
Registration Opens 12/10

<table>
<thead>
<tr>
<th></th>
<th>Mon. &amp; Wed. Evening</th>
<th>Tues. &amp; Thurs. Morning</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Water Wigglers</td>
<td>5:45-6:15</td>
<td>10:30-11:00</td>
<td>10:45-11:15</td>
</tr>
<tr>
<td>Preschool 1</td>
<td>5:00-5:30 5:45-6:15</td>
<td>9:00-9:30</td>
<td>10:00-10:30 11:30-12:00</td>
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<tr>
<td></td>
<td>6:30-7:00</td>
<td></td>
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</tr>
<tr>
<td>Preschool 2</td>
<td>5:45-6:15 6:30-7:00</td>
<td>9:30-10:00</td>
<td>10:00-10:30 10:45-11:15 11:30-12:00</td>
</tr>
<tr>
<td>Level 1</td>
<td>5:00-5:30 5:45-6:15</td>
<td>10:00-10:30</td>
<td>10:00-10:30 10:45-11:15 11:30-12:00</td>
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<td>6:30-7:00</td>
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<tr>
<td>Level 2</td>
<td>5:00-5:45 6:15-7:00</td>
<td></td>
<td>10:00-10:45 11:15-12:00</td>
</tr>
<tr>
<td>Level 3</td>
<td>5:00-5:45 6:15-7:00</td>
<td></td>
<td>10:00-10:45 10:45-11:30</td>
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<tr>
<td>Level 4</td>
<td>5:00-5:45</td>
<td></td>
<td>11:15-12:00</td>
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<tr>
<td>Level 5 &amp; 6</td>
<td>5:45-6:30</td>
<td></td>
<td>10:45-11:30</td>
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<tr>
<td>Adult</td>
<td></td>
<td></td>
<td>12:00-12:45</td>
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</tbody>
</table>
LIFEGUARD CLASS
Certifications will include American Red Cross Lifeguarding, First Aid, CPR and AED for the Professional Rescuer. Books and materials included! All classes are MANDATORY to be certified! Winter Class Dates TBD!

Members: $185  Non-Members: $205  Call 2126.524.6262 ext. 404

PRIVATE SWIM LESSONS
If group lessons aren’t for you or your child, try our Private Swim Lessons!  Classes provide individualized attention to work on your choice of skills.  All Levels welcome - individuals or small groups welcome!
Contact Aquatics Dept. for pricing and scheduling - aquatics@sevenhillsohio.org

INFANT SWIM RESOURCE
Keep your family safe - Give your child the competence, confidence and skills of Aquatic Safety with Infant Swimming Resource’s Self-Rescue Program.  The safest provider of survival swimming lessons for children 6 Months - 6 Years of age.  Julia Buddie  Phone: 419-376-4636
Email: j.buddie@infantswim.com  Website: http://isrbuddie.com

Body Sculpting™
Get fit with this results-oriented Body Sculpting workout designed to build and sculpt muscles, strengthen your core, improve your strength and flexibility while burning fat and calories by using one set of 5 lb dumbbells. Prevent the development of osteoporosis while firing up your metabolism, helping you to lose weight and inches. Bring a set of 3-5 lb dumbbells, exercise mat and stretch band to class (available on website) Accommodates all fitness levels. Visit www.flexcity.com for more information, to register and for a complete list of all class locations.

FEE: $55 per 8-class term or $130 for 3 terms (saves $35)

LOCATIONS:
Seven Hills: Seven Hills Recreation Ctr., 7777 Summitview Dr.
Tues & Thurs 6:30-7:30 PM

Mon & Wed 9:30-10:30 AM, Mon & Wed 6:30-7:30 PM
Saturday 9:30 - 10:30 AM

Valley View: Valley View Rec. Ctr., 6828 Hathaway Rd.
Tues & Thurs 6:30-7:30 PM, Saturday 9:00-10:00 AM

Classes run continuously year round. Join anytime!
We offer free Saturday makeups if you miss a class. Class size is limited and advance registration is required!

REGISTER ONLINE at WWW.FLEXCITY.COM or CALL 440-729-3463.

Visa and MasterCard accepted. If sending payment, please call first to reserve your place in class. Our instructors are not permitted to accept payments at class. Send payment to: Body Sculpting, Inc.
P.O. Box 267, Chagrin Falls, Oh 44022.
**Gathering Rooms are available for Members & Non-Members**

All Rental Rates are Per Hour

<table>
<thead>
<tr>
<th>Room / Rental</th>
<th>Member Rate</th>
<th>Non-Member Rate</th>
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</thead>
<tbody>
<tr>
<td>Gathering Rooms</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Room</td>
<td>$37.50</td>
<td>$60</td>
</tr>
<tr>
<td>2 Room</td>
<td>$67.50</td>
<td>$97.50</td>
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<tr>
<td>3 Room</td>
<td>$97.50</td>
<td>$127.50</td>
</tr>
<tr>
<td>Patio</td>
<td>$15 Flat Fee</td>
<td>$35 Flat Fee</td>
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<tr>
<td>Kitchen</td>
<td>$20 Flat Fee</td>
<td>$35 Flat Fee</td>
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<tr>
<td>Pool (After Hours)</td>
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<td></td>
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<tr>
<td>Up To 50 People</td>
<td>$200</td>
<td>$270</td>
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<tr>
<td>51 - 75 People</td>
<td>$230</td>
<td>$305</td>
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<tr>
<td>76 - 100 People</td>
<td>$260</td>
<td>$345</td>
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<tr>
<td>101 - 125 People</td>
<td>$290</td>
<td>$395</td>
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<tr>
<td>126 - 150 People</td>
<td>$320</td>
<td>$410</td>
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<tr>
<td>151 - 175 People</td>
<td>$350</td>
<td>$445</td>
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<tr>
<td>176 - 200 People</td>
<td>$380</td>
<td>$480</td>
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<tr>
<td>Pool Party</td>
<td>$60</td>
<td>$90</td>
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<tr>
<td>(Includes Rental of Pool &amp; Room 1)</td>
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<td></td>
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<tr>
<td>Gymnasium</td>
<td></td>
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<tr>
<td>1 Court</td>
<td>$55</td>
<td>$75</td>
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<tr>
<td>2 Courts</td>
<td>$97.50</td>
<td>$120</td>
</tr>
<tr>
<td>Aerobic Studio</td>
<td>$35</td>
<td>$55</td>
</tr>
</tbody>
</table>

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

Credit Card number is required for deposit.

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

Contact Donna Camarati at 216.524.6262 ext. 400 for all rentals:
- Mon. 10am-2pm • Tues. 10am-1pm
- Thurs. 1pm-7pm • Fri. 10am-2pm

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**SEVEN HILLS NEWSLETTER DISTRIBUTION LOCATIONS**

Giant Eagle at Midtown, Walgreens on Broadview and Rockside, Dairy Deli on Crossview, The Store on Broadview, City Hall, Recreation Center, Giant Eagle on Broadview, Walgreens on Broadview, Sears Hardware on Broadview and Tony’s Family Restaurant on Pleasant Valley Road.

Mayor’s Office Hours Monday 5:00-6:00 p.m. Contact Kathy to schedule an appointment with Mayor Dell’Aquila. 216-525-6227. kholland@sevenhillsohio.org
SEVEN HILLS BASKETBALL FEDERATION - Boys & Girls 3rd - 8th Grade!

Registration Information:

Register in-person during any Recreation Center Open Hours
Resident: 1st Player: $75; 2nd Player: $70; 3rd Player: $65
Non-Resident: 1st Player: 85; 2nd Player: $80; 3rd Player: $75

For Questions, Contact Dave Diluzio at diluzio@cox.net

Men’s Winter 2016 Basketball -

Registration for new teams begins December 22nd. Registration closes for Tuesday, Gold and Thursday, Silver on January 5th unless already full. Registration closes for Monday 30 & Older and Sunday Silver or Bronze on January 8th unless already full. Game fees are $32 per team per game. League play begins the week of February 1st (Sundays beginning Feb. 14th). More detailed information available on our website www.sevenhillsohio.org or contact Ursula at udrinko@sevenhillsohio.org

Fees:
- Monday 30 and Over **(8 games plus playoffs)** $260
- Tuesday Gold $315
- Thursday Silver $315
- Sunday Silver Division 1/ Bronze Division 2 $315

SEVEN HILLS SEAHAWKS WINTER SWIM TEAM

Members: $40 / Non-Members: $60

Session Runs January 11th - March 2nd, 2016
(Registration Opens December 7th, 2015)

Ages 10 & Under Practice:
Mondays & Wednesdays 5:00pm - 6:00pm

Ages 11 & Up Practice:
Mondays & Wednesdays 6:00pm - 7:00pm

Contact aquatics@sevenhillsohio.org
As Service Director, with over 30 years’ experience, I feel a need to better serve our residents by responding promptly to their concerns. When it comes to road repair, roads are prioritized based on the severity of their condition and completed as soon as possible, weather permitting. Since I became Service Director I have been fortunate to have a crew of employees behind me that is qualified and motivated to resolve our residents’ problems. A special heartfelt thanks goes out to my guys and my secretary for their continuous hard work.

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

Leaf Pick Up
Automated Calls will be sent out for the beginning and end of leaf pick up. Signs will be put out in advance to inform residents of leaf pick up. Ditch-lined streets will be done first to control flooding, then subdivisions. Leaves only please. NO sticks, NO grass, NO mulch, NO plants from any garden or flower bed. Please do not put any leaves in the street.

To be included on the Automated Call List, please contact the Service Department 216-525-6224.

Latex Paint Disposal
Remove the lid
Dry out the paint with a drying agent such as; kitty litter, sawdust or “waste paint hardeners”
When dry, discard it with your regular rubbish.
Leave the lid off.

Mailboxes
In preparation for winter, look at the condition and location of your mailbox. Anything broken, loose or rotted needs to be replaced. Mailbox’s need to be 15” from the curb and 54” high, metal pole or wooden pole acceptable.

Yard Waste Pick Up will be from April through October.

Rubbish Pick Up
Please put out rubbish no earlier than 6:00 p.m. the day before, and take cans back after the rubbish has been collected to make the city more eye appealing when driving down the streets.

If you own a business, or if you are moving out and you have a lot of debris, Roll-off Dumpsters are available for rental from the rubbish company.

NEW! Coming next year “all residents” will receive a new 96 gallon wheeled cart for recyclables and a 64 gallon solid-waste wheeled cart. The old recyclable carts will be collected by the contractor over a three week period beginning the week of March 14, 2016 through April 1, 2016. Residents will need to have all recycle containers out for a smooth transition.

NEW! Simple Recycling Program
Later this year, Simple Recycling, a new recycling program to better serve our residents, will begin. Information packets, including an introduction from Mayor Dell’Aquila will be sent out to each home along with green bags to be used to collect clothing and textiles. Items will be collected on your normal recycling day. The City will receive $200.00 a ton on all recycled clothing and textiles. These items will be sold to thrift stores. Other communities are doing this and it is a chance for us to help out the less fortunate.

2015-2016 Senior Snow Plowing Program
All Seniors, please take advantage of our Senior Snow Plowing Program. Cost is $14.00 a push or $240.00 for a seasonal contract. Please contact Tony Terry 216-525-6230 to take advantage of this program.

Snow Removal
One truck is assigned in every ward for snow removal. However, additional trucks may be used depending on snowfall. The first priority is clearing main roads and hills, then subdivisions.
The Yuletide Hunger and Adopt-A-Family programs will be held this year from November 1st through December 7th, 2015. We are now accepting donations of non-perishable and non-expired canned food items at City Hall and the Community Recreation Center. Volunteers needed on Tuesday Dec. 8th for organization!

We coordinate with all service groups, religious organizations and the Salvation Army in our area to provide help to those in need during the holiday season. If you feel that you need our assistance or wish to donate food or Adopt-A-Family, please contact Tony Terry at Seven Hills Community Services, 216-525-6230 before November 14, 2015 for information about these programs.
The Farmers’ Market, a fresh air market featuring neighborhood farmers, producers, artisans & vendors who grow and/or produce their own goods, was a resounding success! Held on Thursdays from 4:00 -7:00PM the Market began at the Recreation Center then moved to the corner of Broadview Road and Hillside Road to better accommodate our vendors and patrons.

Thanks to everyone who participated including; Fresh Butcher & Deli, Luther Farms, Bakery by Cecilia, Kernels by Chrissie, All Jammed Up, Cossel Farms, Mediterra Bake House, Burning Asphalt Sauces, POC Pierogi Market, Images in Bloom, The Plant Lady, Scentsational Soap, UH Nutrition Services UH, Baubles by Juju as well as entertainment by Georgia Kostyack.

Each growing season was represented by a variety of individuals with locally grown fruits, vegetables, annuals, perennials and herbs, plus meats, eggs, baked goods and unique artisan gifts.

Look for the 2016 Farmers’ Market starting next July. The City of Seven Hills Farmers’ Market will continue to provide a place for farmers, backyard gardeners and home food producers a place to connect with our wider community.

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

See you July 2016!
VFW Post 7609 & The City of Seven Hills

Children’s Christmas Party

Sunday, December 6th
1-4pm
Recreation Center, 7777 Summitview Dr. Seven Hills

* FREE Photo with Santa!!
* All kids receive a gift from the VFW
* Amazing Raffle Baskets
* Photo Booth
* Face Painting
* Visit with Elsa, Anna, Donald & More!

* Holiday Performances by Diamond Dance Center & St. Columbkillie School Choir
* Gingerbread House Display
* Bounce House
* Refreshments

Thank you to our sponsor D&D&C
Celebrate the holiday season by entering the Seven Hills Family Gingerbread House Decorating Competition! Houses can be as simple as being made out of graham crackers, using store-bought kits or as elaborate as a homemade gingerbread house from scratch. However, the complete house cannot be store-bought.

Create your family’s Gingerbread House and drop it off at the Seven Hills Recreation Center during normal hours of operation beginning November 30th through December 4th. Your house will be displayed for all to enjoy!

Community voting will take place at the Recreation Center, December 5th and 6th, 2015. 1st, 2nd and 3rd prizes awarded at 2:30 pm Sunday, December 6th during the VFW Christmas Party.

All entries must be picked up by December 9th or they will be disposed of.
HOPKO FUNERAL HOME
6020 Broadview Rd.
Parma, OH 44134
216-661-0033
OUR FAMILY SERVING YOUR FAMILY FOR OVER 100 YEARS

LOSE FAT & Get Fit
Build Strength
...with Evidence-Based, Gym-Tested, High Intensity Interval Training IS the Most Efficient, and Safest way...

YOU DON’T NEED TO SPEND HOURS A WEEK EXERCISING with our Twice a Week, 20 Minute Program you’ll see Measurable Results FAST...NO ONE CAN BEAT OUR Results for Affordable PERSONAL TRAINING

• Helping our Neighbors achieve optimal health
• Voted Best & Fastest growing form of exercise for 2014
• Be AMAZED Up to 5 TIMES FASTER RESULTS! (You’ll be amazed)
• Affordable One-on-One Personal Training Rates $85-$155 Per Month/Not Per Session
• Private (by appointment only), Small, Clean, Non-Intimidating Studios
• Includes Diet & Nutritional Guidance
• Measurable Results and Personal Accountability

FIRST TIME VISITOR DISCOUNT
25% OFF Rates
Plus, receive FREE consultation and session! (Expires 9/1/15)

BROADVIEW HTS.
7985 Broadview Rd. (Next to Marc’s)
440-838-8400
For More Help Check Out Our User Friendly Website
slimdowncleveland.com

TALERIS CREDIT UNION
You’ll be happier here.
smaller, smarter, friendlier
216.739.2310 | www.taleriscu.org

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