

Yoga

with Jessica Tresko

The village is proud in continuing partnership with Jessica and her yoga classes since 2016.

Join us twice per week via a virtual or in person format.

Classes ranging from:

Vinyasa flow matches the breath with movements; works up a vigorous sweat

Yin deep stretching on the floor

Relaxation supported relaxing positions on the floor; props needed

Ages 10 and above of all skill levels are welcome!

When:

Wednesdays - virtual format from 5:15 -6:15 pm

Saturdays - In person format from 9:15 - 10:15 am

Where:

Virtual classes on Zoom - email & Zoom needed to access.

In person classes - upstairs auditorium at the village hall located at
4863 East 71st, Cuyahoga Heights, OH 44125

Cost:

Residents - FREE

Non-resident guests - \$5 per class (can be pre-paid or paid day of class)

Pre-registration is required. Forms can be filled out at the village hall

Upcoming FREE September events happening at the Independence Library!



Cuyahoga County Public Library
Independence Branch
6361 Selig Dr.
Independence, OH 44131-4926
Phone: 216-447-0160
Fax: 216-447-1371

Hours of Operation
Monday through Thursday – 9:00 a.m. to 9:00 p.m.
Friday and Saturday – 9:00 a.m. to 5:30 p.m.
Sunday – 1:00 to 5:00 p.m.

Adults

Reducing Stress and Building Resilience / Registration required.

Learn how to reduce stress and build personal resilience with corporate health coach Viktoria Levay.

Thursday, September 14 / 7:00 p.m.

Wednesday Afternoon Book Discussion / No registration required.

Please join us for a casual and lively book discussion of Matrix by Lauren Groff. The books will be available approximately one month before the discussion date.

Thursday, September 20 / 7:15 p.m.

Thursday Afternoon Book Discussion / No registration required.

Please join us for a casual and lively book discussion of Matrix by Lauren Groff. The books will be available approximately one month before the discussion date.

Thursday, September 21 / 2:15 p.m.

Aging With a Plan / Registration required.

How a little thought today can vastly improve your tomorrow.

Saturday, September 23 / 11:00 a.m.

Fall Wreath Craft / Registration required.

Join us in making a small beaded fall wreath!

Saturday, September 30 / 11:00 a.m.

Teens

Volunteens / Registration required.

The VolunTeens program offers middle school and high school students the opportunity to get involved in their community while receiving service hours for school.

Tuesday, September 5 / 6:30 p.m.

Teen Stencil Art / Registration required.

Create a work of art using stencils and paint.

Tuesday, September 19 / 6:30 p.m.

Children

Family Storytime / No registration required.

Join us for stories, songs and fingerplays.

Mondays / 6:30 p.m.

Baby & Toddler Storytime / No registration required.

Join us for rhymes, songs, fingerplays and books.

Mondays and Wednesdays / 10:00 a.m.

Preschool Storytime / No registration required.

Join us for rhymes, songs, fingerplays and stories.

Thursdays / 10:00 a.m.

Toddler Storytime / No registration required.

Join us for rhymes, songs, fingerplays and stories.

Thursdays / 11:00 a.m.

Booktalkers / Registration required.

Chat about your recent reading adventures with Ms. Dottie and Ms. Kathy. Group members can share books they've enjoyed and will walk away with some great book suggestions!

Tuesday, September 12 / 3:15 p.m.

Focus on 4's and 5's / Registration required.

Preschool children 4 and 5 years of age and their caregivers join us for stories, songs, and a focus on skills to prepare for kindergarten.

Wednesdays, September 20 - October 25 / 11:00 a.m.

Kindergarten Countdown / Registration required.

Join us as we help build kindergarten readiness skills in a program aligned to Ohio's Early Childhood Standards. This session will focus on counting.

Wednesday, September 27 and Thursday, September 28 / 10:00 a.m.

LEGO WeDo / Registration required.

Students grades 2-4 can build and program several fun projects with our LEGO WeDo kits. No previous experience necessary.

Wednesday, September 27 / 6:30 p.m.



Cleveland Clinic
Marymount Hospital



**Greater Cleveland
Food Bank**

SUPPORT THE FOOD BANK. SUPPORT YOUR NEIGHBORS.



DRIVE-THRU PRODUCE DISTRIBUTION

4th Wednesday of Every month!

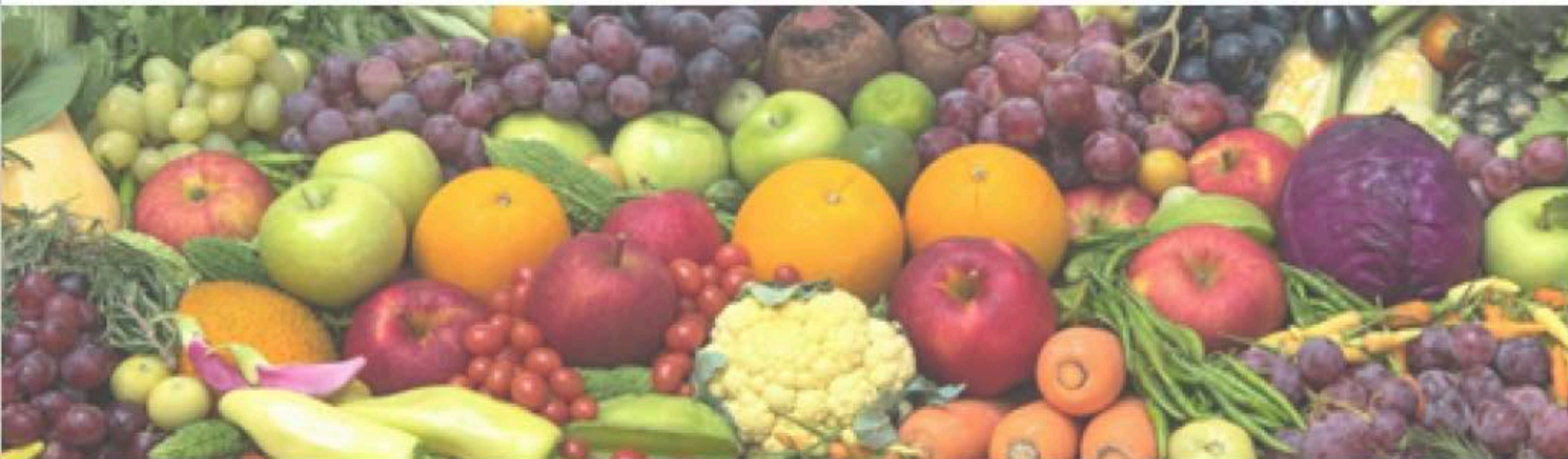
Starting August 23rd, 2023

12:00pm-2:00pm **while supplies last**

Marymount Hospital • Enter off E126th St. ~ Follow signs and cones

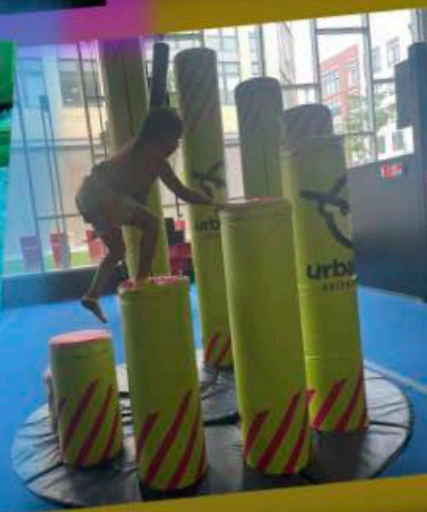
Our Mobile Food Pantry is a FREE distribution of fresh fruits and vegetables to promote healthy eating in our community.

- **PLEASE BRING YOUR ID- PICK UP IS AVAILABLE FOR OTHERS****
(Must Have Name, Address, and Phone & Date of Birth)
- **ENSURE TRUNK OR REAR SEAT IS CLEAR**



Urban Air

ADVENTURE PARK



CHRISTMAS in July



CHRISTMAS in July

